



Bloomfield Township Senior Services



Serving 50+ Adults – Winter 2017/2018

248-723-3500

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

INDEX (SS = supplement)

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Holiday Extravaganza
**Paper Dolls, Chicks with Sticks,
 Gems & Friends**



Beautiful repurposed greeting cards, creative, fun jewelry & art, knitted & crocheted items all hand made in BTSS enrichment programs.

Proceeds to BTSS Supportive Services

Thursday, December 7
9:30 AM - 1:30 PM



Buy a Brick Program

Honor your loved one with a tribute in support of therapeutic activities for Friendship Club, Meals on Wheels, Transportation or BTSS in general. Purchase a memorial paver brick, which will be placed along the BTSS walkways. See p. 8 for details.

Unique Topics

**Art • Design • Photography • Environment
 History • Fashion • Culture • Nature • Health**

Interesting speakers and discussions are offered weekly. See pages 8-11 for details. Detailed fliers are available at the Center.



**“Meals on Wheels”
 TREE
 OF LIFE**
 (FUN05-D1710)

Nearly 8,000 meals are provided to seniors in the community who are frail and/or homebound individuals. Make this holiday season special for seniors in need.

Purchase a sponsor card for \$8 a meal and decorate our “Tree of Life”. Donation cards are available at the Senior Center.

Thank you for your support.

Fitness Week
 January 2 – 6

Are you ready to set those fitness goals? For more information, see back page or online at www.bloomfieldseniors.org.

Leave the Driving to Us!

Our exciting array of **Day Trips** has just gotten better! Enjoy the comfort of our new 28-seat motor coach. Avoid the fuss; leave the planning, parking and driving to us. See pages 12-15.

Christine's Comments...

Well Earned Retirement - It is bittersweet to announce the retirement of Office Manager **Ruth Kulikowski**.

Ruth started in 2001 and at various times managed Volunteers, "Meals on Wheels" and Outreach Services before locking into the secretarial role that developed into our Office Manager. As our department grew she grew, too. She traveled with us to visit other centers to aid in the new center design, she planned and implemented the move into the new center and has successfully ensured the building is maintained in a "like new" way. Even after 8 years, we still get compliments from surprised guests who think our center is new.

Ruth has been instrumental in what has been continual evolution of our operations both with policies and with personnel. She has supported the growth of the senior services team from 5 to 36 employees over the last 9 years and guided the office assistant team in their high level customer service and camaraderie.

For over 16 years Ruth has been our go-to organizer, handywoman, decorator, sister and sometimes even mom. She has generated much good will within our work family and will be genuinely missed.

Please join us to wish her farewell on:

Tuesday, January 2, 1 PM.

To aid in planning, please register for this complimentary event (SEV20-A1801).

Promotion - We are pleased to announce that **Ruth Frketich** has earned the promotion to Office Manager.

Ruth has nearly 20 years of senior focused experience in customer relations, person-centered clinical care and supervisory responsibilities. With more than ten years in senior care, Ruth began her tenure with BTSS in 2009 as a Program Assistant at Friendship Club (FC) and earned a promotion to Activities Assistant in 2013. She has been an integral member of the adult day service team leading the planning and implementation of therapeutic activities. Ruth has provided oversight, training and evaluation of Program Assistants, contract vendors and volunteers.

After nine months in a dual role with FC and our Office Assistant team she will now expand her leadership contributions throughout BTSS and we look forward to her certain success.

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500



The Senior Service Millage is three fifths of a penny from each BT tax dollar.

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West of 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 Brian E. Kepes, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Michael Schostak, Trustee Dani Walsh, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

John & Janice Bellefleur, Don Foehr

Victor & Suzanne Goldstein

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

5 PM Wednesday, November 22 thru Friday, November 24

Monday, December 25 thru Tuesday, December 26

Monday, January 1

Eligibility: Adults 50 years and older*

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

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

Sponsors and speakers at BTSS events are not necessarily endorsed by BTSS or Bloomfield Township.

Registration / Cancellation / Refund/Class Policies

- We reserve the right to substitute instructors as needed to maintain continuity of classes.
- Registration for confirmed BT patrons only through 11 /17; nonresidents and prorated registrations begin 11/18.
- 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.
- 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/Programs: no refund within 2 business days of start. No refund once class has begun. Cancellation fee: 50% of cost if less than \$10; \$5 if cost \$10 or more.
- Trips: nonrefundable within 3 business days. \$5 Cancellation fee ± costs incurred (i.e. prepaid tickets).

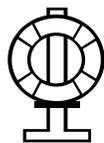
Knowing and understanding there are certain risks involved in your voluntary decision to participate in these activities, we recommend that you consult your doctor before starting any exercise program.

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.

Aquatics: Warm Water Fitness

* Non-residents pay additional \$10 fee per session. Warm water pool is 4 feet deep.

Showers required prior to pool use. Bring water bottle, lock & towel. Water shoes are recommended.



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

New! Aqua Burn

Cindy Krizmanich

A total body workout that combines aerobic conditioning with interval training to build muscular endurance and flexibility. Individuals work at their own pace. Class uses noodles, hand bells and bands. Participants must be comfortable in water.

Monday 5:30 – 6:30 PM
Jan 8 – Feb 19 (FIT168-A1801) 7 classes/\$49*

Aqua Cardio Core Lisa Chavis
Focuses on high level cardio conditioning paired with strength, movement & balance that challenge the body's core muscles. Improve overall functional strength, balance & coordination.

Thursday 9:30 – 10:30 AM
Nov 30 – Dec 14 (FIT118-D1702) 3 classes/\$21*
Jan 11 – Feb 22 (FIT118-A1801) 7 classes/\$49*

Indoor Triathlon Training Lisa Chavis
Get ready for our 2018 Indoor Triathlon! 25 minutes on the fitness floor (cycling, NuStep, treadmill or walking the track) and 25 minutes in the pool (swim or water walk). *BT Residents only.*

Tuesday 3:00 – 4:00 PM
Jan 9 – Feb 20 (FIT154-A1801) 7 classes/\$42

Friday 3:00 – 4:00 PM
Jan 12 – Feb 16 (FIT154-A1802) 6 classes/\$36

New! Aquacise

Cindy Krizmanich

Have fun while improving balance, posture and building endurance at a low to moderate intensity using water resistance. Class uses noodles, hand bells, balls and kick boards. Participants need to feel comfortable in the water. All levels are welcome.

Monday 4 PM – 5 PM
Jan 8 – Feb 19 (FIT169-A1801) 7 classes/\$49*

Aqua Endurance, Core & Balance (Intermediate)

Ernie Thomas

Endurance training plus dynamic core and balance conditioning with some muscle work. A challenging low impact but high intensity workout to increase heart rate.

Tuesday 9:30 – 10:30 AM
Nov 28 – Dec 12 (FIT133-D1702) 3 classes/\$18*
Jan 9 – Feb 20 (FIT133-A1801) 7 classes/\$42*

Aqua Resistance Training (Intermediate) Ernie Thomas
Movement in the water creates resistance which has a positive effect on cardiovascular fitness and muscle toning. The intensity of resistance you experience is determined by you in the water.

Tuesday 8 – 9 AM
Nov 28 – Dec 12 (FIT146-D1702) 3 classes/\$18*
Jan 9 – Feb 20 (FIT146-A1801) 7 classes/\$42*

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.

Monday 11 AM – 12 PM
Nov 27 – Dec 11 (FIT114-D1702) 3 classes/\$24*
Jan 8 – Feb 19 (FIT114-A1801) 7 classes/\$56*

Aqua Fit Lori Harbour
Cardio & strength workout that increases your cardiovascular endurance, strengthen/stretch major muscle groups, improve balance & reduce stress! Moderate intensity, joint gentle class.

Wednesday 9:30 – 10:30 AM
Nov 29 – Dec 13 (FIT96-D1703) 3 classes/\$24*
Jan 10 – Feb 21 (FIT96-A1801) 7 classes/\$56*

Friday 9:30 – 10:30 AM
Dec 1 – Dec 15 (FIT96-D1704) 3 classes/\$24*
Jan 12 – Feb 23 (FIT96-A1802) 7 classes/\$56*

New! Aqua Fit and Strong

Marci Berlin

A fun, athletic approach to water fitness training. An all-inclusive workout using a variety of equipment that combines aerobic conditioning, strength training & flexibility. You do not need to know how to swim but you should feel comfortable in the water. All levels welcome!

Wednesday 4 – 5 PM
Jan 10 – Jan 31 (FIT170-A1801) 4 classes/\$28*
Feb 7 – Feb 21 (FIT170-A1804) 3 classes/\$21*

Thursday 8 AM – 9 AM
Jan 11 – Jan 25 (FIT170-A1802) 3 classes/\$21*
Feb 1 – Feb 22 (FIT170-A1805) 4 classes/\$28*

Thursday 3PM – 4 PM
Jan 11 – Jan 25 (FIT170-A1803) 3 classes/\$21*
Feb 1 – Feb 22 (FIT170-A1806) 4 classes/\$28*

Open Swim (FIT30-varies)

Register monthly for unlimited visits during scheduled times. Shower and check in with lifeguard before entering pool. Calendar available online & at Center. *BT Residency required.*
\$15/month **\$7.50/half month** (1st - 15th or 16th - end)

Aqua Power Aerobics Level 1

Aqua cardio workout with continuous motion to elevate your heart rate with creative strength and conditioning exercises.

Tuesday 4:45 – 5:45 PM
Nov 28 – Dec 12 (FIT27a-D1705) 3 classes/\$24*
Jan 9 – Jan 30 (FIT27a-A1801) 4 classes/\$32*
Feb 6 – Feb 27 (FIT27a-A1803) 4 classes/\$32*

Thursday 4:45 – 5:45 PM
Nov 30 – Dec 14 (FIT27a-D1706) 3 classes/\$24*
Jan 11 – Jan 25 (FIT27a-A1802) 3 classes/\$24*
Feb 1 – Feb 22 (FIT27a-A1804) 4 classes/\$32*

Aqua Power Aerobics Level 2

Fun, fast-paced water aerobics emphasizing strength and endurance using a variety of equipment. Advanced level class.

