



Bloomfield Township Senior Services



Winter 2014-15

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

INDEX (SS = supplement)

- Adult Day Service.....SS4
- Art Classes.....9
- Aquatics Classes.....3-4
- Billiards.....9
- Blood Pressure.....SS3
- Book Groups.....8
- BTSS Eligibility.....2
- Cancellations.....2
- Cardio Classes.....4-5
- Cards/Games.....9-10
- Caregiver.....SS1
- Clubs.....8-9
- Computers.....9
- Day Trips.....13-15
- Dental ProgramSS3
- Donations.....2
- Enrichment.....8-11
- Fitness.....3-7
- Fitness Week16
- Friendship Club..... SS4
- Grocery Shop.....SS2
- Home Repair.....SS1
- Lapidary.....8
- Loan ClosetSS3
- Meals on WheelsSS2
- Men's Club9
- Millage3
- Mind & Body7
- Movies.....9-10
- Music10-11
- Personal Fitness6
- Reassurance.....SS2
- Saturday Fitness..... 7
- Seated Exercise.....5-6
- Sponsors2,12
- Strength Exercise.....6
- Tax Assist.....1, SS1
- Transportation.....SS2
- Unique Topics11
- Volunteering.....12



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

Get Motivated; Stay Motivated!

Fitness Week January 5 - 9

It's 2015! Start the New Year off right with a week of fitness fun!

See back page for schedule of offerings.

Supportive Services

BTSS offers a variety of supportive services to assist seniors in the community. See the yellow pages of the newsletter for more details. Services include:

- ✓ Meals on Wheels
- ✓ Medical and Errand Transportation
- ✓ Medicare/Prescription Counseling
- ✓ Loan Closet
- ✓ Adult Day Service
- ✓ Minor Home Repair Program
- ✓ Caregiver Support
- ✓ Blood Pressure Checks



TREE OF LIFE

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

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

Purchase a sponsor card for \$7 a meal and decorate our "Tree of Life". Donation cards available at the Senior Center.

Protect Yourself from Identity Theft

Seniors are the frequent target of identity theft and scams. The following recommendations from the Federal Trade Commission (www.FTC.gov/IDtheft) are most valuable.

- *Read your credit reports. You may get a free one every 12 months from each of the three nationwide credit reporting companies. You may get them all at once or one every four months. (1.877.322.8228 or www.annualcreditreport.com)*
- *Review statements, receipts, medical EOBs regularly.*
- *Shred personal/medical info if no longer needed.*
- *Don't respond to unsolicited requests for personal information or donations via phone or mail.*
- *Do not use the same password or PIN for all accounts; mix numbers, letters and special characters.*
- *Use virus protection and firewalls on your computer.*
- *Do not use SS# for ID; do not carry in your wallet.*
- *Use ATMs attached to banks; avoid a stand alone.*
- *Limit information on social media.*
- *Do not use or carry SS card for ID.*
- *Collect your mail promptly; do send mail from your residential mailbox.*

BTSS has a secure drop box which is collected by USPS 6 days per week.

If you feel you may be a victim – start a fraud alert with Experian, Equifax or Transunion, order a credit report, file a report with the FTC and BTPD.

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500

Thank You for Your Donations*... Arlene Beerman, Sharon Redd, John King, Letha Kuesel, Jacqueline Marquis, Florence Sigler, Elinor Yolles, Thomas St. Charles, Sally Sehn, Geraldine Marchetti, Edward Nol

*** CHARITABLE CONTRIBUTIONS AND GIFTS**

An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer's contribution base) any charitable contribution which is made within the taxable year, to a State, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.

Special thanks to our Fall sponsors:

HomeInstead Senior Care	Baldwin House
Visiting Angels	St. Joseph Mercy Oakland
St. Anne's Mead	Maple Village
Woodward Hills Nursing Center	
Cedarbrook of Bloomfield Hills	

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

Phone: (248) 723-3500 Fax: (248) 723-3519

Christine Tvaroha, Director

Senior Center*: Monday - Thursday 7 AM – 9 PM
Friday 7 AM – 7 PM
Saturdays 8 AM – 3 PM

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

www.bloomfieldtp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Corinne Khederian, Trustee Brian E. Kepes, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Donna Artzberger, John & Janice Bellefleur, John Conti,

Gladys Cifelli, Maxine Davison, Don Foehr, Marie Gemmel

Victor & Suzanne Goldstein, Tony Klemmer,

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Thursday, November 27 & Friday, November 28

Wednesday, December 24 & Thursday, December 25

Thursday, January 1

Eligibility: Adults 50 years and older*

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

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

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

Registration / Cancellation / Refund Policies

-Resident registration begins for confirmed BT profiles 11/5; nonresidents may register on 11/17.

- 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. Great for those new or just returning to water. The flow of carefully sequenced stretches are fluid and build gradually as you work the entire body in a warm water environment. *Bring water bottle to class; water shoes optional.*

Monday

11 AM – 12 Noon

Dec 1 – Dec 8 (FIT114-D1405)

2 classes/\$16*

Jan 12 – Feb 23 (FIT114-A1501)

7 classes/\$56*

Monday (new time)

6:00 – 7:00 PM

Dec 1 – Dec 8 (FIT114-D1406)

2 classes/\$16*

Jan 12 – Feb 23 (FIT114-A1502)

7 classes/\$56*

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

Dec 4 – Dec 11 (FIT118-D1402)

2 classes/\$12*

Jan 15 – Feb 26 (FIT118-A1501)

7 classes/\$42*

Aqua Endurance

Lisa Inman

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

Tuesday

9:30 – 10:30 AM

Dec 2 – Dec 9 (FIT64-D1402)

2 classes/\$12*

Jan 13 – Feb 24 (FIT64-A1501)

7 classes/\$42*

New! 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

Dec 4 – Dec 11 (FIT126-D1401)

2 classes/\$10*

Jan 15 – Feb 26 (FIT126-A1501)

7 classes/\$35*

New! 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

Dec 5 – Dec 12 (FIT128-D1401)

2 classes/\$10*

Jan 16 – Feb 27 (FIT128-A1501)

7 classes/\$35*

Aqua Power Aerobics

Annie Chi

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

Tuesday

6 – 7 PM

Dec 2 - Dec 9 (FIT27-D1411)

2 classes/\$16*

Jan 13 – Jan 27 (FIT27-A1501)

3 classes/\$24*

Feb 3 – Feb 24 (FIT27-A1502)

4 classes/\$32*

New! **Tuesday**

4:45 – 5:45 PM

Dec 2 – Dec 9 (FIT27-D1412)

2 classes/\$16*

Jan 13 – Jan 27 (FIT27-A1503)

3 classes/\$24*

Feb 3 – Feb 24 (FIT27-A1504)

4 classes/\$32*

Thursday

6 – 7 PM

Dec 4 – Dec 11 (FIT27-C1409)

2 classes/\$16*

Jan 15 – Jan 29 (FIT27-A1505)

3 classes/\$24*

Feb 5 – Feb 26 (FIT27-A1506)

4 classes/\$32*

New! **Thursday**

4:45 – 5:45 PM

Dec 4 – Dec 11 (FIT27-D1410)

2 classes/\$16*

Jan 15 – Jan 29 (FIT27-A1507)

3 classes/\$24*

Feb 5 – Feb 26 (FIT27-A1508)

4 classes/\$32*

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

Dec 3 – Dec 10 (FIT86-D1403)

2 classes/\$16*

Jan 14 – Feb 25 (FIT86-A1501)

7 classes/\$56*

Saturday

10:30 – 11:30 AM

Dec 6 – Dec 13 (FIT86-D1404)

2 classes/\$16*

Jan 10 – Feb 28 (FIT86-A1502)

