



# Bloomfield Township Senior Services



Serving 50+ Adults – Summer 2018

248-723-3500

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

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## Enrichment & Travel Showcase and Ice Cream Social

(EDU53-C1810)

Preview fall programs and meet peers.  
Free for BT Residents, \$3 Nonresidents

Sponsored by: Cedarbrook Senior Living

**Thursday, August 2**

**12:00 – 1:30 PM**

*Pre-registration is helpful for planning.*

## Unique Enrichment Topics

Be inspired and challenged by interesting topics  
which include but are not limited to:

**Driverless Transportation, History,  
Geography, Presidents, Grief, Science,  
Travel, Pirates, Voyageurs, Senior  
Moments, State Parks, Technology, MI  
Women, Inner Peace, Photographers,  
Preservation, Marathons.**

*Details on pages 9 – 11*

## Supportive Services

*(Information in yellow section.)*

- 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

## Day Trips

Please join us on a wonderful experience.

*See details on pages 13-15.*

**Some** upcoming trips include:

- Hayes Presidential Library Tour (Ohio)
- Little Caesar's Arena Tour
- Fort Malden - Canada
- Wildwood Manor House Tour (Toledo)
- Clinton River Cruise
- Selfridge Military Air Museum
- Adventures in Dining – Three Cats Cafe, Cantoro Trattoria, Ford's Garage
- Ford Rouge Factory Tour
- Detroit Tigers vs Oakland Athletics
- 2018 Designers Show House
- Detroit Princess Riverboat Cruise
- Marshall Frederick Sculpture Museum
- Michigan Women's Hall of Fame
- Detroit Opera House – "Wicked"
- Automotive Hall of Fame
- Celadon Gardens
- Ai-Art Institute of Michigan
- Detroit Revitalization Tour
- Mariner's Church
- Eastern Market

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

## Christine's Comments...

**Drop In Policy Update:** The Senior Service millage equals 3/5 of one penny for each dollar paid by taxpayers. Taxes fund half of the cost of current programs and supportive services. The balance of the cost will be shared by those who benefit from programs and services through user fees or service co-pays. To ensure safety, sanitation and comfort for patrons, drop in fees support: daily cleaning and rest room supplies, utilities and building maintenance, staff and communications.

The average BT household is valued at \$520K and pays \$47 for senior services annually. Though most patrons pay a registration or drop in fee for a class or event, there are a few programs that will start contributing on Monday, May 7. They include: Band, Billiards, Book Club, Euchre, Mah Jong, Movies, Pickleball, Poker, and Table Tennis. This will ensure equity for all patrons enjoying the amenities of the center. Further it will assist with the growing costs associated with 70,000+ visits to the center occurring annually.

Senior Services operates with 80% part time staff, 57% of whom are township residents. We are an exceptionally cost effective department with high impact in the community.

We appreciate the equitable contributions of all who value our programs.

*Christine Tvaroha*

**(248) 723-3500**

**ctvaroha@bloomfieldtwp.org**



## Pool & Locker Room Closure

**June 29 – July 7**

The men's and women's locker room will be closed Friday, June 29 through Saturday, July 7 for maintenance work. Additionally, the pool must be closed while the locker rooms are unavailable. We appreciate your understanding and apologize for the inconvenience.

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

\* 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.

## **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.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.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

Wednesday, July 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**

- We reserve the right to substitute instructors as needed to maintain continuity of classes.
- Registration for confirmed BT patrons only through 5 /18; nonresidents and prorated registrations begin 5/19.
- 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).

Please consult your doctor before starting any exercise program to ensure your safe participation.  
Please commit to both a warm up and cool down which are vital to safety and effectiveness.

## 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.

### 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** (1<sup>st</sup> - 15<sup>th</sup> or 16<sup>th</sup> - end)

### **New!** Aqua Burn

Cindy Krizmanich

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

**Monday**      **5:30 – 6:30 PM**  
Jun 4 – Jul 16 (FIT168-B1802) *no class 7/2*      **6 classes/\$42\***  
Jul 23 – Aug 27 (FIT168-C1801)      **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**  
Jun 7 – Jul 19 (FIT118-B1802) *no class 7/5*      **6 classes/\$42\***  
Jul 26 – Aug 30 (FIT118-C1801)      **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**  
Jun 5 - Jul 17 (FIT133-B1802) *no class 7/3*      **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 6 – Jun 27 (FIT96-B1805)      **4 classes/\$32\***  
Jul 11 – Jul 25 (FIT96-C1801)      **3 classes/\$24\***  
Aug 1 – Aug 29 (FIT96-C1803)      **5 classes/\$40\***

**Friday**      **9:30 – 10:30 AM**  
Jun 8 – Jun 22 (FIT96-B1806)      **3 classes/\$24\***  
Jul 13 – Jul 27 (FIT96-C1802)      **3 classes/\$24\***  
Aug 3 – Aug 31 (FIT96-C1804)      **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 5 – Jul 17 (FIT146-B1802) *no class 7/3*      **6 classes/\$42\***  
Jul 24 – Aug 21 (FIT146-C1801)      **5 classes/\$35\***

### 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 4 – Jul 16 (FIT114-B1802) *no class 7/2*      **6 classes/\$48\***  
Jul 23 – Aug 27 (FIT114-C1801)      **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.

**Thursday**      **8 AM – 9 AM**  
Jun 7 – Jun 28 (FIT170-B1807)      **4 classes/\$28\***  
Jul 12 – Jul 26 (FIT170-C1801)      **3 classes/\$21\***  
Aug 2 – Aug 30 (FIT170-C1802)      **5 classes/\$35\***

### Aqua Power Aerobics

Annie Chi

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

**Tuesday**      **5:30 – 6:30 PM**  
Jun 5 – Jun 26 (FIT27-B1801)      **4 classes/\$32\***  
Jul 10 – Jul 31 (FIT27-C1801)      **4 classes/\$32\***  
Aug 7 – Aug 28 (FIT27-C1803)      **4 classes/\$32\***  
**Thursday**      **5:30 – 6:30 PM**  
Jun 7 – Jun 28 (FIT27-B1802)      **4 classes/\$32\***  
Jul 12 – Jul 26 (FIT27-C1802)      **3 classes/\$24\***  
Aug 2 – Aug 30 (FIT27-C1804)      **5 classes/\$40\***

### **New!** Aquacise

Cindy Krizmanich

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

**Monday**      **4 PM – 5 PM**  
Jun 4 – Jul 16 (FIT169-B1802) *no class 7/2*      **6 classes/\$42\***  
Jul 23 – Aug 27 (FIT169-C1801)      **6 classes/\$42\***

### Fluid Moves

Kathy Housey

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

**Wednesday**      **11 AM – 12 PM**  
Jun 6 – Jul 18 (FIT86-B1802) *no class 7/4*      **6 classes/\$48\***  
Jul 25 – Aug 29 (FIT86-C1801)      **6 classes/\$48\***

**Pool & Locker Room Closure**

**June 29 – July 7**

*See page 2 for details*

### H<sub>2</sub>O Boot Camp

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

#### **Saturday**

Jun 2 – Jun 23 (FIT32-B1803)

Jul 14 – Jul 28 (FIT32-C1801)

Aug 4- Aug 25 (FIT32-C1802)

Annie Chi

9 – 10 AM

4 classes/\$32\*

3 classes/\$24\*

4 classes/\$32\*

### H<sub>2</sub>O Gentle Joints

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

#### **Tuesday**

Jun 5 – Jul 17 (FIT148-B1802) *no class 7/3*

Jul 24 – Aug 28 (FIT148-C1801)

#### **Thursday**

Jun 7 - Jul 19 (FIT148-B1803) *no class 7/5*

Jul 26 – Aug 30 (FIT148-C1802)

Lisa Chavis

11 AM – 12 PM

6 classes/\$42\*

6 classes/\$42\*

11 AM – 12 PM

6 classes/\$42\*

6 classes/\$42\*

### H<sub>2</sub>O 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 8 – Jul 20 (FIT128-B1802) *no class 6/29 & 7/6*

Jul 27 – Aug 31 (FIT128-C1801)

Lisa Chavis

11 AM – 12 PM

5 classes/\$35\*

6 classes/\$42\*

### Swim Lessons

Small group instruction will help improve your skills and self-confidence. Designed for those with little or no experience in the water. Focus on floating, submersion, & beginner strokes.