Tuesday 6 – 7 PM
Nov 28 – Dec 12 (FIT27b-D1705) 3 classes/\$24*
Jan 9 – Jan 30 (FIT27b-A1801) 4 classes/\$32*
Feb 6 – Feb 27 (FIT27b-A1803) 4 classes/\$32*

Thursday 6 – 7 PM
Nov 30 – Dec 14 (FIT27b-D1706) 3 classes/\$24*
Jan 11 – Jan 25 (FIT27b-A1802) 3 classes/\$24*
Feb 1 – Feb 22 (FIT27b-A1804) 4 classes/\$32*

Fluid Moves

This class combines a light aerobic workout using pool equipment, stretching, and yoga relaxation at the end. The best of both in the workout world! Water shoes recommended. *Bring a water bottle.*

Wednesday 11 AM – 12 PM
Nov 29 – Dec 13 (FIT86-D1703) 3 classes/\$24*
Jan 10 – Feb 21 (FIT86-A1801) 7 classes/\$56*

H₂O Boot Camp

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

Saturday 9 – 10 AM
Dec 2 – Dec 16 (FIT32-D1703) 3 classes/\$24*
Jan 13 – Jan 27 (FIT32-A1801) 3 classes/\$24*
Feb 3 – Feb 24 (FIT32-A1802) 4 classes/\$32*

Annie Chi

H₂O Gentle Joints

Gentle range of motion exercises focusing on core balance and flexibility. A no-impact class that also strengthens the muscles using water resistance.

Thursday 11 AM – 12 PM
Nov 30 – Dec 14 (FIT148-D1702) 3 classes/\$21*
Jan 11 – Feb 22 (FIT148-A1801) 7 classes/\$49*

H₂O HIIT

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 1 – Dec 15 (FIT128-D1702) 3 classes/\$21*
Jan 12 – Feb 16 (FIT128-A1801) 6 classes/\$42*

Poolates Party

No impact cardio with core strengthening Pilates moves. Isometric & water resistance training that will challenge your whole body.

Tuesday 11 AM – 12 PM
Nov 28 – Dec 12 (FIT161-D1702) 3 classes/\$21*
Jan 9 – Feb 20 (FIT161-A1801) 7 classes/\$49*

Ultimate H2O

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

Monday 9:30 - 10:30 AM
Nov 27 – Dec 11 (FIT95-D1702) 3 classes/\$21*
Jan 8 – Feb 19 (FIT95-A1801) 7 classes/\$49*

Water Walking Workout

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.

Monday - Level 1 2:30 - 3:15 PM
Nov 27 – Dec 11 (FIT99-D1703) 3 classes/\$18*
Jan 8 – Feb 19 (FIT99-A1801) 7 classes/\$42*
Wednesday - Level 2 2:30 - 3:15 PM
Nov 29 - Dec 13 (FIT99-D1704) 3 classes/\$18*
Jan 10 – Feb 21 (FIT99-A1802) 7 classes/\$42*

Lisa Chavis

Lisa Chavis

Lisa Chavis

Lisa Chavis

Ernie Thomas

Maggie Barclay/Lisa Chavis

Cardio, Core, Conditioning (Three Cs)

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

Tuesday 9 – 10 AM
Nov 28 – Dec 12 (FIT109-D1701) 3 classes/\$18*
Jan 9 – Feb 20 (FIT109-A1801) 7 classes/\$42*
Thursday 9 – 10 AM
Nov 30 – Dec 14 (FIT109-D1702) 3 classes/\$18*
Jan 11 – Feb 22 (FIT109-A1802) 7 classes/\$42*

Cardio Party & Core

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

Monday 9 – 10 AM
Nov 27 – Dec 11 (FIT119-D1702) (Lisa) 3 classes/\$18*
Jan 8 – Feb 19 (FIT119-A1801) (Maggie) 7 classes/\$42*

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.

Cardio, Strength & Balance Level 2

Rhonda Jean

Exercise the brain to improve memory/think clearly, be stronger, maintain/improve balance using hand weights, balls & bands. Tabata Interval Training for healthy heart. Be able to sit on floor.

Monday

10:30 - 11:15 AM

Nov 27 – Dec 11 (FIT137-D1702)

3 classes/\$18*

Jan 8 – Feb 19 (FIT137-A1801)

7 classes/\$42*

Creative Crosstraining

Lisa Chavis

Avoid workout plateaus, boost schedule flexibility options and variety of classes by cross training! Unlimited classes taught by Lisa Chavis. Includes: Ultimate H2O, Poolates, Strength & Balance 2, Cardio Stretch Blast, H2O Gentle Joints, Aqua Cardio Core, H2O HIIT, and ZS3 - Zone, Stretch and Strengthen. Does NOT include Indoor Triathlon Training, Stretch Break, & Golf Conditioning *BT Residency required.*

M/T/W/TH/F

Times Vary

Nov 27 – Dec 15 (FIT77-D1702)

24 Sessions/\$54

Jan 8 – Feb 23 (FIT77-A1801)

56 Sessions/\$126

Drums Alive®

Maggie Barclay/Mari Ann Pace

High energy rhythmical workout! Combines simple aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Workout for the entire body.

Thursday

11:30 AM – 12:15 PM

Nov 30 – Dec 14 (FIT47-D1702) (Pace)

3 classes/\$21*

Jan 11 – Feb 22 (FIT47-A1801) (Pace)

7 classes/\$49*

HIIT Bursts (High Intensity Interval Training)

This intermediate class alternates between intense bursts of activity and fixed periods of active recovery. Warm-up, 20-30 minutes of HIIT workout, stretch and you're done!

Wednesday (Maggie Barclay)

3:15 – 4:00PM

Jan 10 – Feb 21 (FIT166-A1801) *Introductory price* **7classes/\$28***

Cardio Stretch Blast

Lisa Chavis

This intermediate class will start with a warm up, followed by 20-30 minutes of cardio including HIIT blasts to get the heart pumping, followed by 20-30 minutes of rejuvenating stretch.

Monday

6:30-7:30 PM

Jan 8 – Feb 19 (FIT172-A1801) *Introductory price* **7classes/\$28***

Zumba®

Instructors/Times Vary

Fuses hypnotic Latin and international rhythms with simple moves to create a dynamic workout system that's fun and easy to do! *Bring supportive shoes and a water bottle.*

Monday (Mari Ann Pace)

5:30 - 6:15 PM

Nov 27 – Dec 11 (FIT78-D1705)

3 classes/\$18*

Jan 8 – Feb 19 (FIT78-A1801)

7 classes/\$42*

Wednesday (Mari Ann Pace)

5:30 – 6:15 PM

Nov 29 – Dec 13 (FIT78-D1706)

3 classes/\$18*

Jan 10 – Feb 21 (FIT78-A1802)

7classes/\$42*

Friday (Maggie Barclay/MariAnn Pace)

7:45 – 8:45 AM

Dec 1 – Dec 15 (FIT78-D1707) (Pace)

3 classes/\$18*

Jan 12 - Feb 23 (FIT78-A1803) (Barclay)

7 classes/42*

Saturday (Karen Ockner) **NEW DAY!**

10 - 10:45 AM

Dec 2 – Dec 16 (FIT78-D1708)

3 classes/\$18*

Jan 13 – Feb 24 (FIT78-A1804)

7 classes/\$42*

PICKLEBALL

Court time available as a drop in and by reservation. Township residents can reserve a maximum of 2 periods per month. Reserving patron responsible for set up & clean up.

Tuesday (drop in) 3:30 PM – 5:15 PM

Thursday (drop in) 2:45 PM – 4:30 PM

Saturday (reservation) (FIT22-VARIES) 12:00 PM – 1:30 PM

BT Resident free Non-resident \$2 (SOC44)

TABLE TENNIS DROP IN ⬤

Wednesdays 4 – 5:15 PM

Fridays 2:30 - 4 PM

WALKING TRACK DROP IN ⬤

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

PERSONAL FITNESS

1 on 1 Personal Training (FIT142-VARIES)

Using the "machines" but not seeing the outcome you'd hoped for? Take your equipment workouts to the next level with 1 on 1 personal training! 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. *Does not include fitness studio use.*

Appointment must be scheduled within 30 days of registration. 2 business days' notice directly to trainer required for cancellations/rescheduling.

Resident 1 session/\$60 2 people @ same time/\$90

Non-Resident 1 session/\$65 2 people @ same time/\$100

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 (Julie Ruppel)

2 - 3 PM

Nov 27 – Dec 11 (FIT103-D1706)

3 classes/\$45*

Jan 8 – Feb 19 (FIT103-A1801)

7 classes/\$105*

Tuesday (Maggie Barclay)

7:30 – 8:30 AM

Nov 28 – Dec 12 (FIT103-D1707)

3 classes/\$45*

Jan 9 – Feb 20 (FIT103-A1802)

7 classes/\$105*

Wednesday (Lola Faleix)

2 - 3 PM

Nov 29 – Dec 13 (FIT103-D1708)

3 classes/\$45*

Jan 10 – Feb 21 (FIT103-A1803)

7 classes/\$105*

Thursday (Maggie Barclay)

7:30 – 8:30 AM

Nov 30 – Dec 14 (FIT103-D1709)

3 classes/\$45*

Jan 11 – Feb 22 (FIT103-A1804)

7classes/\$105*

Friday (Lola Faleix)

1 - 2 PM

*** (No Dec Classes)*

Jan 12 - Feb 16 (FIT103-A1805)

6 classes/\$90*

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

Fitness Assessments

M. Barclay/L. Chavis

Get a professional assessment for strength, flexibility, balance and cardio endurance. Use these measured assessments to set goals to improve quality of life and track progress. Limited appointment times available! Register TODAY for a 45 minute appointment and you are on your way to better health.

Wednesday, Thursday, Friday

Dec 27th, 28th, & 29th (FIT171-D1701)

Time Varies

Fee - \$15*

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. Workout clothing & *clean indoor shoes required*. *BT Residents Only*.

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

SEATED

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. *For standing, wear supportive shoe. No thongs, sandals or slip-ons; however, bare feet are acceptable.*

Monday (Donna Tomassi)

11:30 AM – 12:30 PM

Nov 27- Dec 11 (FIT56-D1704)

3 classes/\$18*

Jan 8 – Feb 19 (FIT56-A1801)

7 classes/\$42*

Wednesday (Karen Lutz)

11:30 AM – 12:30 PM

Nov 29 – Dec 13 (FIT56-D1705)

3 classes/\$18*

Jan 10 – Jan 31 (FIT56-A1802)

4 classes/\$24*

Feb 7 – Feb 28 (FIT56-A1803)

4 classes/\$24*

Cardio, Strength & Balance Level 1

Rhonda Jean

See full description on page 6 under STRENGTH.

