



Bloomfield Township Senior Services



Serving 50+ Adults

Summer 2017

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

INDEX (SS = supplement)

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Special Events

Preregistration required. More details on page 6.

A Widow's Guide to Healing

(EDU53-B1722)

Author Kristen Meekhof shares from personal experience there's no magic formula for coping with grief following the loss of her husband.

Resident \$3 / Non Resident \$5

Saturday, June 3 10:30 - 11:30 AM

A Thousand Letters Home

(EDU53-B1728)

Author Teresa Irish discovered her father's letters, photographs and personal records of his experience as a soldier of World War II.

Resident \$3 / Non Resident \$5

Monday, June 19 10:30 - 11:30 AM

Ice Cream Social

(SEV10-C1701)

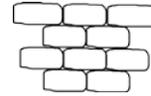
A summer celebration, delicious fun for everyone.

Complimentary for BT residents / Non-Res \$2.

Wednesday, July 26 1:00 - 2:30 PM



Our exciting array of day trips has just gotten better! Coming this summer...enjoy the comfort of our new 28-seat coach with forward facing, cloth seats. Avoid the stress and fuss; leave the planning and driving to us. See pages 13-15 for details.



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 beginning July 2017.

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 or online at www.bloomfieldtpw.org/SeniorServices.

Supportive Services

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

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

Unique Topics... uniquely for you!

Check out our exciting schedule of speakers on pages 10-12. Detailed flyers available at the Center. Preregistration required.

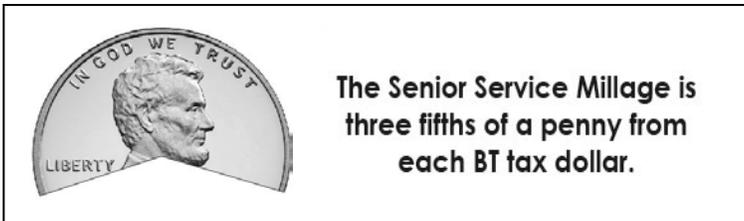
Christine's Comments...

Registration Update:

Priority will be provided to patrons registering for full sessions. Registration for partial sessions, called a proration, will begin May 18, two weeks after the start of registration. Though not standard in other community centers, prorated classes may be offered at the discretion of instructors and require a pre-approved form at the time of registration.

Memorialize a Loved One:

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. Each donor will receive a certificate and be notified when their brick is installed. Installation will take place July 2017. One size 4" x 8" available for a contribution of \$150. Order forms are available in the Senior Center.



Wishing you peace and good health,

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500

Subscribe to our E-Newsletter

Visit the Township website at
www.bloomfieldtp.org/seniors
and click on the
Mailing List tab at the top of the page.

Thank You for Your Donations* ...

Paper Dolls (for Tree of Life), St. Hugo of the Hills Church, Cynthia Amann, AAUW Birmingham Branch, Edward Nol, Nancy Trowl, Josephone Wagner, Joseph McGlynn, John Hoban, Marilyn Nesbitt, Mary Claye, Robert & Lillian Hoy, Louise June Taylor, Kasturi Puri, Audrey Sharp

* 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, Maxine Davison
Don Foehr, Victor & Suzanne Goldstein
Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Tuesday, July 4
Saturday, September 2 & Monday, September 4

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 5/17; nonresidents and prorated registrations begin 5/18.
- 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.bloomfieldtpw.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

Jun 8 – Jul 13 (FIT118-B1702)

6 classes/\$42*

Jul 20 - Aug 31 (FIT118-C1701)

7 classes/\$49*

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

Jun 6 – Jul 18 (FIT131-B1703) (no class 7/4)

6 classes/\$42*

Jul 25 – Aug 29 (FIT131-C1701)

6 classes/\$42*

Thursday

3 - 4 PM

June 8 – July 20 (FIT131-B1704)

7 classes/\$49*

July 27 – Aug 31 (FIT131-C1702)

6 classes/\$42*

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

Jun 7 – Jun 28 (FIT96-B1703)

4 classes/\$32*

Jul 5 – Jul 26 (FIT96-C1701)

4 classes/\$32*

Aug 2 – Aug 30 (FIT96-C1703)

5 classes/\$40*

Friday

9:30 – 10:30 AM

Jun 9 – Jun 30 (FIT96-B1704)

4 classes/\$32*

Jul 7 – Jul 28 (FIT96-C1702)

4 classes/\$32*

Aug 4 - Sep 1 (FIT96-C1704)

5 classes/\$40*

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

Jun 5 – Jul 17 (FIT114-B1702)

7 classes/\$56*

Jul 24 – Aug 28 (FIT114-C1701)

6 classes/\$48*

Aqua Power Aerobics Level 1 & 2

Annie Chi

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

Tuesday

4:45 – 5:45 PM

Jun 6 – Jun 27 (FIT27a-B1705)

4 classes/\$32*

Jul 11 – Jul 25 (FIT27a-C1701) (no class 7/4)

3 classes/\$24*

Aug 1 – Aug 29 (FIT27a-C1703)

5 classes/\$40*

Thursday

4:45 – 5:45 PM

Jun 8 – Jun 29 (FIT27a-B1706)

4 classes/\$32*

Jul 6 – Jul 27 (FIT27a-C1702)

4 classes/\$32*

Aug 3 – Aug 31 (FIT27a-C1704)

5 classes/\$40*

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

Jun 6 – Jul 18 (FIT146-B1702) (no class 7/4)

6 classes/\$36*

Jul 25 – Aug 29 (FIT146-C1701)

6 classes/\$36*

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

Jun 7 – Jul 19 (FIT86-B1703)

7 classes/\$56*

Jul 26 – Aug 30 (FIT86-C1701)

6 classes/\$48*

Saturday

10:30 – 11:30 AM

Jun 3 – Jul 15 (FIT86-B1704)

7 classes/\$56*

Jul 22 – Aug 26 (FIT86-C1702)

6 classes/\$48*

H₂O Boot Camp

Annie Chi

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

Saturday

9 – 10 AM

Jun 3 – Jun 24 (FIT32-B1703)

4 classes/\$32*

Jul 1 – Jul 29 (FIT32-C1701)

5 classes/\$40*

Aug 5 – Aug 26 (FIT32-C1702)

4 classes/\$32*

H₂O Gentle Joints

Lisa Chavis

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

Jun 8 – Jul 13 (FIT148-B1702)

6 classes/\$42*

Jul 20 – Aug 31 (FIT148-C1701)

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

Jun 9 – Jul 14 (FIT128-B1702)
Jul 21 – Sep 1 (FIT128-C1701)

Lisa Chavis

11 AM – 12 PM

6 classes/\$42*
7 classes/\$49*

Hydro Force

Sports and strength training mixed with cardio for a splashing good time! Get your heart rate up with fun drills and find athletic skills you never knew you had!

Thursday

Jun 8 – Jul 13 (FIT157-B1702)
Jul 20 – Aug 31 (FIT157-C1701)

Lisa Chavis

8 – 9 AM

6 classes/\$42*
7 classes/\$49*

New! Poolates Party

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

Tuesday

June 6-Jul 18 (FIT161-B1701)
July 25-Aug 29 (FIT161-C1701)

11:00 AM – 12:00 PM

6 classes/\$42*
6 classes/\$42*

Lisa Chavis

Swim Fitness NEW TIME!