8 classes/\$64*

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

Dec 3 – Dec 10 (FIT96-D1403)
Jan 14 – Feb 25 (FIT96-A1501)

Lisa Inman

9:30 – 10:30 AM
2 classes/\$12*
7 classes/\$42*

Friday

Dec 5 – Dec 12 (FIT96-D1404)
Jan 16 – Feb 27 (FIT96-A1502)

9:30 – 10:30 AM
2 classes/\$12*
7 classes/\$42*

Ultimate H2O

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

Lisa Inman/ Maggie Barclay

Monday

Dec 1 – Dec 8 (FIT95-D1402) (Inman)
Jan 12 – Feb 23 (FIT95-A1501) (Barclay)

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

H2O Interval

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

Lisa Inman

Wednesday

Dec 3 – Dec 10 (FIT83-D1403)
Jan 14 – Feb 25 (FIT83-A1501)

8 – 9 AM
2 classes/\$12*
7 classes/\$42*

Friday

Dec 5 – Dec 12 (FIT83-D1404)
Jan 16 – Feb 27 (FIT83-A1502)

8 – 9 AM
2 classes/\$12*
7 classes/\$42*

H2O Boot Camp

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

Saturday

Dec 6 – Dec 13 (FIT32-D1403)
Jan 10 – Jan 31 (FIT32-A1501)
Feb 7 – Feb 28 (FIT32-A1502)

Annie Chi

9 – 10 AM
2 classes/\$16*
4 classes/\$32*
4 classes/\$32*

Swim Lessons-Beginners

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

Ernie Thomas

Tuesday

Jan 13 – Feb 3 (FIT48-A1501)
Feb 10 – Mar 4 (FIT48-A1502)

11 AM – 12 PM
4 classes/\$20*
4 classes/\$20*

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>

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

Bootcamp Gold

Circuit inspired workout that includes cardio, strength/endurance, agility, balance, and core conditioning. Designed for all fitness levels to challenge your body. *Bring hand weights, mat, water.*

Lisa Robinson

Monday

Dec 8 – Dec 22 (FIT116-D1402)
Jan 12 – Feb 23 (FIT116-A1501)

9 – 10 AM
3 classes/\$15*
7 classes/\$35*

Cardio, Core, Conditioning (Three Cs)

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.*

Dondra Elie

Tuesday

Dec 2 – Dec 16 (FIT109-D1403)
Jan 13 – Feb 24 (FIT109-A1501)

9 – 10 AM
3 classes/\$15*
7 classes/\$35*

Thursday

Dec 4 – Dec 18 (FIT109-D1404)
Jan 15 – Feb 26 (FIT109-A1502)

9 – 10 AM
3 classes/\$15*
7 classes/\$35*

30/30 Cardio Party & Core Maggie Barclay/Sherri Green
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 work will include 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 4 – 5 PM
Dec 1 – Dec 15 (FIT119-D1402) (Green) 3 classes/\$15*
Jan 12 – Feb 23 (FIT119-A1501) (Barclay) 7 classes/\$35*

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 7 – 8 PM
Dec 4 – Dec 18 (FIT120-D1402) 3 classes/\$18*
Jan 15 – Feb 26 (FIT120-A1501) 7 classes/\$42*
Saturday (NEW TIME) 10-11 AM
Dec 6 – Dec 20 (FIT120-D1403) 3 classes/\$18*
Jan 10 – Feb 28 (FIT120-A1502) 8 classes/\$48*

New! **Cardio Dance** Sherri Green
Cardio workout using a fun mix of high energy music & easy to learn moves. So much fun you don't even realize you are sweating. Resistance training & floor work included. Intermediate level class.

Wednesday 4- 5 PM
Dec 3 – Dec 17 (FIT124-D1402) 3 classes/\$15*
Jan 14 – Feb 25 (FIT124-A1501) 7 classes/\$35*

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
Jan 16 – Feb 27 (FIT47-A1501) 7 classes/\$35*

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.

Monday (Janene Ravid) 7 - 8 PM
Dec 1 – Dec 15 (FIT78-D1404) 3 classes/\$18*
Jan 12 – Feb 23 (FIT78-A1501) 7 classes/\$42*
Wednesday (Janene Ravid/Maggie Barclay) 7 - 8 PM
Dec 3 – Dec 17 (FIT78-D1405) (Ravid) 3 classes/\$18*
Jan 14 – Feb 25 (FIT78-A1502) (Barclay) 7 classes/\$42*
Friday (Janene Ravid/Maggie Barclay) 7:45 – 8:45 AM
Dec 5 – Dec 12 (FIT78-D1406) (Ravid) 2 classes/\$12*
Jan 16 – Feb 27 (FIT78-A1503) (Barclay) 7 classes/\$42*

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 H20.
BT Residency required.

M/T/W/TH/F Times Vary
Jan 12 – Feb 27 (FIT77-A1501) 56 sessions/\$105

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.*

Tuesday 11:30 AM – 12:30 PM
Dec 2 – Dec 16 (FIT121-D1402) 3 classes/\$15*
Jan 13 – Feb 24 (FIT121-A1501) 7 classes/\$35*

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

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 & 7-8:30 PM
Thursday 7-8:30 AM
Friday 4:30-6:30 PM
Saturday 11:30-1:00 PM & 1:00-2:30 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 – 3:45 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.

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

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 (David Gammouh)	7:30 – 8:30 AM
Jan 12 – Mar 2 (FIT103-A1501)	8 classes/\$120*
Monday (Lizabeth Ales)	2:00 – 3:00 PM
Dec 1 – Dec 15 (FIT103-D1401)	3 classes/\$45*
Jan 12 – Mar 2 (FIT103-A1502)	8 classes/\$120*
Wednesday (Lisa Robinson)	1:00 – 2:00 PM
Dec 3 – Dec 17 (FIT103-D1402)	3 classes/\$45*
Jan 14 – Mar 4 (FIT103-A1503)	8 classes/\$120*
Wednesday (David Gammouh)	5:30 – 6:30 PM
Jan 14 – Mar 4 (FIT103-A1504)	8 classes/\$120*
Friday (David Gammouh)	1:00 – 2:00 PM
Jan 16 – Mar 6 (FIT103-A1505)	8 classes/\$120*

New! INSPIRE Wellness Group

Maggie Barclay

Wednesday 11:00 AM - 12:00 PM

Jan 7 – Feb 25 (FIT127-A1501) 8 sessions/\$199

Join our accountability group and get INSPIRED to make those lifestyle changes you've been wanting! Weekly meetings, fitness assessment, 15 hr. nutrition class with book, INSPIRE journal & T-shirt, optional e-mail group and prizes. Welcome breakfast (Monday, Jan 5) to get you started & party at the end to celebrate your success. *BT Residency reqd.*

SEATED**Chair Exercise**

Liz Ales

This seated exercise class helps improve cardiovascular health, muscle strength, and flexibility. Focus is on balance to help prevent falls. Reduce stress in a fun, supportive environment! Resistance bands and hand weights provided.

Monday	10:15 – 11 AM
Dec 1 – Dec 15 (FIT18-D1403)	3 classes/\$15*
Jan 12 – Feb 23 (FIT18-A1501)	6 classes/\$35*
Thursday	10:15 – 11 AM
Dec 4 – Dec 18 (FIT18-D1404)	3 classes/\$15*
Jan 15 – Feb 26 (FIT18-A1502)	5 classes/\$35*

Chair Yoga

Karen Lutz/Donna Tomassi

Incorporates breathing with gentle adaptive exercise. Regardless of age or physical limitations, improve flexibility, strength and balance as you stretch. Chair or bar can be used for support in optional standing poses.

