



# Bloomfield Township Senior Services



Summer 2015

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

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*Stratford*  
**FESTIVAL**

**October 8 - 9, 2015**

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

### Medicare Assistance Program

This Fall BTSS will become an Open Enrollment Site for Medicare Medicaid Assistance Program (MMAP). MMAP is a free service that can help you make more informed health benefit decisions.

Several trained counselors will be on site to serve Township residents aged 60+. Individual appointments will be available October through December, 2015. Details will be available in the fall newsletter.

Medicare Basics 101  
1 – 2:30 PM

Join us for an informative presentation by Diana Wise, RN, Gerontologist and Certified Medicare Counselor. If you are new to Medicare or approaching 65, this is a must attend! BT Residents only. Registration required.

**Tuesday, June 9** (EDU56-B1504)  
**Tuesday, August 4** (EDU56-C1501)

JOIN THE CAMPAIGN!



WWW.SPIRITOF45.ORG

70<sup>th</sup>  
Anniversary Celebration  
Of the End of  
World War II

Thursday, August 13  
1 - 3 PM  
(SEV18-C1501)

To commemorate and honor the legacy of the Greatest Generation, join us to celebrate the end of WWII on August 14, 1945. Share light refreshments, enjoy a patriotic live musical performance, share memories and much more. Preregistration required.

**Res: Free/Non-Res: \$2**

When registering, please let us know if you are a WWII veteran so that we can recognize you at the event. Graciously sponsored by:



### Invest in Your Independence

See page 11 for valuable programs designed to enhance your health and safety:

**Diabetes PATH**

**A Matter of Balance**

Both programs are presented by representatives from the AAA1b.

## Taking Charge of How You Age

The National Council on Aging, with their partners, has released valuable findings from the 2014 Aging Survey. The survey "shows a greater number of seniors are setting health goals and exercising daily than in 2013 and this uptick in healthy behaviors correlates with increased levels of optimism and confidence in maintaining health."

"More Americans are living longer lives than ever before," said Rhonda Randall, D.O., chief medical officer, URS. "It is highly encouraging to see more older Americans **taking charge of how they age, making deliberate choices and setting goals to help themselves live healthier and more independently during their extended senior years.**"

"These findings **reinforce the crucial role community based programs and services** play in supporting older Americans...through meaningful relationships and social connections that can help keep them healthy and happy," said Sandy Markwood, CEO, n4a.

BTSS offers an average of **17 programs daily** during the week. This is in addition to the open swim and fitness equipment opportunities and day trips. We encourage you to make some of your "deliberate choices" with us!

Excerpts from [www.ncoa.org/press-release](http://www.ncoa.org/press-release). Complete survey results: [www.ncoa.org/UnitedStatesofAging](http://www.ncoa.org/UnitedStatesofAging)

Wishing you peace and health,

**Christine Tvaroha**

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

*Thank You for Your Donations\*... Frank Rokas, Letha Kuesel, St. Hugo's, Mary Lou Janes, Lucille Swanson, Pat & Sandy Callahan, Irene & Leonard Kosnik, Yvonne Kader, Arden Licht, United Home Owners Assn., Carol Mellebrand, Lawrence Black*

#### \* 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.bloomfieldtpw.org/seniors](http://www.bloomfieldtpw.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.bloomfieldtpw.org/seniors](http://www.bloomfieldtpw.org/seniors)

### BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

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Corinne Khederian, Trustee Brian E. Kepes, Trustee

### BTSS ADVISORY COUNCIL

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Elizabeth Mahoney, Tom & Ginnie Richard

### BTSS will be closed on:

Saturday, May 23 & Monday, May 25

Friday, July 3 & Saturday, July 4

Saturday, Sept. 5 & Monday, Sept. 7

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 5/18; nonresidents begins 5/19
- 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. 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**

11 AM – 12 PM

Jun 1 – Jul 13 (FIT114-B1502)

7 classes/\$56\*

Jul 20 – Aug 24 (FIT114-C1501)

6 classes/\$48\*

## 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**

9:30 – 10:30 AM

June 4– July 9 (FIT118-B1502)

6 classes/\$36\*

July 16 – Aug 27 (FIT118-C1501)

7 classes/\$42\*

## 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

Jun 2 – Jun 30 (FIT27a-B1501)

5 classes/\$40\*

Jul 7 – Jul 28 (FIT27a-C1501)

4 classes/\$32\*

Aug 4 – Aug 25 (FIT27a-C1503)

4 classes/\$32\*

### **Thursday**

4:45 – 5:45 PM

Jun 4 – Jun 25 (FIT27a-B1502)

4 classes/\$32\*

Jul 2 – Jul 30 (FIT27a-C1502)

5 classes/\$40\*

Aug 6 – Aug 27 (FIT27a-C1504)

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

Jun 2 – Jun 30 (FIT27b-B1501)

5 classes/\$40\*

Jul 7 – Jul 28 (FIT27b-C1501)

4 classes/\$32\*

Aug 4 – Aug 25 (FIT27b-C1504)

4 classes/\$32\*

### **Thursday**

6 – 7 PM

Jun 4 – Jun 25 (FIT27b-B1502)

4 classes/\$32\*

Jul 2 – Jul 30 (FIT27b-C1502)

5 classes/\$40\*

Aug 6 – Aug 27 (FIT27b-C1505)

4 classes/\$32\*

## Aqua Fit

Lori Harbour

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

Jun 3 – Jun 24 (FIT96-AB1503)

4 classes/\$32\*

Jul 1 – Jul 29 (FIT96-C1501)

5 classes/\$40\*

Aug 5 – Aug 26 (FIT96-C1503)

4 classes/\$32\*

### **Friday**

9:30 – 10:30 AM

Jun 5 – Jun 26 (FIT96-AB1504) No Class 7/3

4 classes/\$32\*

July 10 – July 31 (FIT96-C1502)

4 classes/\$32\*

Aug 7 – Aug 28 (FIT96-C1504)

4 classes/\$32\*

## Aqua Endurance

Stan Witkowski

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

June 2 – July 7 (FIT64-B1502)

6 classes/\$36\*

July 14 – Aug 25(FIT64-C1501)