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

Tuesday

Jul 25 – Aug 29 (FIT48-C1701)

9:30 - 10:30 AM

6 classes/\$36*

Ernie Thomas

Swim Lessons - Beginners NEW TIME! Ernie Thomas

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

Tuesday

Jun 6 – Jul 18 (FIT48-B1702) (no class 7/4)

9:30 - 10:30 AM

6 classes/\$36*

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

Jun 5 – Jul 10 (FIT95-B1702)
Jul 17 – Aug 28 (FIT95-C1701)

Lisa Chavis

9:30 - 10:30 AM

6 classes/\$42*
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

Jun 5 – Jul 10 (FIT99-B1703)
Jul 17 – Aug 28 (FIT99-C1701)

2:30 - 3:15 PM

6 classes/\$36*
7 classes/\$42*

Wednesday - Level 2

Jun 7 – Jul 12 (FIT99-B1704)
Jul 19 – Aug 30 (FIT99-C1702)

2:30 - 3:15 PM

6 classes/\$36*
7 classes/\$42*

Ernie Thomas

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 Services Supplement for info.

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)

Maggie Barclay
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

Jun 6 – Jul 18 (FIT109-B1703)
Jul 25 – Aug 29 (FIT109-C1701)

9 – 10 AM

6 classes/\$36*
6 classes/\$36*

Thursday

Jun 8 – Jul 20 (FIT109-B1704)
Jul 27 – Aug 31 (FIT109-C1702)

9 – 10 AM

7 classes/\$42*
6 classes/\$36*

Cardio Party & Core

Maggie Barclay
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

Jun 5 - Jul 17 (FIT119-B1702)
Jul 24 – Aug 28 (FIT119-C1701)

9 – 10 AM

7 classes/\$42*
6 classes/\$36*

Cardio, Strength & Balance Level 1

Rhonda Jean
See full description on page 6 under STRENGTH.

Cardio, Strength & Balance Level 2

Rhonda Jean

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. Must be able to sit on floor.

Monday

10:30 - 11:15 AM

Jun 5 – Jun 26 (FIT137-B1702)

4 classes/\$24*

Jul 3 – Jul 31 (FIT137-C1701)

5 classes/\$30*

Aug 7 – Aug 28 (FIT137-C1702)

4 classes/\$24*

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. Not included: 5K Walk/Run *BT Residency required.*

M/T/W/TH/F

Times Vary

June 5 – July 14 (FIT77-B1701)

51 Sessions/\$68

July 17 – Sept 1 (FIT77-C1701)

63 Sessions/\$78

Drums Alive® NEW DAY!

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

Jun 8 – Jul 20 (FIT47-B1702)

7 classes/\$42*

Jul 27 – Aug 31 (FIT47-C1701)

6 classes/\$36*

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

Jun 5 – Jul 17 (FIT78-B1704)(no class 7/3)

6 classes/\$36*

Jul 24 – Aug 28 (FIT78-C1701)

6 classes/\$36*

Wednesday (Mari Ann Pace)

5:30 – 6:15 PM

Jun 7 – Jul 19 (FIT78-B1705)

7 classes/\$42*

Jul 26 – Aug 30 (FIT78-C1702)

6 classes/\$36*

Friday (Maggie Barclay)

7:45 – 8:45 AM

Jun 9 – Jul 21 (FIT78-B1706)

7 classes/\$42*

Jul 28 – Sep 1 (FIT78-C1703)

6 classes/\$36*

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 only) 3:30 PM – 5:15 PM

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

Saturday (by reservation only) (FIT22-VARIES)
11:45 AM – 1:30 PM

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

TABLE TENNIS DROP IN

Wednesdays 4 – 5:15 PM Fridays 2:30 - 4 PM

🌀 *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

Jun 5 – Jul 17 (FIT103-B1706)

7 classes/\$105*

Jul 24 – Aug 28 (FIT103-C1701)

6 classes/ \$90*

Tuesday (Maggie Barclay)

7:30 – 8:30 AM

Jun 6 – Jul 18 (FIT103-B1707) (no class 7/4)

6 classes/\$90*

Jul 25 – Aug 29 (FIT103-C1702)

6 classes/\$90*

Wednesday (Lola Faleix)

2 - 3 PM

Jun 7 – Jul 12 (FIT103-B1708)

6 classes/\$90*

Jul 19 – Aug 30 (FIT103-C1703)

7 classes/\$105*

Thursday (Maggie Barclay)

7:30 – 8:30 AM

Jun 8 – Jul 20 (FIT103-B1709)

7 classes/\$105*

Jul 27 – Aug 31 (FIT103-C1704)

6 classes/\$90*

Friday (Lola Faleix)

1 - 2 PM

Jun 9 – Jul 14 (FIT103-B1710)

6 classes/\$90*

Jul 21 – Aug 25 (FIT103-C1705)

6 classes/\$90*

1 on 1 Personal Training (FIT142-VARIES)

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

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

Monday (Donna Tomassi)

11:30 AM – 12:30 PM

Jun 5 – Jul 10 (FIT56-B1704)

6 classes/\$36*

Jul 17 – Aug 28 (FIT56-C1702)

7 classes/\$42*

Wednesday (Karen Lutz)

11:30 AM – 12:30 PM

Jun 7 – Jun 28 (FIT56-B1705)

4 classes/\$24*

Jul 5 – Jul 26 (FIT56-C1701)

4 classes/\$24*

Aug 2 – Aug 30 (FIT56-C1703)

5 classes/\$30*

Take a Seat! NEW TIME!

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

Jun 6 – Jul 11 (FIT151-B1702) (No class 7/4)

5 classes/\$30*

Jul 18 – Aug 29 (FIT151-C1701)

7 classes/\$42*

STRENGTH

Barre Balance

Donna Tomassi

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

Monday 12:45 – 1:30 PM

Jun 5 – Jul 10 (FIT101-B1703) 6 classes/\$36*

Jul 17 – Aug 28 (FIT101-C1701) 7 classes/\$42*

Wednesday 12:45 – 1:30 PM

Jun 7 – Jul 12 (FIT101-B1704) 6 classes/\$36*

Jul 19 – Aug 30 (FIT101-C1702) 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

Jun 6- Jun 27 (FIT136-B1703) 4 classes/\$24*

Jul 11- Jul 25 (FIT136-C1701) 3 classes/\$18*

Aug 1 – Aug 29 (FIT136-C1703) 5 classes/\$30*

Thursday 12:45 – 1:30 PM

Jun 8 – Jun 29 (FIT136-B1704) 4 classes/\$24*

Jul 6 – Jul 27 (FIT136-C1702) 4 classes/\$24*

Aug 3 – Aug 31 (FIT136-C1704) 5 classes/\$30*

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

Jun 5 – Jul 17 (FIT139-B1703) 7 classes/\$49*

Jul 24 – Aug 28 (FIT139-C1701) 6 classes/\$42*

Thursday 5 – 6 PM

Jun 8- Jul 20 (FIT139-B1704) 7 classes/\$49*

Jul 27 – Aug 31 (FIT139-C1702) 6 classes/\$42*

Mat Pilates

TBD

Increase your strength, flexibility, mobility, balance and body awareness. This class will have you walking away from your mat feeling taller, stronger and more connected to yourself. Work your abs, arms, legs and back. This class will begin with standing work, continue on to the floor and finish with a relaxing stretch.