Fitness Open Hours (FIT02-VARIES)

Pre-requisite: Equipment Orientation/Refresher.

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)

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 27 – Dec 11 (FIT139-D1703)

3 classes/\$18*

Jan 8 – Feb 19 (FIT139-A1801)

7 classes/\$42*

Thursday

5 – 6 PM

Nov 30 – Dec 14 (FIT139-D1704)

3 classes/\$18*

Jan 11 – Feb 22 (FIT139-A1802)

7 classes/\$42*

Mat Pilates

Karen Ockner

Strengthen your core from the inside out; tighten your glutes and strengthen your back and hips. Have fun in this hands-on, interactive class!

Saturday NEW TIME!

11 - 11:45 AM

Dec 2 – Dec 16 (FIT155-D1702)

3 Classes/\$18*

Jan 13 – Feb 24 (FIT155-A1801)

7 Classes/\$42*

Mat Pilates & Balance Training

Maggie Barclay

Increase your core body awareness, strength, and balance ability by incorporating mat Pilates method with balance training in this intermediate level class. Modifications will be offered. *Bring a mat and water bottle.*

Friday

10:15-11:15 AM

No Class in December

Jan 12 – Feb 16 (FIT165-A1801)

6 Classes/\$36*

Strength & Balance – Level 2

Barclay/Chavis

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

Wednesday (Lisa Chavis)

8:30 – 9:30 AM

Nov 29 – Dec 13 (FIT80-D1703)

3 classes/\$18*

Jan 10 – Feb 21 (FIT80-A1801)

7 classes/\$42*

Friday (Maggie Barclay/Lisa Chavis)

9 AM – 10 AM

Dec 1 – Dec 15 (FIT80-D1704) (Chavis)

3 classes/\$18*

Jan 12 - Feb 23 (FIT80-A1802) (Barclay)

7 classes/\$42*

Transportation to the Center is available for select fitness classes. See yellow Services section for info.

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. Intermediate level. *Please bring a mat to class.*

Monday

12:45 – 1:30 PM

Nov 27- Dec 11 (FIT101-D1703)

3 classes/\$18*

Jan 8 – Feb 19 (FIT101-A1801)

7 classes/\$42*

Wednesday

12:45 – 1:30 PM

Nov 29 – Dec 13 (FIT101-D1704)

3 classes/\$18*

Jan 10 – Feb 21 (FIT101-A1802)

7 classes/\$42*

Cardio Strength & Balance Level 1

Rhonda Jean

Class conducted in both seated and standing positions.

Exercise the brain to improve memory & think more clearly, be stronger, maintain or improve balance using hand weights, balls & bands. Tabata Interval Training to help maintain a healthy heart *Wear supportive shoes. Small hand ball needed for class.*

Tuesday

12:45 – 1:30 PM

Nov 28 – Dec 12 (FIT136-D1703)

3 classes/\$18*

Jan 9 – Feb 20 (FIT136-A1801)

7 classes/\$42*

Thursday

12:45 – 1:30 PM

Nov 30 – Dec 14 (FIT136-D1704)

3 classes/\$18*

Jan 11 – Feb 22 (FIT136-A1802)

7 classes/\$42*

Stretch Break

Barclay/Chavis

Keep your muscles flexible & strong while maintaining range of motion in your joints. 30 min of stretching head to toe using straps, bands, foam roller, barre & more. Techniques used in yoga and PNF stretching will be used. Standing, seated and floor options included. *Bring a mat and wear comfortable clothing.*

Monday (Maggie Barclay) **8:15 - 8:45 AM**

Nov 27 – Dec 11 (FIT163-D1705) (Chavis) **3 classes/ \$6***

Jan 8 – Feb 19 (FIT163-A1801) **7 classes/\$14***

Monday (Lisa Chavis) **3:15 – 3:45 PM**

Nov 27 – Dec 11 (FIT163-D1706) **3 classes/\$ 6***

Jan 8 – Feb 19 (FIT163-A1802) **7 classes/\$14***

Wednesday (Lisa Chavis) **7:45 - 8:15 AM**

Nov 29 – Dec 13 (FIT163-D1707) **3 classes/\$6***

Jan 10 – Feb 21 (FIT163-A1803) **7 classes/\$14***

Friday (Lisa Chavis) **4:15 - 4:45 PM**

Dec 1 - Dec 15 (FIT163-D1708) **3 classes/\$ 6***

Jan 12 – Feb 16 (FIT163-A1804) **6 classes/\$12***

ZS3 - Zone, Stretch and Strengthen

Lisa Chavis

Stretching then strengthening muscle groups working all 3 zones; upper, lower and core. Making gains in flexibility, range of motion, balance and strength is our goal. *Please bring mat to class.*

Tuesday **5:30 – 6:20 PM**

Nov 28 – Dec 12 (FIT156-D1702) **3 Classes/\$18***

Jan 9 – Feb 20 (FIT156-A1801) **7 Classes/\$42***

MIND BODY

Gentle Moves Yoga

Maggie Barclay

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

Tuesday **11:30 AM – 12:30 PM**

Nov 28 – Dec 12 (FIT94-D1703) **3 classes/\$18***

Jan 9 – Feb 20 (FIT94-A1801) **7 classes/\$42***

Thursday **10:15 - 11:15 AM**

Nov 30 – Dec 14 (FIT94-D1704) **3 classes/\$18***

Jan 11 – Feb 22 (FIT94-A1802) **7 classes/\$42***

Gentle Moves Yoga - Level 2

Maggie Barclay

Move forward in your Yoga practice with more advanced poses & flowing asanas geared toward strengthening muscles throughout the body with a focus on the core. Previous yoga experience and ability to move from standing to floor & back. *Bring yoga mat & water.*

Tuesday **10:15 - 11:15 AM**

Nov 28 – Dec 12 (FIT160-D1702) **3 classes/\$18***

Jan 9 – Feb 20 (FIT160-A1801) **7 classes/\$42***

Gentle Flow Yoga

Jan Chaney

Alignment-based practice for new or experienced, using modifications for each posture. Let your breath guide you through a series of both grounded and flowing postures. Take what you learn on the mat into your daily life. Must be able to move from floor to kneeling, to standing. *Bring a yoga mat & water.*

Wednesday **6:30 - 7:30 PM**

Jan 10 – Feb 21 (FIT167-A1801) **7 classes/\$42***

Yoga Focus – Back & Breath

Jan Chaney

Begin with a breath practice to bring awareness; then move through sequence of postures focusing on lengthening spine, opening hips and firming the core. End in a rejuvenating posture & short meditation. Must be able to move from floor to standing. *Bring a mat, towel & water. Class held in Community Room B.*

Tuesday **8:30 – 9:30 AM**

Nov 28 – Dec 12 (FIT164-D1704) **3 classes/\$18***

Jan 9 – Jan 30 (FIT164- A1801) **4 classes/\$24***

Feb 6 – Feb 20 (FIT164-A1802) **3 classes/\$18***

Yoga for Well-Being

Karen Lutz

A gentle yoga practice to help balance and restore calmness using a combination of traditional postures and stretches. Class will offer meditation. All levels are welcome. *Bring your yoga mat.*

Friday **11:30 AM – 12:30 PM**

Dec 1 – Dec 15 (FIT152-D1705) **3 classes/\$18***

Jan 12 – Jan 26 (FIT152-A1802) **3 classes/\$18***

Feb 2 – Feb 16 (FIT152-A1803) **3 classes/\$18***

Saturday **8:30 - 9:30 AM**

Dec 2 – Dec 16 (FIT152-D1706) **3 classes/\$18***

Jan 6 – Jan 27 (FIT152-A1801) **4 classes/\$24***

Feb 3 – Feb 24 (FIT152-A1804) **4 classes/\$24***

Tai Chi Chuan

Han Hoong Wang

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

Beginning **Wednesday** **9:40 – 10:25 AM**

Dec 6 – Dec 13 (FIT03-D1703) **2 classes/\$16***

Jan 10 – Feb 21 (FIT03-A1801) (No class 1/31) **6 classes/\$48***

Continuing **Wednesday** **10:30 – 11:15 AM**

Dec 6 – Dec 13 (FIT03-D1704) **2 classes/\$16***

Jan 10 – Feb 21 (FIT03-A1802) (No class 1/31) **6 classes/\$48***

Chair Yoga Donna Tomassi/ Karen Lutz

See full description on page 6 under SEATED.

SPECIALTY FITNESS PROGRAMS & EVENTS

Core Foundation® Training

Lori Harbour

Redefine your core, conquer back pain and move with more confidence! Training shifts the focus from the front of your body to the back. Strengthens the full posterior chain and corrects poor movement patterns to maximize power, flexibility and endurance! *Must feel comfortable kneeling and getting to the floor. Please bring mat and water. Class taught barefoot or in socks.*

Tuesday* (Introductory) **6:30 – 7:15 PM**

(*An introductory class to Foundation Training)

Jan 9 – Jan 30 (FIT144-A1801) **4 classes/\$32***

Feb 6 – Feb 20 (FIT144-A1803) **3 classes/\$24***

Thursday (Level 2)** **6:30 – 7:15 PM**

(**for people with previous Foundation Training experience who wish to take it to the next level)

Nov 30 – Dec 14 (FIT144-D1703) **3 classes/\$24***

Jan 11 – Feb 22 (FIT144-A1802) **7 classes/\$56***

We reserve the right to substitute instructors as needed to maintain continuity of classes.

Golf Conditioning

Maggie Barclay/Lisa Chavis

Focus on golf-specific muscular strength, stability/balance, posture, control & power development. Emphasis on core strength training for a balanced set up & consistent, stabilized swing. Wear comfortable, supportive shoes. Bring your favorite driver!

Tuesday

1:45 – 2:30 PM

Jan. 9 – Feb. 20 (FIT50-A1801)

7 classes/\$49*

Moving thru - Dance & Parkinson's

Mari Ann Pace

Fun dance class for individuals living with PD or limited mobility. Seated and standing at the barre. Includes ballet, theater and folk. Please inform at registration if a caregiver will accompany participant. **FREE for Township Residents! Preregistration required.** (**Funding through Marilyn J. Sriver Scholarship for Dance Therapy. Info: Stacy Egerton at 248-678-3124 or MarilynJanelInfo@gmail.com.)

