



Bloomfield Township Senior Services



Winter 2015

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.....9
- Bridge.....10
- BTSS Eligibility.....2
- Cancellations.....2
- Cardio Classes.....5
- Cards/Games.....9-10
- Caregiver.....SS1
- Charity Workouts.....8
- Clubs.....9
- Computers.....9
- Day Trips.....13-15
- Donations.....2
- Enrichment.....9-11
- Fitness.....3-8
- Fitness Week.....16
- Friendship Club.....SS4
- Golf Conditioning.....8
- Grocery Shop.....SS2
- Home Repair.....SS3
- Lapidary.....9
- Loan Closet.....SS2
- Meals on Wheels.....SS2
- Medicare.....1, SS1&3
- Mind & Body.....7
- Movies.....10-11
- Music.....11
- Personal Fitness.....6
- Reassurance.....SS2
- Seated Exercise.....6
- Sponsors.....8
- Strength Exercise.....6-7
- Tax Assist.....1
- Transportation.....SS2
- Unique Topics.....11
- Volunteering.....8



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.

Registration for appointments begins on Monday, January 4th for BT residents and on Monday, February 1st for non-residents.

Appointment required: 248-723-3500

HERE TO SUPPORT YOU!

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

Fitness Week January 4 - 8

It's 2016! Time to set those fitness goals. Get motivated and stay motivated! Residents enjoy complimentary demo classes!

See back page for complete schedule. Schedule also available in the Center or online at www.bloomfieldseniors.org

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

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

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

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

Christine's Comments...

This fall I completed 20 years as the leader of senior services and have been exceptionally blessed to work with so many wonderful team mates, volunteers and community leaders. Growth of the services we provide and the programs offered in the new center has been exponential. While we offer many traditional services, we also are not your grandparents' senior center. Nothing is more gratifying than to see '50 year olds working out alongside 90 year olds, and watching meaningful social connections occur daily.

I am especially grateful to our current team who continues to expand programs and services quite literally on a shoestring budget. **The Senior Service Millage is one half of one percent of your tax dollar*.**

Annually, we host 70,000 visits to the center and provide a high level of customer service in a welcoming atmosphere. Our supportive services translate into 26,000 "units" representing, a ride to the center or a medical appointment, an hour of respite care for a loved one living with dementia or a hot meal delivered to a homebound senior.

BTSS is a truly cost effective investment and I continue to be excited about the future contributions we can make to strengthen our outstanding community.

Wishing you peace and health,

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500

*Only 28 cents of every tax dollar paid stays in Bloomfield Township for all Township services. 72% of taxes support schools and community colleges, the county, the library, SMART, the Zoo and the DIA.

Thank You for Your Donations*... Florence Ballin, Letha Kuesel, Lucille Swanson, Debbie Capo, Edward Nol, Artimis Freij, Norman Honer

* 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, John Conti, Maxine Davison,

Don Foehr, Marie Gemmel, Victor & Suzanne Goldstein

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Thursday, Nov. 26 & Friday, Nov. 27

Thursday, Dec. 24 & Friday, Dec. 25

Friday, Jan. 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 only for confirmed BT profiles now through 11/24; nonresidents begins 11/25.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Emergency Card must be presented at trip check-in.
- Trips depart promptly at posted time; return times are approximate.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- **Classes:** no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- **Trips:** nonrefundable within 3 business days. Cancellation fee **\$5 + costs incurred** (i.e. prepaid tickets).

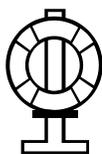
Aquatics: Warm Water Fitness

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

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

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

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



Certified Lifeguards are needed.
Job description and employment application available:
<http://www.bloomfieldtp.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

Dec 3 – Dec 17 (FIT118-D1502)

3 Classes/\$18*

Jan 14 – Feb 25 (FIT118-A1601)

7 classes/\$42*

Aqua Cardio Party & Core

Maggie Barclay

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

Thursday

8 - 9 AM

Dec 3 – Dec 17 (FIT131-D1502)

3 classes/\$18*

Jan 14 – Feb 25 (FIT131-A1601)

7 classes/\$42*

Aqua Endurance, Core & Balance

Stan Witkowski

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

Tuesday

9:30 – 10:30 AM

Dec 1 – Dec 15 (FIT133-D1502)

3 classes/\$18*

Jan 12 – Feb 23 (FIT133-A1601)

7 classes/\$42*

Aqua Fit

Lori Harbour

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

Wednesday

9:30 – 10:30 AM

Dec 2 – Dec 16 (FIT96-D1503)

3 classes/\$24*

Jan 13 – Feb 24 (FIT96-A1601)

7 classes/\$56*

Friday

9:30 – 10:30 AM

Dec 4 – Dec 18 (FIT96-D1504)

3 classes/\$24*

Jan 15 – Feb 26 (FIT96-A1602)

7 classes/\$56*

Aqua Interval (New Day & Time)

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

5:30 - 6:30 PM

Nov 30 – Dec 14 (FIT134-D1502)

3 classes/\$18*

Jan 11 – Feb 22 (FIT134-A1601)

7 classes/\$42*

Aqua Power Aerobics Level 1

Annie Chi

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

Tuesday

4:45 – 5:45 PM

Dec 1 – Dec 15 (FIT27a-D1505)

3 classes/\$24*

Jan 12 – Jan 26 (FIT27a-A1601)

3 classes/\$24*

Feb 2 – Feb 23 (FIT27a-A1603)

4 classes/\$32*

Thursday

4:45 – 5:45 PM

Dec 3 – Dec 17 (FIT27a-D1506)

3 classes/\$24*

Jan 14 – Jan 28 (FIT27a-A1602)

3 classes/\$24*

Feb 4 – Feb 25 (FIT27a-A1604)

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

Dec 1 – Dec 15 (FIT27b-D1506)

3 classes/\$24*

Jan 12 – Jan 26 (FIT27b-A1601)

3 classes/\$24*

Feb 2 – Feb 23 (FIT27b-A1603)

4 classes/\$32*

Thursday

6 – 7 PM

Dec 3 – Dec 17 (FIT27b-D1507)

3 classes/\$24*

Jan 14 – Jan 28 (FIT27b-A1602)