7 classes/\$42\*

## 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 PM

Jun 3 – Jul 15 (FIT86-B1503)

7 classes/\$56\*

Jul 22 – Aug 26 (FIT86-C1501)

6 classes/\$48\*

### **Saturday**

10:30 – 11:30 AM

Jun 6 – Jul 18 (FIT86-B1504) No class 7/4

6 classes/\$48\*

Jul 25 – Aug 29 (FIT86-C1502)

6 classes/\$48\*

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

### H<sub>2</sub>O 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  
Jun 4 – Jul 16 (FIT126-B1502) No class 7/2 6 classes/\$36\*  
Jul 23 – Aug 27 (FIT126-C1501) 6 classes/\$36\*

### H<sub>2</sub>O 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  
Jun 5 – Jul 17 (FIT128-B1502) No class 7/3 6 classes/\$36\*  
Jul 24 – Aug 28 (FIT128-C1501) 6 classes/\$36\*

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

Annie Chi

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

**Saturday** 9 – 10 AM  
Jun 6 – Jun 27 (FIT32-B1503) 4 classes/\$32\*  
Jul 11 – Jul 25 (FIT32-C1501) 3 classes/\$24\*  
Aug 1 – Aug 29 (FIT32-C1502) 5 classes/\$40\*

### 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  
June 2 – July 7 (FIT48-B1502) 6 classes/\$36\*  
July 14 – Aug 18 (FIT48-C1501) 6 classes/\$36\*

### **New!** Swim Fitness Class

Ernie Thomas

This class is designed for individuals who want to continue working on improving their overall swimming fitness skills. You will learn how to do flip turns, rhythmic breathing, and other swim techniques to help increase your speed and build up your swimming endurance.

**Tuesday** 8 – 9 AM  
Jun 2 – Jul 14 (FIT130-B1501) 7 classes/\$42\*  
Jul 21 – Aug 25 (FIT130-C1501) 6 classes/\$36\*

### Ultimate H2O

K. Housey/J. Hite/ M.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** (Kathy Housey) 9:30-10:30 AM  
Jun 1 – Jul 13 (FIT95-B1505) 7 classes/\$56\*  
Jul 20 – Aug 24 (FIT95-C1503) 6 classes/\$48\*  
**Monday** (Jennifer Hite) 6 – 7 PM  
June 1 – June 29 (FIT95-B1504) 5 classes/\$30\*  
July 6 – July 27 (FIT95-C1502) 4 classes/\$24\*  
Aug 3 – Aug 31 (FIT95-C1504) 5 classes/\$30\*  
**Thursday** (Maggie Barclay) 8 - 9 AM  
Jun 4 – Jul 16 (FIT95-B1503) 7 classes/\$42\*  
Jul 23 – Aug 27 (FIT95-C1501) 6 classes/\$36\*

### Water Walking Workout

Ernie Thomas

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  
Jun 1 – Jul 13 (FIT99-B1502) 7 classes/\$42\*  
Jul 20 – Aug 24 (FIT99-C1501) 6 classes/\$36\*

### Open Swim (FIT30-varies)

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

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



Certified Lifeguards are needed.  
Job description and employment application available:  
<http://www.bloomfieldtp.org/Government/EmploymentOpportunities.htm>

## 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!

Please contact:

**Maggie Barclay, Fitness Coordinator**  
248-723-3500 or [mbarclay@bloomfieldtp.org](mailto: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

**30/30 Cardio Party & Core** 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. Intermediate level class. *Wear supportive shoes, bring a mat, & water bottle.*

**Monday** 9 – 10 AM  
Jun 1 – Jul 13 (FIT119-B1502) 7 classes/\$42\*  
Jul 20 – Aug 24 (FIT119-C1501) 6 classes/\$36\*

**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  
Jun 4 – Jul 9 (FIT120-B1503) 6 classes/\$36\*  
Jul 16 – Aug 27 (FIT120-C1501) 7 classes/\$42\*

**Agility & Mobility with Line Dancing** 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 (New Time)** 10:30 - 11:15 AM  
Jun 1 – Jun 29 (FIT129-B1502) 5 classes/\$30\*  
Jul 6 – Jul 27 (FIT129-C1501) 4 classes/\$24\*  
Aug 3 – Aug 24 (FIT129-C1502) 4 classes/\$24\*

**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  
Jun 5 – Jul 17 (FIT47-B1502) No class 7/3 6 classes/\$36\*  
Jul 24 – Aug 28 (FIT47-C1501) 6 classes/\$36\*

**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  
Jun 1 – Jul 13 (FIT78-B1504) 7 classes/\$42\*  
Jul 20 – Aug 24 (FIT78-C1501) 6 classes/\$36\*  
**Wednesday (Maggie Barclay)** 6:30 – 7:30 PM  
Jun 3 – Jul 15 (FIT78-B1505) 7 classes/\$42\*  
Jul 22 – Aug 26 (FIT78-C1502) 6 classes/\$36\*  
**Friday (Maggie Barclay)** 7:45 – 8:45 AM  
Jun 5 – Jul 17 (FIT78-B1506) No Class 7/3 6 classes/\$36\*  
Jul 24 – Aug 28 (FIT78-C1503) 6 classes/\$36\*

**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  
Jun 1 – Jul 13 (FIT110-B1503) 7 classes/\$42\*  
Jul 20 – Aug 24 (FIT110-C1501) 6 classes/\$36\*  
**Wednesday** 8:15 – 9:15 AM  
Jun 3 – Jul 15 (FIT110-B1504) 7 classes/\$42\*  
Jul 22 – Aug 26 (FIT110-C1502) 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 the following classes taught by Maggie Barclay: Strength & Balance Level 2, Drums Alive®, Zumba Gold®, Cardio Party, Gentle Moves Yoga & Ultimate H2O. Does not include CCC. BT Residency required.

