



Bloomfield Township Senior Services



Serving adults aged 50+

Spring 2016

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

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Spring into Fitness!

Fitness Week

February 29 – March 5

*The perfect season for
New Fitness Goals*

(See back page for schedule of offerings.)

Sponsored by:



TAX ASSISTANCE

Mondays & Tuesdays

February 8 & 9, 22 & 23

March 7 & 8 April 4 & 5

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.

Appointment required: 248-723-3500

Housing Counseling Services

3rd Tuesday February - April
(SVC16-VARIES)

Get FREE and confidential advice about:

- Preventing Mortgage or Property Tax Foreclosure
- Reverse Mortgages
- Credit and Budget Issues
- Subsidized Housing and Rental Assistance for Low to Moderate Income Households
- Receive advice and coaching on financial matters

Certified advisors from Oakland County offer information, education and referrals. Registration required. BT Residents only.

Stratford FESTIVAL

September 1 - 2, 2016
(XDAY01-C1610)

Save the date and register today! Don't miss the repeat of this popular fall trip. See page 15 for a synopsis of the trip. A detailed flyer is available in the Senior Center.

Christine's Comments...

*Drum roll please.....*We hosted **76,860** visits in 2015!

This represents 5% growth over 2014. 725 people created new profiles in 2015 to become active in programs or a service; that's an average of 60 new customers per month.

Overall we have 12542 profiles representing the number of people we have served in some way over the past 7 years.

With this level of participation we have found it important to formalize expectations to ensure a safe and welcoming environment. The BTSS Code of Conduct can be found in the center and on the township website:

This is a link to the PDF:

<http://www.bloomfieldtp.org/Services/SeniorServices/PDF/CodeOfConduct.pdf>

I speak for the entire team when I say **Thank You** to the many people who smile, encourage others and act with patience and kindness; you are "Building Community!"

Wishing you peace and good health,

Christine Tvaroha ctvaroha@bloomfieldtp.org

*Thank You for Your Donations** ... Edward Nol, Maurice Vachon, Eugene Marino, Eunice Coffman, Jeanne VanHalteren, Clifford McNabb, Kenneth Madigan, Louise Lewis, Elizabeth Ilku, Margaret Stivender, Helen Levy, Samuel Margosian, Mary Kathleen McKeown, Magdalena Predeteanu, Eva Topalian, Yvonne Kader, Geraldine Marchetti, Debbie Capo, Lucille Swanson, Letha Kuesel, Josefine Wagner, Sharon Claye, Pam Kiesel, Adrienne Gordon, Helen Katz, Dorothy Voss, Lori Harbour, Virginia Tatseos, Julie Christy, Lillian & Robert Hoy, William Cline, Virginia Granata, William Offutt, Manfred Muehmel, Raymond McPartlin, John Kroell, AAUW Birmingham, John Conti, Charles Pratt, Nikolai Rachmaninoff

Thank You for Your Donation to the Fall Harvest project...* Barry Allen, Eugenie Beall, Marie Gemmel, Cindy Herzberg, Christie Lehmann, Lucille Swanson

Thank You for Your Donation to the Tree of Life project...* Eugenie Beall, Henry Chow, Cindy Clement, Carol Goldstein, Frances Hagopian, Joyce Hancock, Cynthia Hayward, Catherine Hemmert, Pamela Hoffman, Dale Hunter, Claire Michelini, Emma Minasian, Elizabeth Moshier, Joan Nedeljkovic, Walter Oehrlein, Charles Pokriefka, Brian & Susan Smith, Sylvia Stern, Carlene VanVoorhies, Mark Walterhouse, Gail Warren, Michael Wasielewski, ANje Yessayan, Janice Zehnder

* 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.

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.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

John & Janice Bellefleur, Maxine Davison, Don Foehr,

Marie Gemmel, Victor & Suzanne Goldstein

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 28

Monday, May 30

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

- Registration only for confirmed BT profiles now through 2/14; nonresidents begin 2/15.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Emergency Card must be presented at trip check-in.
- Trips depart promptly at posted time; return times are approximate.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes: no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- Trips: nonrefundable within 3 business days. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

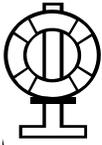
Aquatics: Warm Water Fitness

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

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

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

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



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

Aqua 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

Mar 10 - Apr 14 (FIT118-AB1601)

6 classes/\$42*

Apr 21 – May 26 (FIT118-B1601)

6 classes/\$42*

Aqua Cardio Party

Maggie Barclay

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

Thursday

8 - 9 AM

Mar 10 – Apr 14 (FIT131-AB1601)

6 classes/\$36*

Apr 21- May 26 (FIT131-B1601)

6 classes/\$36*

Aqua Endurance, Core & Balance

Stan Witkowski

Focuses on endurance training plus dynamic core and balance conditioning. Great low impact but high intensity workout with good heart rate monitoring.

Tuesday

9:30 – 10:30 AM

Mar 8 – Apr 12 (FIT133-AB1601)

6 classes/\$36*

Apr 19 – May 24 (FIT133-B1601)

6 classes/\$36*

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. Please bring water. Water shoes recommended.

Wednesday

9:30 – 10:30 AM

Mar 9 – Apr 13 (FIT96-AB1601)

6 classes/\$48*

Apr 20 – May 25 (FIT96-B1601)

6 classes/\$48*

Friday

9:30 – 10:30 AM

Mar 11 – Apr 15 (FIT96-AB1602)

6 classes/\$48*

Apr 22 – May 27 (FIT96-B1602)

6 classes/\$48*

Aqua Interval

Karen Ockner

Challenge your cardiovascular system performing various moves in sequence, followed by a recovery period. Strength & core work included. Work at your own level. *Aqua shoes recommended and bring a water bottle.*

Monday

5:45 - 6:45 PM

Mar 7 – Apr 11 (FIT134-AB1601)

6 classes/\$48*

April 18 – May 23 (FIT134-B1601)

6 classes/\$48*

Aqua Power Aerobics Level 1

Annie Chi

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

Tuesday

4:45 – 5:45 PM

Mar 8 – Mar 29 (FIT27a-A1605)

4 classes/\$32*

Apr 5 – Apr 26 (FIT27a-B1601)

4 classes/\$32*

May 3 – May 24 (FIT27a-B1603)

4 classes/\$32*

Thursday

4:45 – 5:45 PM

Mar 10 – Mar 31 (FIT27a-A1606)

4 classes/\$32*

Apr 7 – Apr 28 (FIT27a-B1602)

4 classes/\$32*

May 5 – May 26 (FIT27a-B1604)

4 classes/\$32*

Aqua Power Aerobics Level 2

Annie Chi

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

Tuesday

6 – 7 PM

Mar 8 – Mar 29 (FIT27b-A1605)

4 classes/\$32*

Apr 5 – Apr 26 (FIT27b-B1601)

4 classes/\$32*

May 3 – May 24 (FIT27b-B1603)

4 classes/\$32*

Thursday

6 – 7 PM

Mar 10 – Mar 31 (FIT27b-A1606)

4 classes/\$32*

Apr 7 – Apr 28 (FIT27b-B1602)

4 classes/\$32*

May 5 – May 26 (FIT27b-B1604)

4 classes/\$32*

New! Aqua Resistance Training (Intermediate)

Ernie Thomas

Water workouts offer something land based workouts can't - built in resistance! Any movement in the water creates resistance which has a positive effect on cardiovascular fitness as well as muscle toning. The intensity of resistance you experience is determined by you in the water.

Tuesday

8 – 9 AM

Mar 8 – Apr 12 (FIT146-AB1601)

6 classes/\$36*

Apr 19 – May 24 (FIT146-B1601)

6 classes/\$36*

Aqua Yoga Flow

Kathy Housey

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

Monday 11 AM – 12 PM
Mar 7 – Apr 11 (FIT114-AB1601) 6 classes/\$48*
Apr 18 – May 23 (FIT114-B1601) 6 classes/\$48*

Fluid Moves

Kathy Housey

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

Wednesday 11 AM – 12 PM
Mar 9 – Apr 13 (FIT86-AV1601) 6 classes/\$48*
Apr 20 – May 25 (FIT86-B1601) 6 classes/\$48*
Saturday 10:30 – 11:30 AM
Mar 12- Apr 16 (FIT86-AB1602) 6 classes/\$48*
Apr 23 – May 21 (FIT86-B1602) 6 classes/\$48*

H₂O Boot Camp

Annie Chi

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

Saturday 9 – 10 AM
Mar 5 – Mar 26 (FIT32-A1603) 4 classes/\$32*
Apr 2 – Apr 30 (FIT32-B1601) 5 classes/\$40*
May 7 – May 21 (FIT32-B1602) 3 classes/\$24*

H₂O Circuit Jam

Lisa Chavis

A fun and effective aqua circuit training class. Each station targets different muscle groups, maximizing the results. 2 minute stations = a total body workout every TEN minutes. Stations even include a total body dance jam!! Don't miss the aqua jammin' good time!!