#### **Tuesday**

Jul 24 – Aug 21 (FIT48-C1801)

Ernie Thomas

9:30 - 10:30 AM

5 classes/\$35\*

### 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 4 – Jul 16 (FIT95-B1802) *no class 7/2*

Jul 23 – Aug 27 (FIT95-C1801)

Lisa Chavis

9:30 - 10:30 AM

6 classes/\$42\*

6 classes/\$42\*

### Water Walking Workout

Fun and simple class helps strengthen muscles, build cardio and aide in balance. Use proper technique and work at your own pace moving to music! Class includes core training and stretching. Progressions will be made using pool equipment.

#### **Monday - Level 1**

Jun 4 – Jul 16 (FIT99-B1803) *no class 7/2*

Jul 23 – Aug 27 (FIT99-C1801)

2:30 - 3:15 PM

6 classes/\$42\*

6 classes/\$42\*

#### **Wednesday - Level 2**

Jun 6 – Jul 18 (FIT99-B1804) *no class 7/4*

Jul 25 – Aug 29 (FIT99-C1802)

2:30 - 3:15 PM

6 classes/\$42\*

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.*

### Cardio, Core, Conditioning (Three Cs)

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

#### **Tuesday**

Jun 5 – Jul 17 (FIT109-B1803)

Jul 24 – Aug 28 (FIT109-C1801)

#### **Thursday**

Jun 7 – Jul 19 (FIT109-B1804)

Jul 26 Aug 30 (FIT109-C1802)

Maggie Barclay

9 – 10 AM

7 classes/\$49\*

6 classes/\$42\*

9 – 10 AM

7 classes/\$49\*

6 classes/\$42\*

### 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!

#### **Friday**

Jun 8 – Jul 20 (FIT174-B1802)

Jul 27 – Aug 31 (FIT174-C1801)

Maggie Barclay

7:45 - 8:45 AM

7 classes/\$49\*

6 classes/\$42\*

### Cardio Stretch Blast

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**

Jun 4 – Jul 16 (FIT172-B1802)

Jul 23 – Aug 27 (FIT172-C1801)

Lisa Chavis

6:30 - 7:30 PM

7 classes/\$49\*

6 classes/\$42\* 4

### Cardio Strength & Balance Level 1

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**

Jun 5 – Jul 10 (FIT136-B1803)

Jul 17 – Aug 28 (FIT136-C1801)

#### **Thursday**

Jun 7 – Jul 12 (FIT136-B1804)

Jul 19 – Aug 30 (FIT136-C1802)

Rhonda Jean

12:45 – 1:30 PM

6 classes/\$42\*

7 classes/\$49\*

12:45 – 1:30 PM

6 classes/\$42\*

7 classes/\$49\*

### Cardio, Strength & Balance Level 2

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**

Jun 4 – Jul 9 (FIT137-B1802)

Jul 16 – Aug 27 (FIT137-C1801)

Rhonda Jean

10:30 - 11:15 AM

6 classes/\$42\*

7 classes/\$49\*

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

## Cardio Party & Core

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

### **Monday**

Jun 4 – Jul 16 (FIT119-B1802)  
Jul 23 – Aug 27 (FIT119-C1801)

Maggie Barclay  
9 – 10 AM  
7 classes/\$49\*  
6 classes/\$42\*

## Creative Crosstraining

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

*BT Residency required.* NO water classes June 29-July 7

### **M/T/W/TH/F**

Jun 4 – Jul 20 (FIT77-B1802)  
Jul 23 – Aug 31 (FIT77-C1801)

Lisa Chavis  
Times Vary  
47 Sessions/\$105  
42 Sessions/\$95

## Drums Alive<sup>®</sup>

High energy rhythmical workout. Combines simple actions – aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Whole body workout!

### **Thursday**

Jun 7 – Jul 19 (FIT47-B1802)  
Jul 26- Aug 30 (FIT47-C1801)

Mari Ann Pace  
11:30 AM – 12:15 PM  
7 classes/\$49\*  
6 classes/\$42\*

## HIIT Bursts (High Intensity Interval Training)

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

### **Monday \*NEW DAY!**

Jun 4 – Jul 16 (FIT166-B1802)  
Jul 23- Aug 27(FIT166-C1801)

Maggie Barclay  
3:15 – 4:00 PM  
7 classes/\$49\*  
6 classes/\$42\*

### **Wednesday**

Jun 6 – Jul 18 (FIT166-B1803) no class 7/4  
Jul 25 – Aug 29 (FIT166-C1802)

3:15 – 4:00 PM  
6 classes/\$42\*  
6 classes/\$42\*

## Zumba<sup>®</sup>

Ditch the workout and join the party! Fuses popular, Latin and international music and rhythms. Dance fitness fun for all!  
*Bring supportive shoes and a water bottle.*

### **Monday (Mari Ann)**

Jun 4 – Jul 16 (FIT78-B1804)  
Jul 23 – Aug 27 (FIT78-C1801)

Mari Ann Pace/Karen Ockner  
5:30 - 6:15 PM  
7 classes/\$49\*  
6 classes/\$42\*  
5:30 – 6:15 PM  
6 classes/\$42\*  
6 classes/\$42\*  
10 - 10:45 AM  
7 classes/\$49\*  
6 classes/\$42\*

### **Wednesday (Mari Ann)**

Jun 6 – Jul 18 (FIT78-B1805) no class 7/4  
Jul 25 – Aug 29 (FIT78-C1802)

### **Saturday (Karen)**

Jun 2 – Jul 14 (FIT78-B1806)  
Jul 21 – Aug 25 (FIT78-C1803)

## PERSONAL FITNESS

### 1 on 1 Personal Training (FIT142-VARIES)

Let our certified personal trainers guide you to a healthier lifestyle! Whether you are brand new to workouts or a seasoned athlete, our trainers have the skills and knowledge to help you succeed. With personalized attention you will work toward meeting your health and fitness goals. Following registration, a trainer will contact you to set up your one hour appointment.

\*Does not include use of open hours equipment unless you are a Township Resident. Appointments must be scheduled within 30 days of registration. Cancellations/rescheduling must be done directly with trainer within 2 business days of appointment.

**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.*

#### **Tuesday (Maggie Barclay)**

Jun 5 – Jul 17 (FIT103-B1807)  
Jul 24 – Aug 28 (FIT103-C1802)

7:30 – 8:30 AM  
7 classes/\$112\*  
6 classes/\$96\*

#### **Wednesday (Lola Faleix)**

Jun 6 - Jul 18 (FIT103-B1808) no class 7/4  
Jul 25 – Aug 29 (FIT103-C1803)

2 - 3 PM  
6 classes/\$96\*  
6 classes/\$96\*

#### **Thursday (Maggie Barclay)**

Jun 7 – Jul 19 (FIT103-B1809)  
Jul 26 – Aug 30 (FIT103-C1804)

7:30 – 8:30 AM  
7 classes/\$112\*  
6 classes/\$96\*

#### **Friday (Lola Faleix)**

Jun 8 – Jul 20 (FIT103-B1810)  
Jul 27 – Aug 31 (FIT103-C1805)

1 - 2 PM  
6 classes/\$96\*  
6 classes/\$96\*

### 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** (1<sup>st</sup> - 15<sup>th</sup> or 16<sup>th</sup> - end)

**\$96/6 consecutive months**

(6 month registration must be processed by BTSS staff, not online)

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

*Please pre-register! This aids instructors in planning for class size and prevents cancellations.*

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

### WALKING TRACK DROP IN ☼

Participants scan in at main level reception.