**M/T/W/TH/F** Times Vary  
Jun 1 – Jul 17 (FIT77-B1502) No class 7/3 63+ sessions/\$118  
Jul 20 – Aug 28 (FIT77-C1501) 54+ sessions/\$99

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

## Cardio, Core, Conditioning (Three Cs)

Maggie Barclay/Lisa Robinson

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** (Barclay) **9 – 10 AM**

Jun 2 – Aug 25 (FIT109-B1501) **13 classes/\$78\***

**Thursday** (Robinson) **9 – 10 AM**

Jun 4 – Aug 27 (FIT109-B1502) **13 classes/\$78\***

### **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 3:30-5 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** (Lauren Olesiak) **2 - 3 PM**

Jun 1 – Jul 20 (FIT103-B1501) **8 classes/\$120\***

Jul 27 – Aug 31 (FIT103-C1501) **6 classes/\$90\***

**Wednesday** (Lola Kuehl) **2 - 3 PM**

Jun 3 – Jun 24 (FIT103-B1502) **4 classes/\$60\***

Aug 5 – Aug 26 (FIT103-C1502) **4 classes/\$60\***

**Friday** (Lola Kuehl) **1 - 2 PM**

Jun 5 – Jun 26 (FIT103-B1503) **4 classes/\$60\***

Aug 7 – Aug 28 (FIT103-C1503) **4 classes/\$60\***

## **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! Some optional standing exercises will be included. Resistance bands and hand weights provided.

**Tuesday** **11:30 - 12:15 PM**

Jun 2 – Jun 30 (FIT18-B1503) **5 classes/\$30\***

Jul 7 – Jul 28 (FIT18-C1501) **4 classes/\$24\***

Aug 4 – Aug 25 (FIT18-C1503) **4 classes/\$24\***

**Thursday** **11:30 - 12:15 PM**

Jun 4 – Jun 25 (FIT18-B1504) **4 classes/\$24\***

Jul 2 – Jul 30 (FIT18-C1502) **5 classes/\$30\***

Aug 6 – Aug 27 (FIT18-C1504) **4 classes/\$24\***

### Dance for Parkinsons

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. **FREE for Township Residents! Preregistration required.***

**Thursday** **1:45 - 2:30 PM**

Jun 4 – June 25 (FIT121-B1502) **4 classes/Non Res \$20**

Jul 9 – Jul 30 (FIT121-C1501) **4 classes/Non Res \$20**

Aug 6 – Aug 27 (FIT121-C1502) **4 classes/Non Res \$20**

## **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.

**Monday** **12:45 – 1:30 PM**

Jun 1 – Jul 6 (FIT101-B1502) **6 classes/\$36\***

Jul 13 – Aug 24 (FIT101-C1501) **7 classes/\$42\***

**Wednesday (NEW TIME)** **12:45 – 1:30 PM**

Jun 3 – Jul 8 (FIT101-B1503) **6 classes/\$36\***

Jul 15 – Aug 26 (FIT101-C1502) **7 classes/\$42\***

### 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**

Jun 2 – Jun 30 (FIT105-B1502) **5 classes/\$30\***

Jul 7 – Jul 28 (FIT105-C1501) **4 classes/\$24\***

Aug 4 – Aug 25 (FIT105-C1502) **4 classes/\$24\***

### 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.

<b>Tuesday</b>	<b>1:45 – 2:30 PM</b>
Jun 2 – Jun 30 (FIT79-B1503)	5 classes/\$30*
Jul 7 – Jul 28 (FIT79-C1501)	4 classes/\$24*
Aug 4 – Aug 25 (FIT79-C1503)	4 classes/\$24*
<b>Thursday</b>	<b>12:45 – 1:30 PM</b>
Jun 4 – Jun 25 (FIT79-B1504)	4 classes/\$24*
Jul 2 – Jul 30 (FIT79-C1502)	5 classes/\$30*
Aug 6 – Aug 27 (FIT79-C1504)	4 classes/\$24*

### 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. Advanced level class/must be able to balance on a stability ball. *Bring hand weights, stability ball, yoga mat, & water bottle.*

<b>Friday</b>	<b>9 – 10 AM</b>
Jun 5 – Jul 17 (FIT80-B1502) No class 7/3	6 classes/\$36*
Jul 24 – Aug 28 (FIT80-C1501)	6 classes/\$36*

### 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 VISIBLE during each visit. *BT Residency required.*

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

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

## MIND BODY

### 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.*

<b>Tuesday</b>	<b>10:15 - 11:15 AM</b>
Jun 2 – Jul 14 (FIT94-B1503)	7 classes/\$42*
Jul 21 – Aug 25 (FIT94-C1501)	6 classes/\$36*
<b>Thursday</b>	<b>10:15 - 11:15 AM</b>
Jun 4 – Jul 16 (FIT94-B1504)	7 classes/\$42*
Jul 23 – Aug 27 (FIT94-C1502)	6 classes/\$36*

### 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.

<b>Monday</b> (Donna Tomassi)	<b>11:30 AM – 12:30 PM</b>
Jun 1 – Jul 6 (FIT56-B1503)	6 classes/\$36*
Jul 13 – Aug 24 (FIT56-C1501)	7 classes/\$42*
<b>Wednesday</b> (Karen Lutz)	<b>11:30 AM – 12:30 PM</b>
Jun 3 – Jul 8 (FIT56-B1504)	6 classes/\$36*
Jul 15 – Aug 26 (FIT56-C1502)	7 classes/\$42*

### 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. Need to be able to transition from the mat to standing and back again. *Please bring your yoga mat.*

<b>Saturday</b>	<b>8:30 – 9:30 AM</b>
Jun 6 – Jul 25 (FIT113-B1502) No class 7/4	7 classes/\$42*
Aug 1 – Aug 29 (FIT113-C1501)	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. Props provided. *Bring mat, blanket/towel & water bottle.*

<b>Friday</b>	<b>11:30 AM – 12:30 PM</b>
Jun 5 – Jul 17 (FIT05-B1502) No class 7/3	6 classes/\$36*
Jul 24 – Aug 28 (FIT05-C1501)	6 classes/\$36*

### Tai Chi Chuan

Han Hoong Wang

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

### Beginning

<b>Wednesday</b>	<b>9:30 – 10:15 AM</b>
Jun 10 – Jul 22 (FIT03-B1503)	7 classes/\$56*

### Continuing

<b>Wednesday</b>	<b>10:20 – 11:10 AM</b>
Jun 10 – Jul 22 (FIT03-B1504)	7 classes/\$56*

## SATURDAY FITNESS CLASSES

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

Karen Lutz

Fluid Moves (pg. 3)