Monday (Donna Tomassi)	11:30 AM – 12:30 PM
Dec 1 – Dec 15 (FIT56-D1403)	3 classes/\$18*
Jan 12 – Feb 23 (FIT56-A1501)	7 classes/\$42*
Wednesday (Karen Lutz)	11:30 AM – 12:30 PM
Dec 3 – Dec 17 (FIT56-D1404)	3 classes/\$18*
Jan 14 – Feb 25 (FIT56-A1502)	7 classes/\$42*

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	5:45 – 6:45 PM
Dec 1 – Dec 15 (FIT110-D1403)	3 classes/\$18*
Jan 12 – Feb 23 (FIT110-A1501)	7 classes/\$42*
Wednesday	8:15 – 9:15 AM
Dec 3 – Dec 17 (FIT110-D1404)	3 classes/\$18*
Jan 14 – Feb 25 (FIT110-A1502)	7 classes/\$42*

Strength & Balance – Level 1

Rhonda Jean

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

Tuesday	1:45 – 2:30 PM
Dec 2 – Dec 16 (FIT79-D1405)	3 classes/\$15*
Jan 13 – Jan 27 (FIT79-A1501)	3 classes/\$15*
Feb 3 – Feb 24 (FIT79-A1503)	4 classes/\$20*
Thursday	12:45 – 1:30 PM
Dec 4 – Dec 18 (FIT79-D1406)	3 classes/\$15*
Jan 15 – Jan 29 (FIT79-A1502)	3 classes/\$15*
Feb 5 – Feb 26 (FIT79-A1504)	4 classes/\$20*

Strength & Balance – Level 2

Maggie Barclay/David Gammouh

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
Dec 5 – Dec 19 (FIT80-D1402) (Gammouh)	3 classes/\$15*
Jan 16 – Feb 27 (FIT80-A1501) (Barclay)	7 classes/\$35*

Healthy Back 101

David Gammouh

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
Dec 2 – Dec 16 (FIT105-D1402)	3 classes/\$15*
Jan 13 – Feb 24 (FIT105-A1501)	7 classes/\$35*

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)

Barre Balance

Donna Tomassi

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

Monday

12:45 – 1:30 PM

Dec 1 – Dec 15 (FIT101-D1402)

3 classes/\$18*

Jan 12 – Feb 23 (FIT101-A1501)

7 classes/\$42*

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

THANK YOU!

MIND  BODY

It's a New Day Yoga!

Karen Lutz

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

Saturday

8:30 – 9:30 AM

Dec 6 – Dec 20 (FIT113-D1402)

3 classes/\$18*

Jan 10 – Feb 28 (FIT113-A1501)

8 classes/\$48*

Beginning Yoga

Kathy Housey

Gentle flowing hatha Yoga designed for those who have never done yoga before or need a safe stretching and balance program. 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

Dec 5 – Dec 19 (FIT05-D1402)

3 classes/\$18*

Jan 16 – Feb 27 (FIT05-A1501)

7 classes/\$42*

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

Dec 3 – Dec 17 (FIT03-D1403)

3 classes/\$24*

Jan 14 – Mar 25 (FIT03-A1501) no class 2/14

10 classes/\$80*

Continuing

Wednesday

10:15 – 11 AM

Dec 3 - Dec 17 (FIT03-D1404)

3 classes/\$24*

Jan 14 – Mar 25 (FIT03-A1502) no class 2/14

10 classes/\$80*

Gentle Moves Yoga

Maggie Barclay/Sue Albert/Karen Lutz

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

Tuesday

10:15 – 11:15 AM

Dec 2 – Dec 16 (FIT94-D1403) (Albert)

3 classes/\$15*

Jan 13 – Feb 24 (FIT94-A1501) (Barclay)

7 classes/\$35*

Thursday

11:30 – 12:30 AM

Dec 4 – Dec 18 (FIT94-D1404) (Lutz)

3 classes/\$15*

Jan 15 – Feb 26 (FIT94-A1502)(Barclay)

7 classes/\$35*

Chair Yoga

Karen Lutz/Donna Tomassi

Incorporates breathing with gentle adaptive exercise. Regardless of age or physical limitations, improve flexibility, strength and balance as you stretch. Chair or bar can be used for support in optional standing poses.

Monday (D. Tomassi)

11:30 AM – 12:30 PM

Dec 1 – Dec 15 (FIT56-D1403)

3 classes/\$18*

Jan 12 – Feb 23 (FIT56-A1501)

7 classes/\$42*

Wednesday (K. Lutz)

11:30 AM – 12:30 PM

Dec 3 – Dec 17 (FIT56-D1404)

3 classes/\$18*

Jan 14 – Feb 25 (FIT56-A1502)

7 classes/\$42*

SATURDAY FITNESS CLASSES

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

Karen Lutz

Saturday

8:30 AM – 9:30 AM

Fluid Moves (pg. 4)

Kathy Housey

Saturday

10:30 – 11:30 AM

H2O Boot Camp (pg. 5)

Annie Chi

Saturday

9 – 10 AM

Bokwa® (pg. 5)

Louis White

Saturday

10 - 11 AM

EVENING FITNESS CLASSES

Aqua Power Aerobics (pg. 3)

Annie Chi

Tues/Thurs

6 – 7 PM

Aqua Yoga Flow (pg. 3)

Kathy Housey

Monday

6 – 7 PM

Zumba Gold® (pg. 5)

Monday (Janene Ravid)

7 – 8 PM

Wednesday (Maggie Barclay)

7 – 8 PM

Zumba Gold Toning® (pg. 6)

Janene Ravid

Monday

5:45 - 6:45 PM

BOKWA®

Louis White

Thursday (pg. 5)

7 – 8 PM

Small Group Personal Training

David Gammouh

Wednesday (pg. 6)

5:30 – 6:30 PM

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
Dec 10 – 17 (ART02-D1401) 2 classes/\$28*

Creating Beautiful Notecards Diane Bert
Make beautiful note cards using alcohol inks. The impressionistic effects will be sure to please the eye. *\$10 material fee payable to instructor.*
Tuesday 10 AM – Noon
Dec 2 (ART20-D1401) 1 class/\$15*

Painting a Meadowlark Diane Bert
Everyone can be successful painting using acrylic paint. Learn new techniques. All materials provided including brushes, canvas, and paints. Your finished project will be worthy of framing. *\$10 material fee payable to instructor.*
Thursday 10 AM – Noon
Jan 29 (ART16-D1501) 1 class/\$20*

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 12/25, 1/1) 1 – 4 PM

CLUBS / GROUPS

Book Club ☛ Facilitator: Fern Stoffer
1st Friday 10 – 11:30 AM
Dec 5: *David & Goliath (Gladwell)*
Leader: Lee Skandalaris
Jan 9: *Discuss Your Favorites*
Leader: Catharine Matti
Feb 6: *Round House (Erdich)*
Leader: Opal Redman

Chicks with Sticks : “Knitting Gifts from the Heart” ☛
Mondays (No meeting 2/9, 2/23) 1 – 3:30 PM
Facilitator: Karen Ouellette (248)408-2083
Join a warm, friendly group that knits and crochets for infants, foster-care teens, and chemotherapy patients. At-home knitters are needed, too! New knitters, please call Karen. *In need of new or “like new” yarn donations.*

Italian Group-Gruppo Italiano ☛ Facilitator: Angie Giffels
2nd Friday 10 AM – Noon
Affiliate of Dante Alighieri Society
Dec 12: “Puccini:A Love Affair With America” – speaker John Zareti, President Verdi Opera Theatre
Jan 9: To Be Announced
Feb 13: To Be Announced

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
Dec 17 (SOC27-D1403)
Topic To Be Announced
Jan 21 (SOC27-A1501)
Topic To Be Announced
Feb 18 (SOC27-A1502)
Topic To Be Announced