Sponsored by American House Senior Living.

**BT Resident Complimentary / Non Resident \$2.**

### 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 \$3. Non Resident \$5

### 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

☼ Drop In Program: Participants scan in at main level reception. BT Resident \$3. Guest/Non Resident \$5 (SOC44)

## 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**

Jun 4 – Jul 16 (FIT56-B1804)

**7 classes/\$49\***

Jul 23 – Aug 27 (FIT56-C1801)

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

**Wednesday** (Karen)

**11:30 AM – 12:30 PM**

Jun 6 – Jun 27 (FIT56-B1805)

**4 classes/\$28\***

Jul 11 – Jul 25 (FIT56-C1802) no class 7/4

**3 classes/\$21\***

Aug 1 – Aug 29 (FIT56-C1803)

**5 classes/\$35\***

**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**

Jun 5 – Jul 17 (FIT98-B1802)

**7 classes/\$49\***

Jul 24 – Aug 28 (FIT98-C1801)

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

**Monday**

**12:45 – 1:30 PM**

Jun 4 – Jul 16 (FIT101-B1803)

**7 classes/\$49\***

Jul 23 – Aug 27 (FIT101-C1801)

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

**Wednesday**

**12:45 – 1:30 PM**

Jun 6 – Jul 18 (FIT101-B1804) no class 7/4

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

Jul 25 – Aug 29 (FIT101-C1802)

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

### 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 4 – Jul 16 (FIT139-B1803)

**7 classes/\$49\***

Jul 23 – Aug 27 (FIT139-C1801)

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

**Thursday**

**5 – 6 PM**

Jun 7 – Jul 19 (FIT139-B1804)

**7 classes/\$49\***

Jul 26 – Aug 30 (FIT139-C1802)

**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**

Jun 2 – Jul 14 (FIT155-B1802)

**7 classes/\$49\***

Jul 21 – Aug 25 (FIT155-C1801)

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

### Mat Pilates & Balance Training

Maggie Barclay

This class incorporates core training by using mat pilates techniques along with balance training. Intermediate level class. Modifications offered. *Bring mat & water bottle.*

**Friday**

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

Jun 8 – Jul 20 (FIT165-B1802)

**7 classes/\$49\***

Jul 27 – Aug 31 (FIT165-C1801)

**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 a mat & water bottle.*

**Wednesday** (Lisa Chavis)

**8:30 – 9:30 AM**

Jun 6 – Jul 18 (FIT80-B1803) no class 7/4

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

Jul 25 – Aug 29 (FIT80-C1801)

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

**Friday** (Maggie Barclay)

**9 AM – 10 AM**

Jun 8 – Jul 20 (FIT80-B1804)

**7 classes/\$49\***

Jul 27 – Aug 31 (FIT80-C1802)

**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**

Jun 4 – Jul 16 (FIT163-B1803)

**7 classes/\$21\***

Jul 23 – Aug 27 (FIT163-C1801)

**6 classes/\$18\***

**Wednesday** (Lisa)

**7:45 - 8:15 AM**

Jun 6 – Jul 18 (FIT163-B1804) no class 7/4

**6 classes/\$18\***

Jul 25 – Aug 29 (FIT163-C1802)

**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**

Jun 5 – Jul 17 (FIT156-B1802)

**7 classes/\$49\***

Jul 24 – Aug 28 (FIT156-C1801)

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

**FITNESS ASSESSMENTS** M. Barclay/L. Chavis  
 Get a professional assessment for strength, flexibility, balance and cardio endurance. Use these measured assessments to set goals to improve quality of life and track progress. Limited appointment times available! Register TODAY for a 45 minute appointment and you are on your way to better health. **Time Varies. Tuesday, Wednesday, Thursday, Friday**  
 May 29<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup>, and June 1<sup>st</sup> (FIT171-Varies)  
 Fee **RESIDENT \$15\*** **NON-RESIDENT \$25**

**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**  
 Jun 6 – Jul 18 (FIT167-B1802) no class 7/4 **6 classes/\$42\***  
 Jul 25 – Aug 29 (FIT167-C1801) **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 – 12:30 PM**  
 Jun 5 – Jul 17 (FIT94-B1803) **7 classes/\$49\***  
 Jul 24 – Aug 28 (FIT94-C1801) **6 classes/\$42\***  
**Thursday 10:15 - 11:15 AM**  
 Jun 7 – Jul 19 (FIT94-B1804) **7 classes/\$49\***  
 Jul 26 – Aug 30 (FIT94-C1802) **6 classes/\$42\***

**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**  
 Jun 5 – Jul 17 (FIT160-B1802) **7 classes/\$49\***  
 Jul 24 – Aug 28 (FIT160-C1801) **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**  
 Jun 5 – Jul 10 (FIT164-B1802) **6 classes/\$42\***  
 Jul 17 – Aug 28 (FIT164-C1801) **7 classes/\$49\***

**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**  
 Jun 8 – Jun 29 (FIT152-B1805) **4 classes/\$28\***  
 Jul 6 - Jul 27 (FIT152-C1801) **4 classes/\$28\***  
 Aug 3 – Aug 31 (FIT152-C1803) **5 classes/\$35\***  
**Saturday 8:30 - 9:30 AM**  
 Jun 2 – Jun 30 (FIT152B1806) **5 classes/\$35\***  
 Jul 7 – Jul 28 (FIT152-C1802) **4 classes/\$28\***  
 Aug 4 – Aug 25 (FIT152-C1804) **4 classes/\$28\***

**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 6 – Jul 18 (FIT03-B1803) no class 7/4 **6 classes/\$48\***  
 Jul 25 – Aug 15 (FIT03-C1801) no 8/22 & 8/29 **4 classes/\$32\***

**Continuing Wednesday 10:30 – 11:15 AM**  
 Jun 6 – Jul 18 (FIT03-B1804) no class 7/4 **6 classes/\$48\***  
 Jul 25 – Aug 15 (FIT03-C1802) no 8/22 & 8/29 **4 classes/\$32\***

**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 - Experienced) 6:30 – 7:15 PM**  
 Jun 7 – Jun 28 (FIT144-B1804) **4 classes/\$32\***  
 Jul 12 – Jul 26 (FIT144-C1801) **3 classes/\$24\***  
 Aug 2 – Aug 30 (FIT144-C1802) **5 classes/\$40\***

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

**Thursday 1:45 - 2:30 PM**  
 Jun 7 – Jul 19 (FIT121-B1802) **7 classes/Non Res \$42\*\***  
 Jul 26 – Aug 30 (FIT121-C1801) **6 classes/Non Res \$36\*\***

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

# 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 \$2. Guest/ Non Resident \$4.*

## CLUBS / GROUPS

**Senior Men's Club** Facilitator: Ralph Pedersen  
Enjoy great speakers, camaraderie and a *light breakfast provided by American House*. Women welcome.