Thursday

1:45 - 2:30 PM

Nov 30 – Dec 14 (FIT121-D1702)

3 classes/Non Res \$18**

Jan 11- Feb 22 (FIT121-A1801)

7 classes/Non Res\$42**



Second Annual Indoor Triathlon!

Maggie Barclay/ Lisa Chavis

Cycle (Cycle/Nustep) – Run (Treadmill/Track/Wheelchair) – Swim (Swim/Walk) 15 minutes each. All levels are welcome and encouraged to participate. Includes t-shirt! Contact Maggie/Lisa or see flyers for more information. Pre-registration required. Take advantage of our early-bird registration for a discounted fee.

Last years' event sold out!

Friday

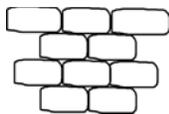
12 – 6 PM

February 23 (FIT154-A1803)

Fee: Residents \$20* After 1/5 Residents \$25*

Non Residents \$30* After 1/5 Non Residents \$40*

Informational Meetings during Fitness Week on 1/3, 10:00 am or 5:00 pm. Free! Must pre-register for meeting (TRYIT18-18A or TRYIT18-18B)



Buy a Brick Program

Honor your loved one with a tribute in support of therapeutic activities for Friendship Club, Meals on Wheels or Transportation services. Purchase a memorial paver brick, which will be placed along the BTSS walkways. (www.bricksrus.com)

Each donor will receive a certificate and be notified when their brick is installed.

One size 4" x 8" available for a contribution of \$150. Order forms are available in the center and online at www.seniorservices.org.

Orders will be collected over the winter and installation will occur Spring/Summer 2018.

ENRICHMENT

* *Non-residents pay additional \$10 fee per session. 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. Unless otherwise noted: Resident free. Guest/Non Resident \$2.*

ART

Gems and Friends ★

Facilitator: Martha McGee

Use rocks, mosaics, gemstones, beads and bobbles to create fun jewelry and art. Enjoy informal instruction. Equipment and supplies available. Donations appreciated, \$2 material fee payable to instructor. Drop-ins welcome!

Tuesdays/Thursdays

1:00 – 4:00 PM

Dates subject to change, please call ahead. No Meeting 01/02

CLUBS / GROUPS

BTSS Women's Coffee & Conversation

Facilitator: Grace Keane

Enjoy creative conversation and camaraderie.

Pre-registration required.

Res \$2/Non-Res \$4

4th Thursday

10:30 AM – 12:00 PM

December 28 (SOC28- D1703)

January 25 (SOC28- A1801)

February 22 (SOC28- A1802)

Ancestry Research Club Facilitator: Marsha Suzan
Self-motivated group inspired to share genealogy networking information. Meets once every three months.
Pre-registration required. Res \$2/Non-Res \$4
Tuesday, Feb 13 (SOC46-A1801) 10:30 AM – 12:00 PM

Book Club ♣ Facilitator: Fern Stoffer
1st Friday 10:00 AM - 12:00 PM
Dec. 1 *The Space Between Us*, Umrigar (Guha)
Jan. 5 *The House Girl*, Conklin (Mahoney)
Feb. 2 *Marriage of Opposites*, Hoffman (Haesler)
Books and Leaders subject to change

Chicks with Sticks ♣ Facilitator: Chris Muir
Join a friendly group that knits and crochets for infants, foster-care teens and chemotherapy patients – gifts from the heart. At-home knitters are needed, too! *In need of new or "like new" yarn donations.*
Mondays 1:00 – 3:30 PM

Senior Men's Club Facilitator: Ralph Pedersen
Enjoy great speakers, camaraderie and a *light breakfast provided by American House*. Pre-registration required.
Res \$6 / Non-Res \$8 **No Meeting Dec. 20**
3rd Wednesday 9:30 – 11:30 AM
Jan 17 (SOC27-A1801) The Cranbrook Gardens, J.Linstrum
Feb 21 (SOC27-A1802) China Presentation, Steve Hillman

GAMES

Billiards (Pool) ♣
Group Play: All levels welcome. **Tues. & Thurs. 1 - 4 PM**
Solo/One on One: Wednesday 4-7 PM
Friday 1 - 4 PM, Saturday 11 AM - 1 PM
Call ahead to check room availability if open hours are not indicated.

Mah-jongg Play ♣ Facilitator: Mary A. Williams
Tuesdays/Thursdays (Subject to change) 1:00 – 4:00 PM

Euchre & Pinochle ♣ Facilitator: Joanne Carmichael
All levels welcomed! *(Subject to change) No meeting 10/19, 12/7*
Thursdays 11:00 AM – 1:30 PM

Poker ♣ Facilitator: John Vitta
Wednesdays 12:00 – 3:00 PM
Ladies & gentlemen, enjoy a friendly game of poker.
Please call John Vitta 810-623-1532 to confirm play.

Duplicate Bridge Facilitator: B. Balakrishna
Monday/Friday Res \$2/Non-Res \$4
Play: 12:30 – 4:00 PM Maximum of 7 tables
Arrival time 12:15 promptly for table assignments

Duplicate Discussion Bridge Connie Jaroh
Walk in Group.
Mondays/Fridays 12:30 – 3:30 PM Res \$2/Non-Res \$4

Duplicate Discussion Bridge Judy Mixer
Walk in Group.
Mondays 12:30 - 2:30 PM Res \$2/Non-Res \$4

Evening Duplicate Bridge Facilitator: Ed Coe
1st & 3rd Wednesday 3:45 – 7:45 PM
Tables assigned at 3:45 Play begins promptly at 4:00
Non-ACBL sanctioned game; no master points awarded.
December *13, 20 January 3, 17 February 7, 21
Res \$2/Non-Res \$4 (* 2nd Wednesday)

Bridge - Beginner James & Cheryl Bloom
Learn the basics of bridge including bidding and declarer play. Players with no or some experience welcome. Certified ACBL instructors and silver life masters. *Book fee: \$20 payable to instructor.*

Saturdays 10:00 AM – 12:00 PM 8 classes/\$120*
Oct 14 – Dec 9 (EDU12-D1701) (no class 11/25)
Jan 6 – Feb 24 (EDU12-A1801)

Bridge-Advanced & Intermediate 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 and silver life masters. *Book fee: \$20 payable to instructor.*

Wednesdays 12:30 – 2:30 PM 8 classes/\$120*
Oct 25 - Dec 13 (EDU13-D1701)
Jan 3- Feb 21 (EDU13-A1801)

HEALTH AND WELL-BEING

*Health and Well-Being offerings require preregistration.
Unless otherwise noted: \$ - Res \$3 / Non-Res \$5*

For more details please see flyers at Senior Center.

Good Food = Good Health B. Smith II, COEC WSU
Explore the impact of food choices on your physical, mental and environmental health. Discover how to create irresistible food and what to avoid. Handouts provided. \$
Tuesday, January 9 (EDU56- A1801) 10:30 - 11:30 AM

Indoor Radon
This State of Michigan program educates how to reduce levels and exposure associated with health risks, testing information & literature. \$
Monday, Feb 26 (EDU56-A1802) 10:30 - 11:30 AM

UNIQUE TOPICS

*Unique Topics require preregistration.
Unless otherwise noted: \$ - Res \$3 / Non-Res \$5*

For more details please see flyers at Senior Center.

Time Lapsed Detroit Images
Arnold Collens, Author, Artist, Photographer
Explore photographs of Detroit taken over the last decade. Arnold will share stories and historic events describing how the city has changed. Sponsored by Samaritas. \$
Monday, December 4 (EDU53-D1723) 10:30-11:30 AM

Owls of Michigan Holly Vaughn, MDNR,
Whooo is curious about owls? Discover the many species of owls that live in and visit Michigan. \$
Wednesday, Dec 6 (EDU53-D1724) 10:30 – 11:30 AM

Dessert & the DIA: Picturing Music

Explore the personal, social, creative aspects, and presence of music in art. Learn about the role music plays across cultures and time. Sponsored by Baldwin House. \$

Friday, Dec 8 (EDU53-D1725) **10:30 - 11:30 AM**

American English, Italian Chocolate R. Bailey, Author

A variety of topics including relationships, love, struggle, growth, loss and much more! Book sales & signing. \$

Monday, Dec 11 (EDU53-D1726) **10:30 - 11:30 AM**

BTPL: Pop-Up Librarian BTPL Staff

Ask questions, find out about current best sellers, get download help, learn about library resources, events and more. *Complimentary BT Resident/held at BTSS.*

Tuesdays, Dec 12 **2:00 to 4:00 PM**

BTSS & BTPL Library working together...

Thanks to the BTPL for offering great programs at BTSS.
Visit the Library website, www.btpl.org. for full offerings.