Thursday 11 AM – 12 PM
Mar 10 - Apr 14 (FIT132-AB1601) 6 classes/\$42*
Apr 21 – May 26 (FIT132-B1601) 6 classes/\$42*

H₂O HIIT

Lisa Chavis

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

Friday 11 AM – 12 PM
Mar 11 - Apr 15 (FIT128-AB1601) 6 classes/\$42*
Apr 22 – May 27 (FIT128-B1601) 6 classes/\$42*

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)

Swim Fitness

Ernie Thomas

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

Tuesday 11 AM – 12 PM
Apr 19 – May 24 (FIT130-B1601) 6 classes/\$36*

Swim Lessons - Beginners

Ernie Thomas

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

Tuesday 11 AM – 12 PM
Mar 8 – Apr 12 (FIT48-AB1601) 6 classes/\$36*

Ultimate H2O

Kathy Housey

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 9:30 - 10:30 AM
Mar 7 – Apr 11 (FIT95-AB1601) 6 classes/\$48*
Apr 18 – May 23 (FIT95-B1601) 6 classes/\$48*

Water Sport Fitness

Ernie Thomas

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

Wednesday 2:30 - 3:15 PM
Mar 9 – Mar 30 (FIT135-A1602) 4 classes/\$24*
Apr 6 – Apr 27 (FIT135-B1601) 4 classes/\$24*
May 4 – May 25 (FIT135- B1602) 4 classes/\$24*

Water Walking Workout

Ernie Thomas

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

Monday 2:30 - 3:15 PM
Mar 7 – Apr 11 (FIT99-AB1601) 6 classes/\$36*
Apr 18 – May 23 (FIT99-B1602) 6 classes/\$36*

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

Land Fitness

To protect the equipment & flooring, you are required to "carry in not wear in" your clean workout shoes – no street shoes. Change shoes before beginning your class or workout. This is a year-round policy.

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

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

CARDIO

Bokwa Dance®

Louis White

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

Thursday

6:30 – 7:30 PM

Mar 10 – Apr 14 (FIT120-AB1601)

6 classes/\$36*

Apr 21 – May 26 (FIT120-B1601)

6 classes/\$36*

Cardio, Core, Conditioning (Three Cs)

Dondra Elie

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

Tuesday

9 – 10 AM

Mar 8 – Apr 12 (FIT109-AB1601)

6 classes/\$36*

Apr 19 – May 24 (FIT109-B1601)

6 classes/\$36*

Thursday

9 – 10 AM

Mar 10 – Apr 14 (FIT109-AB1602)

6 classes/\$36*

Apr 21 – May 26 (FIT109-B1602)

6 classes/\$36*

Cardio Party & Core

Maggie Barclay

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

Monday

9 – 10 AM

Mar 7 – Apr 11 (FIT119-AB1601)

6 classes/\$36*

Apr 18 – May 23 (FIT119-B1601)

6 classes/\$36*

Cardio, Strength & Balance Level 2

Rhonda Jean

Total body workout in a fun, relaxed environment to improve strength, flexibility, balance and the cardio system. Also includes dance breaks. No seated movement. *Floor Mat & small hand ball are needed. Wear supportive shoes.*

Monday

10:30 - 11:15 AM

Mar 7 – Apr 11 (FIT137-AB1601)

6 classes/\$36*

Apr 18 – May 23 (FIT137-B1601)

6 classes/\$36*

Creative Crosstraining

Maggie Barclay

Avoid workout plateaus by cross training! Includes these classes taught by Maggie Barclay: Strength & Balance Level 2, Drums Alive®, Zumba Gold®, Cardio Party, Gentle Moves Yoga & Aqua Cardio Party. *BT Residency required.*

M/T/W/TH/F

Times Vary

Mar 7 – Apr 15 (FIT77-AB1601)

48 sessions/\$144

Apr 18 – May 27 (FIT77-B1601)

48 sessions/\$144

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.

Friday

10:15 – 11 AM

Mar 11 – Apr 15 (FIT47-AB1601)

6 classes/\$36*

Apr 22 – May 27 (FIT47-B1601)

6 classes/\$36*

Zumba®

VARIED

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

Monday (Andrea Morman)

5:30 - 6:15 PM

Mar 7 – Apr 11 (FIT78-AB1601)

6 classes/\$36*

Apr 18 – May 23 (FIT78-B1601)

6 classes/\$36*

Wednesday (Maggie Barclay)

6:30 – 7:30 PM

Mar 9 – Apr 13 (FIT78-AB1602)

6 classes/\$36*

Apr 20 – May 25 (FIT78-B1602)

6 classes/\$36*

Friday (Maggie Barclay)

7:45 – 8:45 AM

Mar 11 – Apr 15 (FIT78-AB1603)

6 classes/\$36*

Apr 22 – May 27 (FIT78-B1603)

6 classes/\$36*

Saturday (Andrea Morman)

9:45 – 10:45 AM

Mar 12 – Apr 16 (FIT78-AB1604)

6 classes/\$36*

Apr 23 - May 21 (FIT78-B1604)

5 classes/\$30*

Zumba Gold® Toning

Ivy Mitchell

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.*

Wednesday

8:15 – 9:15 AM

Mar 9 – Apr 13 (FIT110-AB1601)

6 classes/\$36*

Apr 20 – May 25 (FIT110- B1601)

6 classes/\$36*

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

THANK YOU!

TABLE TENNIS DROP IN

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

Drop-In Program: Participants scan/check in at main level reception. BT Resident **free**. Guest/Non Resident **\$2**

PICKLEBALL

Pickleball court time is available as a drop in and by reservation. Township residents can reserve a maximum of 2 periods per month. Patron making the reservation is responsible for set up & clean up.

Tuesday & Thursday (drop in only)
2:45 PM – 4:30 PM

Saturday (by reservation only) (FIT22-VARIES)
11:15 AM – 1:00 PM (start 11:15 Feb. only)

Players scan in/stop at the main level reception when coming to play. Non-resident \$2 (SOC44)

PERSONAL FITNESS

Small Group Personal Training (SGPT)

New to working out or at a workout/weight loss plateau? SGPT could improve your results! Personalized attention within a group may help you reach health & fitness goals! Limited class size. **Does not include fitness equipment.**

Monday (Lauren Olesiak)	2 - 3 PM
Mar 7 – Apr 11 (FIT103-AB1601)	6 classes/\$90*
Apr 18 – May 23 (FIT103-B1601)	6 classes/\$90*
Tuesday (Lisa Chavis)	5:30 – 6:30 PM
Mar 8 – Apr 12 (FIT103-AB1602)	6 classes/\$90*
Apr 19 – May 24 (FIT103-B1602)	6 classes/\$90*
Wednesday (Lola Faleix)	2 - 3 PM
Mar 9 – Apr 13 (FIT103-AB1603)	6 classes/\$90*
Apr 20 – May 25 (FIT103-B1603)	6 classes/\$90*
Wednesday (Sharon Claye)	5 - 6 PM
Mar 16 – Apr 20 (FIT103-AB1604)	6 classes/\$90*
Apr 27 – May 25 (FIT103-B1604)	5 classes/\$75*
Friday (Lola Faleix)	1 - 2 PM
Mar 11 – Apr 15 (FIT103-AB1605)	6 classes/\$90*
Apr 22 – May 27 (FIT103-B1605)	6 classes/\$90*

1 on 1 Personal Training (FIT142-VARIES)

Using the “machines” but not seeing the outcome you’d hoped for? Ready to take your equipment workouts to the next level? 1 on 1 personal training may improve your results! Personalized attention to your health & fitness goals! One hour session with a personal trainer. Following registration, trainer will contact you to set up your personal appointment. *BT Residents Only.*

Does not include fitness studio use. Pre-requisite: Equipment Class or Orientation/Refresher.