Pre-registration required. **Res \$6/Non-Res \$8**

**3rd Wednesday (\*4th) 9:30 - 11:00 AM**

**June 27\*** (SOC27-B1803) M. Kelly /Gerrymandering

**July 18** (SOC27-C1801) Prof. B Zellers/ Electing Presidents

**Aug. 15** (SOC27-C1802)Dr. C. Perry Dial /Eastland Disaster

**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**

**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.*

**Thursdays \*8/2 only 2:00-4:30 PM 1:30 - 4:30 PM**

**June 7, 28, July 5, 19, August 2\*, 16, 30**

**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**

**Tuesday, August 14** (SOC46-C1801) **10:30 – 11:30 AM**

**BTSS Women's Coffee & Conversation** Grace Keane  
Enjoy creative conversation and camaraderie.

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

**4th Thursday 10:30 AM - 12:00 PM**

**June 28,** (SOC28-B1803)

**July 26,** (SOC28-C1801)

**August 23** (SOC28-C1802)

**Book Club** Facilitator, Fern Stoffer  
**1st Friday Books and Leaders subject to change 10:00 –12:00 PM**

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

**June 1 Discussion of books for next year**

**July 6 Behold the Dreamers, Mbue** ..... Fern Stoffer

**August 3 Hill Billy Elegy, Vance**.....Charlene Haesler

**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 No 6/19, 7/10, 7/26, 8/2 1:00 - 4:00 PM**

*Dates subject to change, please call ahead.*

## CLASSES

**Canasta Beginner Class** Instructor: Carol Lowen  
Beginner or a refresher course with an experienced, fun instructor. *Material fee of \$5 payable to instructor for instruction book & score pad.*

**Tuesdays 10:00 AM - 12:00 PM 4 classes/\$60\***

**June 5,12,19,26** (EDU45-B1802)

**Canasta Strategy Class** Instructor: Carol Lowen  
This class is for players who already know the game.

Learn strategy, finesse & sharpen your game to be a winner! *\$5 payable to instructor for book & score pad.*

**Tuesdays 10:00 AM - 12:00 PM 4 classes/\$60\***

**July 10, 17, 24, 31** ((EDU46-C1801)

**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 – 12:00PM 8 classes/\$120\***

**July 14 – September 22** (EDU12-C1801) *No Class 7/28, 8/18, 8/25*

**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 PM – 2:30 PM 7 classes/\$105\***

**July 18 - September 5** (EDU13-C1801)

## GAMES - Resident \$2 / Non-Res \$4

### Billiards (Pool)

**Group Play:** All levels welcome. **Tues/Thurs. 1-4 PM**

Other: Wed. Friday 1- 4 PM, Sat. 11 AM-1

*Call to check availability.*

**Res \$2/Non-Res \$4**

### Mah-Jongg Play

Facilitator: Mary Ann Williams

**Tuesdays/Thursdays (Dates subject to change) 1:00 – 4:00 PM**

**Res \$2/Non-Res \$4**

### Euchre & Pinochle

Facilitator: Joanne Carmichael

All levels welcomed! No 7/26, 8/2 **Res \$2/Non-Res \$4**

**Thursdays (Dates subject to change) 11:15 AM - 1:45 PM**

### Poker

**Wednesdays 12:00 – 3:00 PM**

Ladies & gentlemen, enjoy a friendly game of poker.

*Please call to confirm play.*

**Res \$2/Non-Res \$4**

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

**Duplicate Discussion Bridge** Connie Jaroh  
Walk in Group.  
**Monday/Friday 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 1<sup>st</sup> & 3<sup>rd</sup> / Connie Wood 2<sup>nd</sup> & 4<sup>th</sup>  
**Tables assigned at 3:45. Play begins promptly at 4:00 PM**  
This is a non-ACBL sanctioned game so no master points are awarded. Now every week except the 5<sup>th</sup> 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 the Senior Center.

**Grief 101** Claudia Been, MA, Hospice of Michigan  
For those who have experienced a recent loss, this seminar will offer an overview on grief dynamics. You will learn what is normal in early grief and coping skills will be discussed. 248-334-1323 for more information. \$  
**Thursday, June 21** (EDU67-C1801) **2:30-3:30 PM**

**Grief & Loss Support** Claudia Been, MA, Hospice of MI  
Grief and Loss topics will be discussed. The focus of the group is to express feelings and experiences related to loss in a supportive and caring environment. Practical handouts will be provided. 248-334-1323 for information. \$

**Thursday, July 19** (EDU68-C1801) **2:30-3:30 PM**  
**Thursday, August 16** (EDU68-C1802) **2:30-3:30 PM**

### **UNIQUE TOPICS & EVENTS**

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

For more details please see flyers at Senior Center.

**Longitude, Latitude w/ Attitude Chronicles**  
R. Mc Gaugh, Author  
Discover one man's quest to see the entire world. 49 years of travel encountering harrowing, humorous, entertaining, amusing, unpretentious, often comic, inspiring, informative chronicles. Books sales & signing. Sponsored by Alliance Senior Care. \$  
**Wednesday, June 6** (EDU53-B1828) **10:30 - 11:30 AM**

**Free Downloads from BTPL** Linda Hart, Librarian  
Discover how to download ebooks, audiobooks, movies, music & magazines free from the Library on your smartphones or tablets. Bring your charged devices & BTPL library card. Complimentary BT Resident, at BTSS.  
**Thursday June 7** (EDU53-B1829) **9:00 - 11:00 AM**  
**Thursday August 2** (EDU53-B1830) **9:00 - 11:00 AM**

**The 35<sup>th</sup> President: John F Kennedy**  
Gregory Sumner, Professor of History, U of D Mercy  
Explore the leadership and legacy of our 35th president. Though he is shrouded in myth, gossip and martyrdom, you will learn how his life still affects us decades after.  
Sponsored by Brightstar Care. \$  
**Wednesday, June 13** (EDU53-B1831) **10:30 - 11:30 AM**

**Historic Waterford & Oakland County MI**  
Sally Strait, President Waterford Historical Society  
Purchased in 1834 by Oliver Williams at \$2.00 an acre, now the Historical Village, welcoming all to sit a spell and contemplate a life far removed from the hectic pace and digital world. (BTSS Tour, August 1, See page 15.) \$  
**Thursday, June 14** (EDU53-B1832) **10:30 - 11:30 AM**

**Pop Up BTPL Librarian** Facilitator, Shayna Houghton  
Stop by the Senior Center to get the lowdown on all of the great summer happenings at BTPL, including reading, download help and more. Complimentary, at BTSS  
**Tuesday, June 19** **9:30 - 11:30 AM**

**Intelligence for Victory** Bruce Zeller, Prof., OU Historian  
From ancient times military success began with good intelligence. Without necessary means victory could not be achieved. Lecture focused on 20<sup>th</sup> century. \$  
**Thursday, June 21** (EDU53-B1833) **10:30 - 11:30 PM**

**Intelligent Driverless Transportation**  
Ahmad Jawad, Signal Systems Engineer  
Oakland County Connected Vehicle Task Force is a global leader in the field of Intelligent Transportation Systems and Connected Mobility research. Learn about current research and discover the future of driverless cars.\$  
**Friday, June 22** (EDU53-B1834) **10:30 - 11:30 AM**

**D-Day: After the Invasion to Capture Paris**  
Jim Craft, Historian  
Explore the lesser known facts that followed the invasion. View images and look at the entire battle including "the strengths of the Germans and the failings of the allies.\$"  
**Monday, June 25** (EDU53-B1835) **10:30-11:30 AM**

**Cutting the Cable Cord** Facilitator: Drew Heuser  
Discover how to stream movies and TV shows from popular apps like Netflix, Hulu and Amazon Video without cable TV. Complimentary BT Residents/\$5 non-res.  
**Tuesday, July 10** (EDU53-C1801) **1:00-2:30 PM**