3 classes/\$24*

Feb 4 – Feb 25 (FIT27b-A1604)

4 classes/\$32*

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

Nov 30 – Dec 14 (FIT114-D1502)

3 classes/\$24*

Jan 11 – Feb 22 (FIT114-A1601)

7 classes/\$56*

Wednesday

11 AM – 12 PM

Dec 2 – Dec 16 (FIT86-D1503)

3 classes/\$24*

Jan 13 – Feb 24 (FIT86-A1602)

7 classes/\$56*

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.*

Saturday

10:30 – 11:30 AM

Dec 5 – Dec 19 (FIT86-D1503)

3 classes/\$24*

Jan 9 – Feb 27 (FIT86-A1601)

8 classes/\$64*

H2O Circuit Jam (previously Aqua Rhythms) 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

Dec 3 – Dec 17 (FIT132-D1502)

3 classes/\$18*

Jan 14 – Feb 25 (FIT132-A1601)

7 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

Dec 4 – Dec 18 (FIT128-D1502)

3 classes/\$18*

Jan 15 – Feb 26 (FIT128-A1601)

7 classes/\$42*

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

Dec 5 – Dec 19 (FIT32-D1503)

3 classes/\$24*

Jan 9 – Jan 30 (FIT32-A1601)

4 classes/\$32*

Feb 6 – Feb 27 (FIT32-A1602)

4 classes/\$32*

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 Class

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

8 – 9 AM

Dec 1 – Dec 15 (FIT130-D1502)

3 classes/\$24*

Jan 12 – Feb 23 (FIT130-A1601)

7 classes/\$42*

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

Dec 1 – Dec 15 (FIT48-D1502)

3 classes/\$18*

Jan 12 – Feb 23 (FIT48-A1601)

7 classes/\$42*

Ultimate H2O

K. 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 (Kathy Housey)

9:30 - 10:30 AM

Nov 30 – Dec 14 (FIT95-D1503)

3 classes/\$24*

Jan 11 – Feb 22 (FIT95-A1601)

7 classes/\$56*

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

Dec 2 – Dec 16 (FIT135-D1502)

3 classes/\$18*

Jan 13 – Feb 24 (FIT135-A1601)

7 classes/\$42*

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

Nov 30 – Dec 14 (FIT99-D1502)

3 classes/\$18*

Jan 11 – Feb 22 (FIT99-A1601)

7 classes/\$42*



SAFETY FIRST - To avoid creating puddles and a slip risk, please towel off on the pool deck and in the shower. Your assistance is appreciated.

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**
 Dec 3 – Dec 17 (FIT120-D1503) **3 classes/\$18***
 Jan 14 – Feb 25 (FIT120-A1601) **7 classes/\$42***

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**
 Dec 1 – Dec 15 (FIT109-D1501) **3 classes/\$18***
 Jan 12 – Feb 23 (FIT109-A1601) **7 classes/\$42***
Thursday **9 – 10 AM**
 Dec 3 – Dec 17 (FIT109-D1502) **3 classes/\$18***
 Jan 14 – Feb 25 (FIT109-A1602) **7 classes/\$42***

Cardio Party & Core

Maggie Barclay/Rhonda Jean

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**
 Nov 30 – Dec 14 (FIT119-D1502) (Jean) **3 classes/\$18***
 Jan 11 – Feb 22 (FIT119-A1601) (Barclay) **7 classes/\$42***

Cardio, Strength & Balance Level 2

Rhonda Jean

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

Monday **10:30 - 11:15 AM**
 Nov 30 – Dec 14 (FIT137-D1502) **3 classes/\$18***
 Jan 11 – Jan 25 (FIT137-A1601) **3 classes/\$18***
 Feb 1 – Feb 22 (FIT137-A1602) **4 classes/\$24***

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**
 Jan 11 – Feb 26 (FIT77-A1601) **56 sessions/\$168**
 (No Creative Crosstraining in December)

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**
 Jan 15 – Feb 26 (FIT47-A1601) **7 classes/\$42***

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**
 Nov 30 – Dec 14 (FIT78-D1504) **3 classes/\$18***
 Jan 11 – Feb 22 (FIT78-A1601) **7 classes/\$42***
Wednesday **6:30 – 7:30 PM**
 Dec 2 – Dec 16 (FIT78-D1505) (Sub TBD) **3 classes/\$18***
 Jan 13 – Feb 24 (FIT78-A1602) (Barclay) **7 classes/\$42***
Friday **7:45 – 8:45 AM**
 Dec 4 – Dec 18 (FIT78-D1506) (Sub TBD) **3 classes/\$18***
 Jan 15 – Feb 26 (FIT78-A1603) (Barclay) **7 classes/\$42***
Saturday (Andrea Morman) **9:45 – 10:45 AM**
 Jan 16 – Feb 27 (FIT78-A1604) **7 classes/\$42***

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**
 Jan 13 – Feb 24 (FIT110-C150X) **7 classes/\$42***

TABLE TENNIS DROP IN

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

Indicates Drop-In Program: All participants must scan or check in at main level reception.

BT Resident free. Guest/Non Resident \$2

PICKLEBALL (FIT22-VARIES)

Pickleball court time is available as a drop in and by reservation. Township residents can reserve a maximum of 2 reservations 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 (drop in and reservation, see below)

10:00 AM – 11:30 AM (drop in, Nov. & Dec. only)

11:30 AM – 1:00 PM (reservation, Nov. & Dec. only)

11:15 AM - 1:00 PM (reservation, Jan. & Feb. only)

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

PERSONAL FITNESS

Small Group Personal Training (SGPT)