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

SEATED

Seated Fitness Conditioning

Lori Harbour

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

Tuesday	11:30 - 12:15 PM
Mar 8 – Apr 12 (FIT143-AB1601)	6 classes/\$36*
Apr 19 – May 24 (FIT143-B1601)	6 classes/\$36*

STRENGTH

Barre Balance

Donna Tomassi

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

Monday	12:45 – 1:30 PM
Mar 7 – Apr 11 (FIT101-AB1601)	6 classes/\$36*
Apr 18 – May 23 (FIT101-B1601)	6 classes/\$36*
Wednesday	12:45 – 1:30 PM
Mar 9 – Apr 13 (FIT101-AB1602)	6 classes/\$36*
Apr 20 – May 25 (FIT101-B1602)	6 classes/\$36*

Cardio, Strength & Balance Level 1

Rhonda Jean

TOTAL body workout in a fun, relaxed environment to improve strength, flexibility, balance and the cardio system. Also time put aside for dance break or two. Class conducted in both seated and standing positions. Wear supportive shoes. Small hand ball needed for class.

Tuesday	1:45 – 2:30 PM
Mar 8 – Apr 12 (FIT136-AB1601)	3 classes/\$18*
Apr 19 – May 24 (FIT136-B1601)	3 classes/\$18*
Thursday	12:45 – 1:30 PM
Mar 10 – Apr 14 (FIT136-AB1602)	6 classes/\$36*
Apr 21 – May 26 (FIT136-B1602)	6 classes/\$36*

Healthy Back 101 (Level 2)

Lori Harbour

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

Tuesday	12:45 – 1:30 PM
Mar 8 – Apr 12 (FIT105-AB1601)	6 classes/\$36*
Apr 19 – May 24 (FIT105-B1601)	6 classes/\$36*

Pilates, Strength, & Balance

Karen Ockner

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

Monday	4:15 - 5:15 PM
Mar 7 – Apr 11 (FIT139-AB1601)	6 classes/\$36*
Apr 18 – May 23 (FIT139-B1601)	6 classes/\$36*
Thursday New day added	5 – 6 PM
Mar 10 – Apr 14 (FIT139-AB1602)	6 classes/\$36*
Apr 21 – May 26 (FIT139-B1602)	6 classes/\$36*

Strength & Balance – Level 2

Maggie Barclay

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

Friday

9 – 10 AM

Mar 11 – Apr 15 (FIT80-AB1601)

6 classes/\$36*

Apr 22- May 27 (FIT80-B1601)

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. 2 business days' notice required for cancellations/rescheduling.* **1 class/\$35**

Fitness Open Hours (FIT02-VARIES)

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

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

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

MIND BODY

Beginning Yoga

Kathy Housey

Gentle flowing Hatha Yoga designed for those who have never done yoga before or need a safe stretching and balance program. Standing & floor movements can be done from a chair. *Bring mat, blanket/towel & water bottle.*

Friday

11:30 AM – 12:30 PM

Mar 11 – Apr 15 (FIT05-AB1601)

6 classes/\$36*

Apr 22 – May 27 (FIT05-B1601)

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.

Monday (Donna Tomassi)

11:30 AM – 12:30 PM

Mar 7 – Apr 11 (FIT56-AB1601)

6 classes/\$36*

Apr 18 – May 23 (FIT56-B1601)

6 classes/\$36*

Wednesday (Karen Lutz)

11:30 AM – 12:30 PM

Mar 9 – Mar 30 (FIT56-A1603)

4 classes/\$24*

Apr 6 – Apr 27 (FIT56-B1602)

4 classes/\$24*

May 4 – May 25 (FIT56-B1603)

4 classes/\$24*

It's a New Day Yoga!

Karen Lutz

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

Saturday

8:30 – 9:30 AM

Mar 12 – Apr 9 (FIT113-AB1601)

5 classes/\$30*

Apr 16 – May 21 (FIT113-B1601)

6 classes/\$36*

Gentle Moves Yoga

Maggie Barclay

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

Tuesday

10:15 - 11:15 AM

Mar 8 – Apr 12 (FIT94-AB1601)

6 classes/\$36*

Apr 19 – May 24 (FIT94-B1601)

6 classes/\$36*

Thursday

10:15 - 11:15 AM

Mar 10 – Apr 14 (FIT94-AB1602)

6 classes/\$36*

Apr 21 – May 26 (FIT94-B1602)

6 classes/\$36*

Tai Chi Chuan

Han Hoong Wang

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

Beginning Wednesday

9:30 – 10:15 AM

Mar 23 – Apr 27 (FIT03-AB1601)

6 classes/\$48*

May 4 – Jun 8 (FIT03-B1601)

6 classes/\$48*

Continuing Wednesday

10:20 – 11:10 AM

Mar 23 – Apr 27 (FIT03-AB1602)

6 classes/\$48*

May 4 – Jun 8 (FIT03-B1602)

6 classes/\$48*

SPECIALTY FITNESS PROGRAMS & EVENTS

Core Foundation® Training

Lori Harbour

Redefine your core, conquer back pain and move with more confidence! Foundation Training® shifts the focus from the front of your body to the back. By strengthening the full posterior chain and correcting poor movement patterns, you will maximize power, flexibility and endurance! *Must feel comfortable kneeling and getting to the floor. Please bring mat and water. This class is taught barefoot or with socks.*

Monday

6:30 – 7:15 PM

Mar 7 – Apr 11 (FIT144-AB1601)

6 classes/\$48*

Apr 18 – May 23 (FIT144-B1601)

6 classes/\$48*

Thursday

11:30 AM – 12:15 PM

Mar 10 – Apr 14 (FIT144-AB1602)

6 classes/\$48*

Apr 21 – May 26 (FIT144-B1602)

6 classes/\$48

Fall Prevention-Balance Series

Sharon Claye

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

Wednesday

11:00 AM – 12:00 PM

Mar 16 – Apr 20 (EDU59-AB1601)

6 classes/\$50*

Apr 27 – Jun 1 (EDU59-B1601)

6 classes/\$50*

Moving Thru – Dance & Parkinson's Terrye Mock
 For individuals living with Parkinson's Disease. A fun filled dance class using ballet, theater dance, folk and tap dance. Combinations can be done either seated or standing. One hour of movement in the studio, followed by optional ½ hour of socializing in café. *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
 Apr 7 – Apr 28 (FIT121-B1601) 4 classes/Non Res \$24
 May 5 – May 26 (FIT121-B1602) 4 classes/Non Res \$24

SATURDAY FITNESS CLASSES

It's a New Day Yoga! (pg. 7) Karen Lutz
Fluid Moves (pg.4) Kathy Housey
H₂O Boot Camp (pg. 4) Annie Chi
Zumba® (pg. 5) Andrea Morman

EVENING FITNESS CLASSES

Aqua Power Aerobics Lev 2 (pg. 3) Annie Chi
Bokwa Dance (pg. 5) Louis White
Zumba® (pg. 5) Andrea Morman/Maggie Barclay
Aqua Intervals (pg. 3) Karen Ockner
Small Group Personal Train (pg. 6) Sharon Claye
Pilates, Strength & Balance (pg. 6) Karen Ockner
Core Foundation® Training (pg. 7) Lori Harbour

Register early!

The decision to run a class or not is made prior to the start date.
 Don't miss out on your favorite class, register today!

ENRICHMENT

* Non-residents pay additional \$10 fee per program. See Page 2 for registration/cancellation policies.

Drop-In Programs: All participants must scan in or register and pay fee (if applicable) at main level Reception Desk.

☛ Resident free. Guest/Non Resident \$2.

ART

Paint a Decorative Birdhouse Diane Bert
 Using acrylic paints create a charming birdhouse to embellish your home or garden. All materials, paints, brushes and a wooden birdhouse will be provided. \$20 material fee payable to instructor.

Wednesday 9:30 AM - 12:30 PM
March 2 (ART15-A1602) 1 class/\$20*

Creative Watercolor Karen Halpern
 Learn watercolor painting skills, color and design principles, as they apply to a variety of subjects. The instructor provides painting information in an individualized, supportive setting for all skill levels. *Supply list at Office.*

Wednesdays 1:00 PM – 3:30 PM
Apr 13 – Jun 8 (ART02-B1601) 9 classes/\$124*

Glass Garden Ornaments Diane Bert
 Beautiful translucent glass plates, dishes and pebbles come together to create serene beauty in your garden. \$20 material fee payable to instructor.

Wednesday 9:30 AM – 12:30 PM
April 26 (ART15-B1601) 1 class/\$15*

Creative Art Alcohol Ink Project Diane Bert
 This new art material makes beautiful designs on glossy surfaces. Create a pendant and decorative tile for your enjoyment. \$20 material fee payable to instructor.