**WSU Understanding Senior Moments** Lisa Ficker  
PhD, Geriatric Psychologist WSU Institute of Gerontology  
A series on brain health & successful aging, finding a  
purpose after retirement, various forms of brain  
stimulation, and the role of mindfulness in creating calm  
amid the chaos of life. Interactive session with  
mindfulness exercises. See pg.11-Senior Moments Book Club \$  
**Thursday, July 12** (EDU53-C1802) **10:30 - 11:30 AM**

**What We Know About the Brain**  
Dr. Vaibhav A Diwadkar, Wayne State Professor  
Discover the philosophical scientific challenges, brain  
behaviors, emerging research, new conclusions and  
speculations for long term brain health. Q&A welcomed. \$  
**Monday, July 16** (EDU53-C1803) **10:30-11:30 AM**

**Track Your Investments Online** BTPL E. Niemchak  
Learn the basics of tracking your investments with two  
popular online services, available for free from the Library.  
Complimentary BT Residents/\$5 Non-Res. **Wednesdays**  
**July 11 Morningstar Database**(EDU53-C1804)**2:00-3:00PM**  
**July 18 Valueline Database**(EDU53-C1805) **2:00 - 3:00 PM**

**Great Lakes Pirates of the Past** L. Feret, Historian  
Did you know that pirates once sailed our Inland Seas? In  
the 1700's the waters of the Great Lakes were a Wild, Wild  
West. Sponsored by Woodward Hills. \$  
**Tuesday, July 17** (EDU53-C1806) **10:30-12:00 PM**

**Detecting Life Beyond Earth** Prof. Philip Hughes, U of M  
Computational Astrophysics *Research Scientist*. In 1994  
the only known planets were in our Solar System. Now  
100 billion such worlds may exist. Surely at least some  
harbor life? Discover how to search for signs of life. \$  
**Thursday, July 19** (EDU53-C1807) **10:30 - 11:30 AM**

**History of Lawrence Technological University**  
Bruce Annet Jr., Vice President LTU  
Founded in 1932 during an innovation explosion, Edsel  
Ford provided space. LTU realized the dream of preparing  
leaders for the new technical era; aspirations continue to  
change the world today. \$  
**Tuesday, July 24** (EDU53-C1808) **10:30 - 11:30 AM**

**MI Women Rocking the Boat & the Cradle**  
Lorraine Campbell, Exec. Dir., Troy Historical Society  
The innovative ideas and hard work of women have been  
catalysts of change throughout history. Examine prominent  
and lesser known ladies of MI History.  
Sponsored by Samaritas. \$  
**Wednesday, July 25** (EDU53-C1809) **10:30 - 11:30 AM**

**Showcase/Ice Cream Social Summer Celebration**  
Yummy ice cream with all the fixings. Preview fall programs and  
& trips! Free for BT residents \$5 for non-residents. Sponsored  
by Cedarbrook Senior Living  
**Thursday, August 2** (EDU53-C1810) **12:00-1:30 PM**

**History of the Detroit Tigers**  
Jeremy Dimick, DHS Manager of Collections  
Explore the Tigers professional baseball roots from the  
19<sup>th</sup> century through the birth of the modern franchise,  
including highlights of players and memorable moments.  
Sponsored by Sunrise Senior Living. \$  
**Wednesday, August 1** (EDU53-C1811) **10:30 - 11:30 AM**

**Meet Officer Kelly Marthen**  
Bloomfield Township Community Relations Officer  
Look forward to sharing ideas of interest for this Fall 2018  
Coffee & Conversation with Officer Kelly Marthen.  
*Complimentary for BT Residents /\$5 Non-Res.*  
**Thursday, August 2** (EDU53-C1812) **10:30-11:30 AM**

**French Fur Trade Voyageurs** Randy Baker, Naturalist  
Explore Native American trading along arctic rivers, the  
Mississippi, and Lake Huron shoreline. (see costumes and  
artifacts.) Sponsored by Samaritas. \$  
**Friday, August 3** (EDU53-C1813) **10:30-11:30 AM**

**History of Clawson** M. Nichols Curator  
Clawson Historical Museum. Learn the origins of Indian  
Wood Country Club and the Union Guardian Trust  
Building. Explore kit homes, the museum, and the early  
pioneer years. *BTSS day trip in the Fall.* \$  
**Tuesday, August 7** (EDU53-C1814) **10:30 - 11:30 AM**

**The 1<sup>st</sup> Industry Discovered** J. Marshall  
Bloomfield Historical Society. Explore the history and  
importance of water powered mills in Bloomfield Township  
and Oakland County that provided uniforms for soldiers  
during the World Wars. \$  
**Thursday, August 9** (EDU53-C1815) **10:30-11:30 AM**

**Inner Peace in a Technology-Driven World** H.Yatros  
Author of "Back to the Source". What is the right step to  
maintain focus in this highly distracting culture? Receive  
life enriching ideas on love, gratitude and mindfulness.  
You may be truly inspired. Book sale & signing. \$  
**Tuesday, August 14** (EDU53-C1816) **10:30 - 11:30 AM**

**Through Her Eyes II: Women Photographers**  
Presented by **Detroit Institute of Arts**, explore the impact  
of art photography by some of the leading women artists of  
the 19<sup>th</sup> & 20<sup>th</sup> centuries. Sponsored by Baldwin House. \$  
**Monday, August 20** (EDU53-C1817) **10:30 - 11:30 AM**

**Honoring Michigan State Parks**  
Larry Falardeau, Friends of Highland Recreation Area  
Edsel & Eleanor Ford gave donations in honor of the  
Dodge Brothers, giving rise to Metro Detroit's State Parks.  
It will sadden and surprise you. From tragedy arose  
opportunity, a legacy for present and future generations. \$  
**Tuesday, August 21** (EDU53-C1818) **10:30 - 11:30 AM**

### Adaptive Reuse & Preservation: Portals to the Past

Ron Campbell, OC Preservationist explains the benefits of maintaining iconic buildings for creative re-use, preserving the character of our neighborhoods. The Clarkston Union, Vinsetta Garage, Fenton Fire Hall, all reborn. Socially, economically and environmentally correct. \$

**Thursday, August 23** (EDU53-C1819) **10:30 - 11:30 AM**

### WSU Senior Moments Book Club Lisa Ficker, PhD

Geriatric Psychologist WSU, Institute of Gerontology  
Discover & discuss new books and authors with cutting edge ideas to enhance your journey to successful aging. \$

**Friday, August 24** (EDU53-C1820) **10:30-11:30 AM**

### Road Runner, Completing 108 Marathons Garry Watson

Lifetime marathon runner shares what inspires and motivates a person to run. Come meet this local running legend, you may just want to cheer for him! \$

**Monday, August 27** (EDU53-C1821) **10:30 - 11:30 AM**

### **MUSIC - Resident \$2 / Non-Res \$4**

#### 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, 6/19** **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 5/8, 5/29, 6/19** **3:00 - 5:00 PM**

### **MOVIES - Resident \$2 / Non-Res \$4**

*Movies provided by Bloomfield Township Public Library. Fee covers facility use and refreshments.*

#### Movie Classics

<b>1st Friday</b>	<b>Movie begins: 1:00 PM</b>
<b>June 1 "The Pink Panther" 1963</b>	1h 55m
<b>July 6 "To Kill a Mockingbird" 1960</b>	2h 10m
<b>August 3 "The Big Sleep" 1946</b>	1h 56m

#### Science Fiction

<b>2nd Friday</b>	<b>Movie begins: 1:00 PM</b>
<b>June 8 "Phenomenon" 1996</b>	2h 4m
<b>July 13 "Good Will Hunting" 1997</b>	2h 6m
<b>August 10 "Independence Day" 1996</b>	2h 32m

#### Movie Mania

<b>3rd Friday</b>	<b>Movie begins: 1:00 PM</b>
<b>June 15 "Victoria &amp; Abdul" 2017</b>	1h 52m
<b>July 20 "A Few Good Men" 1992</b>	2h 18m
<b>August 17 "Three Men and a Baby" 1987</b>	1h 44m

#### Documentaries

<b>4th &amp; Friday</b>	<b>Movie begins: 1:00 PM</b>
<b>June 22 "This Emotional Life: NOVA"</b>	40m
<b>July 27 "Giant Squid: Inside Nature"</b>	47m
<b>August 24 "Bright Lights: C. Fisher D. Reynolds"</b>	95m
<b>5th Friday Old Fashion Entertainment</b>	
<b>August 31 "That's Entertainment!"</b>	2h 15m

#### **BTSS & BTP Library working together...**

Thanks to the BTPL for offering great programs at BTSS.  
Visit the Library website, [www.btpl.org](http://www.btpl.org) for full offerings.