Friday 10:15 - 11:00 AM

Jun 9 – Jul 14 (FIT155-B1703) 6 Classes/\$36*

Jul 21 – Sep 1 (FIT155-C1701) 7 Classes/\$42*

Saturday 10:30 - 11:15 AM

Jun 3 – Jul 15 (FIT155-B1704) 7 Classes/\$42*

Jul 22 – Aug 26 (FIT155-C1702) 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

Jun 7 – Jul 12 (FIT80-B1703) 6 classes/\$36*

Jul 19 – Aug 30 (FIT80-C1701) 7 classes/\$42*

Friday (Maggie Barclay) 9 – 10 AM

Jun 9 – Jul 21 (FIT80-B1704) 7 classes/\$42*

Jul 28 – Sep 1 (FIT80-C1702) 6 classes/\$36*

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

Jun 6 – Jul 11 (FIT156-B1702) (no class 7/4) 5 Classes/\$30*

Jul 18 – Aug 29 (FIT156-C1701) 7 Classes/\$42*

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

MIND BODY

Chair Yoga

Karen Lutz

See full description on page 6 under SEATED.

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

Jun 7 – Jul 12 (FIT03-B1703) 6 classes/\$48*

July 19 – Aug 16 (FIT03-C1701) 5 classes/\$40*

Continuing Wednesday 10:30 – 11:15 AM

Jun 7 – Jul 12 (FIT03-B1704) 6 classes/\$48*

July 19 – Aug 16 (FIT03-C1702) 5 classes/\$40*

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 NEW TIME!

11:30 AM - 12:30 PM

Jun 6 – Jul 18 (FIT94-B1703) (no class 7/4)

6 classes/\$36*

Jul 25 – Aug 29 (FIT94-C1701)

6 classes/\$36*

Thursday

10:15 - 11:15 AM

Jun 8 – Jul 20 (FIT94-B1704)

7 classes/\$42*

Jul 27 – Aug 31 (FIT94-C1702)

6 classes/\$36*

New! 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

Jun 6 – Jul 18 (FIT160-B1701) (no class 7/4)

6 classes/\$36*

Jul 25 – Aug 29 (FIT160-C1701)

6 classes/\$36*

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 NEW DAY!

11:30 – 12:30 AM

Jun 9 – Jun 30 (FIT152-B1705)

4 classes/\$24*

Jul 7 – Jul 28 (FIT152-C1701)

4 classes/\$24*

Aug 4 – Sep 1 (FIT152-C1703)

5 classes/\$30*

Saturday

8:30 - 9:30 AM

Jun 3 - Jun 24 (FIT152-B1706)

4 classes/\$24*

Jul 8 – Jul 29 (FIT152-C1702) (no class 7/1)

4 classes/\$24*

Aug 5 – Aug 26 (FIT152-C1704)

4 classes/\$24*

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

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.*

Thursday (Level 2)**

6:30 – 7:15 PM

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

Jun 8 – Jun 29 (FIT144-B1702)

4 classes/\$32*

Jul 6 – Jul 27 (FIT144-C1701)

4 classes/\$32*

Aug 3 – Aug 31 (FIT144-C1702)

5 classes/\$40*

Moving thru - Dance & Parkinson's

Mari Ann Pace

Fun dance class for individuals living with PD or limited mobility. Includes ballet, theater, folk and tap dance. 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

Jun 8 – Jul 20 (FIT121-B1702)

7 classes/Non Res \$42**

Jul 27- Aug 31 (FIT121-C1701)

6 classes/Non Res \$36**



BTSS 5K Run/Walk



BTSS 5K Run/Walk

Lisa Chavis/Maggie Barclay

We will be running/walking around the beautiful Bloomfield Township Campus. Residents and Non-Residents of **all ages** are welcome. Children welcome with supervision. Proceeds will benefit Meals on Wheels and Adult Day Service (Friendship Club). *Sponsored by American House, SameAddress and Oakmont, Rochester.*

Preregistration and payment required for those 12 and up.

Fee: \$25 - Res or Non Res 12+

DATE CHANGED:

Saturday, May 20 Sept. 23 (FIT159-C1701) 9 – 11:30 AM

For more information or coaching tips, contact BTSS Fitness Coordinators Maggie Barclay or Lisa Chavis @ 248-723-3500

Fitness Fiesta el Dia

(Fitness Party Days)

May 30 – June 1

It's all about having fun! Three days of special classes filled with fun, teamwork, and tomfoolery! Dance, relays, obstacle courses, pool parties and more. Don't miss it! See back page of the newsletter for the schedule.

EVENING FITNESS CLASSES

Aqua Power Aerobics Lev 2 (pg. 3)

Annie Chi

Core Foundation® Training (pg. 7)

Lori Harbour

Pilates, Strength & Balance (pg. 6)

Karen Ockner

Zumba® (pg. 5)

Andrea Morman/Mari Ann Pace

ZS3 - Zone Stretch and Strengthen (pg. 6)

Lisa Chavis

SATURDAY FITNESS CLASSES

Fluid Moves (pg. 3)

Kathy Housey

H2O Boot Camp (pg. 4)

Annie Chi

STOTT® Mat Pilates (pg. 6)

Beth Berk

Yoga for Well Being! (pg. 6)

Karen Lutz

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.

☼ **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!
Dates subject to change, please call ahead.
Tuesdays/Thursdays (NO 6/13, 7/18) 1:00 – 4:00 PM

CLUBS / GROUPS

Book Club ☼ Facilitator: Fern Stoffer
Fridays 10:00 – 11:30 AM
June 2 *The Invention of Wings* Kidd, Sue Monk (Bellefleur)
July 7 *Burial Rites* Kent, Hannah (Stoffer)
Aug. 4 *The Rosie Project* Simsion, Graeme (Matti)
 Books and Titles subject to change

Chicks with Sticks ☼
 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
June 21 (SOC27-B1703) Bill Rapai
 "Invasive species in the Great Lakes"
July 19 (SOC27-C1701) Don Hoeft
 "Inca Civilization"
August 16 (SOC27-C1702) Alan Naldrett
 "Lost Car Companies"

Paper Dolls Facilitator: Arlene Pinkos
Wednesday/Tuesday/Thursday* (varies) 1:30 - 4:30 PM
 Dedicated group designing & selling beautiful repurposed greeting cards. Proceeds to Meals on Wheels.
Wednesday - June 14, 28 July 12
Tuesday - July 25
Thursday - August 10, 24

GAMES

Billiards (Pool) ☼
Group Play: All levels welcome. **Tues. & Thurs. 1-4 PM**
Solo/One on One: Monday 1-4 PM, Wednesday 4-7 PM
Friday 1-4 PM, Saturday 11 AM-1 PM
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.
Res \$2/Non-Res \$4
June 7, 21 July 5, 19 August 2, 16