COMPUTERS

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

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
Thursday, January 8 (COM18-A1501) 9:30 - 10:45 AM
Friday, January 9 (COM18-A1502) 9:30 - 10:45 AM

Understanding Websites and the Internet Mike Wilson
Understand just how easy websites are to access and use! Learn to shop online and obtain information.
Optional Instructor book fee: \$25 payable to instructor-cash or check only. Preregistration required.
Complimentary to BT Residents/Non-Res \$10
Friday, January 16 (COM03-A1501) 9:30 - 11:30 AM

Help! I Have a Computer, What Next? Mike Wilson
Covers basic e-mail/attachments, printing, playing music/DVDs, copy/paste, copying camera pictures, playing games, changing desktop backgrounds, keyboard shortcuts & more! \$25 book fee due first class-cash/check only.
Fridays 9:30 - 11:30 AM
Jan 23 – Feb 6 (COM37-A1501) 3 classes/\$75*

Introduction to Windows 8 Mike Wilson
Learn how to use the startup screen, apps, Charms Bar, Internet, pictures, computer customization options and more!
Optional: Bring your fully charged Windows 8 Laptop.
Fridays 9:30 AM - 11:30 AM
Feb 13 - Feb 27 (COM14-A1501) 3 classes/\$75*

Exploring Pinterest Lindsey Schweickert
Learn how to explore the endless possibilities this popular website has to offer! From crafts to cooking to cars, this site is filled with interesting and unique ideas for whatever your interests are. *Optional: Bring your fully charged laptop/tablet.*
Tuesday 10:00 - Noon
January 27 (COM43-A1501) 1 class/\$12*

Selling on Ebay & Amazon Lindsey Schweickert
Learn how to turn your unwanted belongings into money in your pocket! See how easy it is to navigate these popular websites and your clutter in cash. *Optional: Bring your fully charged laptop/tablet.*
Tuesday 10:00 AM - Noon
February 17 (COM44-A1501) 1 class/\$12*

Bridge - Intermediate James & Cheryl Bloom
Learn ways to analyze play, defend, and further knowledge of bidding. For those with experience playing bridge. Concentration on play/defense of the hand. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*
Wednesdays (no class 12/10, 12/24) 10:00 AM – Noon
Nov 12 – Jan 14 (EDU13-D1401) 8 classes/\$120*
Mondays (no class 2/23) 6:45 – 8:45 PM
Jan 26 – Mar 23 (EDU13-A1501) 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.*
Wednesdays (no class 12/10, 12/24) 12:30 - 2:30 PM
Nov 12 – Jan 14 (EDU14-D1401) 8 classes/\$120*
Wednesdays (no class 2/18) 10:00 AM – Noon
Jan 28 – Mar 25 (EDU14-A1501) 8 classes/\$120*

Canasta – Beginner/Strategy Lenore Gorosh
All levels welcome, including beginners. Strategy will focus on those who already know special hands and want to sharpen their game. *Material fee of \$4 payable to instructor.*
Tuesdays 10 AM – Noon
Dec 2 – Dec 16 (EDU45-D1402) 3 classes/\$60*
Feb 3 – Feb 17 (EDU45-A1501) 3 classes/\$60*
Tuesdays 6:45 – 8:45 PM
Dec 2 – Dec 16 (EDU45-D1403) 3 classes/\$60*
Feb 3 – Feb 17 (EDU45-A1502) 3 classes/\$60*

Euchre & Pinochle ⬠ Facilitator: Joanne Carmichael
Thursdays (no meeting 12/25, 1/1) 11:00 AM – 1:30 PM
All levels welcome! Non-Res \$2

Mah-jongg Play ⬠
Thursdays (no meeting 12/25, 1/1) 1 – 4:30 PM
Non-Res \$2

Poker ⬠ Facilitator: Joann Capoccia
Wednesdays (no meeting 12/24) Noon – 4 PM
Non-Res \$2

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 2/9, 2/23)
Tables assigned: 12:30. First come, first serve.
Maximum of 7 tables Play: 12:45 – 4 PM
Non-Res \$2

Duplicate Bridge Facilitator: Ed Coe
1st & 3rd Wednesday (no meeting 12/24) 5 – 8:45 PM
This group will not play ACBL “sanctioned” games.
Res \$2/Non-Res \$4

Bridge - Beginner James & Cheryl Bloom
Learn the basics of bridge including bidding and declarer play. No prior experience needed. Also for those with some bridge skill. Two certified ACBL instructors and silver life masters. *Book fee \$20 payable to instructor.*
Mondays (no class 12/8) 6:45 – 8:45 PM
Nov 17 – Jan 12 (EDU12-D1401) 8 classes/\$120*
Wednesdays (no class 2/18) 12:30 - 2:30 PM
Jan 28 – Mar 25 (EDU12-A1501) 8 classes/\$120*

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!

Dec 5 “Around the World in 80 Days” 1:30 – 4:30 PM
Adaptation of Jules Vern’s novel about a Victorian Englishman who bets that with the new steamships and railways. Starring: David Niven, Cantinflas (1956, 175 min, Adventure/Comedy, G)

Jan 2 "Bridge on the River Kwai" 1:30 – 4:15 PM
World War II classic. Starring: William Holden, Alec Guinness (1957, 161 min, Drama/adventure PG)

Feb 6 "The Miracle Worker" 1:30 – 3:15 PM
The story of Anne Sullivan & Helen Keller. Starring: Anne Bancroft, Patty Duke (1962, 106 min, Drama/Biography NR)

Movie Musicals ⬠

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

Dec 12 "Scrooge" 1:30 – 3:30 PM
A musical retelling of Charles Dickens' classic Christmas tale. Starring: Albert Finney, Alec Guinness (1970, 113 min, Drama/Musical/Fantasy, G)

Jan 9 "Fiddler on the Roof" 1:30 – 4:30 PM
Story of Jewish peasant and his three of his daughters. Starring: Topal, Norma Crane (1971, 181 min, Drama/Musical/Comedy, G)

Feb 13 "Bye, Bye, Birdie" 1:30 – 3:30 PM
A rock singer "farewell" television performance and kiss before he is drafted. Starring: Dick Van Dyke, Ann-Margret, Janet Leigh (1963, 112 min, Romance/comedy/Musical, G)

Movie Mania ⬠

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

Dec 19 "Heaven is For Real" 1:30 - 3:45 PM
Father must find the courage and conviction to share his son's near death experience with the world. Based on a true story. Starring: Greg Kinnear, Kelly Reilly (2014, 99 min, Drama, PG)

Jan 16 "The Princess Bride" 1:30 – 3:45 PM
A classic fairy tale, with swordplay, giants, an evil prince, a beautiful princess, as read by a kindly grandfather. Starring: Cary Elwes, Robin Wright, Mandy Patinkin (1987, 98 min, action/comedy/fantasy, PG)

Feb 20 "Parental Guidance" 1:30 – 3:45 PM
Artie and Diane agree to look after their three grandkids when their type-A parents need to leave town. Problems arise when the kids' 21st century behavior collides with grandparents' old school methods. Starring: Billy Crystal, Bette Midler (2012, 105 min, comedy, PG)

Movie Documentaries ⬠

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

Dec 26 "Detropia" 1:30–3:15 PM
Detroit's story has encapsulated the iconic narrative of America over the last century. Its' vivid, painterly palette and haunting score sculpts a dreamlike collage of a grand city teetering on the brink of dissolution. (2012, 91 min, NR)

Jan 23 "Bag it" 1:30–3:00 PM
Americans use 60,000 plastic bags every five minutes that we throw away. Follow Jeb Berier as he navigates our plastic world. (2012, 79 min, NR)

Feb 27 "The Whale" 1:30–3:00 PM
The true story of a young, wild orca nicknamed Luna who lost contact with his family on the coast of British Columbia and turned up alone in a narrow stretch of sea between mountains, a place called Nootka Sound. (2012, 85 min, NR)

5th Friday Movie ⬠

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

Jan 30 "Disney Nature: Earth" 1:30–3:00 PM
Story of three animal families on a journey across our planet - polar bears, elephants & humpback whales. Captures rare footage of nature's wildest & elusive animals. (2007, 90 min, G)

MUSIC

BTSS Band Rehearsals ⬠ Facilitator: Vance Genzlinger
1st, 3rd, 4th, 5th Tuesdays 3 – 5 PM
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.