### Special thanks to our Summer 2018 sponsors:

#### **Woodward Hills**

A **Beaumont** Affiliated  
Health & Rehabilitation Center



**CEDARBROOK**  
SENIOR LIVING  
— BLOOMFIELD HILLS —

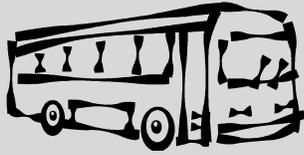


**BALDWIN HOUSE**



ASSISTED LIVING | MEMORY CARE





# BLOOMFIELD TRAVEL

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

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

## Traveler Safety

We make every effort to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs or uneven terrain. Each traveler must decide if a trip is appropriate and be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct.

(<http://www.bloomfieldtwp.org/Services/SeniorServices/PDF/CodeOfConduct.pdf>)

You may register an assistant for the trip if it will ensure your safety; trip fees apply to assistants and are paid with your registration. Please alert staff if a wheelchair will be used.

## Rutherford B. Hayes Presidential Library - Ohio

**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**. **Fee: \$49\***

## 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." Experience 1st class dining in Monroe. **Fee: \$19\***

## The Doo Wop Project – DSO

**Friday, May 18 (DAY15-B1801) 9:30 AM – 3:15 PM**

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 13<sup>th</sup> 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

WAIT LIST from previous Newsletter

**Friday, May 25 (DAY18-B1801) 9:30 AM – 3:30 PM**

## 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 built 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 15<sup>th</sup>*. **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 WAIT LIST from previous News Letter

New date added see September 17.

**Tuesday, June 12 (DAY22-B1801) 9:00 AM – 2:00 PM**

# BLOOMFIELD TRAVEL

## Hollywood Hits - DSO

**Friday, June 15 (DAY23-B1801) 9:30 AM – 3:15 PM**  
The DSO relives hit TV themes from MASH, Downtown 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 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\*

## Detroit Tigers v Oakland Athletics

**Monday, June 25 (DAY29-B1801) 1:30 PM – 7:00 PM**  
Enjoy a great day at the ball park to cheer the Tigers on. Seats are in section 114 along 1<sup>st</sup> base line. Lunch on your own. Fee: \$59\*

## 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\*

## Royal Eagle Restaurant

**Tuesday, July 10 (DAY01-C1801) 11:00 AM – 2:30 PM**  
Enjoy lunch at the St. Sabbas Monastery. "The venue and the property is so worth the experience." Imagine a Russian Orthodox monastery being created in your neighborhood. This is what happened in Harper Woods and it is an oasis. ...The Royal Eagle offers the finest eastern European cuisine in MetroDetroit, whether it's an age-old standard or a new take on an old tradition. Fee: \$48\*

## Tour Belle Isle, Lunch at DYC

**Thursday, July 12 (DAY02-C1801) 9:15 AM – 3:00 PM**  
Take a docent lead tour of our beautiful island and then have lunch and a tour of the Detroit Yacht Club. Call for menu options. Fee: \$59

## Eastern Market

**Tuesday, July 17 (DAY03-C1801) 8:30 AM – 4:00 PM**  
Docent led walking-strolling and tasting tour plus bus tour of Market Area Bush Park. There will be time for shopping after the tour. **Must register by June 1<sup>st</sup>**. Fee: \$66\*

## Clinton River Cruise with Lunch

**Thursday, July 19 (DAY04-C1801) 10:00 AM – 4:15 PM**  
Enjoy this cruise and lunch with Captain Paul Gallas, a graduate of the Great Lakes Maritime Academy and holder of a U.S. Coast Guard Master's License. It will be a beautiful boat ride up river into Lake St. Clair while having lunch. Fee: \$60\*

## Celadon Gardens

**Monday, July 23 (DAY05-C1801) 10:15 AM – 2:45 PM**  
Celadon Gardens is privately owned and located in a 5 acre rural, park-like setting. Experience a garden tour and light refreshments. Wear sturdy shoes, lots of walking/standing. This trip goes rain or shine. Fee: \$36\*

## Adventures in Dining – Three Cats Café

**Wednesday, July 25, 2018 (DAY06-C1801) 12:00 PM – 3:15 PM**  
From the husband-and-wife owners of The Leon & Lulu, a quirky store selling Michigan-made products, unique furniture, and Detroit's Theatre Bizarre merchandise. An Art Deco-inspired lunch spot with soups, sandwiches, pastries, and delectable coffees. Time to shop at Leon & Lulu. Lunch on your own. Fee: \$19\*

## Automotive Hall of Fame

**Thursday, July 26 (DAY07-C1801) 10:00 AM – 2:00 PM**  
Come explore the "people force" behind the vehicles we grew up with and loved. A unique museum which features the fascinating connection between cars and the human element. Followed by lunch on your own at Tria. Fee: \$24\*

# BLOOMFIELD TRAVEL

## Fort Malden – Canada

**Tuesday, July 31 (DAY08-C1801) 9:15 – 3:30 PM**

This is a guided tour to the fascinating doorway into Canada's early military history. The location of an historic meeting between Major General Sir Isaac Brock and Shawnee Chief Tecumseh, the British stronghold on the Detroit frontier during the War of 1812 and the Rebellions of 1837-38, and the site of the longest American occupation on Canadian soil. Followed by lunch on your own at Lord Amherst Public House.

*Must have passport or enhanced driver's license. Fee: \$38\**

## Historic Waterford Village

**Wednesday, August 1 (DAY09-C1801) 10:15 AM – 1:45 PM**

Come see this village consisting of a general store, hotel, church, school, tavern, original houses & a cemetery dated from 1826. Lunch on your own at Overtyme Grill. Fee: \$22\*

## Detroit Public Library

**Thursday, August 2 (DAY10-C1801) 10:15 AM – 2:45 PM**

A docent-led tour which highlights its art, architecture and collections. Treasures featured include murals, a mosaic comprised of 416,000 pieces of colored glass, a Pewabic fireplace and the oldest working elevator in the city. Followed by lunch on your own at Sedona Taphouse. Fee: \$36\*

## Ai (Art Institute of Michigan)

**Wednesday, August 8 (DAY11-C1801) 11:00 AM – 2:30 PM**

Visit the catering program of this creative institute. Tour the area, the students will take your order and cook your lunch. Lunch on your own. Fee: \$20\*

## Wicked – Detroit Opera House

**Thursday, August 9 (DAY12-C1801) 9:45 AM – 4:30 PM**

The Broadway sensation looks at what happened in the Land of Oz but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin – smart, fiery, misunderstood and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular their initial rivalry turns into the unlikeliest of friendships – until the world decides to call one "good" and the other one "wicked". Begin with lunch on your own at Cadillac Café.