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

Monday (Lauren Olesiak) 2 - 3 PM

Nov 30 – Dec 14 (FIT103-D1507) 3 classes/\$45*

Jan 11 – Feb 22 (FIT103-A1601) 7 classes/\$105*

Tuesday (Lisa Chavis) 5:30 – 6:30 PM

Dec 1 – Dec 15 (FIT103-D1508) 3 classes/\$45*

Jan 12 – Feb 23 (FIT103-A1602) 7 classes/\$105*

Wednesday (Lola Kuehl) 2 - 3 PM

Dec 2 – Dec 16 (FIT103-D1509) (no class 12/9) 2 classes/\$30*

Jan 13 – Feb 24 (FIT103-A1603) 7 classes/\$105*

Wednesday (Sharon Claye) 5 - 6 PM

Dec 2 – Dec 16 (FIT103-D1510) 3 classes/\$45*

Jan 13 – Feb 24 (FIT103-A1604) 7 classes/\$105*

Thursday (Sharon Claye) 5 - 6 PM

Dec 3 – Dec 17 (FIT103-D1511) 3 classes/\$45*

Jan 14 – Feb 25 (FIT103-A1605) 7 classes/\$105*

Friday (Lola Kuehl) 1 - 2 PM

Jan 15 – Feb 26 (FIT103-A1606) 7 classes/\$105*

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

New! 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

Dec 1 – Dec 15 (FIT143-D1501) 3 classes/\$18*

Jan 12 – Feb 23 (FIT143-A1601) 7 classes/\$42*

Thursday 11:30 - 12:15 PM

Dec 3 – Dec 17 (FIT143-D1502) 3 classes/\$18*

Jan 14 – Feb 25 (FIT143-A1602) 7 classes/\$42*

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

Nov 30 – Dec 14 (FIT101-D1503) 3 classes/\$18*

Jan 11 – Feb 22 (FIT101-A1601) 7 classes/\$42*

Wednesday 12:45 – 1:30 PM

Dec 2 – Dec 16 (FIT101-D1504) 3 classes/\$18*

Jan 13 – Feb 24 (FIT101-A1602) 7 classes/\$42*

Cardio, Strength & Balance Level 1

Rhonda Jean

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

Tuesday 1:45 – 2:30 PM

Dec 1 – Dec 15 (FIT136-D1503) 3 classes/\$18*

Jan 12 – Jan 26 (FIT136-A1601) 3 classes/\$18*

Feb 2 – Feb 23 (FIT136-A1603) 4 classes/\$24*

Thursday 12:45 – 1:30 PM

Dec 3 – Dec 17 (FIT136-D1504) 3 classes/\$18*

Jan 14 – Jan 28 (FIT136-A1602) 3 classes/\$18*

Feb 4 – Feb 25 (FIT136-A1604) 4 classes/\$24*

Healthy Back 101

Lori Harbour

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

Tuesday 12:45 – 1:30 PM

Dec 1 – Dec 15 (FIT105-D1502) 3 classes/\$18*

Jan 12 – Feb 23 (FIT105-A1601) 7 classes/\$42*

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

THANK YOU!

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
Nov 30 – Dec 14 (FIT139-D1502) 3 classes/\$18*
Jan 11 – Feb 22 (FIT139-A1601) 7 classes/\$42*

Strength & Balance – Level 2 Maggie Barclay /Rhonda Jean
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
Dec 4 – Dec 18 (FIT80-D1503) (Jean) 3 classes/\$18*
Jan 15 – Feb 26 (FIT80-A1601) (Barclay) 7 classes/\$42*

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
Dec 4 – Dec 18 (FIT05-D1502) 3 classes/\$18*
Jan 15 – Feb 26 (FIT05-A1601) 7 classes/\$42*

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
Nov 30 – Dec 14 (FIT56-D1503) 3 classes/\$18*
Jan 11 – Feb 22 (FIT56-A1601) 7 classes/\$42*

Wednesday (Karen Lutz) 11:30 AM – 12:30 PM
Dec 2 – Dec 16 (FIT56-D1504) 3 classes/\$18*
Jan 13 – Feb 24 (FIT56-A1602) 7 classes/\$42*

Gentle Moves Yoga

Karen Lutz/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
Dec 1 – Dec 15 (FIT94-D1503) (Lutz) 3 classes/\$18*
Jan 12 – Feb 23 (FIT94-A1601) (Barclay) 7 classes/\$42*

Thursday 10:15 - 11:15 AM
Dec 3 – Dec 17 (FIT94-D1504) (Lutz) 3 classes/\$18*
Jan 14 – Feb 25 (FIT94-A1602) (Barclay) 7 classes/\$42*

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
Dec 5 – Dec 19 (FIT113-D1502) 3 classes/\$18*
Jan 16 – Feb 27 (FIT113-A1601) No class 1/9 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 2 – Dec 16 (FIT03-D1503) 3 classes/\$24*
Jan 13 – Mar 16 (FIT03-A1601) 10 classes/\$80*

Continuing Wednesday 10:20 – 11:10 AM
Dec 2 - Dec 16 (FIT03-D1504) 3 classes/\$24*
Jan 13 – Mar 16 (FIT03-A1602) 10 classes/\$80*

Yoga Pilates Fusion

Karen Ockner

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

Tuesday 6:45 - 7:30 PM
Dec 1 – Dec 15 (FIT140-D1502) 3 classes/\$18*
Jan 12 – Feb 23 (FIT140-A1601) 7 classes/\$42*

SPECIALTY FITNESS PROGRAMS & EVENTS

New! 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.*

Monday 6:30 – 7:15 PM
Jan 11 – Feb 22 (FIT144-A1601) 7 classes/\$56*

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

Jan 13 – Feb 17 (EDU59-A1601)

6 classes/\$50*

New! FITCAMP Challenge

Maggie Barclay

Join our Boot Camp workout and accountability group! Get inspired to take your workout up a notch! Includes intermediate and advanced level workouts 2 times/week, motivational meeting on Wednesdays at 4pm that will include Yoga stretches. Journal & T-shirt provided. If it doesn't challenge you, it doesn't change you!

Tuesday & Thursday

7:30 – 8:30 AM

Jan 12 – Feb 25 (FIT145-A1601)

14 classes/\$199*

New! Golf Conditioning

Maggie Barclay/Lola Kuehl

This group fitness class will focus on golf-specific muscular strength training, stability and balance, postural control and the development of power. Emphasis will also be on core strength for a balanced set up and a more consistent, stabilized swing. Wear comfortable clothes and supportive shoes. Bring your favorite driver & 5 iron!

Thursday

1:45 PM – 2:30 PM

Jan 14 – Feb 18 (FIT50-A1601)

6 classes/\$42*

Feb 25 – Mar 31 (FIT50-A1602) (no class 3/3)

5 classes/\$35*

Beach Parties in the Pool for Charity!