Tuesday 9:30 AM - 12:30 PM
May 17 (ART15-B1602) 1 class/\$20*

Recycled Jewelry Class / Garden Stone Project Martha McGee
 Bring in your old bracelets and necklaces and remake them. Enjoy this fun whimsical garden stone class. \$5 material fee payable to instructor.

1:30 – 3:30 PM
Tuesday, March 15 & 22 (ART23-A1601) 2 classes/\$20*
Thursday, April 7 & 14 (ART23-B1601) 2 classes/\$20*

Lapidary ☛ Martha McGee
 Use rocks and gemstones to create art and jewelry. Informal instruction in beading & stained glass. Supplies & equipment available. Jewelry and glass donations appreciated. \$2 material fee payable to instructor.

Tuesdays/Thursdays (No 3/8, 4/12, 4/21, 5/5, 5/26) 1 – 4 PM

Paper Dolls-Card Shoppe Facilitator: Arlene Pinkos
 Create original greeting cards from donated supplies, to sell at the Senior Center for the benefit of Meals on Wheels. Supplies provided. No experience necessary.

Thursday, May 26 1:30 - 4:30 PM

CLUBS / GROUPS

Book Club ⬠

Facilitator: Fern Stoffer

Fridays

10:00 – 11:30 AM

March 4 Black Diamonds / Catherine Bailey

April 1 The Girl on the Train / Paula Hawkins

May 6 Dune / Frank Herbert

Book titles subject to change.

Chicks with Sticks : "Knitting Gifts from the Heart" ⬠

Mondays (see below for exceptions*) 1:00 – 3:30 PM

*Mondays Mar 21, Apr 18, May 16 10:30 AM - 1:30 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. Speakers/topics to be announced.*

Pre-registration required.

Res \$6 / Non-Res \$8

3rd Wednesday

9:30 – 11:30 AM

March 16 (SOC27-A1603)

April 20 (SOC27-B1601)

May 18 (SOC27-B1602)

COMPUTERS

Computer Lab – Open Hours ⬠

Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.

Tuesdays 3:00 - 5:00PM

call ahead only

Saturdays 10:00 - 12:00 PM

10:00 AM – Noon

Exploring Pinterest

Lindsey Schweickert

Learn how to navigate and utilize Pinterest, for beginner and moderate users. Whether your interests include cooking, automotive, sewing, fashion or photography, there is something for everyone.

Tuesday

9:00 – 11:00 AM

March 1 (COM43-A1602)

1 class \$12*

Using your iPad Part One:

Lindsey Schweickert

Learn how to setup your iPad and use the App Store. Discover the best use to match your needs and interests.

Tuesday

9:00 – 11:00 AM

April 5 (COM41-B1601)

1 class \$12*

Exploring Your Android & iPhone

Lindsey Schweickert

Confused by your phone? Learn how to do everything from basic tasks to things you never knew.

Tuesday

9:00 – 11:00 AM

May 24 (COM50-B1601)

1 class \$12*

Tech with Teens

Andrea McCoy-BHMS

Interested in computers, games, Google, Pinterest, Twitter, and Facebook. Computer savvy youth from Bloomfield Middle School will help you get a handle on it all. *Pre-registration appreciated; drop-ins welcome.*

1:15 PM - 2:15 PM

Res \$3/ Non-Res \$5

Tuesday, March 8 (COM51-A1601)

Thursday April 21 (COM51-B1601)

Thursday, May 5 (COM51-B1602)

GAMES

Billiards (Pool) ⬠ (new hours effective 2/1/16)

Group Play: All levels welcome. Tues. & Thurs. 1-4 PM

Solo/One on One: Monday 1-4 PM, Wednesday 4-7 PM

Friday 1-4 PM, Saturday 11 AM-1 PM

Duplicate Bridge ⬠

Facilitator: B. Balakrishna

Monday & Friday (No meeting 3/7, 4/4, 5/30)

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

Maximum of 7 tables

Play: 12:45 – 4:00 PM

Evening Duplicate Bridge

Facilitator: Ed Coe

1st & 3rd Wednesday

3:45 – 7:45 PM

Tables assigned at 3:45. Play begins promptly at 4.

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

5:45 - 7:45 PM

March 7 - April 25 (EDU12-AB1601)

8 classes/\$120*

May 2 - June 27 (EDU12-B1601) No 5/30

8 classes/\$120*

Bridge - Intermediate

James & Cheryl Bloom

Learn ways to analyze play, defend, and further knowledge of bidding. For those with experience playing bridge. Concentration on play / defense of the hand. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*

Wednesdays

10:00 AM – Noon

March 2 - April 20 (EDU13-AB1601)

8 classes/\$120*

May 4 - June 22 (EDU13-B1601)

8 classes/\$120*

Bridge - Advanced

James & Cheryl Bloom

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

Wednesdays

12:30 – 2:30 PM

March 2 - April 20 (EDU14-AB1601)

8 classes/\$120*

May 4 - June 22 (EDU14-B1601)

8 classes/\$120*

Canasta – Beginner

Lenore Gorosh
Class is for beginners or a refresher course. Lots of fun and great for the memory and making new friends. *Material fee of \$7 payable to instructor.*

Tuesdays

March 1, 8, 15 (EDU45-A1602)

10:00 AM – Noon

3 classes/\$65*

Canasta – Strategy

Lenore Gorosh
This class is for players who already know the game. Learn strategy, finesse and sharpen your game to be a winner! *Material fee of \$7 payable to instructor.*

Tuesdays

March 1, 8, 15 (EDU46-A1602)

1:30 – 3:30 PM

3 classes/\$65*

Euchre & Pinochle ⬠

Facilitator: Joanne Carmichael

Thursdays (no 5/5)

11:00 AM – 1:30 PM

Mah-jongg Play ⬠

Tuesdays & Thursdays

1:30 – 4:30 PM

Poker ⬠

Facilitator: Joann Capoccia

Wednesdays

Noon – 4:00 PM

MOVIES

Movies provided by Bloomfield Township Public Library

Movie Classics: Oscar Winning Pictures ⬠

1st Friday

Movie begins: 1:00 PM

Friday afternoon classic movie greats with popcorn!

March 4 “Quiet Man”

Sean, with a special boxing talent, prefers to be called a coward and lose the love of his life than take another life boxing.
NR · 1952 · 129 min · Comedy Romance

April 1 “The April Fools”

Newly-promoted, unhappily married Howard leaves a company party early with Catherine, who’s unhappily married to the boss.
M · 1969 · 95 min · Comedy

May 6 “Meet Me in St. Louis”

The four Smith daughters learn lessons of life and love, even as they prepare for a reluctant move to New York.
G · 1945 · 113 min · Family

Movie Musicals ⬠

2nd Friday

Movie begins: 1:00 PM

Friday afternoon musical movies greats with popcorn!

March 11 “The King and I”

Newly widowed, Anna begins a new adventure as the schoolteacher for the royal offspring of the King of Siam.
G · 1956 · 133 min

April 8 No Movie. Plan to attend Tiger Opening Day Tailgate Event! See page 11 for details.

May 13 “Cabaret”

A female girly club entertainer in Weimar Republic era Berlin romances two men while the Nazi Party rises to power.
PG · 1972 · 124 min

Movie Mania ⬠

3rd Friday

Movie begins: 1:00 PM

March 18 “Mr. Holmes”

Long-retired and near the end of his life, Sherlock Holmes grapples with an unreliable memory and must rely on his housekeeper’s son as he revisits the unsolved case that led to his retirement.
PG · 2015 · 105 min · Mystery

April 15 “Max - Best Friend Hero Marine”

A dog that helped US Marines in Afghanistan returns to the U.S. and is adopted by his handler’s family after suffering a traumatic experience.
PG · 2015 · 111 min · Adventure

May 20 “My Big Fat Greek Wedding”

A young Greek woman falls in love with a non-Greek and together the family struggles to accept him while she comes to terms with her heritage and cultural identity.
PG · 2002 · 95min · Comedy

Movie Documentaries ⬠

4th Friday

Enjoy popcorn!