Kathy Housey

H<sub>2</sub>O Boot Camp (pg. 4)

Annie Chi

## EVENING FITNESS CLASSES

Aqua Power Aerobics Lev 2 (pg. 3)

Annie Chi

Bokwa® (pg. 5)

Louis White

Zumba Gold® (pg. 5)

Janene Ravid/Maggie Barclay

Zumba Gold Toning® (pg. 5)

Janene Ravid

Ultimate H<sub>2</sub>O (pg. 4)

Jennifer Hite

# 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.*

**Wednesdays** 1:30 – 3:30 PM

*For Continuing Students Only:*

**June 17 – 24** (ART02-B1502) 2 classes/\$28\*

*All skill levels welcome:*

**July 8 – Aug 19** (ART02-C1501) 7 classes/\$99\*

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

**Tuesday** 10 AM – 12:30 PM  
**June 9** (ART15-B1503) 1 class/\$15\*

**Painting a Carved Wooden Cardinal** Diane Bert  
This easy project of painting a 5 inch carved wooden cardinal will be fun and everyone can be successful. Using acrylic paints, we will paint the bird for your home decor. All materials will be provided. \$10 material fee payable to instructor.

**Tuesday** 10 AM – 12:30 PM  
**June 30** (ART15-B1504) 1 class/\$15\*

**Painting a Glass Pendant** Diane Bert  
Using special enamel paints, a simple design will be painted on a glass pendant approximately 1x2 inches. All materials will be provided. \$8 material fee payable to instructor.

**Tuesday** 10 AM – 12:30 PM  
**July 28** (ART15-C1501) 1 class/\$15\*

**Zentangles** Diane Bert  
The Zentangle project helps provide relaxing moments in your busy days. Designs will be done in black ink on artist's tiles. The Zentangle method was created by Rick Roberts and Maria Thomas. This process turns drawings into pleasing designs. Everyone can succeed! \$8 material fee payable to instructor.

**Tuesday** 10 AM – 12:30 PM  
**Aug 11** (ART15-C1502) 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. (No meeting 6/9, 7/14, 8/4, 8/13)*  
**Tuesdays & Thursdays** 1 – 4 PM

**Beaded Jewelry** Martha McGee  
Create a beaded necklace or bracelet. \$10 material fee payable to instructor.  
**Tuesday/Thursday** 1 – 4 PM  
**July 21 & 23** (ART07-C1501) 2 class/\$10\*

**Stepping Stones** Martha McGee  
Create a small (6x6) mosaic tile from preformed concrete, scrap glass, stained glass and your imagination. *There is a \$10 supply fee paid to instructors.*  
**Tuesday/Thursday** 1 – 4 PM  
**June 16 & 18** (ART13-B1501) 2 classes/\$10\*

**Vincent's Letters** Carolyn Masnari  
Workshop explores the life of Vincent Van Gogh as expressed in the letters between Vincent and his brother Theo. Participants given a template of "Starry, Starry Night" to complete. \$7 material fee payable to instructor.  
**Tuesday** 10 AM - Noon  
**June 16** (ART17-B1501) 1 class/\$20\*

**Fun With Art Journaling** Carolyn Masnari  
Try journaling for relaxation and creativity. Use photographs, stamps, glitter, beads, or any other materials to illustrate your pages. Instructor will provide journal. Bring any personal items/photographs you may wish to use. \$15 material fee payable to instructor.  
**Tuesday** 10 AM - Noon  
**Aug 18** (ART18-C1501) 1 class/\$20\*

**Paper Dolls-Card Shoppe** Facilitator: Arlene Pinkos  
Create original greeting cards from donated supplies, to sell at the Senior Center for the benefit of Meals on Wheels. Supplies and training provided.  
**Select Thursdays 6/11, 6/25, 7/16, 7/30, 8/27**  
1:30 - 4:30 PM

## CLUBS / GROUPS

**Book Club** ☛  
1<sup>st</sup> Fridays 10 – 11:30 AM  
**June 5: *The Boating Party*** (Vreeland)  
Leader: J. Bellefleur  
\*No meetings for July and August.

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

**Mondays** 1 – 3:30 PM

Facilitator: Karen Ouellette (248)408-2083

Join a warm, friendly group that knits and crochets for infants, foster-care teens, and chemotherapy patients.

At-home knitters are needed, too! New knitters, please call Karen. *In need of new or "like new" yarn donations.*

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

**June 17** (SOC27-B1503)

John Wylie, Sports Official

**July 15** (SOC27-C1501)

Topic To Be Announced

**Aug 19** (SOC27-C1502)

Victoria Czapski, Rizzo Waste Management

Italian Group-Gruppo Italiano ✪ Facilitator: Angie Giffels

The Italian Club will not be meeting during the summer months. Check back this fall for meeting dates and times and fascinating new subjects!

## 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

### What Are All These Apps on My Smartphone?

Lindsey Schweickert

Learn to navigate the various apps on your smartphone or tablet.

**Thursday** 10 AM - Noon

**June 25** (COM48-B1501) 1 class/\$12\*

*Computer classes with Mike Wilson are not offered during the summer months. Check back this fall for a list of informative new offerings!*

## GAMES

### Billiards (Pool) ✪

**Regular Group Play Tuesday & Thursday** 1 – 4 PM

All levels welcome. Table available during regular center hours for solo, one-on-one or group play.

Bridge Club ✪ Facilitator: B. Balakrishna

**Monday & Friday** (No meeting 7/3)

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

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

### Duplicate Bridge

**1st & 3rd Wednesday**

This group will not play ACBL "sanctioned" games.

