



Bloomfield Township Senior Services



Serving 50+ Adults – Fall 2017

248-723-3500

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

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Health Fair & Flu Shot Clinic

Thursday, October 19
9 AM – 2 PM

- ◆ Blood Pressure Check
- ◆ Blood Sugar
- ◆ Cholesterol
- ◆ Body Mass Index
- ◆ Hearing
- ◆ Health Info

Limited flu shots available to Township Residents ages 50+ years. Shots FREE for seniors 65+ w/ Medicare B. All others \$25.

Appointments required. Register by phone or at BTSS beginning September 21 at 9 a.m.

Bring proof of residency & Medicare Card.
Questions – Call 248-723-3500

Sponsored by:



**ST. JOSEPH MERCY
OAKLAND**

SAINT JOSEPH MERCY HEALTH SYSTEM



Leave the Driving to Us!

Our exciting array of day trips has just gotten better! Enjoy the comfort of our new 28-seat coach. Avoid the stress and fuss; leave the planning and driving to us. See pages 13-15.

Active Compassion 5K Walk



Saturday, Sept. 23
9 – 11:30 AM
(FIT159-C1701)

This family-friendly event is a great way to show support for “Meals on Wheels” and Friendship Club adult day service. Your donation or participation will support families caring for their loved ones with dementia and your elderly neighbors who rely on a hot meal delivered by kind volunteers to preserve their independence at home. **What would it be like to “walk in their shoes” for a day?**

Grab your own shoes to walk in this all ages, all abilities morning of active compassion! *Sponsored by American House, SameAddress and Oakmont, Rochester.* Preregistration and payment required for those 12 and up.

Fee: Res/Non Res 12+

Early bird \$15 thru 9/1
\$25 after 9/1

Register by 9/14 for a t-shirt

Bloomfield Township Senior Services
4315 Andover Road
Bloomfield Township, MI 48302-2091

Christine's Comments...



Join us on Saturday September 23rd for a **5K Walk** around the Township campus. This family-friendly event is a great way to show support for Senior Services and raise funds for "Meals on Wheels" and Friendship Club adult day service. Your donation or participation will support families caring for their loved ones with dementia and your elderly neighbors who rely on a hot meal delivered by kind volunteers to preserve their independence at home. *What would it be like to "walk in their shoes" for a day?*

Grab your own shoes to walk in this all ages, all abilities morning of active compassion!

Registration details can be found on the newsletter cover.

Wishing you peace and good health,

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500

**Caring and support
one meal; one hour at a time...**

In 2016, BTSS delivered 7,200 meals and provided 9,000 hours of dementia respite care.



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

Thank You for Your Donations*...

Harry Glanz, Andrew & Lynne Cowlshaw, Jeffrey Kirstein, Rhea Zako, Allen & Phyllis Gantman, James & Maureen Watts, Therese Barber, Douglas Kahan, Alan Dorsey, Jeffrey & Monica Lasser, Dennis Jackson, David Howe, Mary Jane Zako, Eleanor Siewert, Jennifer Zako, Michael & Cynthia Stone, David Rothenberg, Arlene Pinkos, Jennie Lenzi, Mary Beth Garber, Katz Media Group, Miriam Cohen, Mary Stroup, Pamela Grozdon, Sally Stemmer, Josefine Wagner, Lillian & Robert Hoy, Aftab Farooq, Cindy Herzberg

* 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 and instructors 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.

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 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:

Saturday, September 2 & Monday, September 4
Thursday, November 23 & Friday, November 24

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 Policies

- Registration only for confirmed BT profiles now through 8/17; nonresidents and prorated registrations begin 8/18.
- 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.
Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

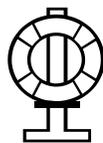
Knowing and understanding there are certain risks involved in your voluntary decision to participate in these activities, we recommend that you consult your doctor before starting any exercise program.

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.

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>

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

Sept 14 – Oct 12 (FIT118-C1702) 5 classes/\$35*

Oct 19 – Nov 16 (FIT118-D1701) 5 classes/\$35*

Aqua Cardio Party

Maggie Barclay

30-40 minutes of cardio, including aerobics, HIIT, circuit, boxing, and dance including Aqua Zumba®! 20-30 minutes of core training with noodles, buoys and other equipment.

Tuesday 3 – 4 PM

Sept 12 – Oct 17 (FIT131-C1703) 6 classes/\$42*

Oct 24 – Nov 21 (FIT131-D1701) 5 classes/\$35*

Thursday 3 – 4 PM

Sept 14 – Oct 19 (FIT131-C1704) 6 classes/\$42*

Oct 26 – Nov 16 (FIT131-D1702) 4 classes/\$28*

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

Sept 12 – Oct 10 (FIT133-C1701) 5 classes/\$30*

Oct 17 – Nov 21 (FIT133-D1701) 6 classes/\$36*

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

Sept 12 – Oct 10 (FIT146-C1702) 5 classes/\$30*

Oct 17 – Nov 21 (FIT146-D1701) 6 classes/\$36*

Aqua Yoga Flow

Kathy Housey

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

Monday 11 AM – 12 PM

Sept 11 – Oct 16 (FIT114-C1702) 6 classes/\$48*

Oct 23 – Nov 20 (FIT114-D1701) 5 classes/\$40*

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

Sept 13 – Oct 18 (FIT96-C1705) 6 classes/\$48*

Oct 25 – Nov 22 (FIT96-D1701) 5 classes/\$40*

Friday 9:30 – 10:30 AM

Sept 15 – Oct 20 (FIT96-C1706) 6 classes/\$48*

Oct 27 – Nov 17 (FIT96-D1702) 4 classes/\$32*

Aqua Power Aerobics Level 1

Annie Chi

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

Tuesday 4:45 – 5:45 PM

Sept 12 – Sept 26 (FIT27a-C1705) 3 classes/\$24*

Oct 3 – Oct 31 (FIT27a-D1701) 5 classes/\$40*

Nov 7 – Nov 21 (FIT27a-D1703) 3 classes/\$24*

Thursday 4:45 – 5:45 PM

Sept 14 – Sept 28 (FIT27a-C1706) 3 classes/\$24*

Oct 5 – Oct 26 (FIT27a-D1702) 4 classes/\$32*

Nov 2 – Nov 16 (FIT27a-D1704) 3 classes/\$24*

Aqua Power Aerobics Level 2

Annie Chi

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

Tuesday 6 – 7 PM

Sept 12 – Sep 26 (FIT27b-C1701) 3 classes/\$24*

Oct 3 – Oct 24 (FIT27b-D1701) (No class 10/31) 4 classes/\$32*

Nov 7 – Nov 21 (FIT27b-D1703) 3 classes/\$24*

Thursday 6 – 7 PM

Sept 14 – Sep 28 (FIT27b-C1702) 3 classes/\$24*

Oct 5 – Oct 26 (FIT27b-D1702) 4 classes/\$32*

Nov 2 – Nov 16 (FIT27b-D1704) 3 classes/\$24*

Fluid Moves

Kathy Housey

Moderate level aerobics class using equipment to raise heart rate & increase circulation. Yoga style stretches improve balance, strength & coordination. End with a relaxing float.

