



Bloomfield Township Senior Services



Serving 50+ Adults – Spring 2018

248-723-3500

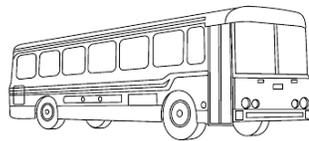
Enriching lives with learning opportunities ≈ Providing services that support well-being and independence ≈ Building Community

INDEX (SS = supplement)

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Day Trips

Relax and leave the driving to us!
Join us for tours, shows, music, museums,
dining, a river cruise and many more
fabulous experiences.
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, Transportation or BTSS in general. Purchase a memorial paver brick, which will be placed along the BTSS walkways. See p. 16 for details.

Unique Topics

Art ▪ Design ▪ Photography ▪ Environment
History ▪ Fashion ▪ Culture ▪ Nature ▪ Health

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

Active Compassion 5K Walk

Saturday, May 12
9 – 11:30 AM
(FIT159-B1801)



This family-friendly event is a great way to show support for BTSS Supportive Services, including “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?

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

Fee: Res/Non Res 12+ (no fee under 12)
Early bird \$20 thru 4/13
\$25 after 4/13

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

Christine's Comments...

Senior Services just completed 45 years of service to the community. It was a humble beginning of home delivered meals and bridge group that has grown into this wonderful community focal point. Last year we hosted over 70,000 visits for programs focused on mind and body wellness and genuine social networking. Evolution of the department continues as we work to stay current with the needs and interests of residents aged 50+. Firsts in 2017 include:

In February, residents aged 50+, thirty people aged 52 to 87 participated in an Indoor Triathlon. For some it was a long time goal and for others it was the first time they were considered an athlete.

In May, we secured a new 28 passenger coach for day trips to increase capacity and comfort.

In July, we installed 36 engraved bricks which allow people to honor a loved one in a location special to them. This program provides funds for supportive services and is growing.

In September, over one hundred people joined us for the Compassion Walk. Though it was 90 degrees, it was one of the coolest events!

The core of BTSS shines with these programs and we plan to build on this success. We hope that you join us.

Wishing you peace and good health,

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West of Telegraph)

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

Christine Tvaroha, Director

Senior Center*: Monday - Thursday 7 AM - 8 PM

Friday 7 AM - 6 PM

Saturdays 8 AM - 2 PM

Adult Day Service/Friendship Club: Mon-Fri 9 AM-4 PM

www.bloomfieldtp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Brian E. Kepes, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Michael Schostak, Trustee Dani Walsh, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

John & Janice Bellefleur, Don Foehr

Victor & Suzanne Goldstein

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 26

Monday, May 28

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.

Thank You for Your Donations*...Thank you to all who have donated to support BTSS, your contributions are appreciated.

Special thanks to **Paper Dolls, Chicks with Sticks and Gems and Friends** for their dedication to the **Annual Holiday Extravaganza**. We are most grateful to all who participated by purchasing items from the one day event raising a total of \$1468.00 in donations through sales.

Once again, thank you to all who supported the Annual Tree of Life Campaign raising a total of \$2875.00 which supports valuable programs & services.

* CHARITABLE CONTRIBUTIONS AND GIFTS - An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer's contribution base) any charitable contribution which is made within the taxable year, to a state, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.

Gifts/Gratuities Policy

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

Registration / Cancellation / Refund/Class Policies

- We reserve the right to substitute instructors as needed to maintain continuity of classes.
- Registration for confirmed BT patrons only through 2 /18; nonresidents and prorated registrations begin 2/19.
- Non-residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Trips depart promptly at posted time; return times are approximate.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes/Programs: no refund within 2 business days of start. No refund once class has begun. Cancellation fee: 50% of cost if less than \$10; \$5 if cost \$10 or more.
- Trips: nonrefundable within 3 business days. \$5 Cancellation fee ± costs incurred (i.e. prepaid tickets).

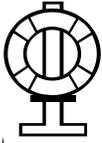
Knowing and understanding there are certain risks involved in your voluntary decision to participate in these activities, we recommend that you consult your doctor before starting any exercise program.

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

Aquatics: Warm Water Fitness

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

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



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

New! Aqua Burn

Cindy Krizmanich

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

Monday 9:30 – 6:30 PM
Feb 26 – Apr 9 (FIT168-A1802) 7 classes/\$49*
Apr 16 – May 21 (FIT168-B1801) 6 classes/\$42*

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
Mar 1 – Apr 12 (FIT118-A1802) 7 classes/\$49*
Apr 19 – May 24 (FIT118-B1801) 6 classes/\$42*

Aqua Endurance, Core & Balance (Intermediate) E. 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
Feb 27 – Apr 10 (FIT133-A1802) 7 classes/\$49*
Apr 17 – May 22 (FIT133-B1801) 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
Feb 28 – Mar 28 (FIT96-A1803) 5 classes/\$40*
Apr 4 – Apr 25 (FIT96-B1801) 4 classes/\$32*
May 2 – May 23 (FIT96-B1803) 4 classes/\$32*
Friday 9:30 – 10:30 AM
Mar 2 – Mar 30 (FIT96-A1804) 5 classes/\$40*
Apr 6 – Apr 27 (FIT96-B1802) 4 classes/\$32*
May 4 – May 25 (FIT96-B1804) 4 classes/\$32*

Open Swim (FIT30-varies)

Register monthly for unlimited visits during scheduled times. Shower and check in with lifeguard before entering pool. Calendar available online & at Center. *BT Residency required.*

\$15/month **\$7.50/half month** (1st - 15th or 16th - end)

Aqua 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
Feb 27 – Apr 10 (FIT146-A1802) 7 classes/\$49*
Apr 17 – May 22 (FIT146-B1801) 6 classes/\$42*

Aqua Yoga Flow

Kathy Housey

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

Monday 11 AM – 12 PM
Feb 26 – Apr 9 (FIT114-A1802) 7 classes/\$56*
Apr 16 – May 21 (FIT114-B1801) 6 classes/\$48*

New! Aqua Strong and Fit

Marci Berlin

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

Wednesday 4 – 5 PM
Feb 28 – Mar 28 (FIT170-A1807) 5 classes/\$35*
Apr 4 – Apr 25 (FIT170-B1801) 4 classes/\$28*
May 2 – May 23 (FIT170-B1804) 4 classes/\$28*
Thursday 8 AM – 9 AM
Mar 1 – Mar 29 (FIT170-A1808) 5 classes/\$35*
Apr 5 – Apr 26 (FIT170-B1802) 4 classes/\$28*
May 3 – May 24 (FIT170-B1805) 4 classes/\$28*
Thursday 3 PM – 4 PM
Mar 1 – Mar 29 (FIT170-A1809) 5 classes/\$35*
Apr 5 – Apr 26 (FIT170-B1803) 4 classes/\$28*
May 3 – May 24 (FIT170-B1806) 4 classes/\$28*

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
Mar 6 - Mar 27 (FIT27a-A1805) 4 classes/\$32*
Apr 3 – Apr 24 (FIT27a-B1801) 4 classes/\$32*
May 1 – May 22 (FIT27a-B1803) 4 classes/\$32*
Thursday 4:45 – 5:45 PM
Mar 1 – Mar 29 (FIT27a-A1806) 5 classes/\$40*
Apr 5 – Apr 26 (FIT27a-B1802) 4 classes/\$32*
May 3 – May 24 (FIT27a-B1804) 4 classes/\$32*

Aqua Power Aerobics Level 2

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

Tuesday

Mar 6 - Mar 27 (FIT27b-A1805)
Apr 3 - Apr 24 (FIT27b-B1801)
May 1 - May 22 (FIT27b-B1803)

Annie Chi

6 - 7 PM

4 classes/\$32*

4 classes/\$32*

4 classes/\$32*

Thursday

Mar 1 - Mar 29 (FIT27b-A1806)
Apr 5 - Apr 26 (FIT27b-B1802)
May 3 - May 24 (FIT27b-B1804)

6 - 7 PM

5 classes/\$40*

4 classes/\$32*

4 classes/\$32*

New! Aquacise

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

Cindy Krizmanich

Monday

Feb 26 - Apr 9 (FIT169-A1802)
Apr 16 - May 21 (FIT169-B1801)

4 PM - 5 PM

7 classes/\$49*

6 classes/\$42*

Fluid Moves

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

Kathy Housey

Wednesday

Feb 28 - Apr 11 (FIT86-A1802)
Apr 18 - May 23 (FIT86-B1801)

11 AM - 12 PM

7 classes/\$56*

6 classes/\$48*

H₂O Boot Camp

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

Annie Chi

Saturday

Mar 3 - Mar 31 (FIT32-A1803)
Apr 7 - Apr 28 (FIT32-B1801)
May 5 - May 19 (FIT32-B1802)

9 - 10 AM

5 classes/\$40*

4 classes/\$32*

3 classes/\$24*

H₂O Gentle Joins

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

Lisa Chavis

Thursday

Mar 1 - Apr 12 (FIT148-A1802)
Apr 19 - May 24 (FIT148-B1801)

11 AM - 12 PM

7 classes/\$49*

6 classes/\$42*

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.