Maggie Barclay/Varies

SPLASH off those calories during our special PARTY in the POOL charity days! Help keep off those excess holiday pounds by participating with us! Not an ordinary aqua class so come ready to have some FUN and shake it up! Bring your friends and support a great cause, Meals on Wheels!

Wednesday

9:30 AM – 10:30 AM

Dec 23 (FUN12-D1501)

\$5/Resident, \$7/Non-resident

Dec 30 (FUN12-D1503)

\$5/Resident, \$7/Non-resident

Wednesday

11:00 AM – 12:00 PM

Dec 23 (FUN12-D1502)

\$5/Resident, \$7/Non-resident

Dec 30 (FUN12-D1504)

\$5/Resident, \$7/Non-resident

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

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)

Varies

Yoga Pilates Fusion (pg. 7)

Karen Ockner

Core Foundation®-Training (pg. 7)

Lori Harbour



TREE OF LIFE

Meals on Wheels are provided through BTSS to seniors in the community who are frail and/or low-income individuals.

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 card are available at the Senior Center.

**Thank you for your support.
(FUN05-D1501)**



Fundraising Extravaganza!

Thursday, December 10

8 AM – 4 PM

Over 1,000 items all at only \$8 each!

Personal accessories, jewelry and more.

Men's and Women's gifts at up to 80% off retail.

**Proceeds to support
BTSS Meals on Wheels**

ENRICHMENT

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

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

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

ART

Creative Watercolor Karen Halpern
Painting technique skills, color theory & design principles, perspective & proportion offered in an individualized, supportive setting for all skill levels. *Supply list at Office.*
Wednesdays 1:30 – 3:30 PM
Jan 6 – Mar 2 (ART02-A1601) 9 classes/\$124*

Blossoms - Chinese Style Painting Diane Bert
Paint a Chinese style branch with blossoms on a gold background using acrylic paint and artist's canvas. Step by step instruction. No experience required. \$20 Material fee payable to instructor. Bring a lunch.
Thursday 9:30 AM – 2:00 PM
Feb 18 (ART15-A1601) 1 class/\$15*

Recycled Jewelry Martha McGee
Bring in your old bracelets and necklaces and remake them, or start a whole new project! Great for holiday gifts. \$5 material fee payable to instructor.
Tuesday/Thursday 1:30 – 3:30 PM
Nov 10 & 12 (ART23-D1501) 2 classes/\$10*

Lapidary ☛ Martha McGee
Learn to process rocks and gemstones to create art and jewelry. Informal instruction in beading & stained glass. Supplies & equipment available. *Material fee payable to instructor.*
Tuesdays & Thursdays (no 12/24) 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. *Program will return in the Spring.*

CLUBS / GROUPS

Book Club ☛ 10 – 11:30 AM
Dec 4: Nightengale (Hannah) Leader: Elizabeth Mahoney
**No meetings January-February*

Italian Group-Gruppo Italiano ☛ Facilitator: Angie Giffels
2nd Friday 10 AM – Noon
Affiliate of Dante Alighieri
Nov 13: Cancelled

Last Meeting Dec 11: John Zaretti – Toscanini His Life and Music in the Shadow of Politics

Chicks with Sticks : “Knitting Gifts from the Heart” ☛
Mondays 1 – 3:30 PM
Facilitator: Karen Ouellette (248) 408-2083
Join a warm, friendly group that knits and crochets for infants, foster-care teens, and chemotherapy patients. At-home knitters are needed, too! New knitters, please call Karen. *In need of new or “like new” yarn donations.*

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

Dec 16 (SOC27-D1503)
To Be Announced. Call for details.

Jan 20 (SOC27-A1601)
Ed Demerly- the Peace Corps in Borneo in the 60's

Feb 17 (SOC27-A1602)
To Be Announced. Call for details.

COMPUTERS

Computer Lab – Open Hours ☛
Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.
Tuesday & Thursday *call ahead only*
Saturday 10 AM – Noon

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 interested and unique ideas.
Tuesday 10 AM - Noon
February 23 (COM43-A1601) 1 class/\$12*

Just How Does my iPhone Work? Lindsey Schweickert
Confused by your iPhone? Learn how to do everything from basic tasks to things you never even knew about!
Tuesday 10 AM – Noon
January 12 (COM06-A1601) 1 class/\$12*

GAMES

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

Duplicate Bridge ♣ Facilitator: B. Balakrishna
Monday & Friday (No meeting 12/25, 1/1)
Tables assigned: 12:30. First come, first serve.
Maximum of 7 tables Play: 12:45 – 4 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 (No Class 11/30) 5:45 - 7:45 PM
Nov 23 – Jan 18 (EDU12-D1501) 8 classes/\$120*

Bridge - Intermediate James & Cheryl Bloom
Learn ways to analyze play, defend, and further knowledge of bidding. For those with experience playing bridge. Concentration on play/defense of the hand. Two Certified ACBL instructors and a silver life masters. *Book fee of \$20 payable to instructor.*
Wednesdays (No Class 11/25) 10 AM – Noon
Nov 18 – Jan 13 (EDU13-D1501) 8 classes/\$120*

Bridge - Advanced James & Cheryl Bloom
Make your bridge game more fun. Learn skills to be more competitive and techniques to get to slam more, analyze play and defend difficult hands. Certified ACBL instructors & a silver life masters. *Book fee of \$20 payable to instructor.*
Wednesdays (No Class 11/25) 12:30 – 2:30 PM
Nov 18 – Jan 13 (EDU14-D1501) 8 classes/\$120*

Euchre & Pinochle ♣ Facilitator: Joanne Carmichael
Thursdays (no meeting 12/24) 11 AM – 1:30 PM

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 10 AM – Noon
Jan 12 – 26 (EDU45-A1601) 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 1:30 – 3:30 PM
Jan 12 – 26 (EDU46-A1601) 3 classes/\$65*

Mah-jongg Play ♣
Tuesdays & Thursdays (no meeting 12/24) 1:30 – 4:30 PM

Poker ♣ Facilitator: Joann Capoccia
Wednesdays Noon – 4 PM

MOVIES

Movies provided by Bloomfield Township Public Library

**** NEW START TIME FOR ALL MOVIES ****

Movie Classics: Oscar Winning Pictures ♣
1st Friday (no movie 1/1) Movie begins: 1:00 PM
Friday afternoon classic movie greats with popcorn!