Wednesday 11 AM – 12 PM

Sept 13 – Oct 18 (FIT86-C1703) 6 classes/\$48*

Oct 25 – Nov 22 (FIT86-D1701) 5 classes/\$40*

Saturday 10:30 – 11:30 AM

Sept 9 – Oct 14 (FIT86-C1704) 6 classes/\$48*

Oct 21 – Nov 18 (FIT86-D1702) 5 classes/\$40*

H₂O Boot Camp

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

Saturday

Sept 16 – Sept 30 (FIT32-C1703)

Oct 7 – Oct 28 (FIT32-D1701)

Nov 4 – Nov 25 (FIT32-D1702)

Annie Chi

9 – 10 AM

3 classes/\$24*

4 classes/\$32*

4 classes/\$32*

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

Sept 14 – Oct 12 (FIT148-C1702)

Oct 19 – Nov 16 (FIT148-D1701)

Lisa Chavis

11 AM – 12 PM

5 classes/\$35*

5 classes/\$35*

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

Sept 15 – Oct 13 (FIT128-C1702)

Oct 20 – Nov 17 (FIT128-D1701)

Lisa Chavis

11 AM – 12 PM

5 classes/\$35*

5 classes/\$35*

Hydro Force

Sports and strength training mixed with cardio for a splashing good time! Get your heart rate up with fun drills!

Thursday

Sept 14 – Oct 12 (FIT157-C1702)

Oct 19 – Nov 16 (FIT157-D1701)

Lisa Chavis

8 – 9 AM

5 classes/\$35*

5 classes/\$35*

Poolates Party

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

Tuesday

Sept 12 – Oct 10 (FIT161-C1702)

Oct 17 – Nov 21 (FIT161-D1701)

Lisa Chavis

11 AM - 12 PM

5 classes/\$35*

6 classes/\$42*

Ultimate H2O

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

Monday

Sept 11 – Oct 9 (FIT95-C1702)

Oct 16 – Nov 20 (FIT95-D1701)

Lisa Chavis

9:30 - 10:30 AM

5 classes/\$35*

6 classes/\$42*

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

Sept 11 – Oct 9 (FIT99-C1703)

Oct 16 – Nov 20 (FIT99-D1701)

2:30 - 3:15 PM

5 classes/\$30*

6 classes/\$36*

Wednesday - Level 2

Sept 13 – Oct 11 (FIT99-C1704)

Oct 18 – Nov 22 (FIT99-D1702)

2:30 - 3:15 PM

5 classes/\$30*

6 classes/\$36*

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)

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

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

THANK YOU!

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

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

Sept 12 – Nov 21 (FIT109-C1703)

Sept 14 – Nov 16 (FIT109-C1704)

Dondra Elie

9 – 10 AM

11 classes/\$66*

Thursday

9 – 10 AM

10 classes/\$60*

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

Sept 11 – Oct 16 (FIT119-C1702)

Oct 23 – Nov 20 (FIT119-D1701)

Maggie Barclay

9 – 10 AM

6 classes/\$36*

5 classes/\$30*

Cardio, Strength & Balance Level 1

See full description on page 6 under STRENGTH.

Rhonda Jean

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

Sept 11 – Oct 16 (FIT137-C1703)

6 classes/\$36*

Oct 23 – Nov 20 (FIT137-D1701)

5 classes/\$30*

Creative Cross Training

Lisa Chavis

Avoid workout plateaus by cross training! Unlimited classes taught by Lisa Chavis. Includes: Ultimate H2O, Take A Seat, Strength & Balance 2, Poolates Party, HydroForce, H2O Gentle Joints, Aqua Cardio Core & H2O HIIT, ZS3 - Zone, Stretch and Strengthen. *BT Residency required.*

M/T/W/TH/F

Times Vary

Sept 11 – Oct 13 (FIT77-C1702)

45 Sessions/\$100

Oct 16 – Nov 22 (FIT77-D1701)

48 Sessions/\$108

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.

Thursday

11:30 AM – 12:15 PM

Sept 14 – Oct 19 (FIT47-C1702)

6 classes/\$42*

Oct 26 – Nov 16 (FIT47-D1701)

4 classes/\$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

Sept 11 – Oct 16 (FIT78-C1704)

6 classes/\$36*

Oct 23 – Nov 20 (FIT78-D1701)

5 classes/\$30*

Wednesday (Mari Ann Pace)

5:30 – 6:15 PM

Sept 13 – Oct 18 (FIT78-C1705)

6 classes/\$36*

Oct 25 – Nov 15 (FIT78-D1702)

4 classes/\$24*

Friday (Maggie Barclay)

7:45 – 8:45 AM

Sept 15 – Oct 20 (FIT78-C1706)

6 classes/\$36*

Oct 27 – Nov 17 (FIT78-D1703)

4 classes/\$24*

Saturday (Karen Ockner) *NEW DAY!*

10 - 10:45 AM

Sept 16 – Oct 21 (FIT78-C1707) No class 9/30

5 classes/\$30*

Oct 28 – Nov 18 (FIT78-D1704)

4 classes/\$24*

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 AM – 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

Small Group Personal Training (SGPT)

New to working out or at a workout/weight loss plateau? SGPT could improve your results! Personalized attention within a group may help you reach health & fitness goals! Limited class size.

Does not include fitness equipment.

Monday (Lauren Olesiak)

2 - 3 PM

Sept 11 – Oct 16 (FIT103-C1706)

6 classes/\$90*

Oct 23 – Nov 20 (FIT103-D1701)

5 classes/\$75*

Tuesday (Maggie Barclay)

7:30 – 8:30 AM

Sept 12 – Oct 17 (FIT103-C1707)

6 classes/\$90*

Oct 24 – Nov 21 (FIT103-D1702)

5 classes/\$75*

Wednesday (Lola Faleix)

2 - 3 PM

Sept 13 – Oct 18 (FIT103-C1708)

6 classes/\$90*

Oct 25 – Nov 22 (FIT103-D1703)

5 classes/\$75*

Thursday (Maggie Barclay)

7:30 – 8:30 AM

Sept 14 – Oct 19 (FIT103-C1709)

6 classes/\$90*

Oct 26 – Nov 16 (FIT103-D1704)

4 classes/\$60*

Friday (Lola Faleix)

1 - 2 PM

Sept 15 – Oct 13 (FIT103-C1710)

5 classes/\$75*

Oct 20 – Nov 17 (FIT103-D1705)

5 classes/\$75*

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.*

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

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

Sept 11 – Oct 9 (FIT56-C1704)

5 classes/\$30*

Oct 16 – Nov 20 (FIT56-D1702)

6 classes/\$36*

Wednesday (Karen Lutz)

11:30 AM – 12:30 PM

Sept 13 – Sept 27 (FIT56-C1705)

3 classes/\$18*

Oct 4 – Oct 25 (FIT56-D1701)

4 classes/\$24*

Nov 1 – Nov 22 (FIT56-D1703)

4 classes/\$24*

Take a Seat!

Lisa Chavis

Gentle cardio, core and more, all while seated! Strengthen your muscles, gain flexibility and work through range of motion. Wear comfortable clothing and bring a water bottle.