Lisa Chavis

Friday

Mar 2 - Apr 13 (FIT128-A1802)
Apr 20 - May 25 (FIT128-B1801)

11 AM - 12 PM

7 classes/\$49*

6 classes/\$42*

Poolates Party

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

Lisa Chavis

Tuesday

Feb 27 - Apr 10 (FIT161-A1802)
Apr 17 - May 22 (FIT161-B1801)

11 AM - 12 PM

7 classes/\$49*

6 classes/\$42*

New! Turf & Surf

Start with 25 min cardio on the fitness floor equipment, then move to the pool for 25 min lap swim or aquatic exercise.

Lisa Chavis

Tuesday

Feb 27 - Apr 10 (FIT173-A1801)
Apr 17 - May 22 (FIT173-B1801)

3 - 4 PM

7 classes/\$49*

6 classes/\$42*

Friday

Mar 2 - Apr 13 (FIT173-A1802)
Apr 20 - May 25 (FIT173-B1802)

3 - 4 PM

7 classes/\$49*

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.

Lisa Chavis

Monday

Feb 26 - Apr 9 (FIT95-A1802)
Apr 16 - May 21 (FIT95-B1801)

9:30 - 10:30 AM

7 classes/\$49*

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.

Ernie Thomas

Monday - Level 1

Feb 26 - Apr 9 (FIT99-A1803)
Apr 16 - May 21 (FIT99-B1801)

2:30 - 3:15 PM

7 classes/\$49*

6 classes/\$42*

Wednesday - Level 2

Feb 28 - Apr 11 (FIT99-A1804)
Apr 18 - May 23 (FIT99-B1802)

2:30 - 3:15 PM

7 classes/\$49*

6 classes/\$42*

Land Fitness

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

New! Cardio Dance Party

Whether you have dance skills or two left feet, everyone can enjoy movement to great music from pop to country, classics and international flavors! Simple dance moves intertwined with fitness moves for a head to toe fun workout experience!

Maggie Barclay

Friday

Mar 2 - Apr 13 (FIT174-A1801)
Apr 20 - May 25 (FIT174-B1801)

7:45 - 8:45 AM

7 classes/\$49*

6 classes/\$42*

Cardio Party & Core

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

Maggie Barclay

Monday

Feb 26 - Apr 9 (FIT119-A1802)
Apr 16 - May 21 (FIT119-B1801)

9 - 10 AM

7 classes/\$49*

6 classes/\$42*

Cardio Stretch Blast

Lisa Chavis

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

Monday

6:30 - 7:30 PM

Feb 26 – Apr 9 (FIT172-A1802)

7 classes/\$42*

Apr 16 – May 21 (FIT172-B1801)

6 classes/\$36*

Cardio Strength & Balance Level 1

Rhonda Jean

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

Feb 27 – Apr 10 (FIT136-A1803)

7 classes/\$49*

Apr 17 – May 22 (FIT136-B1801)

6 classes/\$42*

Thursday

12:45 – 1:30 PM

Mar 1 – Apr 12 (FIT136-A1804)

7 classes/\$49*

Apr 19 – May 24 (FIT136-B1802)

6 classes/\$42*

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

Feb 26 – Apr 9 (FIT137-A1802)

7 classes/\$49*

Apr 16 – May 21 (FIT137-B1801)

6 classes/\$42*

Cardio, Core, Conditioning (Three Cs)

Dondra Elie

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

Tuesday

9 – 10 AM

Feb 27 – Apr 10 (FIT109-A1803)

7 classes/\$49*

Apr 17 – May 22 (FIT109-B1801)

6 classes/\$42*

Thursday

9 – 10 AM

Mar 1 – Apr 12 (FIT109-A1804)

7 classes/\$49*

Apr 19 – May 24 (FIT109-B1802)

6 classes/\$42*

Creative Crosstraining

Lisa Chavis

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

M/T/W/TH/F

Times Vary

Feb 26 – Apr 13 (FIT77-A1802)

63 Sessions/\$141

Apr 16 – May 25 (FIT77-B1801)

54 Sessions/\$121

Drums Alive®

Mari Ann Pace

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

Thursday

11:30 AM – 12:15 PM

Mar 1 – Apr 12 (FIT47-A1802)

7 classes/\$42*

Apr 19 – May 24 (FIT47-B1801)

6 classes/\$36*

HIIT Bursts (High Intensity Interval Training)

Maggie Barclay

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

Wednesday

3:15 – 4:00 PM

Feb 28 – Apr 11 (FIT166-A1802)

7 classes/\$42*

Apr 18 – May 23 (FIT166-B1801)

6 classes/\$36*

Zumba®

Mari Ann Pace/Karen Ockner

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)

5:30 - 6:15 PM

Feb 26 – Apr 9 (FIT78-A1805)

7 classes/\$49*

Apr 16 – May 21 (FIT78-B1801)

6 classes/\$42*

Wednesday (Mari Ann)

5:30 – 6:15 PM

Feb 28 – Apr 11 (FIT78-A1806)

7 classes/\$49*

Apr 18 – May 23 (FIT78-B1802)

6 classes/\$42*

Saturday (Karen)

10 - 10:45 AM

Mar 3 – Apr 7 (FIT78-A1807)

6 classes/\$42*

Apr 14 – May 19 (FIT78-B1803)

6 classes/\$42*

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

PICKLEBALL

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

Tuesday (drop in) 3:30 PM – 5:15 PM

Thursday (drop in) 2:45 PM – 4:30 PM

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

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

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

THANK YOU!

PERSONAL FITNESS

1 on 1 Personal Training (FIT142-VARIES)

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

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

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

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

Small Group Personal Training (SGPT)

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

Monday (Julie Ruppel)	2 - 3 PM
Feb 26 – Apr 9 (FIT103-A1806)	7 classes/\$112*
Apr 16 – May 21 (FIT103-B1801)	6 classes/\$96*
Tuesday (Maggie Barclay)	7:30 – 8:30 AM
Feb 27 – Apr 10 (FIT103-A1807)	7 classes/\$112*
Apr 17 – May 22 (FIT103-B1802)	6 classes/\$96*
Wednesday (Lola Faleix)	2 - 3 PM
Feb 28 – Apr 11 (FIT103-A1808)	7 classes/\$112*
Apr 18 – May 23 (FIT103-B1803)	6 classes/\$96*
Thursday (Maggie Barclay)	7:30 – 8:30 AM
Mar 1 – Apr 12 (FIT103-A1809)	7 classes/\$112*
Apr 19 – May 24 (FIT103-B1804)	6 classes/\$96*
Friday (Lola Faleix)	1 - 2 PM
Mar 2 – Apr 13 (FIT103-A1810) (no 3/30)	6 classes/\$96*
Apr 20 – May 25 (FIT103-B1805)	6 classes/\$96*

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)	11:30 AM – 12:30 PM
Feb 26 – Apr 9 (FIT56-A1804)	7 classes/\$49*
Apr 16 – May 21 (FIT56-B1802)	6 classes/\$42*
Wednesday (Karen)	11:30 AM – 12:30 PM
Feb 28 – Mar 28 (FIT56-A1805)	5 classes/\$35*
Apr 4 – Apr 25 (FIT56-B1801)	4 classes/\$28*
May 2 – May 23 (FIT56-B1803)	4 classes/\$28*

New! Drums Alive® Seated

Mari Ann Pace

Feel and experience the Drums Alive® workout seated (optional stand-to-seat adaptations)! Class is a powerful tool for hand/eye coordination, stress reduction and balance. Music, rhythm & fun!