Movie begins: 1:00 PM

March 25 “Animal Odd Couples”

With his provocative question, “why is the killing of a million a lesser crime than the killing of an individual?” Raphael Lemkin changed the course of history. This examines the life and legacy of the Polish-Jewish lawyer and linguist who coined the term genocide.
NR · 2015 · 121 min

April 22 “Planet Ocean”

Program covers a year in Buckingham Palace Garden, exploring the history and the natural history of this remarkable hidden royal treasure in the heart of London.
NR · 2015 · 60 min

May 27 “One Day on Earth”

The entire documentary takes place over the span of one day on Earth. July 24, 2010. This is the brilliant and entertaining.
NR · 2012 · 104 min

MUSIC

BTSS Band ⬠

Facilitator: Ed Black

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

UNIQUE TOPICS

Dessert and DIA

DIA Speakers Bureau
Enjoy sweet treats while listening to fascinating, informative lectures presented by the Detroit Institute of Arts Speakers Bureau. *Sponsored by Baldwin House.*
Pre-registration required. Res \$3/Non-Res \$5

"Let Me Tell You a Story"

Making meaning of the world around us is basic behavior. Cultures throughout time used art for essential beliefs and understanding. Explore many visual artists using stories as the source of their inspiration.

Wednesday, March 2 (EDU34-A1601) 10:00 – 11:00 AM

"In the Garden"

Throughout time images of gardens and animals have been a source of enjoyment and comfort. Learn the hidden meanings & symbolism behind some of the most beloved images in the DIA collection.

Wednesday, April 6 (EDU34-B1601) 10:00 – 11:00 AM

Seeing the World via the Heart of Bells

Julie Dawson
Enjoy surprises of bells from travels through 97 countries & all 50 states. Explore bells in a myriad of places and a plethora of uses. Learn customs, histories & cultures. *Sponsored by St. Anne's Mead.*

Pre-registration required. Res \$3/Non-Res \$5
Wednesday, April 13 (EDU53-B1601) 10:00 – 11:00 AM

Lincoln & Booth; Rumors...

E. A. Dwyer, PhD OU
Explore rumors and conspiracy theories in the assassination of President Lincoln and the death of J. W. Booth. Official narratives and why certain rumors gain such a foothold. Timed to the 151st anniversary of Lincoln's death. *Graciously Sponsored by 101 Mobility*

Pre-registration required. Res \$3/Non-Res \$5
Friday, April 15 (EDU53-B1602) 10:00 - 11:00 AM

Historic MSU Tollgate Farm Presentation

Roy Prentice, Farm Manager, will discuss the history of the MSU Tollgate Farm, its gardens, the role of MSU and the Master Gardener Program and more. *Sponsored by Brookdale.*

Pre-registration required. Res \$3/Non-Res \$5
Tuesday, May 10 (EDU53-B1603) 10:30 - 11:30 AM

Armed Forces Day

Honorable, Judge Fred Mester
Providing a fantastic means for educating, Judge Mester presents the history of the Armed Forces and raises awareness of the positive contribution the Armed Forces make on both a domestic and international level. *Sponsored by Brookdale.*

Pre-registration required. Res \$3/Non-Res \$5
Friday, May 20 (EDU53-B1604) 10:00 - 11:00 AM

Natural Medicine & Well Aging: Dr. Sheba Roy, ND
Learn about supplements, natural therapies and foods to live your best life. Dr. Roy specializes in how drugs and natural therapies interact, and how to use them in relation to cancer and other diseases. She will be joined by Klair Urbin, Clinical Nutritionist.

Preregistration required. No fee – residency required
Thursday, March 3 (EDU56-A1604) 10:30 AM – 12:00 PM

AAA Mature Driver Course

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

Pre-registration required. \$20 Res/\$30 Non-Res
Tuesday, May 17 (EDU03-B1601) 10:00 AM - 2:00 PM

SPECIAL EVENTS

Piano Recital

Enjoy a classical recital by two talented BHMS students. Performing Chabrier's Scherzo-Valse, Over the Rainbow, Mozart's Alla Turca, Chopin's Mazurka and more.

Pre-registration required. Res \$3/Non-Res \$5
Saturday, March 5 (SEV17-A1601) 10:00 - 11:00 AM

"The Irish Gaels"

Enjoy live Irish music and treats at our pre-St. Patrick's Day Celebration. You don't have to be Irish to enjoy dueling guitar harmony. *Sponsored by Maple Village.*

Pre-registration required. Res \$3/Non-Res \$5
Tuesday, March 15 (SEV17-A1602) 2:00 - 3:00 PM

Detroit Tiger's Tailgate Opening Day!

Pre-game tailgate with fun treats and live music fun provided by Jimmy K. Detroit vs New York Yankees live on the big screen. Cheer for the first pitch of the year. *Sponsored by Woodward Hills.*

Pre-registration required. Res \$3/Non-Res \$5
Live Music 12:00 - 1:00 PM Game Time 1:08 PM
Friday, April 8 (SEV17-B1601)

Cute & Cuddly Show

The Exotic Zoo
Enjoy live, entertaining & educational fun, furry animals - Honey Bear, Porcupine, Flemish Giant Rabbit, and more! A hands on or off event, bringing the zoo to you! *Sponsored by Maple Village.*

Pre-registration-required. Res \$3/Non-Res \$5
Saturday, April 9 (SEV17-B1602) 10:30 - 11:30 AM

VOLUNTEERING

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.bloomfieldtpw.org/Services/SeniorServices/VolunteerOpportunities.asp>

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

Special thanks to our Spring 2016 sponsors:

Helping Hand

Elder Assistance, Inc.

(248) 330-9949

American House
SENIOR LIVING COMMUNITIES



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

BALDWIN HOUSE



101 Mobility

BROOKDALE
SENIOR LIVING SOLUTIONS
ALL THE PLACES LIFE CAN GO™

Woodward Hills
Nursing Center

Special thanks to our Winter 2015 sponsors:

Baldwin House American House Brookdale Troy

Assisted Living and Memory Care

Woodward Hills Nursing Center St. Anne's Mead

Cedarbrook of Bloomfield Hills

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 * Marshall Lasser * Marcie Lloyd * Darcy MacKenzie * Doug & Joan Mann * Richard May * Carlos Mazzorin * Alice & Frank McIntyre * Rod & Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Debbie Mitchell * Judith & Richard Moxley * Walter Oehrlein * Linda Palmer * Lee Ann Pantalone * Christine Peterson * Priscilla Pettengill * Chuck Pokriefka * Marie Pryce * Rita Ravikrishnan * Kathy Reese * Renate Reimer * Tom Richard * Jerry Rivard * Fulvio Romano * Janet Russell * Gerald Schmidt * Theresa & Mike Shea * Mary Shepline * Tom Storen * Connie Szymczak * Marjorie & Mario Trafeli * Patricia Wagner * Larry Worener * Lynn & Corey Wert * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar



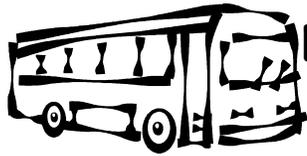
Volunteering is important to long and healthful lives.

Call Joan for more information 248-723-3500.

Thank you volunteers! 2500 + Hours in November-January

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

Diana Alexanian * Edie Anderson * Judy Antonak * Elaine Appel * Nancy Arens * Sarita Badhwar * Gladys Baker * Ruth Ann Ballard * Marian Balderi * Gene Baynham * Tina Beard * Susan Bellefleur * Molly Beresford * Judith Berger * Joan Brandt * Peggy Brenton * Sal Bricio * Grace Brockett * Eleanor Brown * Doreen Bull * Sharon Butler * Virginia Bennett * Pat Caplin * Joanne Carmichael * Valerie Carrick * Janet Cassise * Mary Ann Christ * Ed Coe * John Conti * Peggy Cohen * Cathy Cory * Jerry Craig * Jo Creek * Sarah Davis * Marquerite Davidson * Maxine Davison * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Shirley Franklin * Marie Gemmel * Vance Genzlinger * Judy Geppert * Klaren Gerhart * Mona Gibson * Angie Giffels * Barbara Glotzhofer * Carol Goldstein * Irene Grady * Sangeeta Grewal * Rosie Gumbleton * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Dan Hess * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Maryvonne Jacquemart * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Connie Kenty * Young Kim * Tony Klemmer * Sunny Kohli * Rowena Kolde * Patricia Kubik * Dorothy Laffrey * Elaine Lamb * Marge Lazarou * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Jo Lincoln * Jill Lopez * Ludmilla Livshiz * Gail MacInnes * Liz Mahoney * Gretchen Mako * Janet Mathews * Catherine Matti * Martha McGee * Alice McIntyre * Gerald McKelvey * Donald Meier * Violet Mercado * Judy Michau * Karen Miller * Pat Miller * David Mitchell * Richard Moxley * Chris Muir * Vara Navaluri * Joan Nedeljkovic * Lucille Noraian * Jo Nott * Karen Oulette * Eileen Ozar * Lois Page * Kay Patel * Ralph Pedersen * Mike Peters * Arlene Pinkos * Deanna Ralston * Rama Reddy * 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 * Michael Toutant * Anjali Vale * Mary VanDagens * Peggy Walker * Stanton Walker * Martha Wells * Patricia Whitedge * Suzanne Winn * Diana Wise * Jessica Wollan * James Worley * Anjel Yessayan * Jean Young * Rasheeda Zafar * Janice Zehnder



BLOOMFIELD TRAVEL

** 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. BTSS retain the right to decline a traveler based on their level of independence per the code of conduct.