Tuesday

1:45 - 2:30 PM

Sept 12 – Oct 10 (FIT151-C1702)

5 classes/\$30*

5 Oct 17 – Nov 21 (FIT151-D1701)

6 classes/\$36*

STRENGTH

Barre Balance

Donna Tomassi

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

Monday

12:45 – 1:30 PM

Sept 11 – Oct 9 (FIT101-C1703)

5 classes/\$30*

Oct 16 – Nov 20 (FIT101-D1701)

6 classes/\$36*

Wednesday

12:45 – 1:30 PM

Sept 13 – Oct 11 (FIT101-C1704)

5 classes/\$30*

Oct 18 – Nov 22 (FIT101-D1702)

6 classes/\$36*

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

Sept 12 – Oct 17 (FIT136-C1705)

6 classes/\$36*

Oct 24 – Nov 21 (FIT136-D1701)

5 classes/\$30*

Thursday

12:45 – 1:30 PM

Sept 14 – Oct 19 (FIT136-C1706)

6 classes/\$36*

Oct 26 – Nov 16 (FIT136-D1702)

4 classes/\$24*

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)

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

Sept 11 – Oct 16 (FIT139-C1703)

6 classes/\$36*

Oct 23 – Nov 20 (FIT139-D1701)

5 classes/\$30*

Thursday

5 – 6 PM

Sept 14 – Oct 19 (FIT139-C1704)(No class 9/21)

5 classes/\$30*

Oct 26 – Nov 16 (FIT139-D1702)

4 classes/\$24*

Mat Pilates NEW INSTRUCTOR!

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

Sept 16 – Oct 21 (FIT155-C1703)(No class 9/30)

5 Classes/\$30*

Oct 28 – Nov 18 (FIT155-D1701)

4 Classes/\$24*

New!

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

Sept 15 – Oct 20 (FIT165-C1701)

6 Classes/\$42*

Oct 27 – Nov 17 (FIT165-D1701)

4 Classes/\$28*

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

Sept 13 – Oct 11 (FIT80-C1703)

5 classes/\$30*

Oct 18 – Nov 22 (FIT80-D1701)

6 classes/\$36*

Friday (Maggie Barclay)

9 – 10 AM

Sept 15 – Oct 20 (FIT80-C1704)

6 classes/\$36*

Oct 27 – Nov 17 (FIT80-D1702)

4 classes/\$24*

New!

Stretch Break

Barclay/Chavis

Keep your muscles flexible, strong & healthy! Help maintain 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

Sept 11 – Oct 16 (FIT163-C1701)

6 Classes/\$12*

Oct 23 – Nov 20 (FIT163-D1701)

5 Classes/\$10*

Monday (Lisa Chavis)

3:15 – 3:45 PM

Sept 11 – Oct 9 (FIT163-C1702)

5 classes/\$10*

Oct 16 – Nov 20 (FIT163-D1702)

6 classes/\$12*

Wednesday (Maggie Barclay)

7:45-8:15 AM

Sept 13 – Oct 18 (FIT163-C1703)

6 classes/\$12*

Oct 25 – Nov 22 (FIT163-D1703)

5 classes/\$10*

Friday (Lisa Chavis)

4:15 - 4:45 PM

Sept 15 – Oct 13 (FIT163-C1704)

5 classes/\$10*

Oct 20 – Nov 17 (FIT163-D1704)

5 classes/\$10*

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 – 6:30 PM

Sept 12 – Oct 10 (FIT156-C1702)

5 Classes/\$30*

Oct 17 – Nov 21 (FIT156-D1701)(No Class 10/31)

5 Classes/\$30*

See full description on page 6 under SEATED.

SPECIALTY FITNESS PROGRAMS & EVENTS

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

Sept 12 – Oct 17 (FIT94-C1703)

6 classes/\$36*

Oct 24 – Nov 21 (FIT94-D1701)

5 classes/\$30*

Thursday

10:15 - 11:15 AM

Sept 14 – Oct 19 (FIT94-C1704)

6 classes/\$36*

Oct 26 – Nov 16 (FIT94-D1702)

4 classes/\$24 *

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. Focused meditation at the end of class included. Must have previous yoga experience and able to move from standing to floor & back. Bring a yoga mat & water.

Tuesday

10:15 - 11:15 AM

Sept 12 – Oct 17 (FIT160-C1702)

6 classes/\$36*

Oct 24 – Nov 21 (FIT160-D1701)

5 classes/\$30*

New!

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. Bring a mat, towel & water. *Must be able to move from floor to standing. Class held in Community Room B.*

Tuesday

8:30 AM – 9:30 AM

October 3 TRY IT (FIT164-D1701)

free BT residents only

Oct 10 – Oct 31 (FIT164-D1702)

4 classes/\$24*

Nov 7 – Nov 28 (FIT164-D1703)

4 classes/\$24*

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 – 12:30 PM

Sept 15 – Sept 29 (FIT152-C1705)

3 classes/\$18*

Oct 6 – Oct 27 (FIT152-D1701)

4 classes/\$24*

Nov 3 – Nov 17 (FIT152-D1703)

3 classes/\$18*

Saturday

8:30 - 9:30 AM

Sept 16 – Sept 30 (FIT152-C1706)

3 classes/\$18*

Oct 7 – Oct 28 (FIT152-D1702)

4 classes/\$24*

Nov 4 – Nov 25 (FIT152-D1704)

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

Sept 13 – Oct 18 (FIT03-C1703)

6 classes/\$48*

Oct 25 – Nov 29 (FIT03-D1701) (No class 11/22)

5 classes/\$40*

Continuing **Wednesday**

10:30 – 11:15 AM

Sept 13 – Oct 18 (FIT03-C1704)

6 classes/\$48*

Oct 25 – Nov 29 (FIT03-D1702) (No class 11/22)

5 classes/\$40*

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.*

Monday* (Introductory)

6:30 – 7:15 PM

(*An introductory class to Foundation Training)

Sept 11 – Oct 16 (FIT144-C1703)

6 classes/\$48*

Oct 23 – Nov 20 (FIT144-D1701)

5 classes/\$40*

Thursday (Level 2)**

6:30 – 7:15 PM

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

Sept 14 – Oct 19 (FIT144-C1704)

6 classes/\$48*

Oct 26 – Nov 16 (FIT144-D1702)

4 classes/\$32*

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. Scriver Scholarship for Dance Therapy. Info: Stacy Egerton at 248-678-3124 or MarilynJanelInfo@gmail.com.)

Thursday

1:45 - 2:30 PM

Sept 14 – Oct 19 (FIT121-C1702)

6 classes/Non Res \$36**

Oct 26 – Nov 16 (FIT121-D1701)

4 classes/Non Res\$24**

**Active Compassion
5K Walk**



This family-friendly event is a great way to show support for "Meals on Wheels" and Friendship Club adult day service. Your donation or participation will support families caring for their loved ones with dementia and your elderly neighbors who rely on a hot meal delivered by kind volunteers to preserve their independence at home. **What would it be like to "walk in their shoes" for a day?**

Grab your own shoes to walk in this all ages, all abilities morning of active compassion! *Sponsored by American House, SameAddress & Oakmont, Rochester.* Preregistration and payment required for those 12 and up.