*Please register by July 6<sup>th</sup>. Fee: \$105\**

## Michigan Firehouse Museum - Ypsilanti

**Thursday, August 16 (DAY13-C1801) 9:45 AM – 2:00 PM**

An original 1898 firehouse and modern, multilevel exhibit display area. Docent lead tour includes a fire engine steamer with horses ready to go on their way to a fire. Antique fire trucks and early rigs, historic artifacts, tools, equipment, memorabilia and the largest collection of fire truck bells in the country. Followed by lunch on your own at Haab's Restaurant. Fee: \$25\*

## Lunch at the Rattlesnake Club

**Tuesday, August 21 (DAY14-C1801) 11:45 AM – 2:45 PM**

Have lunch at this River Place treasure. Call for menu options.

Fee: \$56\*

## Windsor River Cruise

**Thursday, August 23 (DAY15-C1801) 12:30 PM – 5:00 PM**

Cruise the Canadian shoreline and hear about the new Water Retention Plant, the History of Hiram Walker, Prohibition Days, the Assassination of Charlie Brooks, the Commemorative Peace Fountain, and the curse of Peche Island while viewing the beautiful waterfront from a different perspective. Cross at the Livingston Light and see the historic sites along the Detroit shoreline. Cross back under the Ambassador bridge and learn about Sculpture Gardens, the Plywood Palace, and Windsor's historical connection to Dieppe. Snacks available for sale on the boat. You must have Passport or Enhanced Driver's License.

Fee: \$57\*

## St. Albertus Polish Historic Church

**Tuesday, August 28 (DAY16-C1801) 10:30 AM – 2:15 PM**

Experience ornately painted ceilings and cross vaults, gilded panels, colorful stained glass windows, and marble communion rails. The twelve lunette panels over the nave arcade, completed about 20 years after the dedication of the church in 1885, depict various churches located in Western Poland. Followed by lunch on your own at Louie's Ham & Corned Beef.

Fee: \$25\*

## The Strand Theatre - Pontiac

**Thursday, September 6 (DAY17-C1801) 10:30 AM – 3:15 PM**

Following a \$20 Million renovation the theatre will now be hosting national and international touring productions in all genres of music, theatrical productions, Broadway and major comedy acts that can fill 900 seats. Tour the theatre and see a movie. Followed by lunch on your own at Moose Preserve.

Fee: \$25\*

## Ford Rouge Factory Tour

**Tuesday, September 11 (DAY18-C1801) 9:30 AM – 3:15 PM**

A model of 21st-century sustainable design that showcases how community, business and the environment can thrive together in a single environment. Start to finish, the Ford Rouge Factory Tour offers awe-inspiring encounters with America's celebrated manufacturing past, present, and future. Followed by lunch on your own at Edison's (Dearborn Inn)

*Please register by July 23. Fee: \$38\**

## Detroit Revitalization Tour

**Thursday, September 13 (DAY19-C1801) 8:30 AM – 3:30 PM**

Tour includes narrated updates of current and future revitalization, including Downtown's Capitol Park, new Hudson site, Q-line, Riverwalk and Waterfront, Southwest Detroit Ares: Corktown, Mexicantown, old Tiger Stadium and more. Followed by lunch on your own at Farmers Restaurant.

*Please register by July 23. Fee: \$57\**

# BLOOMFIELD TRAVEL

## Tour Little Caesars Arena

Monday, September 17 (DAY20-C1801) 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\*

## Detroit Tigers v Minnesota Twins

Wednesday, September 19 (DAY21-C1801) 11:30 AM – 5:00 PM  
Senior day at the ballpark. Enjoy free hot dog and pop while cheering the tigers on. Tickets are in section 112 on 1st base line. Dress for the weather and lots of walking. Fee: \$49\*

## 2018 Designers Show House

Thursday, September 20 (DAY22-C1801) 8:45 AM – 2:00 PM  
The Fisher Mansion built in 1922, is the largest home in the Historic Boston Edison Neighborhood in the heart of Detroit. The three story English Tudor-style mansion features the finest materials and best craftsmanship. Nationally recognized local interior designers will bring this magnificent home into the twenty-first century style and luxury while talented landscapers transform the gardens. Lunch on your own at Town Tavern. Fee: \$57\*

## Enrichment & Travel Showcase and Ice Cream Social

(EDU53-C1810)

Preview fall programs and meet peers.  
Free for BT Residents, \$3 Nonresidents

Sponsored by: Cedarbrook Senior Living

Thursday, August 2  
12:00 – 1:30 PM

*Pre-registration helpful for planning.*

## Grief 101

Presented by: Claudia Been, MA, Hospice of Michigan  
(EDU67-C1801)

For those who have experienced a recent loss, this seminar will offer an overview on grief dynamics. You will learn what is normal in early grief and coping skills will be shared. For more information call Claudia at 248-334-1323.

Bloomfield Township Residents

Thursday, June 21<sup>st</sup>

2:30-3:30 pm

Pre- registration is required-248 723-3500

## Adventures in Dining – Cantoro Trattoria

Tuesday, September 25 (DAY23-C1801) 12:00 PM – 3:30 PM  
Italian dining & shopping refined, with its rich and distinct menu and luxurious, yet comfortable, contemporary Italian ambiance. Lunch on your own. Fee: \$19\*

## Detroit Princess Riverboat Cruise with Lunch

Thursday, September 27 (DAY24-C1801) 10:15 AM – 3:15 PM  
The Detroit Princess is a 5 story riverboat located in downtown Detroit. The two and a half hour cruise takes in the scenery of both Detroit and Windsor, cruising past Belle Isle and up to the mouth of Lake Saint Clair. Fee: \$62\*

## Mariner's Church

Friday, September 28 (DAY25-C1801) 10:15 AM – 2:30 PM  
The 175-year-old church is known around the world from those famous lines in Gordon Lightfoot's ballad "The Wreck of the Edmund Fitzgerald. Old Mariners' was founded by Julia Anderson, who established Mariners' in 1842 and specified a stone church (built for the ages) with "forever free" pews. It's now listed in the National Register of Historic Places. Followed by lunch on your own at Pegasus Tavern. Fee: \$25\*

## CHECK OUT A UNIQUE TOPIC:

### Historic Waterford & Oakland County MI

Sally Strait, President Waterford Historical Society  
Purchased in 1834 by Oliver Williams at \$2.00 an acre, now the Historical Village, welcoming all to sit a spell and contemplate a life far removed from the hectic pace and digital world. (BTSS Tour, August 1, See page 15.) \$  
Thursday, June 14 (EDU53-B1832) 10:30 - 11:30 AM

## Special thanks to our Spring 2018 Sponsors:

Samaritas Senior Living  
First & Main  
Baldwin House  
Sunrise Senior Living  
Alliance Senior Care  
Woodward Hills  
Cedarbrook Senior Living  
Oakmont Rochester  
Neil King Physical Therapy