Facilitator: Ed Coe

4 – 7:45 PM

Res \$2/Non-Res \$4

### Bridge - Beginner

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** 5:45 - 7:45 PM

**June 8 – July 27** (EDU12-B1502) 8 classes/\$120\*

### Bridge - Intermediate

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** 10 AM – Noon

**June 10 – July 29** (EDU13-B1502) 8 classes/\$120\*

### Bridge - Advanced

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.*

**Wednesdays** 12:30 – 2:30 PM

**June 10 – July 29** (EDU14-B1502) 8 classes/\$120\*

Euchre & Pinochle ✪ Facilitator: Joanne Carmichael

**Thursdays** (no meeting 8/13) 11 AM – 1:30 PM

### Canasta – Beginner

All levels welcome. Class is for beginners or a refresher course. *Material fee of \$4 payable to instructor.*

**Wednesdays** 10 AM – Noon

**June 24 – July 8** (EDU45-B1501) 3 classes/\$60\*

**July 22 – Aug 5** (EDU45-C1501) 3 classes/\$60\*

### Canasta – Beginner/Strategy

This class is open to both beginner and advanced players. Strategy participants learn, splash hands, finesse and shrpnen your game. Must know melding, 7's and aces. *Material fee of \$4 payable to instructor.*

**Wednesday** 5:45 – 7:30 PM

**June 24 – July 8** (EDU46-B1501) 3 classes/\$60\*

**July 22 – Aug 5** (EDU46-C1501) 3 classes/\$60\*

### Mah-jongg Play ✪

**Thursdays** 1 – 4:30 PM

### Poker ✪

**Wednesdays**

Facilitator: Joann Capoccia

Noon – 4 PM

## MOVIES

*Movies provided by Bloomfield Township Public Library*

### Movie Classics: Oscar Winning Pictures 🌟

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

**June 5** **"The Quiet Man"** **1:30 – 3:45 PM**  
A retired American boxer returns to the village where he was born in Ireland, where he finds love.  
Stars: John Wayne, Maureen O'Hara, Barry Fitzgerald (1952, 129 min Comedy | Drama | Romance NR)

**Aug 7** **"Citizen Kane"** **1:30 – 3:30 PM**  
Following the death of a publishing tycoon, news reporters scramble to discover the meaning of his final utterance.  
Stars: Orson Welles, Joseph Cotten, Dorothy Comingore (1941, 119 min Drama | Mystery NR)

### Movie Musicals 🌟

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

**June 12** **"Camelot"** **1:30 – 4:30 PM**  
The story of the marriage of England's King Arthur to Guinevere. The plot of illegitimate Modred to gain the throne and Guinevere's growing attachment to Sir Lancelot, threaten to topple Arthur and destroy his "round table" of knights.  
Stars: Richard Harris, Vanessa Redgrave, Franco Nero (1967, 179 min - Adventure | Comedy | Drama, G)

**July 10** **"Gigi"** **1:30 – 3:30 PM**  
Weary of the conventions of Parisian society, a rich playboy and a youthful courtesan-in-training enjoy a platonic friendship, but it may not stay platonic for long.  
Stars: Leslie Caron, Maurice Chevalier, Louis Jourdan (1958, 115 min - Comedy | Musical | Romance, NR)

**Aug 14** **"Oklahoma!"** **1:30 – 4 PM**  
In the Oklahoma territory at the turn of the twentieth century, two young cowboys vie with an evil ranch hand and a traveling peddler for the hearts of the women they love.  
Stars: Gordon MacRae, Gloria Grahame, Gene Nelson (145 min - Musical | Romance | Western, 1955, NR)

### Movie Mania 🌟

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

**June 19** **"Finding Neverland"** **1:30 - 3:15 PM**  
The story of J.M. Barrie's friendship with a family who inspired him to create Peter Pan.  
Stars: Johnny Depp, Kate Winslet, Julie Christie (2004, 106 mins, Biography | Drama | Family PG)

**July 17** **"The Theory of Everything"** **1:30 – 3:30 PM**  
A look at the relationship between the famous physicist Stephen Hawking and his wife.  
Stars: Eddie Redmayne, Felicity Jones, Tom Prior (123 min - Biography | Drama | Romance PG-13)

**Aug 21** **"Unbroken"** **1:30 – 3:45 PM**  
After a near-fatal plane crash in WWII, Olympian Louis Zamperini spends a harrowing 47 days in a raft with two fellow crewmen before he's caught by the Japanese navy and sent to a prisoner-of-war camp.  
Stars: Jack O'Connell, Takamasa Ishihara, Domhnall Gleeson (2014, 137 min - Biography | Drama | Sport PG-13)

### Movie Documentaries 🌟

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

**June 26** **"American Meat"** **1:30 – 3 PM**  
A solutions-oriented documentary chronicling the current state of the U.S. meat industry and introduces the revolution taking root in animal husbandry. Led by the charismatic and passionate Joel Salatin, stories are shared of farmers across the country who have changed their life to start sustainable grass-based farms, and everyday solutions highlight actions people can make to support America's agriculture. (2013, 85 mins, NR)

**July 24** **"Cyber Seniors"** **1:30 – 2:45 PM**  
A humorous and heartwarming story focusing on a group of senior citizens who take their first steps into cyber-space under the tutelage of teenage mentors, the film expertly renders a thought-provoking look at a spirited group of men and women who are enriched by digitally re-connecting with their families and each other. Finding their footing rather quickly, the group moves on to compete for the most YouTube views while swiftly building their online inventory of friends. (2015, 74 mins, NR)

**Aug 28** **"The White Lions"** **1:30 – 2:30 PM**  
The story of two remarkable and extremely rare white lion cubs on their journey to adulthood. Both are female, sisters born as white as snow in May 2009 in South Africa's Kruger Park. (2012, 60 mins, NR)

### 5<sup>th</sup> Friday Movie 🌟

**5<sup>th</sup> Friday** **Movie begins: 1:30 PM**  
5<sup>th</sup> Friday movie with popcorn!

**July 31** **"Oceans"** **1:30 – 3 PM**  
An ecological drama/documentary, filmed throughout the globe. Part thriller, part meditation on the vanishing wonders of the sub-aquatic world. (2009, 84 mins, G)

## MUSIC

**BTSS Band** 🌟 **Facilitator: Ed Black**  
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.*

**Wednesdays** **9 – 10 AM**  
**June 3 – Aug 5** (EDU37-B1501) **10 classes/\$39\***

## UNIQUE TOPICS

### Ice Cream Social

Join us for a good ole' fashioned ice cream social and some toe tappin' tunes performed by Jack Dalton! *BT Residents only. Graciously sponsored by Maple Village.*

**Tuesday, July 14** (SEV10-C1501) **1 – 2:30 PM**

### The History of Jerusalem

David Tarzbasian

Join scholar David Tarzbasian as he gives a fascinating lecture on the history and culture of the city of Jerusalem, followed by a Q & A discussion.