Fee: Res/Non Res 12+

Early bird \$15 thru 9/1

\$25 after 9/1

Register by 9/14 for a t-shirt

Saturday, Sept. 23 (FIT159-C1701)

9 – 11:30 AM

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. Informal instruction. Equipment and supplies available. Donations appreciated. \$2 material fee payable to instructor. Drop ins welcome!

Tuesdays/Thursdays 1:00 – 4:00 PM

Canceled 9/12, 10/19 & 10/24

Dates subject to change, please call ahead.

CLUBS / GROUPS

Paper Dolls Facilitator: Arlene Pinkos
Thursdays 1:30 - 4:30 PM

Dedicated group designing & selling beautiful repurposed greeting cards. Proceeds to Meals on Wheels.

September 7, 21 October 5, 12

Book Club ★ Facilitator: Fern Stoffer
1st Friday 10:00 AM – Noon

Sept. 8* *The Rosie Project*, Graeme Simsion (Mattii)

Oct. 6 *A Gentleman in Moscow*, Amor Towles (Obloy)

Nov. 3 *The Circle*, Dave Eggers (Martinek)

Books and Leaders subject to change (* Second Friday)

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

3rd Wednesday 9:30 – 11:30 AM

Sept. 20* (SOC27-C1703) A Walk in the Woods, Dan Badgley
*10 AM - Meet at Johnson Nature Center. No charge or breakfast.

Oct. 18 (SOC27-D1701) Cranbrook Founding, Judy Linstrum

Nov. 15 (SOC27-D1702) Pontiac Carriage Industry History,
Mike West

Women's Coffee & Conversation Facilitator: G. Keane
Enjoy creative conversation and camaraderie.

Pre-registration required. **Res \$2 / Non-Res \$4**

4th Thursday 10:30 AM – Noon

September 28 (SOC28-C1701)

October 26 (SOC28-D1701)

November 16* (SOC28-D1702) (* Third Thursday)

Ancestry Research Club Facilitator: Marsha Suzan
Self-motivated group inspired to share genealogy networking information. Meets once every three months.

Preregistration required.

Res \$2 / Non-Res \$4

Tuesday, Nov 14 (SOC46-D1701) **10:30 AM – 12:00 PM**

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.

Duplicate Bridge Facilitator: B. Balakrishna
Monday & Friday

Arrival time 12:15 promptly for table assignments

Maximum of 7 tables

Play: 12:30 – 4:00 PM

Res \$2/Non-Res \$4

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.

September 6, 20 October 4, 25* November 1, 15

Res \$2/Non-Res \$4

(* 4th Wednesday)

Bridge - Beginner James & Cheryl Bloom

Learn the basics of bridge including bidding and declarer play. Players with no or some experience. 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 of \$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)

Mah-jongg Play ♣
Tuesdays/Thursdays (Subject to change) 1:00 – 4:00 PM

Euchre & Pinochle ♣ Facilitator: Joanne Carmichael
All levels welcomed! (Subject to change) Canceled 10/19
Thursdays 11:00 AM – 1:30 PM

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

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.

Brain Imaging Research V. Diwadkar, WSU
Explore research projects relating to brain imaging and brain-behavior. Discover scientific challenges faced by neuroscience researchers, view examples of emerging research. Q&A welcomed. Sponsored by Ameristaff and Sun Medical. \$
Wednesday, Sept 6 (EDU56-C1706) 10:30 - 11:30 AM

WSU "The Universal Senior Moment" L. Ficker, PhD
Laugh a little, learn a lot. Everything you wanted to know about memory, but were afraid to ask. Learn about the latest research and view sampling of the latest findings in brain health. Sponsored by Ameristaff & Sun Medical. \$
Friday, September 15 (EDU56-C1707) 10:30 - 11:30 AM

Diabetes Prevention and Hope Tasha Williams
The American Diabetes Association's mission is to prevent and cure diabetes while improving the lives of all affected. Register for the support & education. Sponsored by Sanctum Medical.
Monday, September 18 (EDU56-C1708) 10:30 - 11:30 AM

Air Quality, Allergy & Asthma B. Smith II, COEC WSU
Discover how indoor air can be an issue in our homes as well as outside air. An educational opportunity to learn ways to reduce Asthma and allergy triggers. Enjoy bagels and coffee! Sponsored by Sanctum Medical. \$
Wednesday, October 4 (EDU56-D1701) 10:30 - 11:30 AM

New Science & Research Update Alzheimer's Assn.
Healthy living for your brain & body, tips from the latest research. Learn about diet, nutrition, exercise, cognitive activity and social engagement, use hands-on tools & incorporate recommendations to plan for healthy aging. \$
Friday, November 3 (EDU56-D1702) 10:30 - 11:30 AM

Brain Health: Are You an Owl a Lark or a Hummingbird?
Kathy Housey, Educator
Identify your sleep chronotype, discover how to apply it to your personal circadian rhythm. Critical strategy helps maintain better sleep, improve quality of life and assists long-term memory retention through mindful relaxation. Sponsored by Neil King Physical Therapy. \$
Friday November 17 (EDU56-D1703) 10:30 – 11:30 AM

MIND UNIVERSITY/AEROBICS (MU/A)
MU/A Overview L. Breuer & A. Popoff, JFS
Learn how our choices can increase brain neuroplasticity and overall cognitive wellness. Following overview, interested participants register for a complimentary one-on-one assessment to see if this wellness program will be beneficial. No charge.
Wednesday, Aug 23 (EDU56-C1704) 10:00 AM – Noon
MU/A Assessment Appointments
Interested in participating in the MU/A? Register for a one-on-one appointment with the MU Coordinator at BTSS. Prerequisite: *Mind University Overview*. No charge.
Wednesday, Aug 30 (EDU56-varies) 9:00 AM – 3:00 PM
Mind University/Aerobics
We make time to go to the gym to strengthen our muscles and keep our bodies as healthy and strong as possible. We also need to give our brains regular exercise in order to optimize our cognitive abilities. The curriculum is based on the concept of neuroplasticity, our brain's ability to create brain connections regardless of age. Focus on activities to target reaction time, visual spatial skills, attention, memory, language and problem solving. Prerequisites: *Overview* and *Assessment*.
Monday/Wednesday 10 - 11 AM 24 Classes/\$240*
Sept. 11 – Dec. 6 (EDU68-C1701) (No class 11/20 & 11/22)

UNIQUE TOPICS

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

For more details please see flyers at Senior Center.

Preston Tucker: Battle to Build the Car of Tomorrow
Prof. Steve Lehto, Author
The amazing story of Preston Tucker's rise & tragic fall. Steve used documents, never used by another writer in publishing his book. Explore a comprehensive, authoritative account of Tucker's magnificent car. Book sales, signing, Q & A. \$
Thursday, September 7 (EDU53-C1712) 10:30 - 11:30 AM

BTPL: Free Downloads Linda Hart, BTPL
Discover how to download ebooks, audiobooks, movies, music and magazines free from the Library on your smartphones or tablets. Bring your charged devices and your BTPL library card. Complimentary with BT Residency.
1st Thursday 9:00 - 11:00 AM
September 7 (EDU53-C1713)
October 5 (EDU53-D1704)
November 2 (EDU53-D1713)

BTSS & BTPL Library working together...
Thanks to the BTBL for offering great programs at BTSS. The Library has much to offer Bloomfield Township patrons. Please visit the Library website, www.btpl.org, for full offerings.