BTSS Band Performance Vance Genzlinger
Dance, watch or listen to foxtrot, waltz and show tunes from the 30's and 40's. Sweet treats will be provided. December's performance will include a holiday sing along! *Please preregister.*
Non-Res \$2
Tuesday, Dec 9 (SEV16-D1406) 3:00 – 5:00 PM
Tuesday, Jan 13 (SEV16-A1501) 3:00 – 5:00 PM

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
Jan 12 – Mar 16 (EDU37-A1501) 10 classes/\$39*

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. *Preregistration required. Sponsored by American House.*
Res \$5/Non-Res \$7
Tuesday, March 3 (EDU53-A1501) 10:00 - 11:00 AM

Simply Music with Judy

Sing along, clap your hands and tap your feet at this fun, lively piano performance with this popular entertainer. *Preregistration required.*
Res \$2 / Non-Res \$4
Celebrate the holidays!
Monday, Dec 8 (SEV53-D1406) 10:00 – 11:00 AM
Wear Red for Valentine's Day!
Monday, February 2 (SEV53-A1507) 10:00 – 11:00 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. *Preregistration required. Graciously sponsored by Maple Village.*

Res \$5/Non-Res \$7
Saturday, Dec 13 (SEV16-D1402) **12:00 - 2:00 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.

The Benefits of Plant Based Nutrition

Prior to undergoing bypass surgery at the age of 56, Paul Chatlin's doctor discussed the benefits of this nutrition plan with him. Paul will the dramatic impact it had on his health and quality of life, leading him to found the Plant Based Nutrition Support Group in 2014. *Preregistration required. Complimentary BT Residents.*

Non-Res \$2
Tuesday, Jan 6 (EDU56-A1501) **10:00 - 11:00 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.*

"The Look of Love"

Everyone loves love. Discover how artists think about love and how they express those thoughts through works of art. *Sponsored by Baldwin House.*

Wednesday, Dec 3 (EDU34-D1401) **7:00 - 8:00 PM**
Thursday, Dec 4 (EDU34-D1402) **10:00 - 11:00 AM**

Loughbrack Storytelling®.

Maureen Esther

Learn about great figures in history at these fascinating presentations. Slide series conducted in lecture format, concluding with informal question and answer opportunity. *Sponsored by St Anne's Mead. Preregistration required.*

Res \$5 / Non-Res \$7

"Castles, Cathedrals, and the Crusades"

This lecture covers the massive undertaking of the building of the castles and cathedrals in England and France. Information is given regarding workmanship and the influence of the Crusades on architecture.

Tuesday, Jan 20 (EDU47-A1501) **10 - 11:30 AM**
Thursday, Jan 22 (EDU47-A1502) **7 - 8:30 PM**

The World Through the Eyes of a Traveling Artist

A PowerPoint presentation of her watercolor paintings of flowers, animals, children and kaleidoscopes, Julie Dawson tells their stories from her travels in 98 countries. *Preregistration required. Graciously sponsored by ResCare HomeCare.*

Res \$2/ Non-Res \$4
Tuesday, Jan 13 (EDU53-A1506) **1:00 - 2:30 PM**

Wendy Evans: Art Talks

Magical Multiples: The Art of the Print

Artists have been attracted to printmaking as it allows them to make multiples and to experiment with the different aesthetics of the print processes. As viewers prints bring us up close and personal to the artist's hand and conception. This presentation explores prints from a variety of inventive printmakers, as well as prints in the exhibition Ordinary People by Extraordinary Artists: Works on Paper by Degas, Renoir and Friends at the DIA. *Graciously sponsored by Maple Village.*

Preregistration required **Res \$5 / Non-Res \$7**
Thursday, Jan 8 (EDU53-A1505) **10:00 AM - Noon**

Unique Street Names: The Man on the Street (and Women too!)

This unique presentation uses everyday street signs to explore the 300 years of Detroit's history, and the story of the people whose legacy is traversed by citizens everyday governments. Presented by the Detroit Historical Society. *Preregistration required. Graciously sponsored by Maple Village.*

Res \$2/ Non-Res \$4
Tuesday, Feb 3 (EDU53-A1502) **10:00 - 11:00 AM**

Successful Retirement

Dick Rappleye/Bob Inskeep

If you're anticipating retirement or have already begun the process, explore the values, skills, and interests that will shape your retirement objectives. Workshop focuses on an exchange of individual experience, personal desires, and results of mini "homework assignments". Financial issues will not be discussed. Four meetings spaced two weeks apart allow time for reflection and homework.

Thursdays **4 meetings/\$35***
Feb 26, Mar 12 & 26, Apr 9 (EDU53-A1503) **1 - 2:30 PM**
Feb 26, Mar 12 & 26, Apr 9 (EDU53-A1504) **7 - 8:30 PM**

Psychological Vulnerability & Financial Exploitation

Dr. Peter Lichtenberg, geriatric neuropsychologist and Wayne State University professor, presents how to protect yourself and your loved ones from financial exploitation and how to recognize who is vulnerable. Financial exploitation include theft and scams by strangers (e.g. telemarketing scams, fake home repairs and check scams, identity theft, etc.); but dangers to older adults may stem from trusted family members and close friends.

Preregistration required **Non-Res \$2**
Wednesday, Dec 3 (EDU53-D1405) **10 - 11:30 AM**

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.

VOLUNTEER OPPORTUNITIES

BTSS Medical Appointment Driver

2014 has seen an increase in the number of calls from homebound seniors requesting assistance with transportation. This service assists seniors who may not have family members nearby to help them with their routine medical appointments. The time commitment for the volunteer can be as little as two hours per month or more as their schedule permits.

BTSS Errands Driver

The "Errands Shopper" will assist non-driving elders with their local grocery shopping and errands. The time commitment is planned for a 2 hour visit once a month. Schedule is flexible and can be worked out between client and volunteer as to day and time trip are made utilizing the volunteer's vehicle.

BTSS Computer Lab Volunteer

Savvy computer users will work directly with patrons in helping them solve their personal computer problems as well as monitor the lab during open hours.

VOLUNTEER REQUIREMENTS

Volunteer applicants must be at least 18 years of age, a Bloomfield Township resident and agree to complete/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.