BTPL: Free Downloads Linda Hart

Discover how to download free library audiobooks, ebooks, movies, music and magazines on your smartphones/tablets. Bring your charged devices & BTPL library card. *Complimentary BT Resident/held at BTSS.*

Thursday, Jan 4 (EDU53-A1801) **9:00 - 11:00 AM**

Thursday, Feb 1 (EDU53-A1809) **9:00 - 11:00 AM**

Return to Luxury – The Book-Cadillac L. Feret, Historian

The history of this iconic hotel in downtown Detroit from its' gala opening in 1924, through its decline and closure in 1984, finally the 2008 return of this architectural beauty. Sponsored by Woodward Hills. \$

Friday, Jan 5 (EDU53-A1802) **10:30 - 12:00 PM**

Belle Isle Aquarium & Horticultural History C. Meister
Designed by Albert Kahn, opened in 1904. This is the oldest public aquarium in North America. The Victorian-style conservatory section boasts 25,000 sq. ft. of glass and a collection of plants from around the world. \$

Monday, Jan 8 (EDU53-A1803) **10:30 - 11:30 AM**

Wild Turkeys in Michigan Holly Vaughn, MDNR

Hear the fascinating story of the comeback & management of wild turkeys. \$

Wednesday, Jan 10 (EDU53-A1804) **10:30 - 11:30 AM**

BTPL: Cutting the Cable Cord BTPL Staff

Discover how to stream movies and TV shows from popular apps like Netflix, Hulu and Amazon Video without cable TV. Bring your charged devices & BTPL library card. *Complimentary BT Resident/held at BTSS.*

Thursday, Jan 11 (EDU53-A1805) **1:00 - 2:30 PM**

Historical Botsford Inn B. Golden, Historian, GWBHS

The Inn holds great memories from generations of families and friends that celebrated special events and dinners. Explore the history. Sponsored by The Sheridan at Birmingham \$

Thursday, Jan 11 (EDU53-A1806) **10:30 - 11:30 AM**

Michigan Modern Design that Shaped America

Brian Conway, State Historic Preservation
This book documents & promotes Michigan's architectural design & contributions to modernism. Book signing, Q & A. Sale proceeds go to Michigan History Foundation. \$

Tuesday, Jan 16 (EDU53-A1807) **10:30 - 11:30 AM**

The Art Institute of Michigan Lisa Wheeler

Enjoy big screen images of visual arts, interior design, animation, fashion and the culinary arts. Discover local success stories achieved from this creative institute. \$

Thursday, Jan 18 (EDU53-A1808) **10:30 - 11:30 AM**

Travel Morocco, Saharan Desert & Casablanca

Marvin E. Parent, Photographer
Explore Moroccan culture, exquisite handicrafts, Atlas Mts. ski areas, a camel ride on the Saharan Desert and much more on a large screen while listening to authentic Moroccan music. \$

Friday, Feb 2 (EDU53-A1810) **10:30 AM - 12:00 PM**

The Detroit Public Library: An American Classic

Barbara Madgy Cohn, Co-author Art & Architecture
More than 200 historic & contemporary photographs. Truly a community book of one of the most beautiful buildings in Detroit. Q & A with Book sales & signing. \$

Tuesday, Feb 6 (EDU53-A1811) **10:30 - 11:30 AM**

Arts, Overview & Happenings Flint Institute of Arts

Chene Koppitz, Communications Director
An enthusiastic overview of FIA's history, events, upcoming exhibits & collections. Grand opening, April 2018, to include the new Contemporary Craft Wing & Art School Makerspace. Come explore new opportunities. \$

Thursday, Feb 8 (EDU53-A1812) **10:30 - 11:30 AM**

James K. Polk – the 11th President

Michael V. Placco, Professor, MCC
James K. Polk served as the 11th U.S. president. During his tenure, America's territory grew by more than one-third and extended across the continent for the first time. \$

Friday, Feb 9 (EDU53-A1813) **10:30 - 11:30 AM**

Personal Stories: The Henry Ford

Debra Reid, Curator Agriculture & Environment
Gain perspective & get inspired; *Curators' Choice. Explore & view artifacts relevant to farm life, local family stories and beyond.* Sponsored by Alliance Senior Care. \$

Monday, Feb 12 (EDU53-A1814) **10:30 - 11:30 AM**

BTPL Pop Up Librarian BTPL Staff

Meet with a BTPL Librarian. Ask questions, find out about current best sellers, get download help, learn about resources, events and more. *Complimentary BT Resident/held at BTSS.*

Tuesday Feb 13 **2:00 to 4:00 PM**

The Art of Ancient Egypt

William Peck, Author, DIA Curator, Archaeologist
Ancient Egypt art resulted in magnificent mighty pyramids, temples and elaborate architecture. Book sales & signing. Sponsored by Sunrise Senior Living. \$

Friday, Feb 16 (EDU53-A1816) **10:30 - 11:30 AM**

Electing Presidents: Washington to McKinley

Bruce Zeller, OU Professor, Historian

Explore events in history that shaped our country. A Presidents Day presentation! \$

Monday, Feb 19 (EDU53-A1817) **10:30 - 11:30 AM**

Early Medieval Europe H. Hummer, WSU Professor
Author, lecturer will survey the formation of Europe in the early Middle Age after the collapse of the Roman Empire. \$

Tuesday, February 20 (EDU53-A1818) **10:30 - 11:30AM**

BTPL: There's an App for that! Brooke Hoskins
Discover fun, resourceful, possibly whacky apps available for smartphones in this whirlwind demonstration. Bring your charged devices & BTPL library card. *Complimentary BT Resident/held at BTSS.*

Wednesday, Feb 21 (EDU53-A1819) **2:00 - 3:00 PM**

Artificial Intelligence Saeed Khan, WSU Professor
This topic has been described as one of the greatest potentials of human history. Explore its implications on our world. \$

Thursday, Feb 22 (EDU53-A1820) **10:30 - 11:30 AM**

Movie Palace to Opera House Michael Hauser, Historian
Explore the history and transformation of the Detroit Opera House. Prepare to be engaged. \$

Friday, Feb 23 (EDU53-A1821) **10:30 - 11:30 AM**

Unique Street Names Joel Stone, Historian
Explore everyday street signs, 300 yrs. of historic legacies. Exclusively Detroit; Woodward, Beaubien, Mt. Elliot & Selden. Behind each of these streets is man or woman who played a part in Detroit's past. Sponsored by Samaritas. \$

Tuesday, Feb 27 (EDU53-A1822) **10:30 - 11:30 AM**

WSU Connect Lab: Connectivity

Jessica Hayes & Zac Fernandez

Explore new information & research about aging, the brain, memory & how genetics can influence predisposition to Alzheimer's disease. Sponsored by Affordable Home Care. \$

Wednesday, Feb 28 (EDU53-A1823) **10:30 - 11:30 AM**

CLASSES

New! Beginner Knitting

Anita Linet

If you've always wanted to learn to knit, this class is for you. Get instruction from several experienced knitters. Materials fee is \$10.00 or less paid to instructor. Call Anita with any questions at 248-646-1816.

Fridays 10:00 AM – 11:30 AM 3 classes/\$25*

Jan 12, 19, 26 (EDU14-A1802) **Part 1**

Feb 9, 16, 23 (EDU14-A1803) **Part 2** (pre-requisite Part 1)

MUSIC

BTSS Band ★

Facilitator: Ed Black

Join the Band! Looking for players able to read simple arrangements, brass, reeds & rhythm players. Pop music from the 30's and on. A chance to dust off rusty skills. Audiences encouraged and appreciated. Dates subject to change.

Tuesdays 3:00 - 5:00 PM No meeting 01/02

New!

BTSS Chamber Music ★

Facilitator: Ed Sturgeon

New interest music group focusing on chamber music.

Recruiting musicians who play the flute, double reeds, oboe, bassoon, English & French horn, string instruments & Clarinets. Contact Ed edknqswg@att.net or just come in!

Tuesdays 2:00 – 3:00 PM No meeting 01/02

SPECIAL EVENTS

BTSS Holiday Extravaganza

Paper Dolls, Chicks w/ Sticks, Gems & Friends

Beautiful repurposed greeting cards, creative fun jewelry & art, knitted & crochet items, all hand made by BTSS Enrichment Programs.

Proceeds Support BTSS Meals on Wheels

Thursday, December 7 9:30 AM - 1:30 PM

MOVIES

Movies provided by Bloomfield Township Public Library.

See flyers in Center for more movie details.

Movie Classics ★

1st Friday	Movie begins: 1:00 PM
December 1 "Titanic"	3h 14m
January 5 "Close Encounters of the Third Kind"	2h 17m
February 2 "The Great Dictator"	2h 5m

Movie Musicals ★

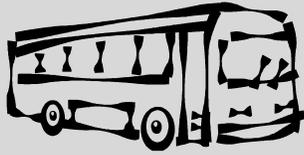
2nd Friday	Movie begins: 1:00 PM
December 8 "Seven Brides for Seven Brothers"	1h 49m
January 12 "Holiday Inn"	1h 40m
February 9 "Elvis Presley, Blue Hawaii"	1h 42m

Movie Mania ★

3rd Friday	Movie begins: 1:00 PM
December 15 "Dances with Wolves"	3h 1m
January 19 "Rain Man"	1h 31m
February 16 "Babe"	1h 32m

Documentaries ★

4th & 5th Friday	Movie begins: 1:00 PM
December 22 "When Animals Talk"	120m
December 29 "Act of God"	75m
January 26 "In Defense of Food"	120m
February 23 "Sharkwater"	90m



BLOOMFIELD TRAVEL

Enjoy the comfort of our new 28-seat coach.
Avoid the stress and fuss; leave the planning and driving to us.

** Non-residents add \$10 fee per trip. See page 2 for registration/cancellation policies. Unless otherwise noted, all trips depart from the Center on the BTSS bus.*

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 be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct.

(<http://www.bloomfieldtwp.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.

Extreme Weather D4 – MI Science Center

Wednesday, Nov. 8 (DAY12-D1701) 10:00 AM – 3:30 PM
National Geographic's Extreme Weather is now open at the 4D Theater. MiSci features the world's only 4D edition of the film in a custom version. Discover the dynamic and complex forces shaping our planet. Followed by lunch on your own at Maccabees Traders. Fee: \$29*

MOT Figaro Dress Rehearsal WAIT LIST

Friday, November 10 (DAY13-D1701) 9:45 AM – 4:00 PM

Motawi Tileworks

Tuesday, November 14 (DAY14-D1701) 9:45 AM – 3:00 PM
Motawi Tileworks was founded by Nawal Motawi in 1992. The company handcrafts art tiles in its Ann Arbor studio. These tiles are known for their American designs, inspired by works of the Arts and Crafts Movement. Followed by lunch on your own at Metzger's German Restaurant. Fee: \$39*

Adventures in Dining – Red Dunn Kitchen

Thursday, Nov. 16 (DAY15-D1701) 12:00 PM – 2:30 PM
This new restaurant is elegant but not quite fine dining. Focusing on hardier portions of "Detroit-style" American cuisine. Dishes are seasonal and made from scratch, using local produce when possible. Lunch on your own. Fee: \$19*

Scarab Club – Detroit Blues Society Concert

Saturday, Nov. 18 (DAY16-D1701) 11:30 AM – 4:30 PM
Detroit has been home to blues musicians since the early years of the twentieth century with the migration from the Delta and other southern areas of the United States. Come and listen to the music and enjoy the art at the club. Begin with lunch on your own at Seva. Fee: \$29*

Chaldean Cultural Center Tour

Tuesday, Nov. 21 (DAY17-D1701) 10:40 AM – 2:30 PM
The Chaldean Cultural Center celebrates and explores the extraordinary history, arts, traditions and contributions of the Chaldean people from ancient times to the present to tell a distinctive and powerful story. Followed by lunch on your own at La Marsa. Fee: \$34*