Tuesday	1:45 PM – 2:30 PM
Apr 17 – May 22 (FIT98-B1801)	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. Intermediate level. *Please bring a mat to class.*

Monday	12:45 – 1:30 PM
Feb 26 – Apr 9 (FIT101-A1803)	7 classes/\$49*
Apr 16 – May 21 (FIT101-B1801)	6 classes/\$42*
Wednesday	12:45 – 1:30 PM
Feb 28 – Apr 11 (FIT101-A1804)	7 classes/\$49*
Apr 18 – May 23 (FIT101-B1802)	6 classes/\$42*

Equipment Orientation/Refresher (FIT33-VARIES)

Required for fitness participants before registering for Open Hours. Also a refresher for those who have previously completed a class or Orientation. 1-1/2 hour personalized training on all equipment for safe & effective use. Workout clothing & *clean indoor shoes required.* **BT Residents Only.**

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

Fitness Open Hours (FIT02-VARIES)

Pre-requisite: Equipment Orientation/Refresher.

Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.*

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

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

Pilates, Strength, & Balance

Karen Ockner

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

Monday	4:15 - 5:15 PM
Feb 26 – Apr 9 (FIT139-A1803)	7 classes/\$49*
Apr 16 – May 21 (FIT139-B1801)	6 classes/\$42*
Thursday	5 – 6 PM
Mar 1 – Apr 12 (FIT139-A1804)	7 classes/\$49*
Apr 19 – May 24 (FIT139-B1802)	6 classes/\$42*

Mat Pilates

Karen Ockner

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

Saturday	11 - 11:45 AM
Mar 3 – Apr 7 (FIT155-A1802)	6 Classes/\$42*
Apr 14 – May 19 (FIT155-B1801)	6 Classes/\$42*

Mat Pilates & Balance Training

Maggie Barclay

Increase core body awareness, strength & balance ability by incorporating mat Pilate's method w/ balance training. Intermediate level class. Modifications offered. *Bring mat & water bottle.*

Friday	10:15 - 11:15 AM
Mar 2 – Apr 13 (FIT165-A1802)	7 Classes/\$49*
Apr 20 – May 25 (FIT165-B1801)	6 Classes/\$42*

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
Feb 28 – Apr 11 (FIT80-A1803)	7 classes/\$49*
Apr 18 – May 23 (FIT80-B1801)	6 classes/\$42*
Friday (Maggie Barclay)	9 AM – 10 AM
Mar 2 – Apr 13 (FIT80-A1804)	7 classes/\$49*
Apr 20 - May 25 (FIT80-B1802)	6 classes/\$42*

Stretch Break

Maggie Barclay/Lisa Chavis

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

Monday (Maggie) 8:15 – 8:45 AM

Feb 26 – Apr 9 (FIT163-A1805) 7 classes/\$21*

Apr 16 – May 21 (FIT163-B1801) 6 classes/\$18*

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

Feb 28 – Apr 11 (FIT163-A1806) 7 classes/\$21*

Apr 18 – May 23 (FIT163-B1802) 6 classes/\$18*

ZS3 - Zone, Stretch and Strengthen

Lisa Chavis

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

Tuesday 5:30 – 6:20 PM

Feb 27 – Apr 10 (FIT156-A1802) 7 Classes/\$49*

Apr 17 – May 22 (FIT156-B1801) 6 Classes/\$42*

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

MIND BODY

Chair Yoga

Donna Tomassi/ Karen Lutz

See full description on page 6 under SEATED.

Gentle Flow Yoga

Jan Chaney

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

Wednesday 6:30 - 7:30 PM

Feb 28 – Apr 11 (FIT167-A1802) 7 classes/\$49*

Apr 18-May 23 (FIT167-B1801) 6 classes/42*

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

Feb 27 – Apr 10 (FIT94-A1803) 7 classes/\$49*

Apr 17 – May 22 (FIT94-B1801) 6 classes/\$42*

Thursday 10:15 - 11:15 AM

Mar 1 – Apr 12 (FIT94-A1804) 7 classes/\$49*

Apr 19 – May 24 (FIT94-B1802) 6 classes/\$42*

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

Gentle Moves Yoga - Level 2

Maggie Barclay

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

Tuesday 10:15 - 11:15 AM

Feb 27 – Apr 10 (FIT160-A1802) 7 classes/\$49*

Apr 17 – May 22 (FIT160-B1801) 6 classes/\$42*

Yoga Focus – Back & Breath

Jan Chaney

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

Tuesday 8:30 – 9:30 AM

Feb 27 – Apr 10 (FIT164-A1803) 7 classes/\$49*

Apr 17 – May 22 (FIT164-B1801) 6 classes/\$42*

Yoga for Well-Being

Karen Lutz

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

Friday 11:30 AM – 12:30 PM

Mar 2 – Mar 30 (FIT152-A1805) 5 classes/\$35*

Apr 6 – Apr 27 (FIT152-B1801) 4 classes/\$28*

May 4 – May 25 (FIT152-B1803) 4 classes/\$28*

Saturday 8:30 - 9:30 AM

Mar 3 – Mar 31 (FIT152-A1806) 5 classes/\$35*

Apr 7 – Apr 28 (FIT152-B1802) 4 classes/\$28*

May 5 – May 19 (FIT152-B1804) 3 classes/\$21*

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

Feb 28 – Apr 11 (FIT03-A1803) 7 classes/\$56*

Apr 18 – May 23 (FIT03-B1801) 6 classes/\$48*

Continuing Wednesday 10:30 – 11:15 AM

Feb 28 – Apr 11 (FIT03-A1804) 7 classes/\$56*

Apr 18 – May 23 (FIT03-B1802) 6 classes/\$48*

SPECIALTY FITNESS PROGRAMS & EVENTS

Core Foundation® Training

Lori Harbour

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

Tuesday (Introductory) 6:30 – 7:15 PM

Mar 6 – Mar 27 (FIT144-A1804) 4 classes/\$32*

Apr 3 – Apr 24 (FIT144-B1801) 4 classes/\$32*

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

Mar 8 – Mar 29 (FIT144-A1805) 4 classes/\$32*

Apr 5 – Apr 26 (FIT144-B1802) 4 classes/\$32*

7 May 3 – May 24 (FIT144-B1803) 4 classes/\$32*

Golf Conditioning

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

Tuesday

Feb 27 – Apr 10 (FIT50-A1802)

Lisa Chavis

1:45 – 2:30 PM

7 classes/\$49*

Moving thru - Dance & Parkinson's

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

Mar 1 – Apr 12 (FIT121-A1802)

Apr 19 – May 24 (FIT121-B1801)

Mari Ann Pace

1:45 - 2:30 PM

7 classes/Non Res \$42**

6 classes/Non Res \$36**

ENRICHMENT

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

★ *Drop-In Programs: All participants must scan in or register and pay fee (if applicable) at main level Reception Desk. Unless otherwise noted: Resident free. Guest/Non Resident \$2.*

ART

Gems and Friends ★

Facilitator: Martha McGee

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

Tuesdays/Thursdays

1:00 – 4:00 PM

Dates subject to change, please call ahead. No Meeting 5/8, 5/15

Paper Dolls

Facilitator: Arlene Pinkos

Dedicated group designing & selling beautiful repurposed greeting cards. Used greeting card donations much appreciated, all proceeds go to Meals on Wheels.