Dec 4 "A Place in the Sun" 1:00 – 3:00 PM
A poor boy gets a job working for his rich uncle and ends up falling in love with two women.
Stars: Montgomery Clift, Elizabeth Taylor, Shelley Winters (NR, 122 min, Drama | Romance, 1951)

Feb 5 "Places In the Heart" 1:00 – 3:00 PM
In 1930's Southern US, a widow and her family try to run their cotton farm with the help of a disparate group of friends.
Stars: Sally Field, Lindsay Crouse, Ed Harris (PG, 111 min, Drama, 1984)

Movie Musicals ♣

2nd Friday Movie begins: 1:00 PM
Everyone loves a musical. Friday movie with popcorn!

Dec 11 "How To Succeed in Business Without Really Trying" 1:00 – 3:00 PM
Armed with a "How to..." manual, an ambitious window washer seeks to climb the corporate ladder.
Stars: Robert Morse, Michele Lee, Rudy Vallee (NR, 121 min, Comedy, Musical, 1967)

Jan 8 "Kiss Me Kate" 1:00 – 3:00 PM
A divorced pair of actors who are brought together by a Cole Porter musical version of The Taming of the Shrew. A fight on the opening night threatens the production, as well as other mayhem.
Stars: Kathryn Grayson, Howard Keel, Ann Miller (NR | 109 min | Comedy, Musical, Romance | 1953)

Feb 12 "Hello, Dolly!" 1:00 – 3:30 PM
Matchmaker, Dolly Levi, takes a trip to Yonkers to see the well-known unmarried half-a-millionaire, Horace Vandergelder.
Stars: Barbra Streisand, Walter Matthau, Michael Crawford (G | 146 min | Comedy, Musical, Romance | 1969)

Movie Mania ♣

3rd Friday Movie begins: 1:00 PM
Friday afternoon modern films with popcorn!

Dec 18 "Age of Adaline" 1:00 - 3:00 PM
A young woman, born at the turn of the 20th century, is rendered ageless after an accident. After many solitary years, she meets a man who complicates her eternal life.
Stars: Blake Lively, Michiel Huisman, Harrison Ford (PG-13 | 112 min | Drama, Romance | 2015)

Jan 15 "Tomorrowland" 1:00 – 3:15 PM
Bound by a shared destiny, a teen bursting with scientific curiosity and a former boy-genius inventor embark on a mission to unearth the secrets of a place somewhere in time and space that exists in their collective memory.
Stars: George Clooney, Britt Robertson, Hugh Laurie
(PG | 130 min | Action, Adventure | 2015)

Feb 19 "I'll See You In My Dreams" 1:00 – 2:30 PM
A widow and former songstress discovers that life can begin anew at any age.
Stars: Blythe Danner, Martin Starr, Sam Elliott
(PG-13 | 92 min | Comedy, Drama | 2015)

Movie Documentaries 🍿

4th Friday (no movie 12/25) Movie begins: 1:00 PM
Everyone loves a documentary. Friday movie with popcorn!

Jan 22 "Watchers of the Sky" 1:00 – 3:00 PM
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. An extraordinary testament to one man's perseverance, this examines the life and legacy of the Polish-Jewish lawyer and linguist who coined the term genocide.
(2015, 121 mins, NR)

Feb 26 "The Queen's Garden" 1:00 – 2:00 PM
With permission from Queen Elizabeth, this 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. (2015, 60 mins, NR)

5th Friday Movie 🍿

5th Friday Movie begins: 1:00 PM
5th Friday movie with popcorn!

Jan 29 "Chimpanzee" 1:00 – 2:15 PM
A 3-months-old chimpanzee is separated from his troop and is then adopted by a fully-grown male. (2012, 78 mins, G)

MUSIC

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

UNIQUE TOPICS

Marshall Fredericks-The Artist and His Work Marshall Fredericks Sculpture Museum
The Marshall Fredericks Sculpture Museum presents this fascinating lecture focusing on this renowned artist as a staff member at Cranbrook, and the work he showcased there. *Sponsored by St. Anne's Mead.*
Preregistration required Res \$3 / Non-Res \$5
Thursday, Feb 25 (EDU53-A1602) 10 - 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. Res \$3/Non-Res \$5

"Seeking the Sacred"

Compare different ways people throughout the world and throughout time have used works of art to hold, communicate and reinforce ideas about religion, spirituality and cosmology. *Sponsored by Baldwin House.*
Tuesday, Dec 8 (EDU34-D1501) 10 – 11 AM

Our Island Jewel: Detroit's Belle Isle Park

Detroit Historical Society
Often called the crowning jewel of Detroit's riverfront, Belle Isle has a long and storied history. The park has hosted world class sporting events, musical performances and family parties. It has also witnessed massacre, riot and military incursion. But for a few twists of fate, this beloved island might have been a much different place. *Sponsored by Woodward Hills.*
Preregistration required. Res \$3/ Non-Res \$5
Tuesday, Feb 16 (EDU53-A1601) 10 - 11 AM

Loughbrack Storytelling®.

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

"Maiden's Jewelry and Knight's Armor"

(AD 500 – AD 1603) In a presentation full of color and metals, the progression of metal-smithing in Europe is discussed. A glorious presentation that includes delicate pieces of exquisite self-adornment to massive metal forms of protection and gallantry.

Tuesday, Jan 5 (EDU47-A1601) 10 – 11:30 AM

Thursday, Jan 7 (EDU47-A1602) 6 – 7:30 PM

Natural Medicine & Well Aging: What's Right for Seniors?

Klair Urban, Clinical Nutritionist
Thursday, January 7 (EDU56-A1601) 10:30 - 11:30 AM
Friday, January 8 (EDU56-A1602) 10:30 - 11:30 AM
Join us for this valuable, informative talk. Ms. Urban is currently completing her Masters at Wayne State University's Dept. of Nutrition and Food Science with a special interest in oncology and nutraceutical care. As a professional chef, she developed a broad range of culinary skills which allow her to help patients connect clinical nutrition to its practical application at home. Her food philosophy is that enjoying real food is the foundation of health and happiness. No fee – residency required. *Preregistration required.*

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.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 2015 sponsors:



ST. ANNE'S MEAD

Assisted Living. Nursing Care.