Tea At The Townsend

Thursday, Nov. 30 (DAY18-D1701) 11:15 AM – 2:30 PM
Enjoy the holiday season with afternoon tea at the Townsend. Menu includes orange cranberry scones with clotted cream and lemon curd, an array of finger sandwiches, miniature pastries, all served with tea of course! Trip offered in partnership with Birmingham Next. Please register by Nov. 16. Fee: \$55*

Bronners Shopping & Silent Night Memorial Chapel

Monday, December 4 (DAY19-D1701) 9:00 AM – 3:30 PM
The world's largest Christmas store. Silent Night Chapel is a replica of the original in Oberndorf/Salzburg, Austria, which is where "Silent Night" was first sung on Christmas Eve in 1818. Followed by lunch on your own at Old Christmas Station Restaurant. Fee: \$25*

King Used and Rare Bookstore Tour

Wednesday, Dec. 6 (DAY20-D1701) 10:15 AM – 2:30 PM
The store has an estimated 1 million books in stock, with a large collection of rare and used titles. In a 2011 article from the online magazine Salon, the store was described as "one of the largest and strangest collections in North America". Followed by lunch on your own at Small Plates. Fee: \$19*

The Lingenfelter Collection, Brighton

Thursday, December 7 (DAY21-D1701) 10:15 AM – 2:45 PM
What started out as five cars packed into a modest three-car garage has since grown into one of the top rated collections in the world. We have unique access to this private collection of Ken and Kristen Lingenfelter. Over 180 distinctive vehicles, comprised of Corvettes, Muscle Cars and Exotics fill the large facility in Brighton. Followed by lunch on your own at Stillwater Grill. Part of your fee goes to charity. Fee: \$39*

Adventures in Dining – La Boheme

Tuesday, Dec. 12 (DAY22-D1701) 12:15 PM – 3:00 PM
Outfitted with limited kitchen equipment, La Bohème offers a light lunch fare including crepes, quiche, and salads, plus croissants, baguettes, cakes and other French pastries prepared by Cannelle Patisserie. The menu will also feature fresh juices, Great Lakes Coffee, and teas from French brand Le Palais des Thés. "This is a bridge between Paris and Detroit." Lunch on your own. Fee: \$19*

Holiday Spectacular a Christmas Wonderland – Fisher

Thursday, Dec. 14 (DAY23-D1701) 11:45 AM – 4:00 PM

Christmas Wonderland Holiday Spectacular is one of the most delightful and enchanting Christmas shows ever, featuring glittering costumes, a dazzling cast and the highest kicking chorus girls this side of the North Pole. All your favorite holiday songs including 'White Christmas,' 'Winter Wonderland,' 'Chestnuts Roasting,' 'Away in a Manger,' 'Silent Night,' 'Around the Christmas Tree,' 'O Holy Night' and many more. Pure holiday magic! Please sign up by November 13. Fee: \$69*

Home for the Holidays

Friday, December 15 (DAY24-D1701) 9:30 AM – 3:30 PM

Share Detroit's favorite holiday musical tradition with family and friends and thrill to the spectacle of the season. DSO Principal Pops Conductor Jeff Tyzik leads a sparkling celebration with carols and classics that sells out year after year —“and yes, Virginia, there will be a Santa Claus”. Followed by lunch on your own at **Café Muse**. Fee: \$69*

Play Fowling, Hamtramck

Monday, December 18 (DAY25-D1701) 4:00 PM – 7:30 PM

Enjoy an evening playing the football bowling pin game known as Fowling. A hybrid game that combines elements of football, bowling, and horseshoes. The object of the game is for teams to be the first to knock all their opponents pins down by throwing a football at 10 bowling pins which are positioned in a triangular format. Get a Strike or Bonk, you win! If on your first throw of the game you get the middle pin off the board, and all other pins remain standing, you get to blow the Bonk Honk at the bar! Trust us, it's really loud. At the end of every match, meet in the middle and shake hands. A hearty "Good Fowl" is always expected. Food available for purchase. Fee: \$33*

Christmas Lights

Wednesday, December 27 (DAY26-D1701) 4:45 PM – 8:30 PM

Enjoy a ride down Lake Shore Drive in Grosse Pointe to see all the beautiful Christmas Lights. Begin with dinner on your own at **Side Street Diner**. Fee: \$19*

Sindecuse Museum of Dentistry – U of M

Tuesday, January 9 (DAY01-A1801) 12:30 PM – 5:00 PM

Museum of Dentistry, housed within the School of Dentistry, is devoted to educating audiences, preserving and exhibiting the history of dentistry. The Museum develops and preserves a historical collection containing over 15,000 objects focused on the history of dentistry, dental practice and technology in the United States and Michigan from the 18th century to today. Limited by venue to 14. Docent led tour. Followed by lunch on your own at **Gratzi**. Fee: \$25*

Register Early!

Some trips & classes fill quickly, while others fill well in advance. Don't delay call **248-723-3500** to register.

Tour Ste. Anne's of Detroit

Thursday, January 11 (DAY02-A1801) 10:00 AM – 2:15 PM

The church contains the 1818 stone church which stood on Bates Street. Among its treasures are: the 1818 cornerstone, the main altar, the intricately hand carved communion rail, the "Beaubien Bell" and the statue of Ste. Anne and her daughter, Mary. It contains the oldest stained glass in the city and a 26-rank pipe organ with reverberation time typical of some of the finest European churches. The exterior of the building features the flying buttresses, and four gargoyles guard the main entrance on the north facade. Docent led tour. Followed by lunch on your own at the **Huron Room**. Fee: \$24*

Monet & Church - DIA

Thursday, January 18 (DAY03-A1801) 10:00 AM – 3:00 PM

Two artistic adventures -- Monet: Framing Life and Church: A Painter's Pilgrimage. Travel to distinct places and time in history to experience the world as these two artists did. Cookie reception. Lunch on your own at **Maccabees Traders**. Fee: \$28

The Nashville Songbook DSO

Friday, January 19 (DAY04-A1801) 9:30 AM – 3:30 PM

With her stunning voice and charismatic stage presence, acclaimed entertainer Mandy Barnett and her band revisit the greatest country and pop standards to come out of Music City. The celebrated star of *Always: Patsy Cline*, Mandy pays tribute to the song that made Nashville famous. Followed by lunch on your own at **Parc**. Fee: \$70*

The Lace Museum – Northville

Tuesday, January 23 (DAY05-A1801) 11:00 AM – 2:45 PM

The museum mirrors a Paris lace shop during the mid-1800s. The interior offers high ceilings, antique glass chandeliers, pillars from an 1850 Detroit home, and a salon-style layout with seating options for attendees. Exhibits feature sewing machines from pre-Industrial Revolution to around 1880 to 1900, hand-made lace and fashion from Central Europe, Ireland, England, and the United States. Docent led tour. Followed by lunch on your own at **Lucy and the Wolf**. Fee: \$20*

Nana's Naughty Knickers – Meadowbrook

Wednesday, January 24 (DAY06-A1801) 11:00 AM – 4:30 PM

Bridget and her Grandmother are soon to be roommates, however, what Bridget saw as a unique opportunity to stay with her favorite Nana in New York for the summer quickly turns into an experience she'll never forget. It seems her sweet Grandma is running an illegal boutique from her apartment, selling hand-made naughty knickers to every senior citizen in the five borough area. Begin with lunch on your own at **Patti Finnigans**. Fee: \$43*

North American International Auto Show

Thursday, January 25, (DAY07-A1801) 9:45 AM – 3:30 PM

Experience an automotive event unlike any other. See up-close the vehicles and technologies that will shape the future automotive landscape. Purchase your ticket at the door. Lunch on your own at **Dakota Inn Rathskellars**. Fee: \$20*

Michigan Firehouse Museum - Ypsilanti

Tuesday, January 30 (DAY08-A1801) 9:45 AM – 2:00 PM
Visitors can view an original 1898 firehouse, a modern, multilevel exhibit display area with a fire engine steamer replete and horses ready to go on their way to a fire. Antique fire trucks and early fire rigs, multiple displays of historic artifacts and the largest collection of fire truck bells in the country. Docent led tour. Followed by lunch on your own at **Haab's**. **Fee: \$25***

St. Albertus Church

Wednesday, February 7 (DAY09-A1801) 10:30 AM – 2:15 PM
Founded in 1872, St. Albertus was the first parish established in Detroit to serve a surge of Polish Catholic immigrants. The church itself closed several years ago but remains in occasional use because a group of volunteers owns and maintains it as a historical site. St. Albertus is considered the "mother church" for the region's Polish Catholics. Docent led tour. Followed by lunch on your own at **Keakus Restaurant**. **Fee: \$25**

Daphnis and Chloe DSO

Friday, February 9 (DAY10-A1801) 9:30 AM – 3:30 PM
Leonard Slatkin, conductor – Jean-Efflam Bavouzet, piano. Ravel, Alborada del Gracioso, Piano Concerto in G, Daphnis et Chloe Suite No. 2, Pavane for a Dead Princess and Piano Concerto for the Left Hand. Followed by lunch on your own at **Joe Muers**. **Fee: \$54***

Adventures in Dining – The Hill Seafood & Chop House

Tuesday, February 13 (DAY11-A1801) 11:30 AM – 3:00 PM
The Hill Seafood and Chop House an award winning restaurant located among the boutiques on the The Hill in Grosse Pointe Farms, continues to serve the finest cuisine in Southeast Michigan. Lunch on your own. **Fee: \$15***

Andy Warhol Exhibit – Broad Museum

Thursday, February 15 (DAY12-A1801) 9:30 AM – 4:00 PM
Andy Warhol is considered one of the most important figures in postwar art and has had an impact on almost every aspect of the art world. He, along with other pop artists like Roy Lichtenstein and James Rosenquist, brought the imagery and techniques of mass commercialism into fine arts and broke up the stylistic hegemony of abstract expressionist painting in the 1960s. Warhol focused on photography, silkscreen printing, and cinema to push his avant-garde imperatives. Alongside his art, Warhol's persona and individual celebrity led to a contemporary status unlike any other artist. Begin with lunch on your own at **State Room**. **Fee: \$25***

