INDEX (SS = supplement)
Adult Day Service SS4
Aquatics Classes 3-4
Billiards 8
Blood Pressure SS2
Book Club 8
Bridge 8,9
BTSS Eligibility 2
Cancellations 2
Cardio Classes 4-5
Cards/Games 9
Caregiver SS1
Clubs 8
Day Trips 12-15
Donations 2
Enrichment 8-11
Fitness 3-7
Friendship Club SS4
Fundraisers 16
Games 8,9
Grocery Shop SS2
Health & Wellbeing 9
Home Repair SS1
Legal Assistance SS3
Loan Closet SS2
Low Vision SS3
Meals on Wheels SS2
Medicare SS1
Mind & Body 7
Movies 11
Music 11
Personal Fitness 5
Reassurance SS2
Seated Exercise 6
Sponsors 11,15
Strength Exercise 6
Transportation SS2
Unique Topics 9-11
Volunteering SS3

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
**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
cctvaroha@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.

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**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.

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**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.
Aquatics: Warm Water Fitness

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

**Shower and check in with lifeguard before entering pool.**
**Register monthly for unlimited visits during scheduled times.**
**BT Residency required.**

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

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### 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.**

**New!**

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 4 – Jul 16 (FIT168-B1802) no class 7/2</td>
<td>6 classes/$42*</td>
<td>Cindy Krizmanich</td>
<td>$10*</td>
</tr>
<tr>
<td>Jul 23 – Aug 27 (FIT168-C1801)</td>
<td>6 classes/$42*</td>
<td>Lisa Chavis</td>
<td>$10*</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 7 – Jul 19 (FIT118-B1802) no class 7/5</td>
<td>6 classes/$42*</td>
<td>E. Thomas</td>
<td>$10*</td>
</tr>
<tr>
<td>Jul 26 – Aug 30 (FIT118-C1801)</td>
<td>6 classes/$42*</td>
<td>Lisa Chavis</td>
<td>$10*</td>
</tr>
</tbody>
</table>

### Aqua Endurance, Core & Balance (Intermediate)
Endurance training plus dynamic core and balance conditioning with some muscle work. A challenging low impact but high intensity workout to increase heart rate.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 5 - Jul 17 (FIT133-B1802) no class 7/3</td>
<td>6 classes/$42*</td>
<td>E. Thomas</td>
<td>$10*</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 6 – Jun 27 (FIT96-B1805)</td>
<td>4 classes/$32*</td>
<td>Lori Harbour</td>
<td>$15*</td>
</tr>
<tr>
<td>Jul 11 – Jul 25 (FIT96-C1801)</td>
<td>3 classes/$24*</td>
<td></td>
<td>$15*</td>
</tr>
<tr>
<td>Aug 1 – Aug 29 (FIT96-C1803)</td>
<td>5 classes/$40*</td>
<td></td>
<td>$15*</td>
</tr>
</tbody>
</table>

### Aqua Yoga Flow
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.

<table>
<thead>
<tr>
<th>Date</th>
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<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 4 – Jul 16 (FIT114-B1802) no class 7/2</td>
<td>6 classes/$48*</td>
<td>Kathy Housey</td>
<td>$15*</td>
</tr>
<tr>
<td>Jul 23 – Aug 27 (FIT114-C1801)</td>
<td>6 classes/$48*</td>
<td></td>
<td>$15*</td>
</tr>
</tbody>
</table>

### Aqua Burn
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.

<table>
<thead>
<tr>
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<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 4 – Jul 16 (FIT168-B1802)</td>
<td>6 classes/$42*</td>
<td>Cindy Krizmanich</td>
<td>$10*</td>
</tr>
<tr>
<td>Jul 23 – Aug 27 (FIT168-C1801)</td>
<td>6 classes/$42*</td>
<td></td>
<td>$10*</td>
</tr>
</tbody>
</table>