Bridge – Beginner James & Cheryl Bloom
 Learn the basics of bridge including bidding and declarer play. No prior experience needed, also for those with some bridge skill. Two certified ACBL instructors and silver life masters. *Book fee \$20 payable to instructor.*
Saturdays 10:00 AM – Noon 8 classes/\$120*
June 3, 10, 17; July 1, 8, 15, 29; August 5 (EDU12-B1702)
August 12, 16; Sept. 2, 9, 16, 23, 30 Oct. 7 (EDU12-C1701)

Bridge – Intermediate & Advanced James & Cheryl Bloom
 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*
June 7, 14, 28; July 5, 12; August 2, 9, 16 (EDU13-B1701)
Aug. 23, 30; Sept. 6, 13, 20, 27; Oct. 4, 11 (EDU13-C1701)

Mah-jongg Play ♣

Tuesdays/Thursdays (Subject to change) 1:00 – 4:00 PM

Mah-Jongg Beginner Basic Class Sharon Houghtby
Learn the basics of this ancient game. You will need an official 2017 National Mah jongg league playing card, first class we will discuss where to find them.

Thursday 10:30 AM - 12:30 PM
June 8 – June 29 (EDU36-B1701) 4 classes/\$65.00*

Pinochle & Euchre ♣ Facilitator: Joanne Carmichael
All levels welcomed! Subject to change
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 WELLBEING

\$ - Unless otherwise noted, all Music offerings require preregistration with payment. Res \$3 / Non-Res \$5

Brain Health Classes Kathy Housey, Educator
Discover a new curriculum that helps create a better way of thinking. Learn ways to keep your brain sharp & healthy. Join this expedition to better your brain through drills, games, puzzles, take home strategies and activities.
Thursdays 6 Classes/\$50.00*
June 1 – July 13 (EDU56-B1706) (no 7/6) 12:30 - 1:30 PM

New Science and Research Update

Alzheimer's Assoc.
Healthy living for your brain & body. Education about diet, nutrition, exercise, cognitive activity and social engagement. Use hands-on tools & incorporate recommendations to plan for healthy aging. \$
Friday, June 9 (EDU56-B1707) 10:30 - 11:30 AM

Urban Gardening; Community Health

Brian Smith II, WSU COEC Coordinator
Discover ways that social stress (how stressed out we are, how we look at our surroundings) affect our health. Learn the social and health benefits of urban gardening. Sponsored by Ameristaff and Sun Medical. \$
Tuesday, July 11 (EDU56-C1701) 10:30 - 11:30 AM

WSU Connect Lab: Connectivity

Jessica Hayes & Cindy Temali
New research continues about the brain and memory. Learn new information on how genetics can influence predisposition to Alzheimer's disease. Sponsored by Heartland Health Care Center Bloomfield. \$
Wednesday, August 9 (EDU56-C1702) 10:30 - 11:30 AM

Mind University Overview

L. Breuer & A. Popoff, Jewish Family Services
Discover an exciting new program this fall! Learn how our choices can increase brain neuroplasticity and overall cognitive wellness. Following this overview, those interested in the 12 week, 24 session program can 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

JFS Mind University Assessment Appointments

Interested in participating in the upcoming "Mind University?" Register for a one-on-one appointment with the MU Coordinator at BTSS. Prerequisite: *Mind University Overview* attendance. No charge.

Wednesday, Aug 30 (EDU56-varies) 9:00 AM – 3:00 PM

MUSIC

BTSS Band ♣

Facilitator: Ed Black
Join the BTSS Swing Band. Looking for players able to read simple arrangements, brass, reeds & rhythm players. Pop music from the 30's on. A great chance to dust off rusty skills. Audiences encouraged and appreciated-come and enjoy our fun and fellowship! *Subject to change*
Tuesday NO 7/25, 8/15 3:00 - 5:00 PM
Saturdays 6/24, 7/22, 8/12 10:30 AM - 12 PM

SPECIAL EVENTS

\$ - Unless otherwise noted, all Special Events require preregistration with payment. Res \$3 / Non-Res \$5

The Book: A Widow's Guide to Healing

Kristen Meekhof, Author
There is no magic formula for coping with all of the questions and issues of grief following the loss of a husband. Kristin's work has appeared in *Huffington Post*, *The Shriver Report*, *Psychology Today* and more. Sponsored by Arden Courts. \$
Saturday, June 3 (EDU53-B1722) 10:30 - 11:30 AM

A Thousand Letters Home: The Journey of the Letters

Teresa Irish, Author
Teresa discovered her father's letters, photographs and personal records of his experience as a World War II soldier. 1,000 letters addressed to his parents and sweetheart. A firsthand account through the eyes, heart and words of one soldier mirrors the journeys of many who served in WWII. Sponsored by Heartland, Bloomfield. \$
Monday, June 19 (EDU53-B1728) 10:30 - 11:30 AM

Ice Cream Social

A summer celebration, delicious fun for everyone. Ice Cream with all the fixins. Sponsored by SMART Regional Transit
Complimentary for BT residents / Non-Res \$2.
Wednesday, July 26 (SEV10-C1701) 1:00 - 2:30 PM

MOVIES

Movies provided by Bloomfield Township Public Library.

Movie Classics ⚡

1st Friday **Movie begins: 1:00 PM**

June 2 "A Streetcar Named Desire"

A disturbed woman moves in with her sister in New Orleans and is tormented by her brutish brother-in-law, while her reality crumbles around her. Vivien Leigh & Marlon Brando. *PG /1951/Drama/1h 50m*

July 7 "Goldfinger"

Special Agent 007 must outwit and outgun a powerful tycoon to prevent him from cashing in on a devious scheme. Sean Connery. *PG /1964/Action/1h 52 m*

August 4 "The Long, Hot Summer"

Accused barn burner and con man arrives in a small Mississippi town and quickly ingratiates himself with its richest family. Paul Newman, Joanne Woodward & Orson Welles. *PG/1958/Romance/1h 57m*

Movie Musicals ⚡

2nd Friday **Movie begins: 1:00 PM**

June 9 "Pitch Perfect"

A college freshman is cajoled into joining an all-girls singing group and injects some much needed energy into their repertoire. Anna Kendrick & Rebel Wilson. *PG13 / 2012/Romance, Comedy/1h 52m*

July 14 "The Unsinkable Molly Brown"

A poor, uneducated mountain girl leaves her cabin in search of respect, a wealthy husband and a better life. Based on a true story. Debbie Reynolds. *G / 1964 / Musical, Biography, Comedy/2h 8m*

August 11 "La La Land"

An inspiring actress and a dedicated jazz musician struggle to make ends meet while pursuing their dreams. Ryan Gosling & Emma Stone. *PG13 2016/Romance, Drama/2h 8m*

Movie Mania ⚡

3rd Friday **Movie begins: 1:00 PM**

June 16 "Sweet Home Alabama "

A New York fashion designer has gotten almost everything she wished for in life; however, she doesn't forget about her not so perfect family in Alabama. Reese Witherspoon. *PG-13 2002/Drama, Romance/1h 49m*

July 21 "We Bought a Zoo"