Thursday May 24

1:30 - 4:30 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 – 11:00 AM

March 21 (SOC27-A1802) *Topic to be determined*

April 18 (SOC27-B1801) J Linstrum, Gardens at Cranbrook

May 16 (SOC27-B1802) *Topic to be determined*

CLUBS / GROUPS

Ancestry Research Club

Self-motivated inspired, shared genealogy networking. All are welcome, meets once every three months.

Pre-registration required.

Res \$2/Non-Res \$4

Tues. May 8 (SOC46-B1801)

10:30 – 11:30 AM

Women's Coffee & Conversation

Facilitator: G. Keane

Enjoy conversation & camaraderie. Pre-registration required.

4th Thursday 10:30 AM – Noon **Res \$2/Non-Res \$4**

March 22 (SOC28-A1803)

April 26 (SOC28-B1801)

May 24 (SOC28-B1802)

Book Club ★

Facilitator: Fern Stoffer

1st Friday

10:00 AM – Noon

March 2 *The Ragged Company, Wagamese* (D. Alexanian)

April 6 *A Handmaid's Tale, Atwood* (J. Bellefleur)

May 4 *Americanah, Adichie* (C. Matti)

Chicks with Sticks ★

Facilitator: Chris Muir

Join a friendly group that knits & crochets for infants, foster-care teens & chemotherapy patients – gifts from the heart. At-home knitters needed, too! *Need new or "like new" yarn donations.*

Mondays

1:00 – 3:30 PM

CLASSES

AAA Mature Driver Course

Interactive classroom provides tips to help older drivers compensate for changing vision, reflexes and response time. Half hour break, please bring your lunch.

Pre-registration required.

Res \$20/Non-Res \$30

Tuesday, April 10 (EDU03 -B1801) **10:00 AM - 2:00 PM**

Canasta Beginner - New Instructor

Carol Lowen

Beginners or a refresher course with an experienced, fun instructor. *Material fee of \$5 payable to instructor for instruction book & score pad.*

Tuesdays(EDU45 -B1801)**10:00 AM - Noon 4 classes/\$60***

April 3, 10, 17, 24

Canasta Strategy – New Instructor

Carol Lowen

This class is for players who already know the game. Learn strategy, finesse and sharpen your game to be a winner! *\$5 payable to instructor for instruction book & score pad.*

Tuesdays (EDU46-B1802)**10:00AM - Noon 4 classes/\$60***

May 1, 8, 15, 22

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*
March 10 - May 12 (EDU12-A1802) *No Class 3/24, 3/31*
May 19 – July 7 (EDU12-B1801)

Bridge – Advanced & Intermediate J. & C. 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 7 classes/\$105*
March 7- May 9 (EDU13-A1802) *No Class 3/21, 3/28, 4/11*
May 16 - July 11 (EDU13-B1801)

Mah-Jongg Beginner Basics Sharon Houghtby
 \$10.00 fee payable to instructor for courtesy purchase of playing cards. Students will be able to name tiles, create hands & play according to National League rules. Strategy & playing for money are not included. Pre-registration required.
Thursdays (EDU36-B1801) **4 classes/\$20.00***
May 3, 10, 17, 24 10:00AM-Noon

GAMES

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

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

Euchre & Pinochle ☆ Facilitator: Joanne Carmichael
 All levels welcomed! *No meeting 3/1 & 3/22, 5/17*
Thursdays *Subject to change* **11:15 - 1:45 PM**

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

Duplicate Bridge Facilitator: B. Balakrishna
Monday/Friday Res \$2/Non-Res \$4
Play: 12:30 – 4:00 PM Maximum of 7 tables
Arrival time 12:15 promptly for table assignments. No bridge 4/20

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

Wednesday Evening Duplicate Bridge
 Facilitators: Ed Coe 1st & 3rd / Connie Wood 2nd & 4th
Tables assigned at 3:45. Play begins promptly at 4:00
 This is a non-ACBL sanctioned game so no master points are awarded. Now every week except the 5th Wednesdays
Wednesdays 3:45 – 7:45 PM Res \$2/Non-Res \$4

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.

MIND UNIVERSITY/AEROBICS (MU/A)

MU/A Overview Y. Gaydayenko, 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. Preregistration required.

Tuesday, March 27 (EDU68-A1801) **10:00 AM – Noon**

MU/A Assessment Appointments

Interested in MU/A? Register for a one-on-one appointment with the MU Coordinator at BTSS. Prerequisite: *Mind University Overview*. No charge. Pre-registration required.

Tuesday, April 3 (EDU68-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 healthy and strong. We also need to give our brains regular exercise 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*.

Tuesday & Thursdays 10:00 – 11 AM
April 10 – June 28 (EDU68-B1801) **24 Classes/\$240***

WSU Understanding Senior Moments II L. Ficker, PhD
 Discover how different personalities experience senior moments and how decision making is affected. Bring your ideas & questions to this interactive presentation. \$
Thursday, March 8 (EDU53 - A1834) **10:30 - 11:30 AM**

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

For more details please see flyers at Senior Center.

BTPL: Free Downloads Linda Hart
 Learn to download ebooks, audiobooks, movies, music and magazines on your smartphones or tablets. Bring charged devices & BTPL library card. *Complimentary BT Resident/held at Senior Center.*

Thursday, March 1(EDU53-A1824) **9:00 - 11:00 AM**
Thursday, April 5(EDU53-B1801) **9:00 - 11:00 AM**
Thursday, May 3(EDU53-B1802) **9:00 - 11:00 AM**

Great Lakes Native People C. Wood, Cranbrook
Where did the earliest Paleo-Indians come from? Explore the Ojibway, Ottawa, Potawatomi tribes and other cultural groups. Hands on artifacts from the Institute's collection. \$
Tuesday, March 6 (EDU53-A1825) **10:30 - 11:30 AM**

BTPL: Cutting the Cable Cord Drew Heuser
Discover how to stream movies and TV shows from popular apps like Netflix, Hulu and Amazon Video without cable TV. Complimentary BT Resident/held at Senior Center.
Thursday, March 8 (EDU53-A1826) **1:00 - 2:30 PM**

Truman; Containment & Cold War B. Zeller, OU Prof, Historian
Presidents have long sought to enlarge power in the area of national security. Truman succeeded in dramatically increasing presidential authority, provoking heated dissent. \$
Wednesday, March 14 (EDU53-A1827) **10:30 - 11:30 AM**

Historic Bloomfield: Mass Transit B. Golden, Historian
Discover the effect of mass transit in 1912. Weekenders enjoy the joys of swimming, boating and picnicking. Learn how this affected the development of Bloomfield. \$
Monday, March 19 (EDU53-A1828) **10:30 - 11:30 AM**

Protecting Michigan's Natural Treasures J. Stoneman, Director of Education MI Nature Assn.
Michigan has extraordinary natural beauty. It will be protected forever, thanks to Michigan Nature Association. Sponsored by Samaritas. \$
Tuesday, March 20 (EDU53-A1829) **10:30 - 11:30 AM**

Jackie Robinson Around the Bases M. Placco MCC, Professor of History
The life and times of Jack Roosevelt "Jackie" Robinson, who broke major-league baseball's "color barrier" when he signed with the Brooklyn Dodgers in 1947, remembered as an American sports hero and civil rights pioneer. \$
Tuesday, March 20 (EDU53-A1830) **5:00 - 6:00 PM**

A Trip Through the Solar System & Beyond Clifford Marko, NASM
Explore the solar system through the eye of Voyager. Find out about recently discovered objects in our cosmos. \$
Friday, March 23 (EDU53-A1831) **10:30 - 11:30 AM**

Dale Chihuly: Glass Sculptor & Entrepreneur Michelle Stephens
His works considered unique to the field of blown glass, moving into the realm of large-scale glass sculptures. Outstanding colors to mesmerize your eyes! \$
Wednesday, March 28 (EDU53-A1832) **10:30-11:30 AM**

Ever Changing Flint Institute of Arts Chene Koppitz
The museum has more to offer than ever; new exhibits & classes. Learn about Bloomfield Hills, Sidney Swidler's "Art of Containment Exhibit". See related day trip on April 24, info on page 13. \$
Thursday, March 29 (EDU53-A1833) **10:30 - 11:30 AM**