Special thanks to our Winter 14 -15 sponsors:



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



BALDWIN HOUSE



Gracious Elegant Senior Living
by Lutheran Social Services of Michigan



Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Les Baron * Kerstin Baumann * Susan Bellefleur * Marion Benedict * Molly Beresford * Leroy Bliven * Janet Brandon * Don & Camile Breen * Reg Campbell * Mary Ann Christ * Su Chuang * Cindy Clement * Greg Coatsworth * Jerry Craig * Patricia Dalton * Emily Day * Judy Dennis * David Dinger * Judy Dixon * Mike Dunigan * Carole & Ted Elder * Karin Eynon * Lori Farrow * John Feeney * Martha Flannery * Ed Francis * James Gambino * Judy Geppert * Mona Gibson * Barbara Glotzhober * Carol Goldstein * Nancy Haddad * Lorna Hall * Rose Ann Hanley * Ann Hartsell * Rob Heeren * Dolores Hekker * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Susan Hugel * Jean Ivory * Pat Jacoby * Janet & John Kaczmarek * June Linklater * Marcie Lloyd * Darcy MacKenzie * Fritzie Mager * Doug & Joan Mann * Mentha Manning * Sue Martin * Richard May * Carlos Mazzorin * Alice & Frank McIntyre * Rod & Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Jean Miller * Debbie Mitchell * Richard Moxley * Robert & Barbara Munn * Steve Nam * Walter Oehrlein * Chuck Otis * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Priscilla Pettengill * 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 * Jean Smith * Tom Storen * Connie Szymczak * Marjorie & Mario Trafeli * Susan Ulferts * Patricia Wagner * Mary Walosin * Larry Werner * Lynn & Corey Wert * Bill Williams * Clint Williams * Elinor & Murray Yolles * Rasheeda Zafar

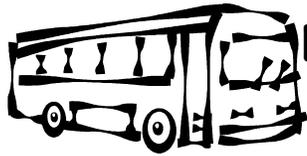


Volunteering is important to long and healthful lives.

Call Joan for more information
248-723-3500.

Thank you volunteers! 2200 + Hours in July -September Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & ADS Volunteers.

Anne Alden * Edie Anderson * Judy Antonak * Nancy Arens * Sarita Badhwar * Gladys Baker * Ruth Ann Ballard * Marian Balderi * Gene Baynham * Tina Beard * Susan Bellefleur * Verna Besancon * Janet Brandon * Joan Brandt * Peggy Brenton * Sal Bricio * Eleanor Brown * Doreen Bull * Sharon Butler * Virginia Bennett * Pat Caplin * Joanne Carmichael * Valerie Carrick * Janet Cassise * Mary Ann Christ * Ed Coe * John Conti * Peggy Cohen * Maureen Cook * Jacqueline Corley * Cathy Cory * Jerry Craig * Jo Creek * Madelyn Damioli * Sarah Davis * Maxine Davison * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Susan Feldstein * Shirley Franklin * Marie Gemmel * Vance Genzlinger * Judy Geppert * Klaren Gerhart * Stephanie Ghelfi * Angie Giffels * Carol Goldstein * Jim & Irene Grady * Sangeeta Grewal * Rosie Gumbleton * Tom Halsted * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Cindy Herzberg * Dan Hess * Kim Hinkle * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Maryvonne Jacquemart * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Connie Kenty * Young Kim * Tony Klemmer * Sunny Kohli * Rowena Kolde * Patricia Kubik * Dorothy Laffrey * Elaine Lamb * Marge Lazarou * Priscilla Leclair * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Debbie Lim * Jo Lincoln * Jill Lopez * Ludmilla Livshiz * Liz Mahoney * Gretchen Mako * Janet Mathews * Catherine Matti * Martha McGee * Alice McIntyre * Gerald McKelvey * Donald Meier * Judy Michau * Karen Miller * Pat Miller * David Mitchell * Richard Moxley * Irene Moser * Chris Muir * Vara Navaluri * Joan Nedeljkovic * Lucille Noraian * Jo Nott * Karen Oulette * Eileen Ozar * Lois Page * Kay Patel * Ralph Pedersen * Arlene Pinkos * Deanna Ralston * Judy Reichelt * Elizabeth Reiha * Renate Reimer * Tom Richard * Janice Rose * Dawn Roth * Pat Schleif * Kathy Schultz * Reenie Shannon * Theresa Shea * Mary Shelly * Susan Smith * Francisca Soliven * Ann Spina * Judy Stahl * Bernard Stuecheli * Michael Sullivan * Marcia Suszan * Nancy Tanke * Linda Tithill * Maurice Vachon * Anjali Vale * Mary VanDagens * Inez Veraldi * Peggy Walker * Stanton Walker * Martha Wells * Suzanne Winn * Diana Wise * Jessica Wollan * James Worley * Anjel Yessayan * Jean Young * Rasheeda Zafar * Janice Zehnder



BLOOMFIELD TRAVEL

** Resident fee; non-residents add \$10 fee per trip.
See page 2 for registration/cancellation policies.*

Traveler Safety

We make every effort to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs or uneven terrain. Each traveler must decide if a trip is appropriate and to be prepared to travel safely. You may register an assistant for the trip if it will ensure your safety; trip fees apply to assistants and are paid with your registration.

Tour Masonic Temple – Behind the Scenes WAIT LIST
Tuesday, November 11 (DAY15-D1401) 11:30 AM – 5:00 PM

Epiphany Glass Studios
Thursday, November 13 (DAY16-D1401) 9:30 AM – 1:30 PM
This 4,000 square foot state-of-the-art glass studio in Pontiac studio was fully operational in 2000. The goal was to create a "universal" studio that would permit any professional glass artist to walk into the epiphany studio and feel as though they are in a familiar environment. Enjoy a demonstration of glass blowing. Followed by lunch on your own at Hero's Restaurant.
Fee: \$33*

Sounds of Simon & Garfunkel – DSO WAIT LIST
Friday, November 14 (DAY17-D1401) 9:30 AM – 3:15 PM
Fee: \$57*

U of M Art Museum
Tuesday, November 18 (DAY18-D1401) 10:15 AM – 3:30 PM
The University of Michigan Museum of Art is one of the finest university art museums in the country. It holds collections representing 150 years of collecting, while its dynamic schedule of special exhibitions and interpretative programs connects visitors with the rich artistic legacy of the past and today's avant-garde. Followed by lunch on your own at Gandy Dancer.
Fee: \$25*

Gershwin in Paris – DSO WAIT LIST
Friday, November 21 (DAY19-D1401) 9:30 AM – 3:15 PM

All in the Timing – Hilberry Theatre
Wednesday, December 3 (DAY20-D1401) 11 AM – 5 PM
Six hilarious one-acts from renowned playwright David Ives. From chimpanzees composing the complete works of William Shakespeare to the complexities facing minimalist composer Philip Glass while buying a loaf of bread, it's non-stop madness! Begin with lunch on your own at Maccabees at Midtown.
Fee: \$36*

Too Hot To Handel – Opera Dress Rehearsal MOT
Friday, December 5 (DAY26-D1401) 9:30 AM – 4:15 PM
An exciting reinvention of Handel's Messiah, Too Hot to Handel is a "jazz gospel Messiah." Fuses Jazz & Gospel while weaving in Blues, Swing, Classical & Scat. REGISTRATION DEADLINE NOV. 13. Followed by lunch on your own at Small Plates.
Fee: \$62*

Holiday Brass - Macomb
Tuesday, December 9 (DAY21-D1401) 4:15 PM – 9:00 PM
The Brass of Detroit Chamber Wind & Strings, an ensemble of musicians drawn primarily from the Detroit Symphony and Michigan Opera orchestras, performs their seasonal celebration. Joining them are the Dakota High School Varsity Choirs. Begin with dinner on your own at Sterling Bistro.
Fee: \$40*

Wicked – Fisher Theatre
Thursday, December 11 (DAY22-D1401) 10:00 AM – 4:00 PM
Musical told from the perspective of the witches of the Land of Oz; its plot begins before and continues after Dorothy's arrival in Oz. Wicked tells the story of two unlikely friends, Elphaba and Glinda. Begin with lunch on your own at Steve's Deli.
Fee: \$108*

Straight No Chaser – Masonic Temple
Friday, December 12 (DAY23-D1401) 5:15 PM – 10:00 PM
With a massive fan base, numerous national TV appearances and successful CD releases, Straight No Chaser is a male a capella group of ten voices who create a captivating sound and extraordinary music. Begin with dinner on your own at Hogan's
Fee: \$60*