An American in Paris DSO

Friday, February 16 (DAY13-A1801) 9:30 AM - 3:30 PM
Leonard Slatkin, conductor. Michelle and Christina Naughton, piano. Milhaud, Suite française, Poulenc Concerto for Two Pianos and Orchestra. Milhaud, A Frenchman in New York. Gershwin, An American in Paris. Followed by lunch on your own at **Market North End**. **Fee: \$54***

High Tea at the Whitney

Thursday, February 22 (DAY14-A1801) 12:30 PM – 4:15 PM
Tea service at **The Whitney** transforms you to a time when mid-day was meant for relaxing. Put on a beautiful hat, leave your cares behind and enjoy the lifestyle over tea, scones, a soup and salad duet, finger sandwiches and pastries. Trip offered in partnership with Birmingham Next. **Fee: \$60***

Tenderly: Rosemary Clooney Musical – Meadowbrook

Wednesday, February 28 (DAY15-A1801) 11:20 AM – 4:30 PM
Rosemary's journey starts with her Kentucky childhood and follows her rise to Hollywood stardom. With her signature songs woven in and out, we learn both the story of her successes as well as her struggles. Begin with lunch on your own at **Romano's Macaroni Grill**. **Fee: \$43***

Cirque Eloize Saloon – Macomb Center

Thursday, March 1 (DAY16-A1801) 4:30 PM – 10:30 PM
Inspired by the legacy of the Wild West, this acrobatic comedy thrills with infectious energy, incredible physical feats, an exuberant country and folk music. Featuring the music of Johnny Cash, Patsy Cline, and more, swing open the Saloon door and lasso some fun. Begin with dinner on your own at **Testa Barra Restaurant**. **Fee: \$59***



Classical Roots DSO

Friday, March 2 (DAY17-A1801) 9:30 AM – 3:30 PM
Joseph Young, conductor. Celebrating African-American contributions to Classical music. Followed by lunch on your own at **La Dolce Vita**. **Fee: \$54***

Adventures in Dining – The Wooden Spoon

Tuesday, March 6 (DAY18-A1801) 12:00 - 3:00 PM
Creating exciting bold-flavored, chef-crafted dishes by and for the people that they share the community with, is what they strive to do in Brighton. Inspired by distinctive, local flavors that are fresh and original. Dining out is more than just eating, it's a place where you can find comfort in your favorite dishes, or indulge in something totally new. Lunch on your own. **Fee: \$19***

Blockbuster Broadway – DSO

Friday, March 9 (DAY19-A1801) 9:30 AM – 3:30 PM
You'll find musical hits behind every Broadway blockbuster. An acclaimed cast of Broadway artists perform show-stopping songs you love from the great musicals, including Wicked, The Phantom of the Opera, Les Miserable, and the Lion King. It's the ultimate show-tune extravaganza! Followed by lunch on your own at **Mad Hatter Bistro**. **Fee: \$70***

Tour Christ Church Cranbrook

Thursday, March 15 (DAY20-A1801) 9:40 AM – 1:15 PM

A reflection of the artistic spirit and inspiration which characterized the lives of George and Ellen Booth. Consecrated on September 29, 1928, the church is rich in architectural detail. It includes work by woodcarver John Kirchmayer, silversmith Arthur Nevill, stained glass designs by G. Owen Bonawit, sculptures of the "Dawn Men" on the exterior buttresses by Lee Lawrie, and a fresco by Katherine McEwen. Docent led tour. Followed by lunch on your own at **John's Café**. **Fee: \$19***

Tour Monroe County Historical Museum

Tuesday, March 20 (DAY21-A1801) 10:00 AM – 2:45 PM

The Collections Division is responsible for the access, care, and exhibition of the museum's documents and objects. It also operates the museum's Research Room which houses over 1,000 linear feet of archival and manuscript materials including maps, family papers, obituaries, cemetery items, documents, photographs, and genealogy relating to Monroe County. Elevator available. Docent led tour. Followed by lunch on your own at **Dolce Vita Italian Grille**. **Fee: \$22***

Beethoven's Seventh DSO

Friday, March 23 (DAY22-A1801) 9:30 AM – 3:30 PM

Jukka-Pekka Saraste, conductor. Augustin Hadilick, violin. Britten Violin Concerto, Beethoven, Symphony No. 7. Followed by lunch on your own at **220 Merrill**. **Fee: \$54***

Cabaret – Macomb Center

Saturday, March 24 (DAY23-A1801) 11:00 AM – 5:00 PM

Welcome to the infamous Kit Kat Klub, where the emcee, Sally Bowles, and a raucous ensemble take the stage nightly to tantalize the crowd. But as life in pre WWII Germany grows more and more uncertain, will the decadent allure of Berlin nightlife be enough to get them through these dangerous times? Come hear some of the most memorable songs in theatre history, including "Cabaret," "Willkommen" and "Maybe This Time." This is a Broadway production. Begin with lunch on your own at **Sajo's Restaurant**. **Fee: \$59***

Thank You for Your Donations* ...

Robert Scheible, Sally Stemmer, Mary Louise Rynski, Stephen Eskoff, Elizabeth Ilku, Nancy Trowl, Tiziana Canducci-Bailey, Marilyn Sarkesian, Mary Shelly, Joyce Bockemuehl, Robert Leland Jr., Jerry Craig, Josefine Wagner, Tina Herzberg, Pamela Hoffman, Marilyn Jane Foundation, Alan Huberty, Marcia Mahood, Lakeshore at Wabeek, AAUW Birmingham Branch, Cedarbrook Senior Living, Dorothy Pequinot

* 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.

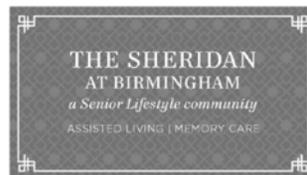
Gifts/Gratuities Policy

Senior Center staff may not accept any gifts or gratuities from residents, customers or the public. The highest level of customer service is expected from all staff and we regularly strive to meet this standard. We ask that if someone is so inclined, they donate to support the Home Delivered Meals, Adult Day Service or to a local charity in our name.

Special thanks to our Fall 2017 sponsors:

- | | |
|----------------------|----------------------------|
| AmeriStaff | Samaritas Senior Living |
| Alliance Senior Care | Woodward Hills |
| SameAddress | Sun Medical |
| Oakmont Rochester | Baldwin House |
| First & Main | Cedarbrook Senior Living |
| Instacart | Neil King Physical Therapy |
| Sanctum Medical | Sunrise Senior Living |

Special thanks to our Winter 2017/2018 sponsors:



BALDWIN HOUSE

Woodward Hills

A **Beaumont** Affiliated Health & Rehabilitation Center



first&main.

WHERE SENIOR LIFE HAPPENS



Complimentary & Friendship Club Charity** Classes*
 (* 50+ Township Residents only, max of 6)
 (** \$5 nonrefundable donation, open to ALL 50+)

Fitness Week

January 2 - January 6

<u>TUESDAY 1/2</u>	<u>WEDNESDAY 1/3</u>	<u>THURSDAY 1/4</u>	<u>FRIDAY 1/5</u>	<u>SATURDAY 1/6</u>
Yoga Focus – Back & Breath 8:30-9:30 am (CRB) (TRYIT18-01)	Stretch Break 7:45-8:15 a.m. (TRYIT18-15)	Cardio, Core, Conditioning** 9:00-10:00 a.m. (TRYIT18-29)	Zumba® 7:45-8:45 a.m. (TRYIT18-39)	Yoga for Well-being 8:30-9:30 a.m. (TRYIT18-47)
Cardio, Core, Conditioning** 9:00-10:00 a.m. (TRYIT18-02)	Strength & Balance Level 2 8:30-9:30 a.m. (TRYIT18-16)	Gentle Moves Yoga** 10:15-11:15 a.m. (TRYIT18-30)	Strength & Balance Level 2** 9:00-10:00 a.m. (TRYIT18-40)	Zumba® 10:00-10:45 a.m. (TRYIT18-48)
Gentle Moves Yoga 2 10:15-11:15 a.m. (TRYIT18-03)	Tai Chi-Beginners 9:40-10:15 a.m. (TRYIT18-17)	Drums Alive 11:30 a.m.-12:15 p.m. (TRYIT18-31)	Mat Pilates & Balance 10:15-11:15 a.m. (TRYIT18-41)	Mat Pilates 11:00-11:45 a.m. (TRYIT18-49)
Gentle Moves Yoga 11:30 a.m.-12:30 p.m. (TRYIT18-04)	Triathlon Info Meeting 10:00-11:00 a.m. (TRYIT18-18A) or 5:00-6:00 p.m. (TRYIT18-18B)	Moving Thru-Dance & Parkinson's 1:45-2:30 p.m. (TRYIT18-32)	Yoga for Well-Being 11:30 a.m.-12:30 p.m. (TRYIT18-42)	AQUA H2O Bootcamp 9:00-10:00 a.m. (TRYIT18-50)
Golf Conditioning 1:45-2:30 p.m. (TRYIT18-05)	Chair Yoga** 11:30 a.m.-12:15 p.m. (TRYIT18-19)	Pilates, Strength & Balance 5:00-6:00 p.m. (TRYIT18-33)	Small Group Personal Training (Presentation Only) 1:00-1:45 p.m. (TRYIT18-43)	
Small Group Personal Training (Presentation Only) 2:45-3:30 p.m. (TRYIT18-06)	Barre Balance** 12:45-1:30 p.m. (TRYIT18-20)	AQUA Aqua Fit & Strong (NEW) 8:00-8:45 a.m. (TRYIT18-34A) 3:00-3:45 p.m. (TRYIT18-34B)	Stretch Break 4:15-4:45 pm (TRYIT18-44)	
ZS3-Zone Stretch & Strengthen 5:30-6:20 p.m. (TRYIT18-07)	Small Group Personal Training (Presentation Only) 2:00-2:45 p.m. (TRYIT18-21)	Aqua Cardio Core 9:30-10:30 a.m. (TRYIT18-35)	AQUA Pool Party** 9:30-10:30 a.m. (TRYIT18-45)	
Cardio Stretch Blast (NEW) 6:30-7:30 p.m. (TRYIT18-08)	HIIT Bursts (NEW) 3:15-4:00 p.m. (TRYIT18-22)	H2O Gentle Joints 11:00 a.m.-12:00 p.m. (TRYIT18-36)	H2O HIIT 11:00 a.m.-12:00 p.m. (TRYIT18-46)	
AQUA Aqua Resistance Training 8:00-9:00 a.m. (TRYIT18-09)	Zumba® 5:30-6:15 p.m. (TRYIT18-23)	Aqua Power Aerobics 4:45-5:45 p.m. (TRYIT18-37)		
Aqua Endurance, Core & Balance 9:30-10:30 a.m. (TRYIT18-10)	Gentle Flow Yoga (NEW) 6:30-7:30 p.m. (TRYIT18-24)	Aqua Power Aerobics 6:00-7:00 p.m. (TRYIT18-38)		
Poolates Party 11:00 a.m.-12:00 p.m. (TRYIT18-11)	AQUA Fluid Moves 9:30-10:30 a.m. (TRYIT18-25)			
TRI Training Sampler 3:00-4:00 p.m. (TRYIT18-12)	Aqua Yoga Flow 11:00 a.m.-12:00 p.m. (TRYIT18-26)			
Aquacise (NEW) 4:30-5:15 p.m. (TRYIT18-13)	Water Walking Workout 2:30-3:15 p.m. (TRYIT18-27)			
Aqua Burn (NEW) 5:30-6:15 p.m. (TRYIT18-14)	Aqua Fit & Strong (NEW) 4:00-4:45 p.m. (TRYIT18-28)			

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

Sponsored by:

Woodward Hills

A **Beaumont** Affiliated
Health & Rehabilitation Center



Second Annual Indoor Triathlon!