Following his wife's untimely death, a man makes a fresh start by quitting his job and moving his children to an 18-acre wildlife park. Based on true story. Matt Damon & Scarlet Johansson. *PG/2011/Drama/2h 4m*

August 18 "The Horse Whisperer"

After suffering a serious horse riding accident, 14 year old girls is taken to a legendary "horse whisperer," a person with a unique gift of being able to cure troubled horses. Robert Redford. *PG13 /1998/Drama, Romance/2h 50m*

Documentaries ⚡

4th & 5th Friday **Movie begins: 1:00 PM**

June 23 "Kindness is Contagious"

Researcher James Fowler demonstrated that if you are kind to one person they will be kind to four people and so on and so on. Theory is that we're hardwired to cooperate with one another. *G /2015 /Documentary/1 h 15m*

June 30 "The Cove"

This film analyzes and questions dolphin hunting practices in Japan. Awarded 2010 Academy Award for Best Documentary Feature. *PG13 /2009/Documentary/1h 32m*

July 28 "Unlikely Animal Friends"

The natural world is full of amazing stories, but sometimes animals act in ways that seemingly go against all their instincts, from an elephant standing guard over a sick dog, to a giant tortoise adopting a baby hippo and more. *G /2009-2011/Documentary/1h 45 m*

August 25 "Fed Up "

Film blows the lid off everything that was known about food & exercise, exposing hidden truths. Follow a group of families battling to lead healthier lives, revealing why the conventional wisdom of exercise and food is not ringing true for millions of people. *PG /2008/Documentary/96 m*

UNIQUE TOPICS

\$ - Unless otherwise noted, all Unique Topics require preregistration with payment. Res \$3 / Non-Res \$5

For more details please see flyers at Senior Center.

Historic Barton Farmhouse

John Marshall, Historian
Ever gone by Bowers School Farm and wondered about the history of the Barton Farmhouse and how it was moved in 2008 from its original location on Eastways & Long Lake? Sponsored by Alliance Senior Care. \$
Friday, June 2 (EDU53-B1721) 10:30 - 11:30 AM

The Book: A Widow's Guide to Healing

Kristen Meekhof, Author
There is no magic formula for coping with all of the questions and issues of grief following the loss of a husband. Kristin's work has appeared in *Huffington Post, The Shriver Report, Psychology Today and more.* Sponsored by Arden Courts. \$
Saturday, June 3 (EDU53-B1722) 10:30 - 11:30 AM

Dessert & the DIA - In the Garden

Discover the hidden meanings behind images of flowers, plants and gardens. Enjoy some of the DIA'S most favorite works of art. Sponsored by Baldwin House. \$

Tuesday, June 6 (EDU34-B1701) 10:30 - 11:30 AM

Green Infrastructure: Michigan Water Resources

Devan Rostorfer, SEMCOG Environmental Planner SEMCOG is updating the *Water Resources Plan for Southeast Michigan*. Educational updates on progress made toward implementing the *Green Infrastructure Vision*, importance of natural resources, wetlands, woodlands, lakes, and rivers. Sponsored by Ameristaff and Sun Medical. \$

Wednesday, June 7 (EDU53-B1723) 10:30 - 11:30 AM

Michigan Mammals

Holly Vaughn, Michigan Dept. Natural Resources Michigan boasts a wide variety of mammal species. Discover some of the most common and recognizable species and get an up-close look at their furs, skulls and other artifacts. \$

Tuesday, June 13 (EDU53-B1724) 10:30 - 11:30 AM

BTPL: Cutting the Cable Cord

Shayna Houghton, Bloomfield Twp. Public Library Discover how to stream movies and TV shows from popular apps like Netflix, Hulu and Amazon Video without cable TV. *Complimentary, BT residency required.*

Tuesday, June 13 (EDU53-B1725) 1:00 - 2:30 PM

History of the Modern Day Chef

Chef Susan Baier, OCC Culinary Studies A brief look at the evolution of a chef's place in history, from past to modern day. Learn the challenges of ever-changing dining styles. \$

Wednesday, June 14 (EDU53-B1726) 10:30 - 11:30 AM

BTPL: Free Downloads

Linda Hart, Bloomfield Twp. Public Library Discover how to download ebooks, audiobooks, movies, music and magazines free on your smartphones or tablets. Bring your charged devices and your BTPL library card. *Complimentary, BT residency required.*

Thursday, June 15 (EDU53-B1727) 9:00 AM - 12:30 PM

A Thousand Letters Home; The Journey of the Letters

Teresa Irish, Author Teresa discovered her father's letters, photographs and personal records of his experience as a soldier of WW II. 1,000 letters addressed to his parents and to the sweetheart who would later become his wife. A firsthand account through the eyes, heart and words of one soldier mirrors the journeys of many who served. Sponsored by Heartland Health Care Center Bloomfield. \$

Monday, June 19 (EDU53-B1728) 10:30 - 11:30 AM

BTPL: Tips & Tricks for Your Android Phone

Marcia Preston, Bloomfield Twp. Public Library Discover easy techniques to send emails, access photos, set up contacts, download an app and more. *Complimentary, BT residency required.*

Wednesday, June 21 (EDU53-B1729) 10:30 - 11:45 AM

History of the Korean War

Professor Bruce Zeller, Oakland University The Korean War (1950-53) began when the North Korean Communist army crossed the 38th parallel and invaded non-communist South Korea. The United States came to South Korea's aid. \$

Friday, June 23 (EDU53-B1730) 10:30 - 11:30 AM

Kaleidoscopes Paintings; Great Stories in Round

Julie Dawson, Artist Enjoy stories about people, cities, schools, organizations and churches for which Julie creates her art. People tell her their stories and she creates a watercolor kaleidoscope to tell their message. Sponsored by Samaritas Senior Living. \$

Wednesday, June 28 (EDU53-B1731) 10:30 - 11:30 AM

The AFTERGLOW magazine 1925-1927

John Marshall, Historian *The Afterglow* magazine was the primary source of society information for Bloomfield in the Roaring Twenties. In its short existence, it captured the essence of "the country life." Learn how you can access and read it today. \$

Tuesday, July 18 (EDU53-C1701) 10:30 - 11:30 AM

BTPL: Book Talk: "Boys in the Boat"

Elaine Asher, Bloomfield Twp. Public Library Inspiring information on the bestselling book by Daniel Brown. *Complimentary, BT residency required.*

Tuesday, July 18 (EDU53-C1702) 2:30 - 3:30 PM

BTPL: Tips & Tricks for Your I Phone

Marcia Preston, Bloomfield Twp. Public Library Discover easy techniques to send emails, access photos, set up contacts, download an app and more. *Complimentary, BT residency required.*

Wednesday, July 19 (EDU53-C1703) 10:30 - 11:45 PM

Michigan's Toads and Frogs

Holly Vaughn, Michigan Dept. Natural Resources Frogs and toads are important members of Michigan's ecosystems. Explore Michigan's 13 species of frogs and toads. Discover their special adaptations and hear some of their unique calls. *No fee, preregistration required.*

Thursdsay, July 20 (EDU53-C1704) 10:30 - 11:30 AM

BTPL: Free Downloads

Linda Hart, Bloomfield Twp. Public Library
Discover how to download eBooks, audiobooks, movies,
music and magazines free on your smartphones or tablets.
Bring your charged devices and your BTPL library card.
Complimentary, BT residency required.