### Aqua Strong and Fit
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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Class</th>
<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jul 6 – Jul 26 (FIT170-B1807)</td>
<td>4 classes/$32*</td>
<td>Marci Berlin</td>
<td>$15*</td>
</tr>
<tr>
<td>Jul 12 – Jul 26 (FIT170-C1801)</td>
<td>3 classes/$21*</td>
<td></td>
<td>$15*</td>
</tr>
<tr>
<td>Aug 2 – Aug 30 (FIT170-C1802)</td>
<td>5 classes/$35*</td>
<td></td>
<td>$15*</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Date</th>
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<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 5 – Jun 26 (FIT27-B1801)</td>
<td>4 classes/$32*</td>
<td>Annie Chi</td>
<td>$15*</td>
</tr>
<tr>
<td>Jul 10 – Jul 31 (FIT27-C1801)</td>
<td>4 classes/$32*</td>
<td></td>
<td>$15*</td>
</tr>
<tr>
<td>Aug 7 – Aug 28 (FIT27-C1803)</td>
<td>4 classes/$32*</td>
<td></td>
<td>$15*</td>
</tr>
</tbody>
</table>

### 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.

<table>
<thead>
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<tbody>
<tr>
<td>Jun 4 – Jul 16 (FIT169-B1802) no class 7/2</td>
<td>6 classes/$42*</td>
<td>Kathy Housey</td>
<td>$15*</td>
</tr>
<tr>
<td>Jul 23 – Aug 27 (FIT169-C1801)</td>
<td>6 classes/$42*</td>
<td></td>
<td>$15*</td>
</tr>
</tbody>
</table>

### 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.**

<table>
<thead>
<tr>
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<th>Instructor</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jun 6 – Jul 18 (FIT86-B1802) no class 7/4</td>
<td>6 classes/$48*</td>
<td>Kathy Housey</td>
<td>$15*</td>
</tr>
<tr>
<td>Jul 25 – Aug 29 (FIT86-C1801)</td>
<td>6 classes/$48*</td>
<td></td>
<td>$15*</td>
</tr>
</tbody>
</table>

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**Pool & Locker Room Closure**
June 29 – July 7
See page 2 for details
**H2O Boot Camp**  
High energy workout to strengthen & increase endurance. For active people who would like to add water aerobics to their cross training routine.

**Saturday**  
Jun 2 – Jun 23 (FIT32-B1803)  
Jul 14 – Jul 28 (FIT32-C1801)  
Aug 4- Aug 25 (FIT32-C1802)  
**9 – 10 AM**  
4 classes/$32*  
3 classes/$24*  
4 classes/$32*

**H2O Gentle Joints**  
Lisa Chavis  
Gentle range of motion exercises focusing on core balance and flexibility. A no-impact class that also strengthens the muscles using water resistance.

**Tuesday**  
Jun 5 – Jul 17 (FIT148-B1802) no class 7/3  
Jun 24 – Aug 28 (FIT148-C1801)  
**11 AM – 12 PM**  
6 classes/$42*  
6 classes/$42*

**H2O HIIT**  
Lisa Chavis  
Take your water 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  
**11 AM – 12 PM**  
5 classes/$35*  
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)**  
Maggie Barclay  
Low impact aerobics improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. Bring exercise mat and water.

**Tuesday**  
Jun 5 – Jul 17 (FIT109-B1803)  
Jul 24 – Aug 28 (FIT109-C1801)  
**9 – 10 AM**  
7 classes/$49*  
6 classes/$42*

**Cardio Dance Party**  
Maggie Barclay  
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)  
**7:45 - 8:45 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**  
Jun 4 – Jul 16 (FIT172-B1802)  
Jul 23 – Aug 27 (FIT172-C1801)  
**6:30 - 7:30 PM**  
7 classes/$49*  
6 classes/$42*

---

**Swim Lessons**  
Ernie Thomas  
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)  
**9:30 - 10:30 AM**  
5 classes/$35*  

**Ultimate H2O**  
Lisa Chavis  
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)  
**9:30 - 10:30 AM**  
6 classes/$42*  
6 classes/$42*

**Water Walking Workout**  
Ernie Thomas  
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*

---

**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**  
Jun 5 – Jul 10 (FIT137-B1803)  
Jul 17 – Aug 28 (FIT137-C1801)  
**12:45 – 1:30 PM**  
6 classes/$42*  
7 classes/$49*

**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**  
Jun 4 – Jul 9 (FIT137-B1802)  
Jul 16 – Aug 27 (FIT137-C1801)  
**10:30 - 11:15 AM**  
6 classes/$42*  
7 classes/$49*