*Preregistration required* **Res \$3 / Non-Res \$5**

**Tuesday, June 2** (EDU53-B1505) **10 - 11:30 AM**

### Online Safety

MI Senior Brigade

Learn how to avoid Internet scams and fraud and acquire many helpful online resource tips.

*Preregistration required* **Non-Res \$3**

**Tuesday, June 25** (EDU53-B1506) **10 - 11 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**

### "Cows at the Opera House and Other Mysteries"

A mystery is defined as something unexplained or inexplicable, or as a person or thing having qualities that arouse curiosity or speculation. *Sponsored by Baldwin House.*

**Tuesday, June 23** (EDU34-B1501) **10 – 11 AM**

### A Dynamic Maritime Highway

Detroit Historical Society

For centuries, the Detroit River has served as the primary artery for vessels traveling through the heart of the Great Lakes. The importance of maritime commerce made the river primary to Detroit's birth, growth and legacy. Early fur traders, naval fleets, immigrants, smugglers, vacationers, migrant birds, a fabulous fishery, and the city's booming manufacturing industries depended upon the river as a maritime highway. *Sponsored by Woodward Hills.*

*Preregistration required.* **Res \$3/ Non-Res \$5**

**Tuesday, July 21** (EDU53-C1501) **10 - 11 AM**

### Lunch, Listen & Learn

Lions' Hearing Center of MI

Not happy with your hearing aid? Too much background noise? Think you may need a hearing aid but can't afford one? Join us for lunch and learn about hearing loss and new hearing aid technology. *Preregistration and BT Residency required.*

**Tuesday, May 26** (EDU56-B1501) **11 AM – 1 PM**

Opera in America: Stories, People, Places J. Zaretti  
Presentation with photos, musical performances, and stories of Italian composers and their ties to America, including Mozart librettist Lorenzo da Ponte's time in America, connections between Verdi's music and Abraham Lincoln, and the links between The Civil War and *I Puritani* by Bellini and much more! *Sponsored by Woodward Hills.*

*Preregistration required* **Res \$3 / Non-Res \$5**

**Thursday, June 18** (EDU53-B1507) **10 AM – Noon**

### Loughbrack Storytelling®.

Maureen Esther

Facinating 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**

### "Galileo"

Galileo and this Universe (AD 1564 – AD 1642) - Meet the man who is called "The Father of Modern Science." From the religious and political climate of his time, to the scientific discoveries that the telescope would bring to Galileo, it was a time of conflict for the truth. Galileo's universe would set the state for monumental discovery and devastating tragedy.

**Tuesday, Aug 4** (EDU47-C1501) **10 – 11:30 AM**

**Thursday, Aug 6** (EDU47-C1502) **6 – 7:30 PM**

### 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**

**June 1 – July 6** (EDU56-B1502) **6 classes/\$15**

### A Matter of Balance

Area Agency on Aging 1-B

A Matter of Balance is an interactive workshop led by trained leaders in the community. The goal of the program is to reduce fear of falling, stop the fear of falling cycle, and increase activity levels among older adults. Participants engage in group discussion, problem-solving, skill building, assertiveness training and learn exercises to help increase flexibility, range of motion & strength.

*BT residents 60 and over only. Preregistration required*

**Fridays** **9 – 11 AM**

**June 5 – July 31** (EDU56-B1503) (no 7/3) **8 classes/\$15**



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

### Summer 2015

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#### Caregivers' Forum

2<sup>nd</sup> 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

3<sup>rd</sup> Wednesday of Month 5:30 – 7 PM

Early-onset Alzheimer's disease affects people who are under 65. The Alzheimer's Association sponsors this support group for caregivers of persons with early stage memory loss. To register call 248-996-1058.

#### Medicare Assistance Program

Coming Fall 2015, BTSS will become an Open Enrollment Site for Medicare Medicaid Assistance Program (MMAP). MMAP is a free service that can help you make more informed health benefit decisions. Trained counselors will assist with:

- Understanding Medicare
- Explaining Medicare prescription drug coverage
- Review Medicare supplemental insurance needs
- Understanding Medicare health plans
- Application for Medicare Savings Programs

Several trained counselors will be on site to serve Township residents aged 60+. Individual appointments will be available October through December, 2015. Details will be available in the fall newsletter.



#### **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	\$37,950.00
2	\$43,350.00

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

#### Medicare Basics 101

1 – 2:30 PM

Join us for an informative presentation by Diana Wise, RN, Gerontologist and Certified Medicare Counselor. If you are new to Medicare or approaching 65, this is a must attend! BT Residents only. Registration required.

**Tuesday, June 9** (EDU56-B1504)

**Tuesday, August 4** (EDU56-C1501)



#### LUNCH, LISTEN & LEARN

Tuesday, May 26<sup>th</sup>

11 AM - 1 PM

(EDU56-B1501)

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

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

## 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 3<sup>rd</sup> Wednesday of each month from 11 AM until 12:30 PM. Stop by!

June 17      July 15      August 19

## 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.

## 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.

## **OLHSA AFFORDABLE ASSISTANCE PROGRAM**

Let OLHSA (Oakland Livingston Human Services Association) tackle your to-do list. Everything from housecleaning to yard work, lawn care, snow removal, handyman and contractor services. The Program helps seniors stay in their homes longer, features:

- Reasonable Pricing
- Trustworthy Team
- More than 14 years' experience
- Seasoned, reliable contractors
- Skilled compassionate professionals

Call 248-209-2675 to request a quote.

## 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.

## 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.



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

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents who have questions regarding Medicare coverage and prescription drug plans. To register for private consultation please contact Denise Kolkmeier at 248-723-3500.