(<http://www.bloomfieldtpw.org/Services/SeniorServices/PDF/CodeOfConduct.pdf>)

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.

Michigan Outdoor Adventure Center

Wednesday, Feb 10 (DAY11-A1601) 10:00 AM – 3:00 PM
Experience exciting outdoor adventures with hands-on activities, exhibits and simulators – touch a waterfall, step in a boat & reel in a fish, hit the trail on a mountain bike, climb roots & explore the canopy of a massive bur oak tree and more. Learn how the DNR manages state parks, forest, wildlife and fish. Followed by lunch on your own at **Fountain Bistro**. Fee: \$30*

Chicago – Fisher Theatre

Thursday, Feb 11 (DAY25-A1601) 5:00 PM – 11:00 PM
Electrifying tale of greed, murder and show biz. Paint the town red with merry murderesses Roxie Hart, Velma Kelly, and hotshot lawyer Billy Flynn with hit songs like "All That Jazz" and "Razzle Dazzle" featuring sizzling dancing in the style of Bob Fosse. Begin with dinner on your own at **Cuisine**. Fee: \$72*

The Odd Couple - Tipping Point Theatre WAIT LIST
Wednesday, Feb 17 (DAY12-A1601) 12:15 PM – 5:30 PM

How I Learned to Drive – Stagecrafters WAIT LIST
Friday, February 19 (DAY13-A1601) 5:15 PM – 10:30 PM

Discover Downtown Clawson

Tuesday, February 23 (DAY14-A1601) 10:00 AM – 2:00 PM
This city is only miles away, but miles from ordinary! Enjoy coffee and cookies while you explore Leon & Lulu, an award winning home store. Two lucky trip-goers will win a \$25 Leon & Lulu gift card! Sample authentic Vietnamese cuisine. Choose appetizer: Imperial Roll or Spring Roll (fresh wrap roll) Entrée: Pho-Large bowl of soup (beef or Chicken) or Beef or Chicken with Rice and side of salad. Lunch at **DaNang Restaurant** included. Fee: \$47*

Cinderella - Detroit Opera House WAIT LIST
Thursday, Feb 25 (DAY26-A1601) 4:15 PM – 11:00 PM

DSO Brahms Festival WAIT LIST
Friday, February 26 (DAY15-A1601) 9:30 AM – 3:15 PM

Adventures in Dining / Laundry
Tuesday, March 1 (DAY16-A1601) 12:00 PM – 3:00 PM
Fenton's Laundry has provided a flavorful and creative dining experience built around high-quality fresh ingredients & scratch cookery. **Lunch on your own**. Fee: \$20*

To Kill A Mockingbird- Village Players
Friday, March 4 (DAY17-A1601) 5:15 PM – 10:15 PM
Timeless drama illustrates the evils of racism and the need to see the world through other's perspective. The story is told from the viewpoint of seven-year-old "Scout" Finch, and explores her relationship with her father, Atticus, a lawyer. Begin with dinner on your own at **Peabody's**. Fee: \$46*

The Hit Men – Macomb Center WAIT LIST
Saturday, March 5 (DAY18-A1601) 4:45 PM – 10:00 PM

DSO St. Patrick's Day Celebration WAIT LIST
Friday, March 11 (DAY19-A1601) 9:30 AM – 3:15 PM

Sister Robert Ann's Cabaret Class – Tipping Point
Thursday, March 17 (DAY20-A1601) 5:15 PM – 10:30 PM
Enjoy a cabaret-styled show that showcases the rowdiest of the Little Sisters of Hoboken. Includes sweet, silly, and mildly risqué songs to create a fun musical event. Begin with dinner on your own at **Garage Grill & Fuel Bar**. Fee: \$67*

DSO Trpceski Plays Virtuoso Liszt
Friday, March 18 (DAY21-A1601) 9:30 AM - 3:15 PM
Hear the dashing and dazzling virtuosity of Franz Liszt's Second Piano Concerto, performed by acclaimed pianist Simon Trpčeski! Also Danish conductor, Thomas Dausgaard leads a musical journey from an Aegean sunrise in Nielsen's Helios Overture to the Nordic beauty of Sibelius' First Symphony. Followed by lunch on your own **Café Via**. Fee: \$54*

Calendar Girls- Meadowbrook
Wednesday, March 23 (DAY22-A1601) 11:25 AM – 4:30 PM
Annie and Chris resolve to raise money for a new settee for the hospital waiting room. The ladies persuade fellow Women's Institute members to pose nude for an "alternative" calendar, with a little help from hospital porter and amateur photographer, Lawrence. Based on a true story. Begin with lunch on your own at **Romano's Macaroni Grill**. Fee: \$46*

Opera – Cosi Fan Tutte - U of M Theatre
Thursday, March 24 (DAY23-A1601) 4:15 PM – 11:00 PM
The third and last of Mozart's great operas is a tale about the ties of love. Cosi features beautiful arias including "Come scoglio," "Smanie implacabili," and "Per pietà" and incomparable ensembles that highlight both the laughter and pathos in the story. Begin with dinner on your own at **Slurping Turtle**. Fee: \$55*

Oakland County Green Terminal

Tuesday, March 29 (DAY24-A1601) 10:15 AM – 2:15 PM
Michigan's first LEED (Leadership in Energy and Environmental Design) certified and the nation's first LEED-certified general aviation airport terminal. Leading-edge green technologies include a living wall of tropical plants, wind/solar generation of electricity, solar hot water heater, car charging stations & more. Followed by lunch on your own at **Hero's**. Fee: \$27*

Tour Detroit Boat Club

Tuesday, April 5 (DAY01-B1601) 8:30 AM – 2:00 PM
The Detroit Boat Club has been the home of the Boat Club Rowing Crew since 1902. Dedicated in 1902, it was the first reinforced concrete structure in the U.S. Volunteers have been meticulously restoring the boathouse. Followed by lunch on your own at **Sinbads**. Fee: \$34*

DSO Supremes Mary Wilson – Motown Memories

Friday, April 8 (DAY02-B1601) 9:30 AM – 3:15 PM
Mary Wilson of the Supremes reunites with the DSO whose musician are heard on all those Motown Classics. "Baby Love," "Love Child," "Stop in the Name of Love" and more! Followed by lunch on your own **Ottava Via**. Fee: \$65*

Palmer Woods – PubliQuartet

Saturday, April 9 (DAY03-B1601) 6:45 PM – 11:00 PM
Known for their technical mastery and joyful performances, PUBLIQuartet (PQ) incorporates classical and contemporary works, original compositions and improvisations.. Dress Code: No Jeans or sweat clothes: Bring Jacket or Sweater for cool evenings. Served during intermission: Dinner, Beverage and Dessert Included in price. Fee: \$67*

Marshall Frederick Sculpture Museum

Tuesday, April 12 (DAY04-B1601) 9:15 AM – 4:15 PM
Museum features a unique collection of more than two thousand works that span the 70-year career of Detroit-based public sculptor Marshall M. Fredericks, nationally and internationally for his impressive monumental figurative sculpture, public memorials, fountains, portraits and medals. Followed by lunch on your own at **Benning's Grill & Tavern**. (*With high registration a Motor Coach will be reserved.) Fee: \$34*

Guys and Dolls – U of M Theatre

Thursday, April 14 (DAY05-B1601) 4:15 PM – 10:15 PM
Tells the tale of Nathan Detroit, the organizer of the oldest established permanent floating crap game in New York, who bets fellow gambler Sky Masterson that he can't make the next girl he sees fall in love with him. Featuring the songs "Luck be a Lady" and "Sit Down You're Rockin' the Boat". Begin with dinner on your own at **Zingerman's Roadhouse**. Fee: \$53*