Rosie the Riveter D. Lanktree, ARRA
Enjoy collective stories of actual Rosie's, their admirable jobs, experiences and the lasting influences they have on us today. \$
Friday, September 8 (EDU53-C1714) **10:30 - 11:30 AM**

Eisenhower's Farewell B. Zeller, OU History Professor
The nationally televised speech days before the end of his second term outlining his philosophies and future fears of American prosperity. His words still ring true today. \$
Monday, Sept 11 (EDU53-C1715) **10:30 - 11:30 PM**

The American Army in Normandy J. Craft, Historian
You know people are aware of the history of D-Day, but few are aware of the 7 week campaign that followed before victory in Normandy. Explore the closing of the Falaise Gap and major factors that led to eventual victory. \$
Tuesday, Sept 12 (EDU53-C1716) **10:30 - 11:30 AM**

BTPL: What's New Book Talk
Find out about exciting new book titles from the fiction librarian, Karrie Yukon. *Complimentary with BT Residency.*
Tuesday, September 12 (EDU53-C1717) **2:30 - 3:30 PM**

Michigan Public Radio S. Schram, MPR Director/GM
Lively talk about one of Michigan's most listened-to public radio stations. Explore history and highlights. Discuss current issues in public radio, its role in communicating news and MPR's future direction. \$
Wednesday, Sept 13 (EDU53-C1718) **10:30 - 11:30 AM**

Ecuador and Galápagos Islands Marvin Parent
Explore Quito, the capital of Ecuador, the jungle along an Amazonian tributary, the beautiful/exotic Galapagos Islands. Sponsored by Sunrise of Bloomfield. \$
Tuesday, Sept 19 (EDU53-C1719) **10:30 AM - 12:00 PM**

A Trolley History B. Golden, Historian, WBHS
In 1912, this Interurban Bridge over the railroad tracks was the motor car company, Detroit United Railway, and the electric streetcar service. Discover its effect on rural West Bloomfield. \$
Thursday, Sept 21 (EDU53-C1720) **10:30 - 11:30 AM**

Fox & Hound; Iconic Legacy Historian J. Marshall & K. Kiyō
Originally a Tudor-styled community center in Bloomfield that opened in 1927 and stood for 80 years. Discover the legacy! Sponsored by Alliance Senior Care. \$
Tuesday, Sept 26 (EDU53-C1721) **10:30 - 11:30 AM**

BTPL: Smart Phone Basics; Androids M. Preston
Learn the basics with one on one attention, including downloads. *Complimentary with BT Residency.*
Wednesday, Sept 27 (EDU53-C1722) **10:30 - 11:45 AM**

History of Mt. Olivet and Mt. Elliott Russ Burns, Director & Lisa Curtis
Expansive landscape epitomizes grace & dignity. Explore generations as history is revealed. \$
Friday, October 20 (EDU53-D1722) **10:30 - 11:30 AM**

Bloomfield Origins Historian, J. Marshall & H. J. Peters
Historic tale of the Townships. 200 year old survey post driven in the ground in 1817 is discovered for the 4-Corners Survey. \$
Tuesday, October 3 (EDU53-D1701) **10:30 - 11:30 AM**

BTPL: Investments Online; Morningstar E. Niemchak
Learn the basics of tracking your investments with this popular online service, available for free from the Library. *Complimentary with BT Residency.*
Wednesday, October 4 (EDU53-D1702) **2:00 - 3:00 PM**

CoCo Chanel, Fashion Designer Pam Craig
Gabrielle Bonheur "Coco" Chanel, French fashion designer and businesswoman's amazing rags to riches story from an orphan to cabaret singer; hat maker and international designer. \$
Thursday, October 5 (EDU53-D1703) **10:30 - 11:30 AM**

The Battle of Britain Dr. D Borsand, Military Historian
"Never was so much owed by so many to so few" (Churchill). The "few" were the pilots of RAF Fighters Command who, through their heroic efforts, prevented the German invasion of the British Isles in 1940. The "many" were the British people who suffered under the continuous German bombardment of their cities.
Friday, October 6 (EDU53-D1720) **10:30 - 11:30 AM**

Detroit in the Roaring '20s B. Boettner, DHS
The 20's-the automobile business was at full throttle; Prohibition created a rum running industry; conventions loved Detroit as did organized crime. Sponsored by Woodward Hills. \$
Tuesday, October 10 (EDU53-D1705) **10:30 - 11:30 AM**

BTPL: Investments Online via Valueline E. Niemchak
Learn the basics of tracking your investments with this popular online service, available for free from the Library. *Complimentary with BT Residency.*
Wednesday, October 11 (EDU53-D1706) **2:00 - 3:00 PM**

How Detroit Saved Willow Run R. Hotton, Author/Pilot
In May 1940 Roosevelt called for mobilization to build 50,000 airplanes per year. Discover national decisions involving the auto industry and construction of the Willow Run Bomber Plant. Book signing w/ Q&A \$
Tuesday, October 12 (EDU53-D1707) **10:30 - 11:30 AM**

Experimental Aircraft Assn. J. Kirik, President
Explore history, hear Joe's personal experiences learning to fly and buying his own plane at the awesome age of 70! \$
Tuesday, October 17 (EDU53-D1708) **10:30 - 11:30 AM**

BTPL: Tuesday Trivia Shayna Houghton
 How well do you know your trivia? Bring teammates or come alone and partner up. Fun prizes will be awarded to the top scoring teams. *Complimentary with BT Residency.*
Tuesday, October 24 (EDU53-D1709) **2:00 - 4:00 PM**

Dale Chihuly: Glass Sculptor M. Stephens
 This phenomenal American artist's works are considered unique to the field of blown glass, moving it into the realm of large-scale glass sculptures. Mesmerizing! \$
Tuesday, October 24 (EDU53-D1710) **10:30 - 11:30 AM**

Hallowed to Humorous: Architecture of Death
 Ron Campbell, OC Historic Preservation
 Discover the frightening to faithful, even outlandish aspects that have been created around death. Journey through history exploring, art and design that death has inspired. \$
Tuesday, October 31 (EDU53-D1711) **10:30 - 11:30 AM**

Dessert & the DIA: DIA - The Essentials
 Explore select DIA artworks. Gain an appreciation of the diversity, quality and world-class status of the museum's collection. Sponsored by Baldwin House. \$
Wed, November 1 (EDU53-D1712) **10:30 - 11:30 AM**

Treasures of Pine Grove M. West, Historian OC
 Pine Grove Estate was built in 1845 by Michigan's 12th Governor. Beautifully preserved with a one room school house, library, archives and artifacts dating back from the 1800's. \$
Thursday, November 2 (EDU53-D1721) **10:30 - 11:30 AM**