Unique Ships of the Great Lakes J. Stone, Curator DHS
Creatively adapted fresh water crafts were made to weather practically every condition. Massive freighters, speedboats, engineering genius & manufacturing resulted in vessels not found on any other waterway in the world. Sponsored by First & Main. \$
Tuesday, April 3 (EDU53-B1803) **10:30 - 11:30 AM**

Extinction of Woolly Mammoths M. Cherney, PhD
For millions of years mammoths roamed, disappearing from mainland Siberia about 10,000 years ago. This was a time of dramatic environmental changes on Earth. \$
Wednesday, April 4 (EDU53-B1804) **10:30 - 11:30 AM**

Explore Europe in the Middle Ages; 1500's Hans Hummer, WSU Professor/Author
Discover the formation of Europe after the collapse of the Roman Empire. Learn how the conversion to Christianity came to be and its expansion during the later Middle Ages. \$
Thursday, April 5 (EDU53-B1805) **10:30 - 11:30 AM**

Kirk in the Hills C. Thomas & S. Epstein
Explore the Gothic historical architecture from 1933 to the present and beyond. Founded by the Vision of Colonel Edwin S. George, completed in 1965, improvements were added including work of Marshal Fredericks. \$
Wednesday, April 11 (EDU53-B1806) **10:30 - 11:30 AM**

The Mystery that is Language Karolyn Sandolval, OU
Discuss the ongoing evolution that's leading us to today's changes. There is an explosion of research and considerable progress being made. \$
Thursday, April 12 (EDU53-B1807) **10:30 - 11:30 AM**

Great Lakes Lighthouse Ghosts L. Feret, Detroit Historian
Explore Indian legends, tales of wandering ghost ships, sightings & sea monster accounts. Lighthouses attract many a story of paranormal activity. Sponsored by Samaritas. \$
Tuesday, April 17 (EDU53-B1808) **10:30 AM - Noon**

Michigan's WWII POW Camps G. Sumner, Professor
An amazing story of the forthcoming History Press Book, involving 6,000 Germans and Italians held in MI, a forgotten chapter in time. \$
Thursday, April 19 (EDU53-B1809) **10:30 - 11:30 AM**

Textiles in Your Life B. Altwerger, Design Professor
The vast textile industry covers all facets of your life: apparel, home furnishings and things you never thought of, questions you never knew, answered. Enjoy samples, detailed explanations and more! \$
Friday, April 20 (EDU53-B1810) **10:30 AM - Noon**

Rutherford B. Hayes Presidential Center Kevin Moore, Associate Curator
Discover the history of our 19th President. Explore Spiegel Grove houses, Hayes Museum, a 31 room mansion, 25 acres of park & the burial site of President Hayes. See related day trip on May 8, info on page 14. \$
Tuesday, April 24 (EDU53-B1811) **10:30 - 11:30 AM**

BTPL: Pop Up Librarian BTPL Staff
Stop by the Senior Center to ask questions, discover current best sellers, get download help, and learn about library resources, events and more from a visiting librarian. *Complimentary BT Resident.*
Tuesday, April 24 9:30 - 11:30 AM

Controlling; Invasive Phragmites R.Cousineau, M. West
Upper Long Lake has successfully been controlling this invasive plant for years without using chemicals. Discover the plants invasion, control methods and phragmites free results. \$
Wednesday, April 25 (EDU53-B1812) 10:30 - 11:30 AM

DNR: Living with MI Wildlife Holly Vaughn
Who are the culprits, what damage can they cause? Prevention & control tips when dealing with destructive or dangerous species in MI. Help keep wildlife wild. \$
Thursday, April 26 (EDU53-B1813) 10:30 - 11:30 AM

MI Back Roads Trails & Treasures Ron Rademacher
View overlooked destinations, treasures, attractions, nature centers, unusual monuments, museums, wineries, gift shops or a unique great meal. Book sale & signing. \$
Friday, April 27 (EDU53-B1814) 10:30 - 11:30 AM

Petticoat Patriots, How MI Women Won the Vote
Dr. C. Perry Dial, Women's Historical Center
Discover vast information on the suffrage movement in MI. Explore future trips and presentations from this distinguished historical organization. Sponsored by First & Main. \$
Wednesday, May 2 (EDU53-B1815) 10:30 - 11:30 AM

Sacred Path, Holy Places Michael Kapetan
Examine the universal human urge to give meaning to ephemeral longings. View exemplary structures on holy grounds. Explore mankind's great spiritual traditions and aspects of sacred architecture shared in common by all faiths. \$
Thursday, May 3 (EDU53-B1816) 10:30 - 11:30 AM

St Mary's Orchard Lake Schools JJ Prezwonia Curator
Founded in 1885 in Detroit, dedicated to the needs of Polish-Americans across the U.S., embraces its past to be successful in the future. Explore the storied past. \$
Friday, May 4 (EDU53-B1817) 10:30- 11:30 AM

Bees in the D Brian Peterson CEO, Founder
Learn how Detroit, Wayne and Oakland counties all contribute to both the health of honey bee colonies education and their importance to our environment. \$
Saturday, May 5 (EDU53-B1818) 10:30 - 11:30 AM

National Park Splendor A. Collens, Artist, Photographer
The National Park Service maintains over 400 units that preserve our nation's land and stories. Over 300 images honoring NPS as you cross America's diverse landscapes. Sponsored by Samaritas. \$
Monday, May 7 (EDU53-B1819) 10:30 AM - Noon

Great Lakes Climate Changes K. Olsson Ecologist
Rising temperatures, intense storms, rising sea levels? Explore potential challenges. Discover more about how we can move MI and the world towards a sustainable future. Sponsored by Alliance Senior Care. \$
Tuesday, May 8 (EDU53-B1820) 10:30 - 11:30 AM

The Chautauqua Movement Jim Craft, Historian
This uniquely American phenomenon, initially a training camp for school teachers, evolved into summer-long experiences, emphasizing education, religion, recreation and arts. \$
Wednesday, May 9 (EDU53-B1821) 10:30 - 11:30 AM

1918 Polar Bear Expedition Roger Crownover, Prof.
The American military intervention in Russia during the final years of World War I was nicknamed the Polar Bear Expedition. This remains a strange episode in the annals of American history, with most troops came from MI. \$
Thursday, May 10 (EDU53-B1822) 10:30 - 11:30 AM

Adventure in Borneo D. Burrett, OC Audubon
Magnificent images of this mysterious foreign land, including exotic animals, deep jungles, equatorial weather and captivating birds making this amazing trip worth sharing. \$
Monday, May 14 (EDU53-B1823) 10:30 - 11:30 AM

BTPL: Book Talk with a Librarian Karrie Yukon
Learn about great new titles from one of our expert fiction librarians. *Complimentary BT Resident/held at Senior Center.*
Wednesday, May 16 (EDU53-B1824) 1:00 - 2:30 PM

Touch a Piece of the Moon! Mark Jeffery
Explore couriers from "outer space" and the beauty and science of meteorites. Samples will be available to pass around, and you'll have a chance to touch a piece of the moon! \$
Thursday, May 17 (EDU53-B1825) 10:30 - 11:30 AM

M. M. Fredericks Museum Marilyn Wheaton, Director
View a unique collection of more than 2,000 objects spanning the 70-year career of this Detroit-based sculptor, known internationally for his impressive monumental figurative sculpture, memorials, fountains, portraits and medals. See *related day trip on April 24, info on page 15. Sponsored by Sunrise of Bloomfield* \$
Monday, May 21 (EDU53-B1826) 10:30 - 11:30 AM

Dessert & the DIA: African American Art
Heighten awareness of the creative contributions of African Americans from the 19th century through to present day, a lens through which to explore issues of race, gender, politics and culture. Sponsored by Baldwin House. \$
Wednesday, May 23 (EDU53-B1827) 10:30 - 11:30 AM