Ford Rouge Factory Tour
Tuesday, December 16 (DAY24-D1401) 9:30 AM – 3:15 PM
This is a 2 ½ hour tour (with places to sit). The tour includes Legacy Theatre, Art of Manufacturing Theatre, Dearborn Truck Plant and legacy Gallery. Followed by lunch on your own at Edison's (Dearborn Inn).
Fee: \$34*

Home For The Holidays – DSO WAIT LIST
Friday, December 19 (DAY25-D1401) 9:30 AM – 3:15 PM

Home For The Holidays – DSO
Saturday, December 20 (DAY25-D1402) 12:10 PM – 5:45 PM
Share Detroit's favorite musical holiday tradition and marvel in the spectacle of the season! It's a sparkling holiday celebration! Begin with lunch on your own at Dick O'Dow's
Fee: \$57*

Behind the Scenes – Edsel & Eleanor Ford House
Thursday, January 8 (DAY03-A1501) 9:55 AM – 3:00 PM
The Edsel & Eleanor Ford House tells the story of the home life of a prominent American family. Their home along the shores of Lake St. Clair reflects their love of family and passion for art and quality design. Wear comfortable shoes. Followed by lunch on your own at Cotswold Café.
Fee: \$37*

Salon Concert & Tea Christ Church Cranbrook

Wednesday, January 14 (DAY04-A1501) 3:15 PM – 5:15 PM
Enjoy High Tea while listening to "Double Play", a flute and tuba duet. **Fee: \$20***

Kinky Boots – Fisher Theatre

Thursday, January 15 (DAY27-A1501) 11:00 AM – 5:00 PM
Inspired by a true story, musical about a struggling British shoe factory's straitlaced owner who forms an unlikely partnership with a drag queen to save the business. In the process he discovers they are not so different after all. Music & lyrics by Cyndi Lauper. Begin with lunch on your own at **Union Street**. **Fee: \$93***

Tour St. Albertus Church

Saturday, January 17 (DAY05-A1501) 10:30 AM – 3:00 PM
Enjoy a docent lead tour of this beautiful church. St. Albertus is a large brick building with a 280 foot spire. Contrasting with the plain brick exterior, the interior has an ornate Medieval flair. Followed by lunch on your own at **Polonia**. **Fee: \$32***

Things My Mother Taught Me – Meadowbrook

Wednesday, January 21 (DAY01-A1501) 11 AM – 4:30 PM
Olivia and Gabe have just packed up all of their belongings and driven halfway across the country to start a new life together in Chicago. Their moving day doesn't go exactly as planned when their parents show up to help! Begin with lunch on your own at **The Hill Bar & Grille**. **Fee: \$39***

North American International Auto Show & Lunch

Thursday, January 22 (DAY06-A1501) 9:30 AM – 3:15 PM
Experience the next generation of transportation. More than 500+ vehicles on display, representing the most innovative designs in the world. Transportation and lunch. Your choice of Bavarian Bratwurst Plate, German Knackwurst Plate, German Style Meatballs or Potato Pancakes, Apple Strudel and non-alcoholic beverage. Purchase your own auto show ticket at the door. Followed by lunch (included) at **Dakota Inn Rathskellers**. **Fee: \$42***

Tea at O'Mara's

Tuesday, January 27 (DAY07-A1501) 11:35 AM – 2:30 PM
Enjoy tea at Avalon Tea Garden. Serving fine teas and herbals, finger sandwiches, soup, entrée, baked brie, fresh fruit and house made pastries. How wonderful! **Fee: \$51***

Lunch at Reflections – OCC

Thursday, January 29 (DAY08-A1501) 10:25 AM – 1:00 PM
Reflections is the culinary department's fine dining restaurant. Enjoy a prefix menu (call for menu selection). Drinks and gratuity extra. **Fee: \$37***

Schumann's Fourth – DSO

Friday, January 30 (DAY02-A1501) 9:15 AM – 3:15 PM
Cristian Macelaru, conductor, Yoonshin Song, violin. Music includes Enescu's Romanian Rhapsody No. 1, Rozsa's Sinfonia-Concertante (DSO Premiere), Webern's Passacaglia, Schumann's Symphony No. 4. Followed by lunch on your own at **The Bird and the Bread**. **Fee: \$47***

Steele Magnolias – Purple Rose Theatre

Wednesday, February 4 (DAY09-A1501) 10:45 AM – 5:00 PM
A comedy-drama play about the bond among a group of Southern women. Written by Robert Harling, based on his experience with his sister's death. The title suggests the "female characters are as delicate as magnolias but as tough as steel". Begin with lunch on your own at **The Common Grill**. **Fee: \$54***

The Nat King Cole Songbook – DSO

Friday, February 6 (DAY10-A1501) 9:15 AM – 3:15 PM
With songs like "Too Young, Nature Boy, Get Your Kicks, Mona Lisa," and many more. This celebration of Nat King Cole and his crooning contemporaries is guaranteed to be a hit. Followed by Lunch on your own at **Bistro Joe's**. **Fee: \$64***

Salon Concert & Tea – Christ Church Cranbrook

Wednesday, February 11 (DAY11-A1501) 3:15 PM – 5:15 PM
Enjoy tea while listening to Steve Wood Jazz Trio. **Fee: \$20***

Leaving Iowa – Tipping Point Theatre

Wednesday, Feb 18 (DAY12-A1501) 12:00 PM – 5:30 PM
Middle-aged writer who returns home to finally take his father's ashes to his childhood home. When Don discovers Grandma's house is a grocery store, he begins traveling across Iowa searching for a proper resting place for his father. This father-and-son road trip leads him to reconcile his past & present. Begin with lunch on your own at **Deadwood Bar Grill**. **Fee: \$54**

Tchaikovsky's Romeo & Juliet – DSO

Friday, February 20 (DAY13-A1501) 9:15 AM – 3:30 PM
Leonard Slatkin conducting Romeo & Juliet, Suite from Swan Lake, Symphony No. 3 "Polish". Followed by Lunch on your own at **Phoenicia**. **Fee: \$54***

Barbershop Quartet Concert – Clarenceville High School

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

Once On This Island – Meadow Brook Theatre

Wednesday, Feb 25 (DAY15-A1501) 11:20 AM – 5:00 PM
In almost non-stop song and dance, the show tells the story of Ti Moune, a peasant girl who rescues and falls in love with Daniel, a wealthy boy from the other side of her island in the Caribbean. When Daniel is returned to his people, the fantastical gods who rule the island guide Ti Moune on a quest to test the strength of her love against the powerful forces of prejudice, hatred and death. Begin with lunch on your own at **Steelhouse Tavern**. **Fee: \$54***

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*

Opera Frida – MOT Dress Rehearsal at Macomb Center

Friday, March 6 (DAY17-A1501) 9:45 AM – 4:15 PM
Frida is an opera based on the life of Mexican painter Frida Kahlo, best known for her self portraits. (You might consider a trip to the DIA on March 31 for the exhibit of Diego Rivera & Frida Kahol.) Followed by lunch on your own at **J Baldwin's**.

Fee: \$62*

NSO Bell Building Tour

Tuesday, March 10 (DAY18-A1501) 10:15 AM – 2:30 PM
The Bell Building in Detroit is an historic, Art Deco landmark. Renovations include extensive landscaping, roof terraces, large green roofs and storm water management. A showcase for sustainable building practices in the region, the project combines building technology and sustainable landscapes in a facility designed to serve and empower people living in the community. 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**

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 suddenly 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 door-slamming 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. While 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
Come and enjoy 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**

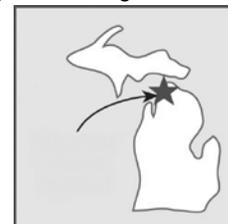
Fee: \$73*

SAVE THE DATE!!