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**Please carry in clean shoes for all fitness programs. This is a year-round policy. THANK YOU!**
Cardio Party & Core  
Maggie Barclay  
Cardio fun (interval training, aerobics, dance) followed by core strength & stretching (non-traditional standing moves, sit-ups, mat Pilates, body weight). Intermediate level class. Wear supportive shoes, bring a mat & water bottle.  
Monday  
9 – 10 AM  
Jun 4 – Jul 16 (FIT119-B1802)  
7 classes/$49*  
Jun 23 – Aug 27 (FIT119-C1801)  
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: 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  
Times Vary  
Jun 4 – Jul 20 (FIT77-B1802)  
47 Sessions/$105  
Jul 23 – Aug 31 (FIT77-C1801)  
42 Sessions/$95  

Drums Alive*  
Mari Ann Pace  
High energy rhythmical workout. Combines simple actions – aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Whole body workout!  
Thursday  
11:30 AM – 12:15 PM  
Jun 7 – Jul 19 (FIT47-B1802)  
7 classes/$49*  
Jul 26- Aug 30 (FIT47-C1801)  
6 classes/$42*  

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!  
Monday  
*NEW DAY!  
3:15 – 4:00 PM  
Jun 4 – Jul 16 (FIT166-B1802)  
7 classes/$49*  
Jul 23- Aug 27 (FIT166-C1801)  
6 classes/$42*  

Wednesday  
3:15 – 4:00 PM  
Jun 6 – Jul 18 (FIT166-B1803) no class 7/4  
6 classes/$42*  
Jul 25 – Aug 29 (FIT166-C1802)  
6 classes/$42*  

Zumba®  
Mari Ann Pace/Karen Ockner  
Ditch the workout and join the party! Fuses popular, Latin and Zumba® rhythms, high energy rhythmical workout. Combines simple actions – aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Whole body workout!  
Monday  
(Mari Ann)  
5:30 - 6:15 PM  
Jun 4 – Jul 16 (FIT78-B1804)  
7 classes/$49*  
Jul 23 – Aug 27 (FIT78-C1801)  
6 classes/$42*  

Wednesday  
(Mari Ann)  
5:30 – 6:15 PM  
Jun 6 – Jul 18 (FIT78-B1805) no class 7/4  
6 classes/$42*  
Jul 25 – Aug 29 (FIT78-C1802)  
6 classes/$42*  

Saturday  
(Karen)  
10 - 10:45 AM  
Jun 2 – Jul 14 (FIT78-B1806)  
7 classes/$49*  
Jul 21 – Aug 25 (FIT78-C1803)  
6 classes/$42*  

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

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)  
7:30 – 8:30 AM  
Jun 5 – Jul 17 (FIT103-B1807)  
7 classes/$112*  
Jul 24 – Aug 28 (FIT103-C1802)  
6 classes/$96*  

Wednesday (Lola Faleix)  
2 - 3 PM  
Jun 6 - Jul 18 (FIT103-B1808) no class 7/4  
6 classes/$96*  
Jul 25 – Aug 29 (FIT103-C1803)  
6 classes/$96*  

Thursday (Maggie Barclay)  
7:30 – 8:30 AM  
Jun 7 – Jul 19 (FIT103-B1809)  
7 classes/$112*  
Jul 26 – Aug 30 (FIT103-C1804)  
6 classes/$96*  

Friday (Lola Faleix)  
1 - 2 PM  
Jun 8 – Jul 20 (FIT103-B1810)  
6 classes/$96*  
Jul 27 – Aug 31 (FIT103-C1805)  
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 (1st - 15th or 16th - 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  

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
Drop In Program: Participants scan in at main level reception. BT Resident $3. Non Resident $5

PICKLEBALL
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 (FIT156-B1803) 7 classes/$49*
Jul 23 – Aug 27 (FIT156-C1801) 6 classes/$42*

Wednesday (Karen) 11:30 AM – 12:30 PM
Jun 6 – Jun 27 (FIT156-B1805) 4 classes/$28*
Jul 11 – Jul 25 (FIT156-C1802) no class 7/4 3 classes/$21*
Aug 1 – Aug 29 (FIT156-C1803) 5 classes/$35*

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 Maggie 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 29th, 30th, 31st, and June 1st  
(FIT171-Varies)

Fee  
RESIDENT $15*  
NON-RESIDENT $25

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**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 a 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*

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**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*  
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*

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**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.)