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

MUSIC

BTSS Chamber Music ✪ Facilitator Ed Sturgeon
Interested in becoming part of a new musical group? Come practice and play fun music and camaraderie. Flutes, oboe, bassoon (double reeds), French horns, piano and clarinet.
Tuesdays No meeting 5/8 1:30 – 3:00 PM

BTSS Band ✪ Facilitator: Ed Black
Join the Band, looking for players able to read simple arrangements, brass, reeds & rhythm players, playing pop music from the 30's and on. A chance to dust off rusty skills. Audiences encouraged & appreciated. *Dates subject to change.*
Tuesdays No band 3/20, 5/8, 5/29 3:00 - 5:00 PM

SPECIAL EVENTS

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

Birmingham Musical String Ensemble
Enjoy the talent of a 22 person string ensemble to delight and entertain. Emerge your senses with this delightful performance. Director Tim Nicolía has been the Director for over 20 years. A wonderful, don't miss event! Sponsored by Samaritas. \$
Thursday, March 1 (EDU53-A1835) 10:00 - 11:00 AM

Irish Harp: 100 Year Journey S. Sukenic, Musician
Explore historical Ireland, the evolution of harps from King David through today. Immerse yourself in a journey while listening to musical selections on the Celtic Harp. Wake up memories lost in time, lyrics & stories of the era. \$
Friday, March 9 (EDU53-A1836) 10:30 - 11:45 AM

Detroit Tigers Opening Day

Grab a hot dog and soda and settle in to enjoy the game on the big screen with friends.
Res \$6/Non-Res\$8 before March 22
Res \$8/Non-Res \$10 after March 22
Thursday, March 29 (EDU53-A1837)
Food Served 12:45 Game Time 1:10 PM

MOVIES

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

Movie Classics ✪

1 st Friday	Movie begins: 1:00 PM
March 2 "The Grapes of Wrath"	2h 9m
April 6 "Murder on the Orient Express"	2h 8m
May 4 "Forest Gump"	2h 22m

Movie Westerns ✪

2 nd Friday	Movie begins: 1:00 PM
March 9 "Rooster Cogburn"	1h 48m
April 13 "Quigley Down Under"	2h
May 11 "Paint Your Wagon"	2h 44m

Movie Mania ✪

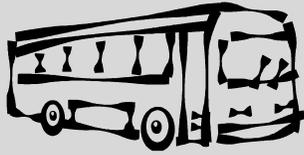
3 rd Friday	Movie begins: 1:00 PM
March 16 "Bulletproof Monk"	1h 44m
April 20 "The Man from Snowy River"	1h 42m
May 18 "The Legend of Tarzan"	1h 50m

Documentaries ✪

4 th & 5 th Friday	Movie begins: 1:00 PM
March 23 "Hidden India"	40m
March 30 "Let There be Light: John Huston"	47m
April 27 "Emotional Life: in Search of Ourselves"	40m
May 25 "The American President"	35m

Special thanks to our Spring 2018 sponsors:





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.

Daphnis and Chloe - DSO

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

Adventures in Dining – The Hill Seafood & Chop House

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

Andy Warhol Exhibit – Broad Museum

Thursday, February 15 (DAY12-A1801) 9:30 AM – 4:00 PM
Andy Warhol is considered one of the most important figures in postwar art. He brought the imagery and techniques of mass commercialism into fine arts and broke up the stylistic hegemony of abstract expressionist painting in the 1960s. Begin with lunch on your own at State Room. Fee: \$25*

An American in Paris - DSO WAIT LIST

Friday, February 16 (DAY13-A1801) 9:30 AM - 3:30 PM

High Tea at the Whitney

Thursday, February 22 (DAY14-A1801) 12:30 PM – 4:15 PM
Put on a beautiful hat behind and enjoy the tea, scones, soup and salad duet, finger sandwiches and pastries. Fee: \$60*

Tenderly: Rosemary Clooney Musical – Meadowbrook

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

Cirque Eloize Saloon – Macomb Center

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

Classical Roots - DSO

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

Adventures in Dining – The Wooden Spoon

Tuesday, March 6 (DAY18-A1801) 12:00 PM - 3:00 PM
Creating exciting bold-flavored, chef-crafted dishes by and for the people that they share the community with, is what they strive to do in Brighton. Inspired by distinctive, local flavors that are fresh and original. Lunch on your own. Fee: \$19*

Blockbuster Broadway – DSO WAIT LIST

Friday, March 9 (DAY19-A1801) 9:30 AM – 3:30 PM

Tour Christ Church Cranbrook

Thursday, March 15 (DAY20-A1801) 9:40 AM – 1:15 PM
A reflection of the artistic spirit and inspiration which characterized the lives of George and Ellen Booth. Consecrated in 1928, the church is rich in architectural detail, includes work by woodcarver John Kirchmayer, silversmith Arthur Nevill, sculptor Lee Lawrie & painter Katherine McEwen. Docent led tour. Followed by lunch on your own at John's Café. Fee: \$19*

Tour Monroe County Historical Museum

Tuesday, March 20 (DAY21-A1801) 10:00 AM – 2:45 PM
The Collections Division is responsible for the access, care and exhibition of the museum's documents and objects. It also operates the museum's Research Room which houses over 1,000 linear feet of archival and manuscript materials including maps, obituaries, photographs and genealogy relating to Monroe County. Elevator available. Docent led tour. Followed by lunch on your own at Dolce Vita Italian Grille. Fee: \$22*

Beethoven's Seventh - DSO

Friday, March 23 (DAY22-A1801) 9:30 AM – 3:30 PM
Jukka-Pekka Saraste, conductor. Augustin Hadilick, violin. Britten Violin Concerto, Beethoven, Symphony No. 7. Followed by lunch on your own at 220 Merrill. Fee: \$54*

Cabaret – Macomb Center

Saturday, March 24 (DAY23-A1801) 11:00 AM – 5:00 PM
Welcome to the Kit Kat Klub, where the emcee, Sally Bowles, and a raucous ensemble take the stage nightly to tantalize the crowd. But life in pre-WWII Germany grows more uncertain. Memorable songs include "Cabaret" & "Maybe This Time". Begin with lunch on your own at **Sajo's Restaurant**. Fee: \$59*

Sherlock Holmes and the Elusive Ear – Purple Rose

Wednesday, April 4 (DAY01-B1801) 11:30 AM – 6:00 PM
London. December 1888. 221B Baker Street. The notorious and as-yet undiscovered genius Vincent van Gogh presents the master-sleuth Sherlock Holmes with a most unusual case. Contains adult language & content. Begin with lunch on your own at **Common Grill**. Register by March 15. Fee: \$49*

Strauss and Wagner – DSO

Friday, April 6 (DAY02-B1801) 9:30 AM – 3:30 PM
Leonard Slatkin, conductor, Yoonshin Song, violin. Steven Bryant world premiere – Bartok Violin Concerto No. 2. Wagner, Siegfried Idyll. R. Strauss, Till Eulenspiegel's Merry Pranks. Followed by lunch on your own at **Kruse & Muer on Woodward**. Fee: \$54*

The Three Stooges Festival – Redford Theatre

Saturday, April 7 (DAY03-B1801) 11:15 AM – 5:00 PM
Come see the Stooges in Yes, We Have No Bonanza ('39) Calling All Curs ('39) Boobs in Arms ('40) Loco Boy Makes Good ('42) Rhythm and Weep ('46) Gents in a Jam ('52). Begin with lunch on your own at **Nikola's**. Fee: \$19*

New Oakland County Animal Shelter Tour

Wednesday, April 11 (DAY04-B1801) 10:15 AM – 1:30 PM
The \$15.5 million, 35,400-square-foot facility is aimed at helping to adopt out thousands of abandoned or lost dogs and cats. The shelter traditionally cares for 4,000 animals annually. Followed by lunch on your own at **Red Lobster**. Fee: \$19*

Adventures in Dining – Testa Barra

Friday, April 13 (DAY05-B1801) 11:45 AM – 2:30 PM
With family connections to Palermo, Sicily, talented chefs bring inspiration and creativity to modern Italian cuisine. Lunch on your own. Fee: \$19*