Thursday, July 20 (EDU53-C1705) 9:00 AM - 12:30 PM

20th Century Retailing in Downtown Detroit

Michael Hauser, Marketing Manager
In the 1950's Downtown Detroit boasted over four million
square feet of retail, making it one of America's preferred
retail destinations. Take a closer look at some of our home
grown icons such as Hudson's, Sam's, Woolworth's,
Fyfe's Shoes and more! Q & A and an opportunity to share
personal remembrances. Sponsored by Regent Street. \$

Tuesday, July 25 (EDU53-C1706) 10:30 - 11:30 AM

Good Roads Movement in Michigan, 1888-1925

Jim Craft, Historian
In the late 1800s the United States had the worst roads in
the developed world - dusty and rutted in the dry season,
virtually impassable in rainy periods. \$

Tuesday, August 1 (EDU53-C1707) 10:30 - 11:30 AM

Civil War

Maureen Esther, Storyteller
Historical presentation covers the history that split this
country in two. A special highlight on a Union drummer
boy's life and the Michigan 22nd Infantry Regiment.
Sponsored by St. Anne's Mead. \$

Tuesday, August 15 (EDU53-C1708) 10:00 - 11:30 AM

BTPL: Tuesday Trivia

Shayna Houghton, Bloomfield Twp. Public Library
How well do you know your trivia? Bring teammates or
come alone and partner up. Prizes will be awarded to the
top scoring teams. *Complimentary, BT residency required.*

Tuesday, August 15 (EDU53-C1709) 2:00 - 4:00 PM

BTPL: Free Downloads

Linda Hart, Bloomfield Twp. Public Library
Discover how to download eBooks, audiobooks, movies,
music and magazines free on your smartphones or tablets.
Bring your charged devices and your BTPL library card.
Complimentary, BT residency required.

Thurs, August 17 (EDU53-C1711) 9:00 AM - 12:30 PM

Cool Cars; Unique Automobiles

Michael Hauser, Marketing Manager
Detroit Historical Society presentation on the 60 unique
automobiles that are part of the museum's collection -
most are rare, many one-of-a-kind. Sponsored by
Woodward Hills. \$

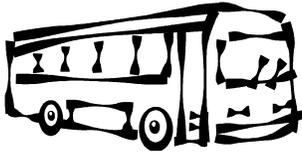
Thursday, August 17 (EDU53-C1710) 10:30 - 11:30 AM

Special thanks to our Summer 2017 sponsors:



Special thanks to our Spring 2017 sponsors:

- Alliance Senior Care
- Woodward Hills Nursing
- Baldwin House
- Samaritas Senior Living
- Affordable Homecare
- Assisted Living Locators
- Cedarbrook of Bloomfield Hills
- Brookdale Troy
- Health Quest
- Physical Therapy
- Sanctum Medical
- Heartland Health Care
- First & Main
- American House
- Mt. Elliott Cemetery Assn.
- Oakmont, Rochester
- SameAddress
- Team Rehabilitation



BLOOMFIELD TRAVEL

Coming this Summer...enjoy the comfort of our new 28-seat coach with forward facing, cloth seats.

** 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 to 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.

Oakmont Rochester, Independent Living Community

Tuesday, May 16 (DAY28-B1701) 11:15 AM – 2:00 PM
Tour of Oakmont Rochester, Rochester Hill's Independent Living Community. Enjoy lunch followed by a walking tour and an opportunity to meet resides. Transportation on Oakmont bus. Fee: Free of Charge (preregistration required)

Tour Tiny Houses WAIT LIST

Wednesday, May 17 (DAY13-B1701) 10:15 AM – 2:15 PM

Tour Saarinen House WAIT LIST

Thursday, May 18 (DAY14-B1701) 10:35 AM – 2:30 PM

Palmer Woods – Latin Jazz

Saturday, May 20 (DAY15-B1701) 6:00 PM – 11:00 PM
Orquesta La Inspiracion, founded by Puerto Rican conger Ozzie Rivera and under musical direction of pianist Bill Meyer, is an ensemble of some of Detroit's most talented Latin musicians. Latin-style meal served during intermission. Fee: \$80*

Tour College for Creative Studies

Tuesday, May 23 (DAY16-B1701) 9:00 AM – 2:45 PM
Docent lead walking tour thru the college and student art show. Followed by lunch on own at Circa 1890 Saloon. Fee: \$27*

DSO Rachmaninoff

Friday, May 26 (DAY17-B1701) 9:30 AM – 3:15 PM
Playing Rachmaninoff's Symphony No. 2. Christion Macelaru, conductor and James Ehnes on violin. Followed by lunch on your own at Ottava Via. Fee: \$56*

Ai Weiwei at Frederik Meijer Gardens

Tuesday, May 30 (DAY18-B1701) 12:00 PM – 9:30 PM
First of its kind for artist and activist, Ai Weiwei, located in a botanic garden and sculpture park. Also Dale Chibuly glass ceiling sculptures. Comfortable charter bus. Followed by dinner on your own at Lena's Garden. Fee: \$69*

Applewood House and Gardens

Thursday, June 1 (DAY19-B1701) 8:00 AM – 2:45 PM
Built in 1916 by Charles Stewart Mott, this three story Jacobean Revival home has changed very little in the century since it was constructed. Also tour the gardens. Followed by lunch on your own at Churchill's Food and Spirits. Fee: \$32*

Holy Rosary Cathedral/Toledo

Wednesday, June 7 (DAY20-B1701) 9:30 AM – 3:30 PM
With plans developed in 1912, Our Lady, Queen of the Most Holy Rosary Cathedral is beautifully constructed in a Spanish Platteresque style. Walking tour. Followed by lunch on your own at Macy's Steak House. Fee: \$32*

Julie Dawson's Art and Garden Tour

Friday, June 9 (DAY21-B1701) 11:45 AM – 4:45 PM
Birmingham watercolor artist, photographer and writer, Julie Dawson, invites you into her world of art, travels and flowers. She uses her home and gardens as her studio and gallery. Begin with lunch on your own at Bella Piatti. Fee: \$32*

Eastern Market Strolling & Tasting Tour WAIT LIST

Tuesday, June 13 (DAY22-B1701) 8:30 AM – 12:45 PM

Adventures in Dining – LeGeorge

Thursday, June 15 (DAY23-B1701) 12:00 PM – 2:30 PM
Located in downtown Northville. Mediterranean cuisine, French ambiance, eclectic menu. Uses the fundamental recipes of their ancestors. Lunch on your own. Fee: \$20*

DSO Soul Unlimited with Ellis Hall

Friday, June 16 (DAY24-B1701) 9:30 AM – 3:15 PM
The "Ambassador of Soul" – Ellis Hall – in a tribute to Marvin Gaye, Jackie Wilson, The Temptations, The Four Tops, Earth, Wind and Fire, Stevie Wonder and Ray Charles. Followed by lunch on your own at Vince's. Fee: \$69*