Register early for discounted fee! Last year sold out!

See page 8 for details and sign-up information.



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 2017-18

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“Meals on Wheels”

TREE OF LIFE

(FUN05-D1710)

Approximately 8,000 meals are provided to seniors in the community who are frail and/or homebound individuals. Make this holiday season special by sponsoring meals for seniors who are in need.

Purchase a sponsor card for \$8 a meal and decorate our “Tree of Life”. Donation cards are available at the Senior Center.

Thank you for your support.

TAX ASSISTANCE

AARP Tax – Aide volunteers will provide free tax assistance by appointment at the Bloomfield Township Public Library.

February 19-20, March 12-13, March 26-27

Appointment required please call West Bloomfield Parks & Recreation
248-451-1900.

Caregivers’ Forum

2nd Monday of Month 2:00 – 3:30 PM

Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Respite care is included for current members of the *Friendship Club*. Sponsored by Alzheimer’s Association. To register, call 248-723-3530.

Younger Onset Caregivers

3rd Wednesday of Month 5:30 – 7:00 PM

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

Medicare Coverage & Prescription Drug Plans Counseling

(SVC14-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents regarding Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor. **Fridays 12 - 4 PM**

December 16, January 19 & February 16,

Medicare Basics 101

(EDU56-A1801)

Informative presentation by AAA 1-B certified representative, Diana Wise. If you are new to Medicare or approaching 65, this is a must attend! BT Residents. Registration required.

January 9, 12:30 - 2:00 pm



MINOR HOME REPAIR

Community Development Block Grant funds are available to assist low income, aged 60+ Bloomfield Township seniors with minor home repair. Income guidelines:

<u># in Household</u>	<u>Max. Household Income</u>
1	\$38,450
2	\$43,950

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

Holiday Candy Collection

Share the holidays with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before December 19th. Join us December 19 at 1:30 PM to pack for distribution. Call Denise (248-723-3500) if you are available to help.

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 through SMART funding. Application and eligibility for program required.

≈ Volunteer Driver Transportation

Volunteer drivers provide transportation to local medical appointments for 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

Low Vision Support Group

Please join our group leader, Anjel Yessayan, for an informal monthly gathering. Learn about the latest helpful advances in technology. Opportunities to share ideas, feelings and solutions to assist with daily challenges.

Pre-registration required for this limited space program. BT residents only. No charge. Transportation to the Senior Center is available. Please contact Denise (248-723-3500) for information.

3rd Wednesday 2 - 3:30 PM
February 21, March 21, April 18

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 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 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 (Regular or Plus)
- 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.



Blood Pressure Checks

Certified volunteers, led by Irene Grady, RN, are available on the 3rd Wednesday of each month from 11 AM - 12:30 PM.

December 20, January 17, February 21, March 21

Loan Closet Available

A loan closet of wheelchairs, walkers, canes and shower benches is available free for short term use by Bloomfield Twp. residents. Please call Center (248-723-3500) to confirm availability of item before picking up.

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and shower chairs. Due to storage limitations, please call Center prior to bringing in item(s).

Community Resources

Legal Questions and Assistance

Lakeshore Legal Aid offers free consultations through the Council & Advocacy Law Line at (888) 783-8190. Also seek free advice on the *Legal Hotline for Michigan Seniors* at (800) 347-5297.

Oakland County Dental Program

Program serves the basic dental needs of low-income OC residents who lack dental insurance. Not insurance plan. Call (248) 858-1306 or toll free (888) 350-0900 ext. 81306.

Financial Help For Adults 60+

Help for seniors and caregivers struggling to make ends meet through the Legal Hotline for Michigan Seniors Benefits Enrollment Center. Call (800) 347-5297 for help finding programs and services they can apply for that could ease their financial situation.

Knox Box Safety Program

The Bloomfield Township Fire Department offers a new initiative to enhance resident safety. Mounted outdoors, the Knox Box gives the Fire Dept. quick access to a home in an emergency or when the homeowner is not home.

The cost of the Knox Box and installation are paid by the homeowner. For more information, call the Bloomfield Township Fire Dept. at 248-433-7745.

When in doubt, call us out

The Bloomfield Township Fire Department is often asked "what do I do if I need help but it's not a "real" emergency?"

The answer is: when in doubt, call us out.

The non-emergency Fire Department number is 248-433-7745 or dial 9-1-1 and the dispatcher will assist you.

VOLUNTEERING



Volunteering is important to long and healthful lives.

VOLUNTEER REQUIREMENTS

Volunteer applicants must be at least 18 years of age, a Bloomfield Township resident and agree to complete/submit a volunteer application and background check form. Forms are available at the main level reception desk or online at:

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

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

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Kerstin Baumann * Susan Bellefleur * Molly Beresford * Leroy Bliven * Don & Camile Breen * Reg Campbell * Su Chuang * Cindy Clement * Jerry Craig * Emily Day * Judy Dennis * Judy Dixon * Mike Dunigan * John Feeny * Ed Francis * Judy Geppert * Mona Gibson * Barbara Glotzhofer * Carol Goldstein * Nancy Haddad * Lorna Hall * Rob Heeren * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Jean Ivory * Pat Jacoby * Janet & John Kaczmarek * Lisa Kraus * Linda Lin * Marcie Lloyd * Anders Lundberg * Darcy MacKenzie * Doug & Joan Mann * Frank Maple * 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 * Chuck Pokriefka * Curtis Pope * Marie Pryce * Rita Ravikrishnan * Kathy Reese * Renate Reimer * Tom Richard * Fulvio Romano * Krishna & Ranjit Roy * Janet & Peter Russell * Gerald Schmidt * Karen Sharp * Theresa & Mike Shea * Mary Shepline * Tom Storen * Connie Szymczak * Steven Unruh * Bruce Updyke * Patricia Wagner * Lynn & Corey Wert * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar

Thank you volunteers! 1500 + Hours in July-September

Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & 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 * Ed Coe * 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 * Judy Geppert * Klaren Gerhart * Mona Gibson * Barbara Glotzhofer * Carol Goldstein * Irene Grady * Sangeeta Grewal * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Dan Hess * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Grace Keane * Connie Kenty * Young Kim * Tony Klemmer * Sunny Kohli * Rowena Kolde * Lisa Kraus * Patricia Kubik * Elaine Lamb * Marge Lazarou * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Anita LinetJo Lincoln * Jill Lopez * Gail MacInnes * Liz Mahoney * Gretchen Mako * Michael Martin * Vani Manyam * Janet Mathews * Catherine Matti * Martha McGee * Alice & Frank McIntyre * Gerald McKelvey * Donald Meier * Violet Mercado * Judy Michau * Karen Miller * Pat Miller * David Mitchell * Richard Moxley * Chris Muir * Vara Navaluri * Joan Nedeljovic * Lucille Noraian * Jo Nott * Karen Oulette * Lois Page * Kay Patel * Ralph Pedersen * Mike Peters * Arlene Pinkos * Deanna Ralston * Rama Reddy * Judy Reichelt * Renate Reimer * Tom Richard * Dawn Roth * Trish Saulnier * Pat Schleif * Kathy Schultz * Reenie Shannon * Theresa & Mike Shea * Mary Shelly * Judy Simony * Francisca Soliven * Judy Stahl * Bernard Stuecheli * Teresa Sun * Marcia Suszan * Nancy Tanke * Valerie Timmis * Linda Tithill * Steven Unruh * 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

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 Social Model ADS?

Adult day service is a unique opportunity for older adults experiencing dementia. Social model ADS provides non-medical supervision in a safe and engaging setting to those living in their homes who do not need 24-hour care*. The service allows them to remain connected to their community and engage in meaningful friendships.

Adult Day Service also provides family caregivers respite and compassionate staff create a partnership in care. Caring encouragement from a well trained staff go hand in hand with the welcoming camaraderie between club members.

* Medical model ADS has medical professionals on staff and offers care to those with higher levels of need. Friendship Club is not a medical model ADS.



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:

- ♦ Coordination of the participants' care plan
- ♦ Monthly caregiver support meetings
- ♦ Supportive counseling for participants and family members



Admission and Enrollment

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

Transportation options may be added with enrollment if staffing capacity is available.

Activities Programming

We provide therapeutic activities and structured socialization to meet the strengths and needs of people with dementia. A diverse selection of activities include: creative arts and crafts, board and card games, baking, gardening, reminiscence therapy, pet visits, exercise programs and group discussions. Music providers visit several times a week.

Nutrition includes 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.



Eligibility Criteria

Adult Day Service is not a guaranteed service and the enrollment process includes consideration of the person's abilities and needs in light of our abilities to maintain our therapeutic setting. The program may enroll people 50 years of age or older who are living with dementia, which has been diagnosed by a physician. The person would benefit from a structured activities program, based on the assessment by our BTSS Social Worker and a Health Screening Summary completed by their physician. The 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.