Michigan Oddities & Rarities R. Rademacher, Author
 Entertaining & educational adventures to the unknown history of Michigan small towns. From mysteries & legends to unique destination, natural wonders and unusual places. Book signing with Q & A. Sponsored by Samaritas. \$
Tuesday, Nov 7 (EDU53-D1714) **10:30 - 11:30 AM**

The Eastland Disaster Dr. C. Perry Dial, ED
 History of the Eastland Disaster in the Great Lakes Region, July 24, 1915. The passenger boat capsized while docked in the Chicago River. View museum exhibits, government documents, trial transcripts, interviews, images. \$
Wednesday, Nov 8 (EDU53-D1715) **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. *Complimentary with BT Residency.* \$
Wed, November 8 (EDU53-D1716) **1:00 - 2:30 PM**

Detroit's Historic Holiday Retail M. Hauser, Historian
 Explore 20th century images and memorabilia of Hudson's, Crowley's, Kresge's, Woolworth's, and many more, all staples of the Downtown shopping experience. \$
Thursday Nov 9 (EDU53-D1717) **10:30 - 11:30 AM**

Gratitude for American's in WWII R. McKendry, Author
 Upon surrender, Japanese people feared the worst, based on what they had been told by the authorities. What America brought was a gift to Japanese citizens. \$
Saturday, Nov 11 (EDU53-D1718) **10:30 - 11:30 AM**

Gorgeous Photography Jerry Amster
 Photographer, Jerry Amster's photos are being used to promote top resorts in Portugal, Morocco, Fiji, Tahiti, Bora Bora and more. His American flag in the wind is recognized worldwide. \$
Tuesday, Nov 14 (EDU53-D1719) **10:30 - 11:30 AM**

AAA Mature Driver Course
 Interactive classroom provides tips to help older drivers compensate for changing vision, reflexes and response time. ½ hour break, please bring your lunch. Preregistration required.
Res \$20 / Non-Res \$30
Thursday, Nov 16 (EDU03-D1701) **10:00 AM - 2:00 PM**

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 band 10/24)
Saturdays 12:30 -1:30 PM

MOVIES

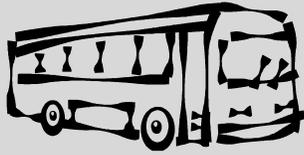
*Movies provided by Bloomfield Township Public Library.
 See flyers in Center for more movie details.*

Movie Classics ★
1st Friday **Movie begins: 1:00 PM**
 September 1 "The Day the Earth Stood Still" 1h 34m
 October 6 "The African Queen" 1h 46 m
 November 3 "The Bridge on the River Kwai" 2h 47m

Movie Musicals ★
2nd Friday **Movie begins: 1:00 PM**
 September 8 "The Pirates of Penzance" 1h 52m
 October 13 "Evita " 2h 15m
 November 10 "Thoroughly Modern Millie" 2h 18m

Movie Mania ★
3rd Friday **Movie begins: 1:00 PM**
 September 15 "Sully" 1h 36m
 October 20 "October Sky, Rocket Boys" 1h 49 m
 November 17 "Field of Dreams" 1h 47m

Documentaries ★
4th & 5th Friday **Movie begins: 1:00 PM**
 September 22 "Ghost Bird" 85 min
 October 27 "A Brief History Time" 84 min
 September 29 "Turtle: The Incredible Journey" 1h 21m



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.bloomfieldtp.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.

Silvio's Amazing Museum

Wednesday, Sept. 6 (DAY20-C1701) 10:30 AM – 2:45 PM
Sculpture garden of monumental tributes to artist's Italian heritage, religion, American patriotism & sports teams. Created by Silvio Luigi Barile, a folk artist & Metro Detroit icon. Followed by lunch on your own at **Sandy's by the Beech**. Fee: \$31*

GM Automaker's Heritage Center

Friday, September 8 (DAY21-C1701) 8:30 AM – 1:45 PM
The true purpose of the center is to share the history and accomplishments of General Motors and to inspire ideas for the future. Only open to groups. Cameras are welcome, however guests are not permitted to touch the vehicles. Followed by lunch on your own at **Joe's Crab Shack**. Fee: \$37*

Clinton River Cruise & Lunch

Monday, Sept. 11 (DAY22-C1701) 10:00 AM - 4:15 PM
Enjoy a lovely summer day aboard the "Clinton Friendship" leisurely cruising along the Clinton River up to the mouth of Lake St. Clair. View the beautiful homes, cabins and lush foliage that adorn the shores. Cash bar available. **Buffet Luncheon served on board is included**. Fee: \$ 66*

Detroit Tigers v White Sox

Thursday, Sept. 14 (DAY23-C1701) 11:45 AM – 4:30 PM
Senior day at the park. Enjoy hot dog and pop while cheering the Tigers on. Tickets in section 113 on 1st base line. Fee: \$59*

Detroit Revitalization Tour WAIT LIST

Friday, September 15 (DAY24-C1701) 8:00 AM – 3:00 PM

Top Secret Rosies – Detroit Historical Museum

Tuesday, Sept. 19 (DAY25-C1701) 10:30 AM – 3:00 PM
"Top Secret Rosies" is the story of women and technology that helped win a war and usher in the modern computer age told through four women who worked as human computers at the University of Pennsylvania from 1942-1946. **Lunch included at the museum**. Stop at Mitch Albom's **Detroit Water Ice Factory** for ice cream on your own. Fee: \$39*

Johnny Manhattan – Meadow Brook Theatre

Wednesday, Sept. 20 (DAY26-C1701) 11:15 AM – 4:30 PM
An exciting new musical set in a New York City nightclub when places like the Copacabana, the Latin Quarter and El Morocco were filled with socialites and glamorous showgirls. It's the early 1960s and Johnny, the owner of Johnny Manhattan's, has invited his closest friends to a private party for a surprise announcement. Unexpected surprises abound. Don't miss this preview prior to opening on Broadway World Premiere. Begin with lunch at **Kruse & Muer**. Fee: \$58*

Shinola Tour

Thursday, Sept. 21 (DAY27-C1701) 9:00 AM – 2:30 PM
With belief products should be made by hand and built to last, Shinola (makers of watches, leather goods & more) is committed to creating community and reclaiming pride in American quality. Followed by lunch on your own at **La Feria**. Fee: \$27*

Grand Rapids ArtPrize

Tuesday, September 26 (DAY28-C1701) 7:30 AM – 7:00 PM
Docent lead tour includes round-trip motor coach transportation, lunch, raffles and more! ArtPrize is a 19 day international art competition. The public votes on the artists' entries. Bus will stop at several of display locations. Lunch at the **Olive Garden** included. Lots of walking. Trip offered by Step On Bus Tours. Fee: \$90 resident / \$95 non-resident

Yankee Air Museum

Thursday, September 28 (DAY29-C1701) 9:30 AM – 3:00 PM
Tour aviation museum located at Willow Run Airport. Consists of an indoor aircraft display, an outdoor aircraft display (including a B-52), and numerous rooms devoted to specific aviation themes or time periods. Followed by lunch on your own at **Bomber Restaurant**. Fee: \$37*

Lunch and Antiques - Goodrich

Tuesday, October 3 (DAY01-D1701) 11:30 AM – 5:00 PM
Yellow Dog Marketplace is a creative, innovative, eclectic marketplace with over 75 shops filled with one-of-a-kind finds that will satisfy your treasure hunter appetite. Come and explore. Begin with lunch on your own at **Cranberries Café**.
Fee: \$19*