Adventures in Dining – The Blue Nile

Tuesday, June 27 (DAY26-B1701) 4:30 PM – 7:00 PM
Enjoy authentic Ethiopian food, which is historically low fat and delicious. Dinner on your own. Fee: \$20*

FIA Auguste Rodin Exhibit, Flint

Thursday, June 29 (DAY27-B1701) 10:15 AM – 3:30 PM
Exhibit features 50 bronzes by French sculptor Auguste Rodin who is generally considered the father of modern sculpture. Rodin is recognized as one of the greatest sculptors since Michelangelo. Lunch on your own at the Café. Fee: \$34*

Rattlesnake Club Lunch

Thursday, July 6 (DAY02-C1701) 11:45 AM – 2:45 PM
Enjoy a fabulous lunch at one of the premier Detroit dining destinations! Entree choices: *Pan Roasted Organic Breast of Chicken/Lemon Brine/Herbed Spatzle/baby green beans/ or Great Lake Perch/garlic smashed potatoes/lemon-thyme cream*; also salad, dessert, tea and coffee. Make entrée choice with registration. Fee: \$58*

DuMouchelle's Preview of Auction

Friday, July 7 (DAY03-C1701) 10:15 AM – 2:45 PM
Located in the heart of downtown, DuMouchelle's is a leader in the antique, fine art and collectibles auction industry. See items that will be in their current auction. Followed by lunch on your own at **Granite City**. Fee: \$25*

Tour of Hamtramck

Tuesday, July 11 (DAY01-C1701) 10:30 AM – 3:30 PM
Bus tour which includes many of the city's famous locations such as the Polish Art Center, a Polish bakery, St. Florian's and the Hamtramck Historical Museum. There will be some walking on part of this tour. Lunch on your own at **Polonia Polish Restaurant**. Fee: \$29*

Tour Detroit Boat Club

Wednesday, July 12, (DAY04-C1701) 8:30 AM – 2:00 PM
The Detroit Boat Club has been the home of the Boat Club Rowing Crew since 1902. Volunteers have meticulously restored the boathouse. Followed by lunch on your own at **Sindbad's**. Fee: \$37*

Windsor River Cruise

Thursday, July 13 (DAY05-C1701) 12:30 PM - 5:00 PM
Enjoy a comprehensive, informative cruise of the Canadian and Detroit shorelines. See Belle Isle, River Walk, Cobo Hall, Joe Louis Arena and other historical sights. Snacks available for sale. *Passport or Enhanced Driver's License* req'd. Fee: \$59*

Tour World Medical Relief Building

Wednesday, July 19 (DAY06-C1701) 10:35 AM – 2:00 PM
Focus is to facilitate the distribution of surplus medical resources where they're needed. Tour the main offices, pharmacy and floors preparing international shipments. Followed by lunch on your own at **Meriwether's**. Fee: \$29*

Adventures in Dining – Weber's

Friday, July 21 (DAY07-C1701) 11:30 AM – 3:00 PM
Weber's reputation for fine dining began in 1937. This is Weber's 80th Anniversary and continues to be Ann Arbor's landmark restaurant, featuring the area's finest prime rib, steaks and seafood, They have moderate prices, relaxed upscale design and friendly service. Lunch on your own. Fee: \$20*

Detroit Tigers v Kansas City Royals

Tuesday, July 25 (DAY08-C1701) 5:15 PM – 11:00 PM
Don't miss out on your chance for a great evening. Join us as we cheer on the Tigers and enjoy Comerica Park. Seats are in section 323 on 1st base line. Comfortable coach bus. Fee: \$62*

Jimmy John's Stadium

Friday, July 28 (DAY09-C1701) 6:15 PM – 10:30 PM
Come see the Bloomfield Beavers v Eastside Diamond Hoppers baseball game in the Jimmy John's stadium in Utica. They are embarking on their second season after a wildly successful '16 campaign. This is the most technologically advanced and well-appointed ballpark for its size in the country with state of the art main scoreboard and concert quality sound system. Fee: \$39*

Belle Isle, Nature Center, Conservatory & Lunch at The Detroit Yacht Club.

Wednesday, August 2 (DAY10-C1701) 9:15 AM – 2:30 PM
Tour the Island/Nature Center, Conservatory and the Yacht Club. Menu choice: *Chicken BLT, DYC Burger or Maurice Salad*; apple pie plus tea and coffee. Please give your entrée choice when registering. Fee: \$58*

Adventures in Dining – Commerce Breakfast Club

Friday, August 11 (DAY11-C1701) 11:10 AM – 1:15 PM
They opened their first restaurant in 1998 and outgrew it by the second day. The décor is cheery, clean & relaxing. Known for their over-baked French toast. Lunch on your own. Fee: \$20*

Adventures on Dining – Hard Rock Café

Tuesday, August 15 (DAY12-C1701) 10:45 AM – 1:30 PM
Enjoy great food, music, and drinks, as well as a rotating line up of music memorabilia of famous musicians such as Temptations, Marvin Gaye, Michael Jackson, Diana Ross, Ted Nugent and more. Lunch on your own. Fee: \$20*

Diamond Jack's River Tours

Wednesday, August 16 (DAY13-C1701) 12:15 PM – 6:00 PM
Come aboard and see Detroit like you've never seen it before! Providing Detroit River Tours for more than 20 years. Begin with Lunch on your own at **Andrews on the Corner**. Fee: \$43*

Tour Leader Dogs for the Blind

Thursday, August 17 (DAY14-C1701) 10:40 AM – 3:00 PM
Tour the new building of this organization which empowers people who are blind, visually impaired or deaf-blind with skills for a lifetime of independent travel. Begin with Lunch on your own at **Rochester Chop House**. Fee: \$30*



**KEEP CALM AND
LEAVE THE DRIVING
AND PARKING
TO US**

Detroit Tigers v New York Yankees

Wednesday, August 23 (DAY15-C1701) 5:15 PM – 11:00 PM
Don't miss out on your chance for a great evening. Join us as we cheer on the Tigers and enjoy Comerica Park. Seats are in section 113 on 1st base line. **Fee: \$80***

Tour Temple Beth El

Thursday, August 24 (DAY16-C1701) 10:30 AM – 2:00 PM
Tour the reformed synagogue founded in 1850 and the oldest Jewish Congregation in Michigan. Followed by lunch on your own at Beau's. **Fee: \$27***

Hazel Park Raceway

Friday, August 25 (DAY17-C1701) 5:30 PM – 10:30 PM
Enjoy an evening at the raceway, built in the late 1940's for auto racing and later converted to horse racing. Receive a program. **Dinner on your own. Fee: \$25***

Adventures in Dining – It's A Matter Of Taste

Monday, August 28 (DAY18-C1701) 11:30 AM – 2:00 PM
You don't want to miss this wonderful Tuscan style restaurant with beautiful views of Union Lake. Before leaving, go into their store for gifts and gourmet goodies to take home. **Fee: \$20***

Tutankhamun Exhibit – Cranbrook Museum

Wednesday, August 30 (DAY19-C1701) 10:30 AM – 2:00 PM
Ten years in the making, this dazzling collection of reproductions of Tutankhamun's legendary treasures recreates the richest archaeological find of all time. Most would never be seen in the U.S. but for replicas of this quality. Followed by lunch on your own at the **Moose Preserve. Fee: \$38***

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

Friday, September 15 (DAY24-C1701) 8:00 AM – 3:00 PM
Informative and interactive guided tour of the recent revitalization and current developments of Detroit; including International RiverWalk, Campus Martius, Woodward Avenue and Capitol Park, the new Hockey Arena, historic Brush Park and the Cass Corridor. Followed by lunch on your own at **Traffic Jam & Snug. Please register by June 22. Fee: \$48***

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 as relationships clash and secrets are revealed. Don't miss this preview prior to opening on Broadway World Premiere. **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. Sign up by June 15. **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***



Fitness Fiesta el Dia

(Fitness Party Days)

May 30 - June 1

☺ FEE: \$6 Res / \$8 Non Res (\$30 Res / \$40 Non Res for all 6)

Get Your Crazy Game On!