Tour Motown Museum

Tuesday, April 17 (DAY06-B1801) 10:00 AM – 2:15 PM
Berry Gordy's legendary Motown made its mark not just on the music industry, but society at large, with a sound that has become one of the most significant musical accomplishments and stunning success stories of the 20th century. Followed by lunch on your own at **Meriwethers**. Sign up by April 3. Fee: \$31*

Women Rock – DSO

Friday, April 20 (DAY07-B1801) 9:30 AM – 3:30 PM
The DSO and Jeff Tyzik pay homage to Carole King, Tina Turner, Janis Joplin, Pat Benatar and the women of rock with hit songs like "Proud Mary", "Hit Me with Your Best Shot", "You Make Me Feel Like A Natural Woman" and more! Followed by lunch on your own at **Red Dunn Kitchen**. Fee: \$70*

Glass & Small Worlds Exhibits – Flint Institute of Art

Tuesday, April 24 (DAY08-B1801) 8:45 AM – 4:15 PM
A survey of glass paperweights from 19th century to the present day. The FIA holds one of the largest collections of paperweights in the Great Lakes Region. Over 100 works of contemporary glass, drawn from one of the singularly most impressive collections in the medium. Followed by lunch on your own at **501 Bar & Grill**. Fee: \$29*

HMS Pinafore Dress Rehearsal – MOT

Friday, April 27, (DAY09-B1801) 9:45 AM – 4:15 PM
MOT Children's Chorus presents Gilbert & Sullivan's first smash hit full of their notorious satire and legendary tunesmithing. The Captain's daughter is in love with a common sailor, but alas, betrothed to the First Lord of the Admiralty. Happily, "things are seldom what they seem." Followed by lunch on your own at **Broderick Grille**. Fee: \$52*

Adventures in Dining – Kruse's Deer Lake Inn

Thursday, May 3 (DAY10-B1801) 11:30 AM – 2:00 PM
Deer Lake Inn Properties were constructed in the 1890s, when the Clarkston area was booming with the tourist trade. Seafood & hot bread lead the menu at this homey, rustic feel restaurant. Lunch on your own. Fee: \$19*

Rutherford B. Hayes Presidential Library

Tuesday, May 8 (DAY11-B1801) 8:30 AM – 5:00 PM
Constructed between 1859 and 1863, the Hayes Home is a 31-room mansion and centerpiece of the Hayes Presidential Library & Museums in Fremont, Ohio. House tour, lunch and tour of museum. Lunch on your own at **Chud's Grill**. Fee: \$38*

All Night Strut – Meadow Brook

Wednesday, May 9 (DAY12-B1801) 11:20 AM – 4:30 PM
Play moves through the Depression, WWII and the post-war boom in a two-act musical celebration of the '30s and '40s, filled with jazz, blues, and American songbook standards. Lunch on your own at **Macaroni Grill**. Register by April 9. Fee: \$49*

Summer King (Dress Rehearsal) – MOT

Thursday, May 10 (DAY13-B1801) 9:45 AM – 4:15 PM
Before there was Jackie Robinson or Hank Aaron, there was Josh Gibson, a Negro Leagues baseball legend, one of the greatest baseball players of all time, who died without the opportunity to play for the Major Leagues. Follow Gibson's journey to overcome prejudice and discrimination. Followed by lunch on your own at **Cornerstone Barrel House**. Register by April 19. Fee: \$52*

Adventures in Dining - Harbor Inn & Ale

Wednesday, May 16 (DAY14-B1801) 11:30 AM – 3:00 PM
"Excellent seafood, and the homemade potato chips are out of this world." Known for distinction in food, service, atmosphere and setting that the Monroe restaurant gains a first class reputation. **Fee: \$19***

The Doo Wop Project – DSO

Friday, May 18 (DAY15-B1801) 9:30 AM – 3:15 PM
Follow the evolution of Doo Wop from tight harmonies sung on the corners to today's biggest hits. Stars of Broadway's Jersey Boys and Motown. The musical harmonizes classics from the Crests, Flamingos & Temptations to Michael Jackson & Adele. Followed by lunch on your own at **Social Kitchen**. **Fee: \$70***

Tour Kirk in the Hills

Tuesday, May 22 (DAY16-B1801) 10:15 AM – 1:30 PM
The Gothic design Church was patterned after the once-famous 13th century Melrose Abbey in Scotland. View the Pewabic Pottery ceramic tile, Marshall Fredericks Garden Sculpture and the tower, which houses the world's largest carillon of 77 bells. Followed by lunch on your own at **Streetside Seafood**. **Fee: \$19***

Sindecuse Museum of Dentistry – U of M

Thursday, May 24 (DAY17-B1801) 12:30 PM – 5:00 PM
One of a handful of museums throughout the world devoted to preserving and exhibiting the history of dentistry. The Museum's historical collection contains over 15,000 objects focusing on dental practice & technology 18th century to today. Begin with lunch on your own at **Café Zola**. *Limited registration*. **Fee: \$25***

Tchaikovsky Symphony No. 6 – DSO

Friday, May 25 (DAY18-B1801) 9:30 AM – 3:30 PM
Leonard Slatkin, conductor. Jennifer Koh, violin. Roshanne Etezady, World Premiere. Chris Cerrone, Violin Concerto. Tchaikovsky Symphony No. 6. Followed by lunch on your own at **Maccabees Traders**. **Fee: \$54***

Tour Wildwood Manor House – Toledo

Wednesday, May 30 (DAY19-B1801) 9:30 AM – 3:30 PM
The Stranahan brothers, founders of Champion Spark Plug Company became wealthy beyond their greatest imagination. Using some of their wealth they build this impressive mansion and sprawling estate. Followed by lunch on your own at **Mancy's Italian Restaurant**. **Fee: \$29***

Selfridge Military Air Museum

Tuesday, June 5 (DAY20-B1801) 9:00 AM – 2:25 PM
Learn of the different military units that were stationed there during its almost 100-year history. Exhibits include vintage military aircraft, memorabilia and artifacts, weapons and more. ADA accessible & cameras are welcome. Must have driver's license or government ID. Followed by lunch on your own at **Sugarbush Tavern**. *Register by May 15th*. **Fee: \$29***

Alden B. Dow Home & Studio and Gardens

Thursday, June 7 (DAY21-B1801) 9:00 AM – 6:00 PM
"Gardens never end and buildings never begin" is how Alden B. Dow F.A.I.A (1904-1983) described his own individual organic design philosophy. His own Home and Studio, exemplifies how this incredible architect masterfully weaves structure and nature together. Lunch on your own at **Bennigan's**. **Fee: \$43***

Tour Little Caesars Arena

Tuesday, June 12 (DAY22-B1801) 9:00 AM – 2:00 PM
Come tour the new arena and see what's it's all about. Followed by lunch on your own at **Sports & Social**. **Fee: \$41***

Hollywood Hits – DSO

Friday, June 15 (DAY23-B1801) 9:30 AM – 3:15 PM
The DSO relives hit TV themes from MASH, Downton Abbey, Hawaii Five-O, The Munster's, Game of Thrones, I Dream of Jeannie, Seinfeld and more. Plus a salute to variety show icons Carol Burnett and Judy Garland, celebrity impressions, and even an on-stage game show. Followed by lunch on your own at **Rock City Eatery**. **Fee: \$70***

Willow Run – Purple Rose Theatre

Wednesday, June 20 (DAY24-B1801) 11:30 AM – 6:00 PM
During WWII the Willow Run Bomber Plant was the largest factory under one roof in the world. 40,000 employees, mostly women, turned out a B-24 Bomber every 55 minutes. Journey with four women who migrated from all over America to find new lives at the plant. Begin with lunch on your own at **Common Grill**. Register by June 1. **Fee: \$47***

Michigan Women's Hall of Fame

Friday, June 22 (DAY25-B1801) 9:45 AM – 3:15 PM
The only museum in Michigan dedicated to women's history. Founded in 1973, it honors distinguished women, both historical and contemporary. Followed by lunch on your own at **Stillwater Grill**. **Fee: \$30***

Adventures in Dining – Ford's Garage

Tuesday, June 26 (DAY26-B1801) 12:30 PM – 3:00 PM
Ford's Garage, designed as a neighborhood gourmet burger restaurant that caters to automotive enthusiasts, car clubs, and the general public. Ford Motor Co officially licenses the restaurant. Lunch on your own. **Fee: \$19***

Marshall Frederick Sculpture Museum

Thursday, June 28 (DAY27-B1801) 9:30 AM – 4:15 PM
The Museum features a unique collection of more than two thousand objects that span the 70-year career of Detroit-based sculptor, known for his monumental figurative sculpture, public memorials, fountains, portraits, and medals. Followed by Lunch on your own at **Willow Tree**. **Fee: \$28***

Diamond Jack's River Cruise

Friday, June 29 (DAY28-B1801) 12:30 PM – 6:00 PM
They have been providing exciting Detroit River Tours for more than 20 years. Come aboard and see Detroit like you've never seen it before! Begin with lunch on your own at **Ivanhoe Café (Polish Yacht Club)**. *Register by June 14*. **Fee: \$43***



Second Annual Indoor Triathlon!