Tour the Fox Theater Behind the Scenes

Thursday, October 5 (DAY02-D1701) 10:00 AM – 2:15 PM
Theater is the culmination of flamboyant movie palace architectural design. The Fox holds the distinction of being the largest continually operating theater in the country. Followed by lunch on your own Designed by C. Howard Crane and built in 1928, the Detroit Fox at **Hockey Town Café**.
Fee: \$39*

DSO Pops Ella & Louis

Friday, October 6 (DAY03-D1701) 9:30 AM – 3:30 PM
Take a journey through the most famous hits recorded by two of jazz's greatest legends, Ella Fitzgerald and Louis Armstrong. From "What a Wonderful World" to highlights from Gershwin's Porgy and Bess, relive one of the most memorable collaborations in music history. Followed by lunch on your own at the **Caucus Club**.
Fee: \$69*

Mill Race Village Tour

Wednesday, Oct 11 (DAY04-D1701) 10:15 AM – 2:15 PM
The history of Northville is alive at the Mill Race Historical Village. Created in 1972, the village serves as a focal point for the Community while preserving architectural styles common to the area prior to 1900. Once the site of a grist mill, the village consists of an inn, blacksmith shop, school, church, gazebo, rustic wooden bridge, a general store, an Interurban station and several homes reminiscent of an era gone by. Followed by lunch on your own at **Garage Grill & Fuel Bar**.
Fee: \$29*

MOT Rigoletto Dress Rehearsal

Friday, October 13 (DAY05-D1701) 9:45 AM – 4:30 PM
Rigoletto keeps audiences on the edge of their seats with a thrilling score and a heartbreaking tale of love, lies and sacrifice. Giuseppe Verdi's masterpiece classic is updated in this production by Jonathan Miller. Set in 1950's Little Italy, New York, Rigoletto tells the story of a mafia boss whose womanizing ways leads to vengeance and tragedy when he seduces the daughter of his bartender, Rigoletto. Followed by lunch on your own at **La Lanterna**.
Fee: \$52*

Sheer Madness – Meadow Brook Theater

Saturday, October 14 (DAY06-D1701) 11:40 AM – 5:00 PM
This unique comedy-whodunit takes place in the "Sheer Madness" hair salon and is chock full of spontaneous humor. A murder is committed; and the audience gets to spot the clues, question the suspects and solve the funniest mystery in the annals of crime. The outcome is never the same, which is why many return again and again to the scene of the mayhem. Begin with lunch on your own at **O'Malley's**.
Fee: \$59*

Cranbrook House & Gardens Tour includes Lunch

Wed, October 18 (DAY07-D1701) 10:30 AM – 1:45 PM
Cranbrook House was the family home of Cranbrook's founders, George and Ellen Booth, from 1908 until 1949. Today, the estate serves a dual purpose: Its gardens, works of art and first-floor treasures are preserved as a testament to the Booths' gracious lifestyle, their interest in landscape gardening and their involvement in the American Arts and Crafts movement. Includes lunch in the house.
Fee: \$49*

DSO Harold in Italy

Friday, October 20 (DAY08-D1701) 9:30 AM – 3:30 PM
Leonard Slatkin, conductor, Wei Yu, cello, Eric Nowlin, Viola, Loren Loiacono World Premiere, Elgar Cello Concerto, Berlioz Harold in Italy. Followed by lunch on your own at **The Apparatus Room**.
Fee: \$56*

Halloween on Tillson Street

Thursday, October 26 (DAY09-D1701) 5:00 PM – 8:45 PM
It's that time of the year again when a quaint neighborhood in the middle of Romeo transforms from a street lined with majestic maple trees and historic homes into a haunted habitat. Once a typical Halloween has now evolved into a Halloween Extravaganza. Begin with dinner on your own at the **Four Corners Diner**.
Fee: \$19*

DSO Sci-Fi Spectacular: Star Wars, Star Trek & Beyond

Friday, October 27 (DAY10-D1701) 9:30 AM – 3:30 PM
Travel to new worlds, distant galaxies, and back to the future with music from your favorite sci-fi movies, including Star Wars, Star Trek, 2001: A Space Odyssey, and more! Followed by lunch on your own at **Polpetta**.
Fee: \$69*

Tour the Parade Company Warehouse

Thursday, November 2 (DAY11-D1701) 9:45 AM – 2:45 PM
America's Thanksgiving Parade is one of the country's largest and most spectacular Parades in the United States! Every November something magical happens on Detroit's historic Woodward Avenue, a holiday tradition that dates back to 1924. Come see how it all comes together. Followed by lunch on your own at **Union Street Saloon**.
Fee: \$39*

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—and the surprising connections that help us understand and adapt to our ever-changing weather. Followed by lunch on your own at the **Maccabees Traders**.
Fee: \$29*



MOT Figaro Dress Rehearsal

Friday, November 10 (DAY13-D1701) 9:45 AM – 4:00 PM
Regarded by many as the greatest opera of all time, this tale of deception is a romantic comedy accompanied by some of the most beautiful and familiar music ever written. Mozart's beloved comedy takes audiences on a hilarious adventure as Figaro and Susanna overcome plotting and jealousy to make it to their wedding day. A winning combination of music and mischief. Followed by lunch on your own at **Cadillac Café** Fee: \$52*

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, and include such subjects as nature, art and architecture. 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. At its heart is an exhibition that takes artifacts both ancient and modern and evocative environments 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 scores with clotted cream and lemon curd, an array of finger sandwiches, miniature pastries, all served with tea (of course!). Trip offered in partnership with Next of Birmingham. Please register by Nov. 16. Fee: \$55*

Bronners Shopping & Silent Night Memorial Chapel

Monday, December 4 (DAY19-D1701) 9:00 AM – 3:30 PM
From humble beginnings in 1945, Bronner's CHRISTmas Wonderland has grown to become the world's largest Christmas store. Silent Night Chapel is a replica of the original chapel in Oberndorf/Salzburg, Austria, which marks the site where "Silent Night" was first sung on Christmas Eve in 1818. Come and shop till you drop for all your holiday goodies. 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
One of the top rated car collections in the world. What started out as five cars packed into a modest three-car garage has since grown into a beautiful collection in a 40,000 square foot space. 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, is 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. Some basics: Get a Strike, you win! Get a Bonk you win! If on your first throw of the game you get the middle pin off the board, and all other pins remaining standing, you get to blow the Bonk Honk at the bar! Trust us, it's really loud. A pin down is a pin down during normal game play. A maliciously knocked down pin is always returned to its upright position. Any non-malicious act that knocks down a pin counts. Examples: wind, accidental grazing of pins while clearing boards, dogs, earthquake, footballs from adjacent games. Don't throw pins at other pins, or at each other - not safe for anyone and will earn you a quick exit out of the building. At the end of every match, meet in the middle and shake hands. A hearty "Good Fowl" is always expected. There will be 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***

Special thanks to our Summer 2017 sponsors:

- Arden Courts
- AmeriStaff
- Baldwin House
- Samaritas Senior Living
- Alliance Senior Care
- Woodward Hills
- SMART
- SameAddress
- Sun Medical
- Regent Street of WB
- St. Anne's Mead
- American House
- Oakmont Rochester
- Heartland Health Care Center

Special thanks to our Fall 2017 sponsors:



Complimentary &
Friendship Club Charity** Classes*

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

Fitness Week

September 5 - September 9

<u>TUESDAY 9/5</u>	<u>WEDNESDAY 9/6</u>	<u>THURSDAY 9/7</u>	<u>FRIDAY 9/8</u>	<u>SATURDAY 9/9</u>
Cardio, Core, Conditioning** 9:00-10:00 a.m. (BEFIT17-01)	Stretch Break 7:45-8:15 a.m. (BEFIT17-11)	Cardio, Core, Conditioning** 9:00-10:00 a.m. (BEFIT17-21)	Zumba® 7:45-8:45 a.m. (BEFIT17-43)	Yoga for Well-being 8:30-9:30 a.m. (BEFIT17-39)
Gentle Moves Yoga 2 10:15-11:15 a.m. (BEFIT17-02)	Strength & Balance Level 2 8:30-9:30 a.m. (BEFIT17-12)	Gentle Moves Yoga** 10:15-11:15 a.m. (BEFIT17-22)	Strength & Balance Level 2** 9:00-10:00 a.m. (BEFIT17-32)	Zumba® 10:00-10:45 a.m. (BEFIT17-40)
Gentle Moves Yoga** 11:30 a.m.-12:30 p.m. (BEFIT17-03)	Tai Chi-Beginners 9:40-10:15 a.m. (BEFIT17-13)	Drums Alive 11:30 a.m.-12:15 p.m. (BEFIT17-23)	Mat Pilates & Balance 10:15-11:15 a.m. (BEFIT17-33)	Mat Pilates 11:00-11:45 a.m. (BEFIT17-41)
Take a Seat 1:45-2:30 p.m. (BEFIT17-04)	Chair Yoga 11:30 a.m.-12:15 p.m. (BEFIT17-14)	Moving Thru-Dance & Parkinson's 1:45-2:30 p.m. (BEFIT17-24)	Yoga for Well-Being 11:30 a.m.-12:30 p.m. (BEFIT17-34)	<u>AQUA</u> H2O Bootcamp 9:00-10:00 a.m. (BEFIT17-42)
ZS3-Zone Stretch & Strengthen 5:30-6:30 p.m. (BEFIT17-05)	Barre Balance** 12:45-1:30 p.m. (BEFIT17-15)	Stretch Break 4:15-4:45 p.m. (BEFIT17-25)	Small Group Personal Training (Presentation Only) 1:00-1:45 p.m. (BEFIT17-35)	<p><i>Preregistration required. Classes fill quickly! See pages 3-7 for class descriptions, dates & times.</i></p>
<u>AQUA</u> Aqua Resistance Training 8:00-9:00 a.m. (BEFIT17-06)	Small Group Personal Training 2:00-2:45 p.m. (BEFIT17-16)	Pilates, Strength & Balance 5:00-6:00 p.m. (BEFIT17-26)	Stretch Break 4:15-4:45 pm (BEFIT17-36)	
Aqua Endurance, Core & Balance 9:30-10:30 a.m. (BEFIT17-07)	Table Tennis 4:00-5:15 p.m. (BEFIT17-17)	Core Foundation Level 2 6:30-7:15 p.m. (BEFIT17-27)	<u>AQUA</u> AquaFit** 9:30-10:30 a.m. (BEFIT17-37)	
Poolates Party 11:00 a.m.-12:00 p.m. (BEFIT17-44)	Zumba® 5:30-6:15 p.m. (BEFIT17-31)	<u>AQUA</u> Hydro Force 8:00-9:00 a.m. (BEFIT17-28)	H2O HIIT 11:00 a.m.-12:00 p.m. (BEFIT17-38)	
Aqua Cardio Party 3:00-4:00 p.m. (BEFIT17-08)	<u>AQUA</u> Fluid Moves 9:30-10:30 a.m. (BEFIT17-18)	Aqua Cardio Core 9:30-10:30 a.m. (BEFIT17-29)		
Aqua Power Aerobics 4:45-5:45 p.m. (BEFIT17-09)	Aqua Yoga Flow 11:00 a.m.-12:00 p.m. (BEFIT17-19)	H2O Gentle Joints 11:00 a.m.-12:00 p.m. (BEFIT17-30)		
Aqua Power Aerobics 6:00-7:00 p.m. (BEFIT17-10)	Water Walking Workout 2:30-3:15 p.m. (BEFIT17-20)			

Sponsored by:



New Shopping Option



Instacart is a grocery delivery service that delivers in as little as an hour! They connect you with Personal Shoppers in your area who pick up and deliver your groceries from your favorite local stores. Demos of this exciting new shopping service occurring:

Tuesday, September 12 2 PM - 8 PM
Wednesday, September 13 8 AM - 12 PM

Unique Topics...uniquely for you!

Plan to attend one or more of our Unique Topic presentations this fall. See pages 9-11 for details. Detailed flyers available at the Center.

Fun Day Trips!

From DSO and Meadowbrook performances to unique venue tours and adventures in dining to shopping and fowling, there's something for everyone. Check out our wide variety of day trips on pages 12-15.

Go with a friend or meet a new one on the trip, BTSS day trips are a wonderful way to spend the day!

Priority One: Your Health and Well-Being

From brain health and mind aerobics to diabetes prevention/cures and air quality issues, plan to attend one or more of our Health and Well Being presentations this fall. See page 9 for details. Info flyers available at the Center.



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

Fall 2017

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Health Fair & Flu Shot Clinic

Thursday, October 19
9 AM – 2 PM

Appointments required. Register by phone or at the Bloomfield Township Senior Center beginning September 21 at 9 a.m. See cover of the Fall newsletter for more details.

Medicare Assistance Program Wednesday, October 25

(SVC15-VARIES)

BTSS will host Open Enrollment for Medicare Medicaid Assistance Program (MMAP). MMAP is a free service that can help you make more informed health benefit decisions. Trained counselors will be onsite to assist 60+ Township Residents with:

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

Pre-registration required.

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 Assn. 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 who have questions regarding Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor.

Friday, September 15
Thursday, November 16

Medicare Basics 101

(EDU56-C1703)

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.

Tuesday, September 12th 1 - 2:30 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	\$37,450
2	\$42,800

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

Fall Candy Collection

Share Halloween with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before October 25th. Join us October 26 at 1:30 PM to pack for distribution. Call Denise (248-723-3500) if you are available to help package.

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
September 20 October 18 November 15

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.

September 20 October 18 November 15

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 * Marshall Lasser * 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 April-June

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 * Jo 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 Nedeljkovic * 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 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
- ♦ Counseling for Club and family members



Admission and Enrollment

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

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

Activities Programming

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

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

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

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



Location

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



Eligibility Criteria

The program enrolls people 50 years of age or older who are living with progressive memory loss, diagnosed by a physician. Person would benefit from a structured activities program, based on the assessment by our social worker and completion of a Health Screening Summary 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.