# 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](http://www.bloomfieldtwp.org/seniors).



## Location

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



## Eligibility Criteria

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

*For more information, please contact Julie GeBott, Coordinator at 248-723-3530 or [jgebott@bloomfieldtwp.org](mailto:jgebott@bloomfieldtwp.org).*

## 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](mailto:jpatzelt@bloomfieldtp.org).**

### **Special thanks to our Summer 2015 sponsors:**



**BALDWIN HOUSE**



Gracious Elegant Senior Living  
by Lutheran Social Services of Michigan

### **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 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 \* 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 \* Michael Samson \* Gerald Schmidt \* Theresa Shea \* Mary Shepline \* 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.***

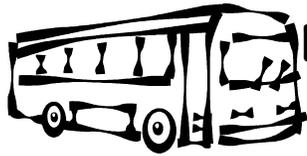
Call Joan for more information 248-723-3500.

### **Thank you volunteers! 2500 + Hours in February-April** Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & Friendship Club Volunteers.

Anne Alden \* 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 \* 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 \* 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 \* Stephanie Ghelfi \* Mona Gibson \* Angie Giffels \* Barbara Glotzhofer \* 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 \* 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 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 15 sponsors:**

Baldwin House      American House      St. Anne's Mead      Maple Village      Brookdale Troy  
Woodward Hills Nursing Center      Cedarbrook Senior Living      All Seasons of West Bloomfield



# 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.

### 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 WAIT LIST

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

### 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 WAIT LIST

**Tuesday, June 2 (DAY17-B1501) 9:15 AM – 1:45 PM**

### 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 WAIT LIST

**Wednesday, June 10 (DAY18-B1501) 11:15 AM – 5:00 PM**

### DSO – Gershwin's Porgy & Bess WAIT LIST

**Friday, June 12, (DAY19-B1501) 9:15 AM – 3:15 PM**

### Corktown Tour WAIT LIST

**Tuesday, June 16 (DAY20-B1501) 9:45 AM - 3:30 PM**

### Franklin Garden Walk

**Wednesday, June 17 (DAY27-B1501) 9:45 AM – 3:00 PM**  
The Franklin Garden Club is celebrating its 30<sup>th</sup> anniversary. Come see what's in bloom! Begin your tour with 6 beautiful gardens in Franklin and Bloomfield Hills. End your day with time to shop the Made in Michigan Artisan Market at the gazebo. Wear comfortable shoes as there will be a lot of walking. Lunch on your own at the Kreger Farmhouse. **Fee: \$34\***

### 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 WAIT LIST

**Saturday, June 20 (DAY22-B1501) 10:00 AM – 2:15 PM**

### 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\*

**Adventures in Dining Series**

**Thursday July 2 (DAY01-C1501) 11:00 AM - 1:30 PM**  
Your culinary travels continue. Sophistication meets tradition at **Mandaloun Bistro**. Inspired by Northern Lebanese cuisine, the chef blends authentic dishes with a modern taste of the Mediterranean. Enjoy an lunch with friends on your own. Fee \$15\*

**Detroit Princess Riverboat Cruise & Lunch**

**Thursday July 9 (DAY02-C1501) 10:15 AM – 2:45 PM**  
Cruise for a relaxing day aboard this beautiful riverboat departing from Hart Plaza. Enjoy spectacular views of the Detroit and Windsor skylines as you journey past the Ambassador Bridge and Belle Isle. Live Entertainment on board. Cash bar available. Photo ID required to board. **Lunch buffet included.** Fee: \$62\*

**DuMouchelle's Preview Auction**

**Friday, July 10 (DAY03-C1501) 10:00 AM - 2:45 PM**  
DuMouchelle's is a leader in the antique, fine art and collectibles auction industry. Located in the heart of downtown, just a few steps from the Ren Cen, Greektown and Cobo Center. Followed by lunch on your own at **Andiamo's Detroit**. Fee: \$27\*

**Sea Life Michigan Aquarium**

**Wednesday, July 15 (DAY04-C1501) 10:00 AM – 2:45 PM**  
Be transported into an amazing underwater world! Come nose to nose with sharks, humble sea stars or a seahorse. To get any closer you'd have to get wet! View more than 5,000 sea creatures through the underwater ocean tunnel. Followed by lunch on your own at **Rainforest Café**. Fee: \$42\*

**Chelsea Milling Company - Jiffy**

**Wednesday, July 22 (DAY05-C1501) 9:30 AM – 3:15 PM**  
Tour the Chelsea Milling Company, known for the ever popular Jiffy Mixes. The tour consists of an educational and informative video presentation, a walking tour of the manufacturing and processing plant and it finishes with a goodie bag to take home! Lots of walking and stairs. Followed by lunch on your own at **The Chelsea Grille** Fee: \$32\*

**Detroit Tigers vs Seattle Mariners**

**Thursday, July 23 (DAY06-C1501) 12:00 PM - 4:45 PM**  
And it's long gone! Enjoy a beautiful day at the ballpark as you cheer on the Tigers to a winning game over the Seattle Mariners. Seating in the shade. **Lunch of hot dog & pop included.** Fee: \$70\*

**OC Pioneer & Historical Society Ice Cream Social**

**Saturday July 25 (DAY07-C1501) 12:00 PM - 4:45 PM**  
Stroll back in time as you walk the grounds of this 1845 Greek Revival home of former Michigan Governor Moses Wisner. Visit outbuildings such as the summer kitchen, smokehouse, and privy. Enjoy the grove and gardens. Listen to Abraham Lincoln and Frederick Douglass & learn about the one room schoolhouse and the role it played in the Underground Railroad. Begin with lunch on your own at **Roadside B & G** Fee: \$22\*

**Behind the Scenes – Edsel & Eleanor Ford House**

**Tuesday, July 28 (DAY08-C1501) 9:45 AM - 3:00 PM**  
The Edsel & Eleanor Ford House tells the story of the home life of a prominent American family. They built their residence along the shores of Lake St. Clair. Their impressive yet unpretentious home reflects their love of family as well as their passion for art and quality design. There will be a lot of walking. Followed by lunch on your own at the **Cotswold Café** Fee: \$37\*

**Bordine's of Rochester Nursery Tour**

**Thursday, July 30 (DAY09-C1501) 10:15 AM - 2:45 PM**  
The largest family-owned grower and retail Garden Center in Michigan is celebrating 75 years of delighting customers. Come visit with the purple people at Bordine's efficient and state-of-the-art facility. Followed by lunch on your own at **CJ Mahoney's**. Fee: \$27\*