Special Pricing - all classes!  
Residents \$3 Non-Residents \$5

# Fitness Spotlight Week

May 29th - June 1st

## TUESDAY 5/29

**Seated Drums Alive**  
1:45-2:30 p.m.  
(TRYIT18-51)

### AQUA

**Aqua Strong & Fit**  
4:30-5:30 p.m.  
(TRYIT18-52)

### Instructor Spotlight!

Mari Ann Pace  
Marci Berlin  
Lisa Chavis  
Ernie Thomas  
Maggie Barclay

## WEDNESDAY 5/30

**Strength & Balance  
Level 2**  
8:30-9:30 a.m.  
(TRYIT18-53)

**HIIT Bursts**  
3:15-4:00 p.m.  
(TRYIT18-54)

### AQUA

**Aqua Endurance , Core,  
& Conditioning**  
9:30-10:30 a.m.  
(TRYIT18-55)

**Water Walking Workout**  
2:30-3:15 p.m.  
(TRYIT18-56)

## THURSDAY 5/31

**Cardio Dance Party**  
9:00-10:00 a.m.  
(TRYIT18-57)

**Drums Alive**  
11:30 a.m.-12:15 p.m.  
(TRYIT18-58)

**Moving Thru-Dance  
& Parkinson's**  
1:45-2:30 p.m.  
(TRYIT18-59)

### AQUA

**Aqua Strong & Fit**  
8:00-9:00 a.m.  
(TRYIT18-60)

**Aqua Cardio Core**  
9:30-10:30 a.m.  
(TRYIT18-61)

## FRIDAY 6/1

**Mat Pilates & Balance**  
10:15-11:15 a.m.  
(TRYIT18-62)

### AQUA

**Aqua Resistance  
Training**  
9:30-10:30 a.m.  
(TRYIT18-63)

### H2O HIIT

11:00 a.m.-12:00 p.m.  
(TRYIT18-64)

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

## FITNESS ASSESSMENTS

M. Barclay or L. Chavis

Get a professional assessment for strength, flexibility, balance and cardio endurance. Use these measured assessments to set goals to improve quality of life and track progress. Limited appointment times available! Register TODAY for a 45 minute appointment and you are on your way to better health. **Fee: Residents \$15 Non-Resident \$25**

Tuesday May 29, Wednesday May 30, Thursday May 31, Friday June 1 Times Vary (FIT171-Varies)

**Pool & Locker Room Closure**  
June 29 – July 7  
*See page 2 for details*

## Active Compassion 5K Walk

Saturday, May 12  
9 – 11:30 AM

### 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](http://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](http://www.seniorservices.org).

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

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 Senior Living Communities,  
First & Main Assisted Living/Memory Care.**

Preregistration and payment required for those 12 and up.

Fee: Res/Non Res 12+ \$25\* (FIT159-B1801)



# 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](http://www.bloomfieldtpw.org/Seniors)

### SUMMER 2018

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#### Grief & Loss Support Group

Facilitator: Claudia Been MA, Hospice of MI

The focus of the group is to express feelings & experiences related to loss in a supportive & caring environment. Practical handouts will be provided. Call Claudia at 248-334-1323 for more information. Provided for BT Residents.

Pre-registration required at 248-723-3500.  
3rd Thursday

July 19 (EDU68-C1801) 2:30 – 3:30 PM  
August 16 (EDU68-C1802) 2:30 – 3:30 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

Third Friday of each month

#### 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, Bloomfield Township seniors aged 60+ with minor home repair. Income guidelines:

# in Household	Max. Household Income
1	\$38,450
2	\$43,950

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

#### Housing Counseling Services

Oakland County Community & Home Improvement

Get FREE confidential advice about:

- \*Preventing Foreclosure
- \*Reverse Mortgages
- \*Credit and Budget issues
- \*Benefits check up

Certified County advisors offer housing information, education and referrals in a free, confidential setting. Serving Oakland County for over 40 years.

For more information call: 248-858-5402

#### Medicare Assistance Program

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

- Understanding Medicare
- Explaining Prescription drug coverage
- Review supplemental insurance needs
- Understanding Medicare health plans
- Application to Medicare Saving Programs

Counselors will be on site to serve Township residents aged 62+. Details will be published in the fall newsletter.

## 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**

### Grief 101

Presented by: Claudia Been, MA, Hospice of Michigan  
(EDU67-C1801)

For those who have experienced a recent loss, this seminar will offer an overview on grief dynamics. You will learn what is normal in early grief and coping skills will be shared. For more information call Claudia at 248-334-1323.

Bloomfield Township Residents

**Thursday, June 21<sup>st</sup>**

**2:30-3:30 pm**

**Pre-registration is required-248 723-3500**

## 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 3<sup>rd</sup> Wednesday of each month from 11 AM - 12:30 PM.

**June 20, July 18 and August 15**

### Loan Closet Available

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

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

## Community Resources

### Legal Questions and Assistance

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

### Oakland County Dental Program

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

### Financial Help For Adults 60+

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

## Medicare Basics 101

(EDU56-C1801)

An 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 4<sup>th</sup> 12-2:30 pm

## Low Vision Support Group

Informal monthly gatherings for BT residents. Pre-registration required. Though on hiatus for the summer months, it will resume in September. Details will be

## 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](mailto:jpatzelt@bloomfieldtp.org).

### Thank you to our Meals on Wheels Volunteers!

Rob Alvin \* Susan Bellefleur \* Molly Beresford \* Leroy Bliven \* Reg Campbell \* Cindy Clement \* Jerry Craig \* Emily Day \* Judy Dennis \* Judy Dixon \* James Doyle \* Mike Dunigan \* John Feeny \* Ed Francis \* Judy Geppert \* Barbara Glotzhofer \* Carol Goldstein \* Nancy Haddad \* Lorna Hall \* Rob Heeren \* Cindy Herzberg \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Jean Ivory \* Pat Jacoby \* Janet & John Kaczmarek \* Lisa Kraus \* Linda Lin \* Marcie Lloyd \* Anders Lundberg \* Darcy MacKenzie \* Doug & Joan Mann \* Frank Maple \* Kathy May-Abler \* Richard May \* Carlos Mazzorin \* Kelly McGinnis \* Rod & Mary Lynn McLachlan \* Jim Mellow \* 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 Sheipline \* Tom Storen \* Connie Szymczak \* Steven Unruh \* Mary Van Dagens \* Patricia Wagner \* Lynn & Corey Wert \* Jim Wolfe \* Rasheeda Zafar

### Thank you volunteers! 1500 + Hours in January - March

Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, 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 \* William Brownfield \* Doreen Bull \* Sharon Butler \* Virginia Bennett \* Pat Caplin \* Joanne Carmichael \* Valerie Carrick \* Janet Cassise \* Anneliese Champion \* Ann Christ \* Spring Clarke \* Ed Coe \* Cathy Cory \* Jerry Craig \* Sarah Davis \* Marquerite Davidson \* Vivian Dezur \* Barbara Dinneweth \* Corrinne Dowell \* Dawn Dykema \* Janet Enguehard \* Steve Eskoff \* Nancy Exner \* Ed Figura \* June Fisher \* Shirley Franklin \* Judy Geppert \* Klaren Gerhart \* Mona Gibson \* Barbara Glotzhofer \* Carol Goldstein \* Irene Grady \* Sangeeta Grewal \* Daena Grifka \* 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 \* Lisa Kraus \* Patricia Kubik \* Elaine Lamb \* Marge Lazarou \* Christie Lehmann \* Jenny Lenzi \* Paulette Lerman \* Keith Lewis \* Linda Lewis \* Anita Linet \* Jill Lopez \* Gail MacInnes \* Liz Mahoney \* Gretchen Mako \* Mentha Manning \* Michael Martin \* Vani Manyam \* Janet Mathews \* Catherine Matti \* Martha McGee \* Judy Michau \* Karen Miller \* Pat Miller \* David Mitchell \* Richard Moxley \* Chris Muir \* Debbie Mullins \* Vara Navaluri \* Joan Nedeljkovic \* Lucille Noraian \* Jo Nott \* Lois Page \* Kay Patel \* Ralph Pedersen \* Mike Peters \* Christine Peterson \* Arlene Pinkos \* Deanna Ralston \* Rama Reddy \* Judy Reichelt \* Renate Reimer \* Tom Richard \* LuAnn Rooney \* 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 \* Laura Wooton \* 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](http://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

ADS is not a guaranteed service and enrollment 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 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](mailto:jgebott@bloomfieldtwp.org).*