Macbeth – MOT

Friday, April 15 (DAY06-B1601) 9:45 AM – 4:15 PM
Shakespeare's classic morality tale about using murder to take the crown of Scotland, retold brilliantly by Giuseppe Verdi, we learn once again to be careful what we wish for. Starring Followed by lunch on your own at **Small Plates**. Fee: \$52*

Rounding Third – Tipping Point Theatre

Wednesday, April 20 (DAY07-B1601) 12:15 PM – 5:30 PM
A tumultuous, hilarious journey of two Little League coaches through an entire season. Don the tough, blue-collar, win-at-all-costs veteran coach vs. Michael a newcomer to baseball, who believes the coach's job is to make sure everyone has fun. Out of conflicting philosophies on competition, character & punctuality, the real issues of the play emerge. Begin with lunch on your own at **Rocky's of Northville**. Fee: \$57*

DSO – The Planets

Friday, April 22 (DAY08-B1601) 9:30 AM - 3:15 PM
Toronto Symphony Orchestra's Peter Oundjian leads Holst's majestic "Planets," and violinist Vadim Gluzman performs Shostakovich's powerful and brooding concerto No 2. Followed by lunch on your own at **Bill's Restaurant**. Fee: \$54*

Buster Keaton, "The General" - Redford Theatre

Saturday, April 23 (DAY09-B1601) 5:15 PM – 10:00 PM
Big screen, silent film with organist Lance Luce accompanies this landmark comedy in which a train engineer, Buster Keaton, uses his beloved steam locomotive, The General, to cross enemy lines and save his girlfriend during the Civil War. Begin with dinner on your own at **Scotty Simpson's Fish & Chips**. Fee: \$37*

Adventures in Dining – Diamonds Steak & Seafood Restaurant, Howell

Wednesday, April 27 (DAY10-B1601) 12:00 PM – 3:30 PM
Established in 1983, the restaurant is celebrating its 31st year of operation. Recognized by the media and the community for its quality and consistency. Fee \$20*

DSO – The Beach Boys Sound

Friday, April 29 (DAY11-B1601) 9:30 AM – 3:15 PM
Papa Doo Run-Run presents the music of The Beach Boys. Hear every endless summer smash hit, including a 50th anniversary tribute to their "Pet Sounds" album. Followed by lunch on your own at **Woodbridge Pub**. Fee: \$65*

Detroit Public Library – Main

Thursday, May 5 (DAY12-B1601) 10:15 AM – 2:45 PM
Docent-led tour highlighting the library's art, architecture and collections; including murals, 416,000 piece mosaic, a Pewabic fireplace and the oldest working elevator in the city. Followed by lunch on your own at **Republic Restaurant**. Fee \$37*

Adventures in Dining –The Root Restaurant, White Lake

Friday, May 6 (DAY13-B1601) 12:15 PM – 3:00 PM
A chef driven restaurant that showcases the best of every season Michigan offers. Fee: \$20*

Junior League Designer Show House

Thursday, May 12 (DAY14-B1601) 9:45 AM – 3:00 PM
The house, located at 15500 Windmill Pointe Drive in Grosse Pointe Park, was designed by architects Benjamin and Straight in 1927. The 5,256 sq ft English Tudor home features a canal that runs from Lake St. Clair to a dry dock under the living room. Followed by lunch on your own at **Red Crown**. Fee: \$47*

The Magic Flute – MOT

Friday, May 13 (DAY15-B1601) 9:45 AM – 4:15 PM
A prince discovers a flute with magic and a girl who will make him whole. Mozart's fantastical and hilarious tale draws you into a world of magical fantasy. Followed by lunch on your own at **Cornerstone Barrell House.** Fee: \$52*

Tour the New Bloomfield Hills High School

Thursday, May 19 (DAY16-B1601) 9:15 AM – 11:30 AM
Come see the new building and learn about the programs and opportunities for our students. Fee: \$3*

South Pacific – Village Players

Friday, May 20 (DAY17-B1601) 5:35 PM - 10:45 PM
Love, passion, and prejudice are the timeless themes of this play. Set on a Pacific Island during WWII, the musical centers on two love stories, both between people of different cultures. Begin with dinner on your own at **Peabody's.** Fee: \$48*

Tour Masonic Temple

Tuesday, May 24 (DAY18-B1601) 11:20 AM - 5:00 PM
Legends surround the Temple's interior, which is said to contain a labyrinth of rooms, some connected by secret passageways. It's also full of dramatic, unused spaces. Begin with lunch on your own at **Detroit Seafood Market.** Fee \$32*

The Walk from the Garden – Opera

Thursday, May 26 (DAY19-B1601) 5:20 PM – 11:20 PM
Jonathan Dove's opera explores the banishment of Adam and Eve from the Garden of Eden. Two soloists, Rackham Choir, a string quartet, organ and timpani will come together to blossom Dove's one-act opera in 12 scenes, in an intimate church setting. Begin with dinner on your own at **Café ML.** Fee: 52*

Nine To Five – Avon Players

Friday, May 27 (DAY20-B1601) 5:00 PM – 10:30 PM
Three co-workers are pushed to the boiling point and concoct a plan to get even with their sexist, egotistical, lying bigot of a boss. In a hilarious turn of events, the unlikely friends live out their wildest fantasy on how to give their boss the boot. Begin with dinner on your own at **The Meeting House.** Fee: \$47*

Tollgate Gardens – MSU Education Center & Farms

Wednesday, June 1 (DAY21-B1601) 10:15 AM – 2:15 PM
Roy Prentice, Farm Manager, will be the docent of the garden tour of nearly twenty specifically planned and maintained garden sites. Wear your walking shoes. Followed by lunch on your own at **Steve & Rocky's.** Fee: \$40*

Detroit Institute of Arts

Thursday, June 2 (DAY22-B1601) 12:00 PM – 3:30 PM
Enjoy the afternoon at the museum. Cookies and coffee served. Must have minimum of 30 people to run trip. Fee: \$5*

Great Lakes Culinary Center

Tuesday, June 7 (DAY23-B1601) 10:30 AM – 2:00 PM
The Center was created to build culinary dreams and fuel food passions. Destined to become the favorite "food place to be". Enjoy a tour of the gardens & kitchen. Includes lunch. Fee \$54

Tour Mexicantown

Thursday, June 9 (DAY24-B1601) 10:00 AM - 3:00 PM
Detroit's Mexican population began settling in Mexicantown in the 40s. Tim McKay leads a wonderful tour of all the interesting points of the area. Followed by lunch on your own at **Taqueria Nuesra Familia.** Fee: \$39*

DSO John Williams Favorites

Friday, June 10 (DAY25-B1601) 9:30 AM – 3:30 PM
Principal Pops Conductor Jeff Tyzik leads the DSO in all your John Williams favorites: "Superman," "Raiders of the Lost Arc," "Harry Potter," "E.T.," and "Star Wars. Followed by lunch on your own at **Da Edoardo Foxtown Grille.** Fee: \$65*

Celadon Gardens

Tuesday, June 14 (DAY26-B1601) 10:00 AM – 2:45 PM
Celadon contains many lovely gardens and architectural features in a park like setting. Donna McDonald, Master Gardener with over 29 years' experience, will be your docent. Light refreshments served. Will go rain or shine. Fee: \$39*

Stella & Lou – Tipping Point Theatre

Wednesday, June 15 (DAY27-B1601) 12:10 PM – 5:30 PM
An intimate exploration of friendship, forgiveness & longing for companionship that grows with the passage of time. Lou and Stella are kindred spirits with differing ideas of romance but deep down know that they need each other. Begin with lunch on your own at **Deadwood Bar & Grill.** Fee: \$57*

Palmer Woods – Blues to Broadway, Jazz and Beyond

Saturday, June 18 (DAY28-B1601) 5:45 AM – 11:00 PM
Garden Concert – partial house tour prior to concert. In case of severe weather, concert will be moved to Detroit Unity Temple. No Jeans or sweat clothes. Bring jacket – wear shoes that are safe for walking on grass and patios. Dinner, beverage, dessert served during intermission included. Fee: \$77*

Stratford
FESTIVAL

September 1 – 2, 2016
(XDAY01-C1601)

Enjoy an overnight stay in quaint Stratford and see "Macbeth" and "A Little Night Music." Trip includes Archives tour, one breakfast & picnic lunch, two dinners, hotel accommodations at Arden Park Hotel and a luxury motor coach. Detailed flyer available at the Center.