(FIT154-A1803)

Last year's event sold out!

Friday, February 23 12 – 6 PM

Fee: Residents - \$25* Non Residents \$40*

Preregistration required.

During your assigned heat you will Cycle (Cycle/Nustep), Run/Walk (Treadmill/Track) and Swim(Swim/Walk) for 15 minutes each.

Afterglow at 5 PM but attendance is not required.

All levels are welcome and encouraged.

Includes t-shirt! Hoodies optional.

Sponsored by:

Samaritas Senior Living

Oakmont Rochester

Neil King Physical Therapy.

Indoor Triathlon Volunteer Meeting

Interested in helping at this lively event? Please join us for an informational meeting to learn about your "job."

Preregistration requested.

Thursday, February 15 (FIT154b-A1801) 2:30 – 3:30 PM

Friday, February 16 (FIT154b-A1802) 2:30 – 3:30 PM

Detroit Tigers Opening Day

Grab a hot dog and soda and settle in to enjoy the game on the big screen with friends.

Res \$6/Non-Res\$8 before March 22

Res \$8/Non-Res \$10 after March 22

Thursday, March 29 (EDU53-A1837)

Food Served 12:45 Game Time 1:10 PM

Day Trips

BTSS is known for the quantity and quality of our **Day Trips**. Check them out on pages 13-15.

Some upcoming trips include:

- Hayes Presidential Library Tour (Ohio)
- Little Caesar's Arena Tour
- "All Night Strut" – Meadow Brook
- Wildwood Manor House Tour (Toledo),
- Cirque Eloize Saloon, Cabaret – Macomb Center
- Selfridge Military Air Museum
- Adventures in Dining – Testa Barra, Kruse Deer Lake Inn, Harbor Inn & Ale
- New Oakland County Animal Shelter Tour
- "Strauss & Wagner" and many other DSO's
- "Summer King (Dress Rehearsal)", MOT
- Purple Rose Theatre – Sherlock Holmes & the Elusive Ear, Willow Run
- Marshall Frederick Sculpture Museum
- Michigan Women's Hall of Fame
- Flint Institute of Art – Glass & Small Worlds Exhibits

Supportive Services

For information on supportive services, check the yellow pages of the newsletter.

- ✓ Meals on Wheels
- ✓ Medical and Errand Transportation
- ✓ Medicare/Prescription Counseling
- ✓ Loan Closet (wheelchairs, walkers)
- ✓ Adult Day Service, Friendship Club
- ✓ Dementia Caregiver Support Groups
- ✓ Low Vision Support Group
- ✓ Minor Home Repair Program



Buy a Brick Program

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

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

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



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield Township, MI 48302-2091

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

Web: www.bloomfieldtpw.org/Seniors

Spring 2018

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Medicare Basics 101

(EDU56-B1801)

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.

May 15, 12:00 - 2:30 pm

Medicare Coverage & Prescription Drug Plans Counseling

(SVC14-VARIES)

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

12 - 4 PM

March 23rd, April 20 and May 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 Association 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	\$38,450
2	\$43,950

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

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 and to register.

3rd Wednesday 2 - 3:30 pm

**February 21
March 21
April 18
May 16**

Special thanks to our Winter 2017/2018 sponsors:

Samaritas Senior Living	First & Main
Baldwin House	Sunrise Senior Living
Alliance Senior Care	Woodward Hills
The Sheridan at Birmingham	
Cedarbrook	

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

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3rd Wednesday 2 - 3:30 PM
February 21, March 21, April 18, May 16

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.

March 21, April 18, May 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.

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 * Susan Bellefleur * Molly Beresford * Leroy Bliven * Reg Campbell * Su Chuang * Cindy Clement * Jerry Craig * Emily Day * Judy Dennis * Judy Dixon * Mike Dunigan * John Feeney * Ed Francis * Judy Geppert * Mona Gibson * Barbara Glotzhober * Carol Goldstein * Nancy Haddad * Lorna Hall * Rob Heeren * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Jean Ivory * Pat Jacoby * Janet & John Kaczmarek * Lisa Kraus * Linda Lin * Marcie Lloyd * Anders Lundberg * Darcy MacKenzie * Doug & Joan Mann * Frank Maple * Kathy May-Abler * Richard May * Carlos Mazzorin * 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 * Kathy Reese * Renate Reimer * Tom Richard * Krishna & Ranjit Roy * Gerald Schmidt * Karen Sharp * Theresa & Mike Shea * Mary Shepline * Tom Storen * Connie Szymczak * Steven Unruh * Mary Van Dagens * Patricia Wagner * Lynn & Corey Wert * Jim Wolfe * Rasheeda Zafar

Thank you volunteers! 1500 + Hours in October-December

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 * Anneliese Champion * Ann Christ * Ed Coe * Cathy Cory * Jerry Craig * Jo Creek * Sarah Davis * Marquerite Davidson * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell * Janet Enguehard * Steve Eskoff * Nancy Exner * Shirley Franklin * Judy Geppert * Klaren Gerhart * Mona Gibson * Barbara Glotzhober * Carol Goldstein * Irene Grady * Sangeeta Grewal * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Grace Keane * Connie Kenty * Young Kim * Tony Klemmer * Sunny Kohli * Rowena Kolde * Lisa Kraus * Patricia Kubik * Elaine Lamb * Marge Lazarou * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Anita LinetJo Lincoln * Jill Lopez * Gail MacInnes * Liz Mahoney * Gretchen Mako * Michael Martin * Vani Manyam * Janet Mathews * Catherine Matti * Martha McGee * Judy Michau * Karen Miller * Pat Miller * David Mitchell * Richard Moxley * Chris Muir * Vara Navaluri * Joan Nedeljko * Lucille Noraian * Jo Nott * Lois Page * Kay Patel * Ralph Pedersen * Mike Peters * Arlene Pinkos * Deanna Ralston * Rama Reddy * Judy Reichelt * Renate Reimer * Tom Richard * Dawn Roth * Pat Schleif * Kathy Schultz * Reenie Shannon * Theresa & Mike Shea * Mary Shelly * Judy Simony * Carol Sipsock * Francisca Soliven * Judy Stahl * Bernard Stuecheli * Marcia Suszan * Nancy Tanke * Valerie Timmis * Linda Tithill * Steven Unruh * Anjali Vale * Mary Van Dagens * Peggy Walker * Stanton Walker * Martha Wells * Patricia Whittedge * Suzanne Winn * Diana Wise * Jessica Wollan * James Worley * Anjel Yessayan * Jean Young * Rasheeda Zafar * Janice Zehnder

Friendship Club

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

What is Social Model ADS?

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

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

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



Services for Families

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

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



Admission and Enrollment

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

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

Activities Programming

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

Nutrition includes a hot balanced lunch and afternoon snack.

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



Location

Friendship Club is located in the Bloomfield Township Senior Center at 4315 Andover Road. It has a private entrance leading to a well designed, beautiful space with many windows, bright colors and a secure patio for enjoying the nice weather.



Eligibility Criteria

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

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