Northern Michigan Gems

May 11-14, 2015

Save the dates for a wonderful spring excursion to Petoskey and Charlevoix on May 11-14, 2015. Lodging at the Perry Hotel and seven meals included. Pricing, more detail and registration will be available in December. This event is offered by the Michigan Assn. of Senior Centers.



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

Fitness Week

January 5 - 9

MONDAY 1/5

Chair Exercise
10:15-11:00 a.m. (TRYIT01)

**Small Group
Personal Training**
11:30 a.m.-12:15 p.m.
(TRYIT02)

Barre Balance
12:45-1:30 p.m. (TRYIT03)

30/30 Cardio Core Party
4:00-5:00 p.m. (TRYIT04)

Zumba Gold Toning®
5:45-6:45 p.m. (TRYIT05)

Zumba Gold®
7-8 p.m. (TRYIT06)

TUESDAY 1/6

Cardio, Core, Conditioning
9:00-10:00 a.m. (TRYIT07)

**Benefits Plant Based
Nutrition** (EDU56-A1501)
10:00-11:00 a.m.

Gentle Moves Yoga
10:15-11:15 a.m. (TRYIT08)

Dance for Parkinsons
11:30-12:30 p.m. (TRYIT09)

Strength & Balance 1
1:45-2:15 p.m. (TRYIT10)

Healthy Minds
2:30-3:30 p.m. (EDU56-A1502)

Aqua Power Aerobics
6:00-6:45 p.m. (TRYIT11)

WEDNESDAY 1/7

Zumba Gold Toning®
8:15-9:15 a.m. (TRYIT12)

Tai Chi-Beginners
9:30-10:15 a.m. (TRYIT13)

Chair Yoga
11:30 a.m.-12:15 p.m.
(TRYIT14)

**Small Group
Personal Training**
1:00-1:30 p.m. (TRYIT15)

**Bootcamp Gold
Circuit Interval**
1:45-2:15 p.m. (TRYIT16)

Cardio Dance
4:00-5:00 p.m. (TRYIT17)

**Small Group Personal
Training Info**
5:30-6:15 p.m. (TRYIT18)

Zumba Gold®
7-8 p.m. (TRYIT19)

THURSDAY 1/8

BOKWA®
7:00-8:00 p.m. (TRYIT20)

Taking Charge of Your Health
10-11 p.m. (EDU56-A1503)

H2O Circuit
11:00-12:00 p.m. (TRYIT21)

FRIDAY 1/9

H2O HIIT
11:00-12:00 p.m. (TRYIT22)

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

Sponsored by:



INSPIRE Wellness Group

Wednesday

Jan 7 – Feb 25 (FIT127-A1501)

Join our accountability group and get INSPIRED to make those lifestyle changes you've been wanting! Weekly meetings, fitness assessment, 15 hr. Nutrition class with book, INSPIRE journal & T-shirt, optional e-mail group and prizes. Welcome breakfast (Monday, January 5) to get you started & party at the end to celebrate your success. *BT Residency required.*

Maggie Barclay

11:00 AM -12:00 PM

8 sessions/\$199

NEW for YOU!

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

- ✓ H₂O Circuit (pg. 3)
- ✓ H₂O HIIT (pg. 3)
- ✓ Cardio Dance (pg. 5)
- ✓ INSPIRE Wellness Group (pg. 6)
- ✓ Successful Retirement (pg. 11)
- ✓ Exploring Pinterest (pg. 8)
- ✓ Unique Street Names (pg. 11)

Add some *Fine Art* to your life!

*Fine art is that in which the hand, the head
and the heart of man go together. ~John Ruskin*

See pages 8, 10 & 11 for more details.

- ~ BTSS Band Performance
- ~ Woodward Avenue Jazz Orchestra
- ~ BBSO Classics & Coffee
- ~ Evola Music Keyboarding Class
- ~ Simply Music with Judy



- Creative Watercolor ~
- Creating Beautiful Notecards ~
- Painting a Meadowlark ~
- Dessert and the DIA ~
- Wendy Evans: Art Talks ~
- The World through the Eyes of a Traveling Artist ~

Healthy Minds

Tuesday, January 6 (EDU56-A1502)

2:30 – 3:30 PM

A person with a healthy mind is self-confident, able to balance life between work and home, has a sense of leading a meaningful life, a positive outlook and effective coping skills. Learn ways to identify and decrease the impact of stress and to cultivate a healthy mind through the mind/body connection. Preregistration rqd. **Non-Res \$2**

Taking Charge of Your Health

Thursday, January 8 (EDU56-A1503)

10 – 11 AM

Learn how to prevent, identify and treat minor medical conditions through self-care practices. Program will discuss effective doctor patient communication, appropriate use of urgent care centers and emergency rooms and safe medication management. Preregistration rqd. **Non-Res \$2**



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

Winter 2014-15

Index

- Adult Day Service.....4
- Alzheimer Support1
- Area Agency3
- Benefits Check3
- Blood Pressure.....2
- Caregiver Forum1
- Dental Program.....3
- Driver Course.....1
- Ensure.....2
- Errand Rides2
- Financial Help3
- Friendship Club.....4
- Grocery Shopping.....2
- Hearing Program.....1
- Holiday Candy1
- Legal Assist3
- Loan Closet.....2
- Meals on Wheels.....2
- Medical Trans.2
- Medicare B Assist.....3
- Minor Home Repair....1
- Prescription Card.....3
- Nurse on Call3
- Reassurance.....2
- SMART.....2
- Tax Assist1
- Transportation.....2
- Tree of Life1
- Transport to Center... 2
- Volunteer Rides.....2

Caregivers' Forum

2nd Monday of Month 3 – 4:30 PM

The Caregiver Forum offers the opportunity to learn about programs and services available to caregivers whose loved ones are experiencing dementia. It provides support and an opportunity for sharing experiences. Respite care is included for current members of the *Friendship Club*.

For more information and to register, call 248-723-3530.

Younger Onset Caregiver

3rd Wednesday of Month 5:30 – 7 PM

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



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



MINOR HOME REPAIR

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

# in Household	Max. Household Income
1	\$36,050.00
2	\$41,200.00

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



TREE OF LIFE

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

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

Purchase a sponsor card for \$7 a meal and decorate our "Tree of Life". Donation cards available at the Senior Center.

Thank you for your support.
(FUN05-D1401)



Holiday Candy Collection

Share the holidays with our our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS on or before Dec. 19. Join us on Dec. 19 at 1:30 PM to package for distribution. To help, please call Denise at 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!

December 17

January 21

February 18

SS2

NUTRITION SERVICES

BTSS addresses the nutritional needs of seniors, 62 years of age and older within our service area, with two essential programs; "Meals on Wheels" and Liquid Nutritional Supplements. (Financial support may be available for residents with documented low income.) For additional information and/or application materials on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



"MEALS ON WHEELS"

BTSS provides home delivered meals homebound seniors (generally unable 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 directly from the manufacturer at a reduced cost from retail prices. A physician's order is required and must include:

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

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



TELEPHONE REASSURANCE

If you or someone you know lives alone 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 and to arrange loan.

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.



Medicare Coverage & Prescription Drug Plans Counseling (SVC14-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents who have questions regarding Medicare coverage and prescription drug plans. Register for private consultation with Diana Wise, RN, gerontologist and certified Medicare counselor. Available the 3rd Thursday of each month. Please call Denise (248-723-3500) for an appointment.

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.

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.

Nurse on Call

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

Friendship Club

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

What is Adult Day Service

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

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

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



Services for Families

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

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



Admission and Enrollment

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

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

Activities Programming

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

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

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

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



Location

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



Eligibility Criteria

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

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