Woodward Hills
Nursing Center



BALDWIN HOUSE

American House
SENIOR LIVING COMMUNITIES



*Cedarbrook
of Bloomfield Hills*

(248) 629-0132

Special thanks to our Fall 2015 sponsors:

Maple Village Baldwin House American House

Brookdale Troy Assisted Living and Memory Care

Woodward Hills Nursing Center St. Anne's Meade

Oakmont Senior Communities SMART

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 Werner * Lynn & Corey Wert * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar

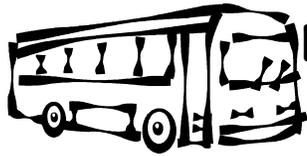


*Volunteering is important
to long and healthful lives.*

Call Joan for more
information 248-723-3500.

Thank you volunteers! 2500 + Hours in August-October 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 * 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 Whittedge * 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. 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.

Behind The Scenes- Ford Field Tour

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

The Parade Company- Tour WAIT LIST

Tuesday, Nov. 17 (Day14-D1501) 9:45 AM – 3:00 PM

Symphony in D – D for Detroit- DSO

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

Festival Of Trees

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

Doc Severinsen-DSO WAIT LIST

Wednesday, Nov. 25(DAY17-D1501) 9:30 AM – 3:30 PM

Jersey Boys- Fisher Theater

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

Kalamazoo – The Tipping Point Theatre

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

Mozart & Beethoven – DSO WAIT LIST

Friday, December 11 (DAY22-D1501) 9:30 AM – 3:30 PM

Home For The Holidays – DSO WAIT LIST

Friday, December 18 (DAY23-D1501) 9:30 AM – 3:30 PM

Mannheim Steamroller – Fox Theater WAIT LIST

Friday, December 18 (DAY24-D1501) 4:20 PM – 10:00 PM

Classic Broadway – DSO WAIT LIST

Friday, January 8 (DAY01-A1601) 9:30 AM – 3:30 PM

Tour National Shrine of the Little Flower

Wednesday, Jan 6 (DAY06-A1601) 12:25 PM – 4:10 PM
Well known Roman Catholic church and National Shrine executed in lavish zig-zag Art Deco style. The structure was completed in two stages between 1931 and 1936. Construction was funded by the proceeds of the radio ministry of the controversial Father Charles Coughlin who broadcast from the tower during the 1930s. Followed by lunch on your own at **Bastone Brewery.** Fee: \$32*

Adventures in Dining / Compari's

Tuesday, January 12 (DAY27-A1601) 12:00 PM – 2:45 PM
Compari's on the Park is a family owned and operated Italian restaurant located in beautiful downtown Plymouth. They prepare the menu daily, using family recipes that have been passed down through the generations. Their famous brick oven pizza is made from scratch using only the highest quality ingredients and was voted "Top 25 Pizza's" in metro Detroit by the Detroit Free Press. **Lunch on your own.** Fee: \$20*

Slatkin Conducts Bolero –DSO

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

Avenue Q – Stagecrafters

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

Lidia Bastianich / Italian Cooking

Thursday, January 14 (DAY04-A1601) 4:15 PM – 9:00 PM
Join the Emmy-winning host of Public Television's Lidia's Kitchen and Lidia's Italy for an evening of conversation and storytelling celebrating our love of Italian food. The best-selling author is a beloved ambassador for Italian culinary traditions throughout the world. Her multiple culinary endeavors have married her two passions in life – her family and food. Begin with dinner on your own **Brio Tuscan Grille**. **Fee: \$72***

North American International Auto Show

Tuesday, January 19 (DAY05-A1601) 9:30 AM – 3:15 PM
From big, bad supercars to luxury vehicles you dream about, NAIAS 2016 captures the attention of the world. There are big pickups, high-performance muscle cars, hybrids, plug-ins and even driverless entries. Come and see all of these beauties. Buy your ticket at the door \$7. Followed by lunch on your own at **American Coney Island**. **Fee: \$27***

From Broadway to Obscurity – Detroit Public Theatre

Wednesday, Jan 27 (DAY07-A1601) 11:15 AM – 4:30 PM
Dreams collide in this hilariously revealing confessional from Michigan's own Broadway Jersey Boy, Eric Gutman. Gutman's autobiographical one-man musical journey intimately details the rocky road to "making it" from sweating bullets auditioning face to face with Frankie Valli himself, to rollicking backstage secrets, to his eventual life-altering change of heart. And when getting what he wants isn't all it's cracked up to be, Eric's internal compass points him back to the values of his community-faith family, and tradition. Begin with lunch on your own at **HopCat**. **Fee: \$57***

Broadway's Next Hit Musical - Macomb

Saturday, January 30 (DAY08-D1601) 4:45 PM – 10:00 PM
"Hilarious!"—The New York Times Every song is fresh. Every scene is new. Every night is different. It's all improvised, and it's all funny. Master improvisers gather made-up, hit song suggestions from the audience and create a spontaneous evening of music, humor, and laughter. The audience votes for their favorite song and watches as the cast turns it into a full-blown improvised musical—complete with memorable characters, witty dialogue, and plot twists galore. Don't miss the next great American musical unfold before your eyes! Begin with dinner on your own **Brewery Restaurant**. **Fee: \$56***

Tour Old St. Mary's

Tuesday, February 2 (DAY09-A1601) 10:15 AM – 2:15 PM
Located in Greektown, the church was constructed in 1876. Three grottos are at the rear of the church. The Baptistry, a replica of the Shrine of Lourdes and the Garden of Gethsemane the night before the crucifixion. Followed by lunch on your own at **Pegasus**. **Fee: \$32***

Adventure in Dining / Ciao Amici's

Thursday, Feb 4 (DAY10-A1601) 12:00 PM – 3:00 PM
Lively atmosphere, great food & service. Large menu accommodate everyone's tastes. On main street in Brighton, Ciao Amici's abides by a very simple philosophy: "Mangia Bene," which means "Eat Well" in Italian. Chefs take this motto to heart, constructing cheesy pizzas and fresh pastas, along with ladling delicate cream and wine sauces ever so gently over meat and fish dishes. Wine list earned a *Wine Spectator* Award of Excellence. **Lunch on your own**. **Fee: 20***