**Russell Industrial Art Center**

**Saturday, August 8 (DAY11-C1501) 10:00 AM -3:00 PM**  
Covering 7 buildings and millions of square feet, the Russell Industrial Center has a history going back nearly a century, including making auto parts and airplane wings for WWII. The Albert Kahn designed complex been revitalized as a canvas for countless artists, host to film shoots and one of the largest artistic communities in the Midwest United States. This entrepreneurial marketplace has blossomed into a thriving community of bakeries, shops and salons. Followed by lunch on your own at **Woodbridge Pub**. Fee: \$27\*

**National Weather Station – Doppler**

**Tuesday, August 11 (DAY12-C1501) 10:00 AM – 2:30 PM**  
Tour this state-of-art national weather station. See how storms are tracked, learn about forecasting, warning & how data is collected, weather balloons and how a weather broadcast is created. Must be a U.S citizen for this trip. Followed by lunch on your own at **Billy's Tip N Inn**. Fee: \$27\*

**Cranbrook House & Garden Tour and Tea**

**Thursday, August 13 (DAY13-C1501) 12:40 PM – 4:15 PM**  
Experience the grandeur of Cranbrook's House and Gardens, a National Historic Landmark. The gardens, works of art and first-floor appointments are preserved as a testament to the Booths' lifestyle, interest in landscape gardening and involvement in the American Arts & Crafts movement. **Tea included.** Fee: \$45\*

### John K. King Used & Rare Bookstore Tour

**Tuesday August 18 (DAY14-C1501) 9:45 AM - 2:00 PM**  
John K. King is Michigan's largest used & rare bookstore and one of the largest bookstores in the country. The downtown Detroit store consists of two buildings: a four story bookstore in an old glove factory and another building directly behind 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

**Friday August 21 (DAY16-C1501) 11:50 AM - 4:00 PM**  
With the belief that products should be made by hand and built to last, Shinola is committed to creating community and reclaiming pride in American quality. Makers of men's and women's watches and more, they stand for skill at scale, preservation of craft and the beauty of industry. Begin with lunch on your own at **Traffic Jam and Snug**. **Fee: \$27\***

### Clinton River Cruise & Lunch

**Wednesday August 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. View the beautiful homes, cabins and lush foliage that adorn the shores. Cash bar available. **Buffet Luncheon served on board is included.** **Fee: \$ 61\***

### Detroit Tigers v LA Angels

**Thursday, August 27 (DAY18-C1501) 12:00 PM - 4:45 PM**  
Don't miss out on your chance for a great day at Comerica Park, join us as we cheer on the Tigers. Seating in the shade. **Lunch of hot dog & pop included.** **Fee: \$70\***

### 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 strives to be a place of pilgrimage, healing, reconciliation and peace. Docent led tour of the St. Bonaventure Chapel, surrounding gardens and sculptures. **Includes lunch of sandwich, soup and 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. Enjoy lunch at the historic Detroit Yacht Club. Lunch selection made at time of reservation. **Fee: \$52\***

### Detroit Tigers v Chicago White Sox

**Wednesday Sept. 23 (DAY23-C1501) 12:00 PM - 4:45 PM**  
Don't miss out on your chance for a great day at Comerica Park. Join us as we cheer on the boys of summer and enjoy a carefree day at the ballpark. Seating in the shade. **Lunch of hot dog & pop included.** **Fee: \$60\***

### 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 as well as floral supplies and other interior design goods to retailers. They are not open to the public so this is your chance to get inspiration from one of the best! Enjoy a floral arranging demonstration and a tour of their facility, also you will be able to purchase some goodies. Follow with lunch on your own at **Master's** **Fee: \$27\***

*Stratford*  
**FESTIVAL**

**October 8 - 9, 2015**

(XDAY01-D1501)

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



# Summertime!

It's a great time to...

### ...take a dip in the pool!

- Swim Fitness Class (pg. 4)
- H2O Circuit (pg. 4)
- Water Walking Workout (p. 4)
- H2O HIIT (pg. 4)

### ...expand your mind!

- Detroit River: Dynamic Maritime Highway (pg. 11)
- Men's Club (pg. 9)
- Dessert and DIA – Museum Mysteries (pg. 11)
- History of Jerusalem (pg. 11)
- Online Safety (pg. 11)

### ...tap into your creative side!

- Garden Art (pg. 8)
- Painting a Glass Pendant (pg. 8)
- Stepping Stones (pg. 8)
- Vincent's Letters (pg. 8)
- Fun with Journaling (pg. 8)
- Zentangles (pg. 8)

### ...something for you after your workday!

- Evening Fitness Classes (pg. 7)
- Loughbrack Storytelling® - Galileo (pg. 11)
- Evening Duplicate Bridge (pg. 9)
- Beginner Bridge & Canasta (pg. 9)



# ICE CREAM SOCIAL

Tuesday, July 14 1 – 2 :30 PM  
(SEV10-C1501)

Join us for a good ole' fashioned ice cream social and some toe tappin' tunes performed by Jack Dalton! This is a complimentary event. *BT residency and preregistration required.*

Sponsored by:



## LUNCH, LISTEN & LEARN

Tuesday, May 26<sup>th</sup> 11 AM - 1 PM  
(EDU56-B1501)

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

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

# 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. Improvements to the successful 2014 trip include better seat location and plated dinner at the Stratford Country Club.

Please register early for this is a high demand trip. Full payment due with registration, no refunds after August 24 and partial refunds less costs incurred prior to August 24. Travel insurance is highly recommended for private purchase or through our Trip Leader Sue Goldstein at (248) 865-0005. Flyer available at Center.

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

(Resident registration only through May 22.  
Nonresident registration begins May 23.)



## Let's Hit the Road!

Summertime is vacation time!  
See pages 13-15 for details.

- Garden Walk (6/17)
- Adventures in Dining (6/4, 7/2, 8/20)
- Palmer Woods Blues Concert (6/26)
- River Lunch Cruises (7/9 & 8/26)
- Sea Life Aquarium (7/15)
- Detroit Tiger Games (7/23, 8/27 & 9/23)
- Shinola Tour (8/21)
- Solanus Casey Center Tour & Lunch (9/9)
- Stahl's Automotive Museum (9/15)
- Detroit Yacht Club Lunch (9/17)
- Atwater Brewery (9/25)