**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**

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We reserve the right to substitute instructors as needed to maintain continuity of classes.
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 1st & 3rd / Connie Wood 2nd & 4th  
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 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 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  
ClaudiaBeen, 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 35th 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

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 20th 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  $10
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**    Loraine 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 19th 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 1st 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 19th & 20th 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 Clarkson 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

MOVIES - Resident $2 / Non-Res $4

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

Movie Classics
1st Friday Movie begins: 1:00 PM
June 1 “The Pink Panther” 1963 1h 55m
July 6 “To Kill a Mockingbird” 1960 2h 10m
August 3 “The Big Sleep” 1946 1h 56m

Science Fiction
2nd Friday Movie begins: 1:00 PM
June 8 “Phenomenon” 1996 2h 4m
July 13 “Good Will Hunting” 1997 2h 6m
August 10 “Independence Day” 1996 2h 32m

Movie Mania
3rd Friday Movie begins: 1:00 PM
June 15 “Victoria & Abdul “ 2017 1h 52m
July 20 “A Few Good Men” 1992 2h 18m
August 17 “Three Men and a Baby” 1987 1h 44m

Documentaries
4th & Friday Movie begins: 1:00 PM
June 22 This Emotional Life: NOVA 40m
July 27 Giant Squid: Inside Nature 47m
August 24 Bright Lights: C. Fisher D. Reynolds 95m

5th Friday Old Fashion Entertainment
August 31 “That’s Entertainment!” 2h 15m

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

Special thanks to our Summer 2018 sponsors:
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. Lunch on your own at Social Kitchen. 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 Bennigan’s. 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
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 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
WAIT LIST from previous Newsletter
New date added see September 17.
Tuesday, June 12 (DAY22-B1801) 9:00 AM – 2:00 PM

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.

* 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.

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 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
WAIT LIST from previous Newsletter
New date added see September 17.
Tuesday, June 12 (DAY22-B1801) 9:00 AM – 2:00 PM
## 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 1st 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 1st.*

**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: $36***

## 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***
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 display area. Docent lead tour includes a fire engine steamer – 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 6th. Fee: $105*

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 6th.
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*
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*

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

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 21st  
2:30-3:30 pm  
Pre-registration is required-248 723-3500

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
Marc 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)

**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

**Tuesdays May 29, Wednesdays May 30, Thursdays May 31, Fridays June 1** Times Vary (FIT171-Varies)

**Active Compassion 5K Walk**
Saturday, May 12
9 - 11:30 AM

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)

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

**Buy A Brick Program**
Honor your loved one with a tribute in support of therapeutic activities for Friendship Club, Meals on Wheels or Transportation services. Purchase a memorial paver brick, which will be placed along the BTSS walkways. (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 Spring 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.bloomfieldtwp.org/Seniors
SUMMER 2018

Index
Adult Day Service……4
Alzheimer Support1, 4
Blood Pressure………2
Caregiver Programs...1
Dental Program……3
Ensure..................2
Errand Rides.........2
Fire Dept. Assist .....3
Friendship Club…..4
Grocery Shopping…..2
Legal Assistance……3
Loan Closet...........2
Low Vision..........1, 2
Meals on Wheels…..2
Medical Trans. .......2
Medicare……………1,3
Minor Home Repair….1
Reassurance..........2
Resources ..........3
SMART..............2
Transportation……2
Transport to Center...2
Volunteers ..........3
Volunteer Rides....2

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

Caregivers’ Forum
2nd Monday of Month  2:00 – 3:30 PM
Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Respite care is included for current members of the Friendship Club. Sponsored by Alzheimer’s Association. To register, call 248-723-3530.

Younger Onset Caregivers
3rd Wednesday of Month  5:30 – 7:00 PM
Early-onset Alzheimer's disease affects people who are under 65. The Alzheimer's Association hosts this support group for caregivers of persons with early stage memory loss. To register call 248-996-1058.

Medicare Coverage & Prescription Drug Plans Counseling
(SVC14-VARIES)
BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents regarding Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor. 12 - 4 PM
Third Friday of each month

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.

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
**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.

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 4th 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 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.bloomfieldtwp.org/Services/SeniorServices/VolunteerOpportunities.asp

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

Thank you to our Meals on Wheels Volunteers!

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

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
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.