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 – walk behind and touch a waterfall, step into a fishing boat and reel in a big fish, hit the trail on a mountain bike or snowmobile and much more. You'll learn about how the DNR manages state parks, forest, wildlife and fish as you climb the roots and explore the canopy of a massive bur oak tree, hop aboard a real airplane, and see what's swimming in the aquarium. 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
Chicago is the longest-running American musical on Broadway and is the winner of six Tony Awards, two Olivier Awards, a Grammy and thousands of standing ovations. Chicago is an electrifying tale of greed, murder and show biz that's been seen by over 20 million people worldwide. Come paint the town red with merry murderesses Roxie Hart, Velma Kelly, and their hotshot lawyer Billy Flynn with hit songs such as "All That Jazz" and "Razzle Dazzle" featuring sizzling dancing in the style of Bob Fosse. Begin with dinner on your own at **Cuisine**. *Must register before January 5*. **Fee: \$72***

The Odd Couple (Female Version) Tipping Point Theatre

Wednesday, Feb 17 (DAY12-A1601) 12:15 PM – 5:30 PM
Unger and Madison are at it again in Neil Simon's famous update of his contemporary comic classic! Slobbish and easygoing Olive Madison has invited the girls over for Trivial Pursuit. But when uptight, neat freak Florence Unger shows up, who has just been separated from her husband, the game is over before it gets started. The pair ultimately decide to room together, but Olive's simmering frustration with Florence's passive-aggressive dithering comes to a full boil when two single brothers from upstairs join the mix. Begin with lunch on your own at **Deadwood**. **Fee: \$55***

How I Learned to Drive – Stagecrafters

Friday, February 19 (DAY13-A1601) 5:15 PM – 10:30 PM
"Sometimes to tell a secret, you first have to teach a lesson," says Li'l Bit, reflecting on her girlhood in 1960s rural Maryland. Told in monologues, flashbacks and "lessons," some humorous, some disturbing, One woman's triumphant turn at taking the wheel of her own life story as she faces down the complicated family traumas of her youth. Begin with dinner on your at the **Royal Oak Brewery**. **Fee: \$45***

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 with hundreds of goods and gifts for under \$10. Two lucky trip-goers will win a \$25 Leon & Lulu gift card! Sample the distinctive flavors of authentic Vietnamese cuisine and experience a culinary and cultural overview of Vietnam. 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. Beverage: Soda, tea or coffee. Lunch at **DaNang Restaurant** included. **Fee: \$47***

Cinderella - Detroit Opera House

Thursday, Feb 25 (DAY26-A1601) 4:15 PM – 11:00 PM
Rodgers + Hammerstein's Tony Award® winning Broadway musical. Lush production features an incredible orchestra, jaw-dropping transformations and all the moments you love - the pumpkin, glass slipper, masked ball and more - plus some surprising twists! Includes "In My Own Little Corner," "Impossible/It's Possible" and "Ten Minutes Ago". Begin with dinner on your own at **Small Plates**. *Must register before January 15.* **Fee: \$87***

DSO Brahms Festival

Friday, February 26 (DAY15-A1601) 9:30 AM – 3:15 PM
Leonard Slatkin, conductor and Helene Grimaud on piano. Piano Quartet in G minor. Brams piano Concerto No. 1. Followed by lunch on your own at **Rusty Bucket**. **Fee: \$54***

Adventures in Dining / Laundry

Tuesday, March 1 (DAY16-A1601) 12:00 PM – 3:00 PM
Fenton is famous because that's the home of the Laundry Restaurant. For almost two decades, The Laundry has provided a more flavorful and creative dining experience built around high-quality fresh ingredients and scratch cookery. **Lunch on your own.** **Fee: \$20***

The Kill A Mockingbird- Village Players

Friday, March 4 (DAY17-A1601) 5:15 PM – 10:15 PM
Timeless drama illustrates the evils of racism. Shows the need to see the world through other's perspective; only then can we truly understand, love and respect each other. 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

Saturday, March 5 (DAY18-A1601) 4:45 PM – 10:00 PM
Experience the greatest hits of the 60s, 70s and 80s the way you first heard them...from the guys who made and played them all. Members of this super group of musicians, vocalists, arrangers and composers actually were the Four Seasons who sang with Frankie Valli. They were the Shondells who sang with Tommy James. They are the authentic rock and rollers whose legacy includes hundreds of hit songs like "Oh What a Night," "Peace Train," "You're So Vain" and more. Begin with dinner on your own at **Brewery Restaurant**. **Fee: \$67***

DSO St. Patrick's Day Celebration

Friday, March 11 (DAY19-A1601) 9:30 AM – 3:15 PM
Irish eyes will be smilin' when Cathie Ryan (formerly of "Cherish the Ladies") sings Celtic classics. Celebrate the wearin' o' the green with favorites from the Emerald Isle, including "Danny Boy" and more! Followed by lunch on your own at the **Blarney Stone Pub**. **Fee: \$65***

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 seven sweet, silly, and mildly risqué songs to create a fun, family-friendly 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 internationally acclaimed pianist Simon Trpčeski! Also in his premiere appearance, Danish conductor Thomas Dausgaard leads a picturesque 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 in the local hospital waiting room. The ladies manage to persuade fellow Women's Institute members to pose nude with them for an "alternative" calendar, with a little help from hospital porter and amateur photographer, Lawrence. The news of the women's charitable venture spreads like wildfire, and hordes of press soon descend on the small village of Knapeley. 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. The score is one of tenderness and perception. 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. The opera's plot was considered scandalous during its time and only gained popularity in the 20th century. 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 airport terminal and the nation's first LEED-certified general aviation airport terminal. Leading-edge green technologies include a living wall of tropical rain forest plants, wind/solar generation of electricity, solar hot water heater, geothermal heating and cooling, electric car charging stations & more. Followed by lunch on your own at **Hero's**. **Fee: \$27***

Complimentary demo classes* for 50+ Township Residents

Fitness Week

January 4-8

MONDAY 1/4

Cardio, Strength, & Balance 2
10:30-11:15 a.m.
(TRYIT16-01)