Please register early for this is a high demand trip. Full payment due with registration, no refunds after July 18 and partial refunds less costs incurred prior to July 18. Travel insurance is highly recommended for private purchase or through our Trip Leader, Sue Goldstein at (248) 865-0005. Flyer available at Center.

Fee: To be Determined. See Center flyer.

(Resident registration only through March 31. Nonresident registration begins April 1.)

Complimentary &
Meals on Wheels Charity** Classes*

(* 50+ Township Residents only, max of 6)
(** \$5 nonrefundable donation, open to ALL 50+)

Fitness Week

February 29 - March 5

MONDAY 2/29

**Cardio Party & Core
(Charity**)**
9:00-10:00 a.m.
(GETFIT16-01)

Cardio, Strength & Balance 2
10:30-11:15 a.m.
(GETFIT16-02)

Chair Yoga
11:30 a.m.-12:30 p.m.
(GETFIT16-03)

Barre Balance
12:45-1:30 p.m.
(GETFIT16-04)

**Small Group
Personal Training
(Presentation Only)**
2:00-3:00 p.m.
(GETFIT16-05)

Pilates, Strength & Balance
4:15-5:15 p.m.
(GETFIT16-06)

Zumba®
5:30-6:15 p.m. (GETFIT16-07)

**AQUA
Ultimate H2O**
9:30-10:30 a.m.
(GETFIT16-08)

Aqua Yoga Flow
11:00-12:00 p.m.
(GETFIT16-09)

Water Walking Workout
2:30-3:15 p.m.
(GETFIT16-10)

Aqua Interval
5:45-6:45 p.m.
(GETFIT16-11)

TUESDAY 3/1

**Cardio, Core,
Conditioning (Charity**)**
9:00-10:00 a.m.
(GETFIT16-12)

**Gentle Moves Yoga
(Charity**)**
10:15-11:15 a.m.
(GETFIT16-13)

Seated Fitness Conditioning
11:30 a.m.-12:15 p.m.
(GETFIT16-14)

Healthy Back 101
12:45-1:30 p.m.
(GETFIT16-17)

**Cardio, Strength &
Balance 1 (Charity**)**
1:45-2:30 p.m.
(GETFIT16-14)

Pickleball Demo
2:45-4:30 p.m. (GETFIT16-15)

**Small Group Personal
Training Info
(Presentation Only)**
5:30-6:30 p.m. (GETFIT16-16)

**AQUA
Aqua Resistance Training**
8:00-9:00 a.m. (GETFIT16-17)

**Aqua Endurance,
Core, & Balance**
9:30-10:30 a.m.
(GETFIT16-18)

Swim Lessons & Fitness
11:00-12:00 p.m.
(GETFIT16-19)

Aqua Power Aerobics
6:00-6:45 p.m. (GETFIT16-20)

WEDNESDAY 3/2

Zumba Gold Toning®
8:15-9:15 a.m.
(GETFIT16-21)

Tai Chi-Beginners
9:30-10:15 a.m.
(GETFIT16-22)

Chair Yoga
11:30 a.m.-12:15 p.m.
(GETFIT16-23)

**Small Group
Personal Training
(Presentation Only)**
2:00-2:45 p.m.
(GETFIT16-24)

Zumba®
6:30-7:30 p.m.
(GETFIT16-25)

**AQUA
Fluid Moves**
11:00-12:00 p.m.
(GETFIT16-26)

Water Sports Fitness
2:30-3:15 a.m.
(GETFIT16-27)

THURSDAY 3/3

**Cardio, Core,
Conditioning
(Charity**)**
9:00-10:00 a.m.
(GETFIT16-28)

**Gentle Moves Yoga
(Charity**)**
10:15-11:15 a.m.
(GETFIT16-29)

**Cardio, Strength &
Balance 1 (Charity**)**
1:45-2:30 p.m.
(GETFIT16-30)

**Moving Thru-Dance
& Parkinson's**
1:45-2:30 a.m.
(GETFIT16-31)

Pickleball Demo
2:45-4:30 p.m.
(GETFIT16-32)

**Pilates, Strength, &
Balance (Charity**)**
5:00-6:00 p.m.
(GETFIT16-33)

BOKWA®
6:30-7:30 p.m.
(GETFIT16-34)

**AQUA
Aqua Cardio Party**
8:00-9:00 a.m.
(GETFIT16-35)

Aqua Cardio Core
9:30-10:30 a.m.
(GETFIT16-36)

H2O Circuit Jam
11:00-12:00 p.m.
(GETFIT16-37)

FRIDAY 3/4

Zumba®
7:45-8:45 a.m.
(GETFIT16-38)

**Strength & Balance 2
(Charity**)**
9:00-10:00 a.m.
(GETFIT16-39)

**Drums Alive®
(Charity**)**
10:15-11:00 a.m.
(GETFIT16-40)

Beginning Yoga
11:30 a.m.-12:30 p.m.
(GETFIT16-41)

**Small Group
Personal Training
(Presentation Only)**
1:00-1:45 p.m.
(GETFIT16-42)

**AQUA
H2O HIIT**
11:00-12:00 p.m.
(GETFIT16-43)

SATURDAY 3/5

New Day Yoga
8:30-9:30 a.m.
(GETFIT16-44)

Zumba®
9:45-10:45 p.m.
(GETFIT16-45)

*Preregistration required. Classes fill quickly!
See pages 3-8 for class descriptions, dates & times.*

Sponsored by:



SameAddress

Unique Topics...uniquely for you!

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

Special Events for Everyone

There's always something exciting going on at BTSS. See page 11 for Special Events you don't want to miss!



GOT CABIN FEVER?

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



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

Spring 2016

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Caregivers' Forum

2nd Monday of Month 2:00 – 3:30 PM

The Caregiver Forum offers the opportunity to learn about programs and services available to caregivers whose loved ones are experiencing dementia. It provides support and an opportunity for sharing experiences. This program sponsored by Alzheimer's Association.

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

To register, call 248-723-3530.

Younger Onset Caregiver

3rd Wednesday of Month 5:30 – 7:00 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.

Housing Counseling Services

3rd Tuesday February - April
(SVC16-VARIES)

Get FREE and confidential advice about:

- Preventing Mortgage or Property Tax Foreclosure
- Reverse Mortgages
- Credit and Budget Issues
- Subsidized Housing and Rental Assistance for Low to Moderate Income Households
- Receive advice and coaching on financial matters

Certified advisors from Oakland County offer information, education and referrals in a free and confidential setting.

Registration required. BT Residents only.



TAX ASSISTANCE

Mondays & Tuesdays

February 8 & 9, 22 & 23

March 7 & 8 April 4 & 5

AARP trained volunteers provide free tax preparation and filing of your Federal, State, and Local tax returns. Service is available for tax payers with middle/low income. Some restrictions apply.

Appointment required: 248-723-3500

LOW VISION SUPPORT GROUP

If you live with low vision, experts suggest that you may benefit greatly and improve your quality of life by becoming involved in a support group. Please join our group leader, Anjel Yessayan, for an informal monthly gathering.

Pre-registration required. BT residents only. No charge. Transportation to center is available. Please contact Denise (248-723-3500) for information.

3rd Monday 2:00-3:30 PM
February-May

MEDICARE BASICS 101

1:00 – 2:30 PM

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, April 12
(EDU56-B1601)

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. Service also available to run errands or grocery shop with a maximum of 2 appointments per month and flexibility between client and driver. Subject to availability.

≈ 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 11:00 AM until 12:30 PM. Stop by!

February 17

March 16

April 20

NUTRITION SERVICES

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



"MEALS ON WHEELS"

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



NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to seniors based on medical necessity. BTSS orders Ensure[®] products monthly at a reduced cost from retail prices.

A physician's order is required and must include:

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

The order must be renewed annually.



TELEPHONE REASSURANCE

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

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

Loan Closet Available

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

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and shower chairs. 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



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 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. Make an appointment to meet with a certified Medicare Counselor. Available 3rd Thursday of the month through April 2016. Limited availability.

SameAddress One-Source Solutions

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

SameAddress provides more than 30 services across four key categories:

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

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

SameAddress is a service of the Area Agency on Aging 1B.

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.

Spring Candy Collection

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

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

Friendship Club

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

What is Adult Day Service

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

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

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



Services for Families

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

- ♦ Caregiver resources and training
- ♦ Community referral information
- ♦ Monthly Alzheimer Association caregiver support meetings



Admission and Enrollment

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

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

Activities Programming

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

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

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

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



Location

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



Eligibility Criteria

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

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