Tuesday May 30 (FUNFIT-01)

9 AM – 10 AM

Come have some fun with the red solo cup game, block bowling, balloon games, shenanigans and more? Working out has never been this FUN! Fee: ☺

Aqua Pool Dance Party

Tuesday May 30 (FUNFIT-02)

10:30 AM – 11:30 AM

Get your groove on with some great aqua Zumba® and dance jams in the pool. Get your happy on! Fee: ☺

Zumba® Dance Party

Wednesday May 31 (FUNFIT-03)

9 AM – 10 AM

Latin, international and pop rhythms with simple moves make the time fly by in this energizing and FUN workout. Come join the party! Fee: ☺

Aqua Sports Extravaganza

Wednesday May 31 (FUNFIT-04)

10:30 AM – 11:30 AM

No athletic skills necessary! Basketball, water polo and more! It's all about the FUN factor! Fee: ☺

Bloomfield Ninja Warrior

Thursday June 1 (FUNFIT-05)

9 AM – 10 AM

Obstacle courses and relay races will bring out the ninja skills you never knew you had. Fee: ☺

Splash Bash!

Thursday June 1 (FUNFIT-06)

10:30 AM – 11:30 AM

Noodles, dumbbells, kickboards, beach balls and rubber duckies will be part of the aqua pool party! Fee: ☺

Many ways to register...

Did you know you can register for most classes and programs in person, by phone/mail or online? Registering online allows you to avoid crowds and process your registration at your convenience.

To register online:

- Go to our website www.bloomfieldtpw.org/seniors
- Select *Course Catalog and Registration* at the top of the page
- Select *My Account* to log into your account (If you don't recall your password, call the Center.)

If you have any questions, don't hesitate to call (248-723-3500). We'll help you through the process. There's also a video on the website under the *Registration FAQs*. Once you become familiar, it will become your favorite way to register!



BTSS 5K Run/Walk



BTSS 5K Run / Walk

We'll be running/walking around the beautiful Bloomfield Township Campus. Residents and Non-Residents of **all ages** are welcome. Children welcome with supervision. Proceeds will benefit Meals on Wheels and Adult Day Service (Friendship Club). *Sponsored by American House, SameAddress and Oakmont, Rochester.* Preregistration and payment required for those 12 and up.

Fee: \$25 - Res or Non Res 12+

NEW DATE:

Saturday, Sept 23 (FIT159-C1701)

9 – 11:30 AM

For more information or coaching tips, contact BTSS Fitness Coordinators Maggie Barclay or Lisa Chavis @ 248-723-3500

Hit the Road!

Check out our exciting and varied *staycation* day trips for your summertime enjoyment. **Leave the driving to us in our new lovely bus!** Details on pages 13-15 and flyers in the Center.

Adventures in Dining (6/15, 6/27, 7/21, 8/11, 8/15, 8/28)

Palmer Woods Concert (5/20)

On the Water Adventures (7/13, 7/12, 7/13, 8/16, 9/11)

House and Garden Tours (5/30, 6/1, 6/9, 6/21)

Detroit Tiger Games (7/25, 8/23, 9/14)

Museums & Exhibits (6/29, 9/6, 9/8, 9/19, 9/28)

ArtPrize, Grand Rapids (9/26)

Shinola Tour (9/21)

Hamtramck Tour (7/11)

Tutankhamun Exhibit (8/30)

Hazel Park Raceway (8/25)

Detroit Revitalization Tour (9/15)





Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield Township, MI 48302-2091

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

Web: www.bloomfieldtpw.org/Seniors

Summer 2017

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Medicare Assistance Program

This fall BTSS will be an Open Enrollment Site for Medicare Medicaid Assistance Program (MMAP). MMAP is a free service that can help you make more informed health benefit decisions. Trained counselors will assist with:

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

Trained counselors will be on site to serve Township residents aged 60+. Individual appointments will be available. Details will be published in the fall newsletter.

Creating Confident Caregivers

Thursdays, May 18 – June 22

10 AM – 12 PM

Creating Confident Caregivers is a special grant-funded program for families caring for someone with memory loss. AAA1b and BTSS are offering this six-week series, a university-tested program designed to increase caregiver skills, knowledge and outlook.

Program is held at the BT Senior Center.

Registration required for program and handled directly through AAA1b. Call AAA1b for more information or to register (800-852-7795).

Informational brochure available at the Senior Center.

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

Medicare Coverage & Prescription Drug Plans Counseling

(SVC13-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. Available on the third Friday of each month.

June 16

July 21

August 18

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.



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.

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

Informal monthly gatherings for BT residents. Preregistration required. Though on hiatus for the summer months it will resume in September. Details will be available in the fall Newsletter.

File of Life Cards

The FILE OF LIFE card enables medics to obtain a quick medical history when a patient is unable to offer one. The card, kept in a red plastic pocket, is held with a magnet to the outside of the refrigerator. A small version is available for your purse or wallet. Cards are available to Township residents at the Senior Center or the BT Fire Department.

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.



May 17

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.

June 21

July 19

August 16

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

Senior Reach®

Support for the wellbeing, independence and dignity of older adults through community education, mental health services and connection to community resources. Call Easterseals Michigan at (877) 231-0155.

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 * Greg Coatsworth * Jerry Craig * Emily Day * Judy Dennis * Judy Dixon * Mike Dunigan * Carole & Ted Elder * John Feeney * Ed Francis * Judy Geppert * Mona Gibson * Barbara Glotzhofer * Carol Goldstein * Nancy Haddad * Lorna Hall * Rose Ann Hanley * Rob Heeren * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * 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 * Theresa & Mike Shea * Mary Shepline * Tom Storen * Connie Szymczak * Marjorie & Mario Trafeli * Steven Unruh * Patricia Wagner * Lynn & Corey Wert * Jim Wolfe * Elinor & Murray Yolles * Rasheeda Zafar

Thank you volunteers! 1500 + Hours in January-March
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 McIntyre * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Shirley Franklin * Eva Freed * Judy Geppert * Klaren Gerhart * Mona Gibson * Barbara Glotzhofer * Carol Goldstein * Irene Grady * Sangeeta Grewal * Mamtha Guduguntla * 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 * 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 Whitedge * Suzanne Winn * Diana Wise * Jessica Wollan * James Worlev * Aniel Yessavan * 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



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.