Chair Yoga
11:30 a.m.-12:30 p.m.
(TRYIT16-02)

Barre Balance
12:45-1:30 p.m.
(TRYIT16-03)

Small Group Personal Training
2:00-3:00 p.m.
(TRYIT16-04)

Pilates, Strength, & Yoga
4:15-5:15 p.m.
(TRYIT16-05)

Zumba®
5:30-6:15 p.m.
(TRYIT16-06)

Core Foundation® Training
6:30-7:30 p.m.
(TRYIT16-07)

AQUA

Ultimate H2O
9:30-10:30 a.m.
(TRYIT16-08)

Aqua Yoga Flow
11:00 a.m.-12:00 a.m.
(TRYIT16-09)

Water Walking
2:30-3:15 p.m.
(TRYIT16-10)

Aqua Intervals
5:30-6:30 p.m.
(TRYIT16-11)

TUESDAY 1/5

FITCamp
7:30-8:30 a.m.
(TRYIT16-12)

Seated Fitness Conditioning
11:30 a.m.-12:15 p.m.
(TRYIT16-13)

Healthy Back
12:45-1:30 p.m.
(TRYIT16-14)

Pickleball
2:45-4:30 p.m.
(TRYIT16-15)

Small Group Personal Training
5:30-6:30 p.m.
(TRYIT16-16)

Yoga Pilates Fusion
6:45-7:30 p.m.
(TRYIT16-17)

AQUA

Swim Fitness
8:00-9:00 a.m.
(TRYIT16-18)

Aqua Endurance
9:30-10:30 a.m.
(TRYIT16-19)

Swim Lessons
11:00 a.m.-12:00 p.m.
(TRYIT16-20)

Aqua Power Aerobics
6:00-6:45 p.m.
(TRYIT16-21)

WEDNESDAY 1/6

Zumba Gold Toning®
8:15-9:15 a.m.
(TRYIT16-22)

Tai Chi-Beginners
9:30-10:15 a.m.
(TRYIT16-23)

Fall Prevention
11:00 a.m.-12:00 p.m.
(Community Room B)
(TRYIT16-24)

Chair Yoga
11:30 a.m.-12:15 p.m.
(TRYIT16-25)

Small Group Personal Training
2:00-3:00 p.m.
(TRYIT16-26)

Small Group Personal Training
5:00-6:00 p.m.
(TRYIT16-27)

Zumba Gold®
6:30-7:30 p.m.
(TRYIT16-28)

AQUA

Water Sports Fitness
2:30-3:15 p.m.
(TRYIT16-29)

*Preregistration required.
Demo classes fill quickly!
See pages 3-9 for more info.*

THURSDAY 1/7

FIT Camp
7:30-8:30 a.m.
(TRYIT16-30)

Golf Conditioning
1:45-2:30 p.m.
(TRYIT16-31)

Pickleball
2:45-4:30 p.m.
(TRYIT16-32)

Small Group Personal Training
5:00-6:00 pm
(TRYIT16-33)

BOKWA®
6:30-7:30 p.m.
(TRYIT16-34)

AQUA

Aqua Cardio Party
8:00-9:00 a.m.
(TRYIT16-35)

Aqua Cardio Core
9:30-10:30 a.m.
(TRYIT16-36)

H2O Circuit Jam
11:00-12:00 a.m.
(TRYIT16-37)

FRIDAY 1/8

Zumba Gold®
7:45-8:45 a.m.
(TRYIT16-38)

Drums Alive®
10:15-11:00 a.m.
(TRYIT16-39)

Beginning Yoga
11:30 a.m.-12:30 p.m.
(TRYIT16-40)

Small Group Personal Training
1:00-2:00 p.m.
(TRYIT16-41)

AQUA

H2O HIIT
11:00-12:00 a.m.
(TRYIT16-42)

Sponsor



*Cedarbrook
of Bloomfield Hills*

(248) 629-0132

Natural Medicine & Well Aging: What's Right for Seniors?

Klair Urban, Clinical Nutritionist

Thursday, January 7 (EDU56-A1601) 10:30 - 11:30 AM

Friday, January 8 (EDU56-A1602) 10:30 - 11:30 AM

Join us for this valuable, informative talk. Ms. Urban is currently completing her Masters at Wayne State University's Dept. of Nutrition and Food Science with a special interest in oncology and nutraceutical care. As a professional chef, she developed a broad range of culinary skills which allow her to help patients connect clinical nutrition to its practical application at home. Her food philosophy is that enjoying real food is the foundation of health and happiness. No fee - residency required. Preregistration required.



**Fundraising
Extravaganza!**

Thursday, December 10 8 AM - 4 PM

Over 1,000 items all at only \$8 each!

Personal accessories, jewelry and more.

Men's and Women's gifts at up to 80% off retail.

**Proceeds to support
BTSS Meals on Wheels**



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

Winter 2015

Index

- Adult Day Service.....4
- Alzheimer Support1
- Area Agency3
- Blood Pressure.....2
- Candy Collect3
- Caregiver Forum1
- Ensure.....2
- Errand Rides2
- Fall Fundraiser3
- Financial Help3
- Friendship Club.....4
- Grocery Shopping.....2
- Legal Assist3
- Loan Closet.....2
- Low Vision1
- Meals on Wheels.....2
- Medical Trans.2
- Medicare B Assist...1,3
- Minor Home Repair...3
- Reassurance.....2
- SMART.....2
- SameAddress.....3
- Tax Assist1
- Transportation.....2
- Transport to Center...2
- Tree of Life3
- Volunteer Rides.....2

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.



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.

Registration for appointments begins on Monday, January 4th for BT residents and on Monday, February 1st for non-residents.

Appointment required: 248-723-3500

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

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

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

10 AM – 3 PM

November 19 & 20

November 30 & December 1

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

November through April

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, January 12

(EDU56-A1601)

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!

December 16

January 20

February 17

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 March 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



TREE OF LIFE

Meals on Wheels are provided through BTSS to seniors in the community who are frail and/or low-income individuals.

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 card are available at the Senior Center.

Thank you for your support.
(FUN05-D1501)



Holiday Candy Collection

Share the holidays with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS on or before Dec. 18. Join us on Dec. 18 at 1:30 PM to package for distribution. To help, please call Denise at 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.