



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

www.bloomfieldtp.org/seniors

248-723-3500

Serving Adults 50+



Holiday Extravaganza

Beautiful repurposed greeting cards, creative fun jewelry & art, knitted & crochet items, all hand made by BTSS Enrichment clubs. Proceeds to Supportive Services.

Tuesday, December 18

9:30 - 1:30 PM

Special Thanks to Chicks with Sticks, Paper Dolls and Gems & Friends!

daytrip

Bloomfield Day Trips

Relax and leave the driving to us!

Join us for a wonderful experience. See pages 10 -13 for details. Come with friends or meet new ones!

Fitness Spotlight Week January 2-5, 2019

Class Fees: Res \$3/Non-Res \$5

What on earth is HIIT? What happens in personal training appointments? Which class is best for you?

Find answers to these questions and more during Spotlight Week. This is your chance to try a new class without a long term commitment. By "land or by sea" these classes are offered by our highly experienced and certified instructors.

Reduced class rates to help you explore what is possible!

This week long event is open to residents and non-residents.

See back cover for dates & times and pages 4-9 for class descriptions.

Please pre-register

Tree of Life for Meals on Wheels

Nearly 8,000 meals are provided to seniors in the community who are frail and/or homebound.

Make the holiday season special by sponsoring meals for seniors who are in need.

Purchase a sponsor card for \$8 a meal and decorate our Tree of Life.

Donation cards are available at the Senior Center.

Thank you for your support.

Please call (248) 723-3500 for more information.

Mission Statement

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

Winter 2018-2019



Bloomfield Township Senior Services

4315 Andover Rd.
Bloomfield Township, MI 48302
(South of Long Lake & west of Telegraph)

Phone: (248) 723-3500

Fax: (248) 723-3519

Web: www.bloomfieldtpw.org/seniors

Christine Tvaroha, Director

Senior Center Hours

Monday-Thursday 7 AM - 8 PM

Friday 7 AM - 6 PM

Saturday 8 AM - 2 PM

Adult Day Service

Friendship Club

Monday-Friday 9 AM-4 PM

BTSS will be closed on:

Thursday - Friday, Nov 22-23

Monday - Tuesday, Dec 24-25

Tuesday, Jan 1, 2019

Bloomfield Township Main

Phone: 248-433-7700

Bloomfield Township Board

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

Don Foehr, Victor & Suzanne Goldstein

Tom & Ginnee Richard

Eligibility - Adults 50+

Create your profile online or visit the center. Residency is confirmed with ID.

Registration:

BT Residents - all programs open for participation with completed profile.

Non-Residents - many programs open for participation for additional fee; complete profile required.

Become Active

Once your profile is complete you may register in the following ways:

1. Phone with charge card.
2. Visit the center for cash, check or charge.
3. Mail a check.
4. Online with charge card.

ID Cards

ID card is required to scan every visit at the main level desk. Please visit to get your photo taken.

Gifts & Gratuities Policy

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 Meals on Wheels, Friendship Club Adult Day Service or to a local charity in our name.

Registration/Refund Policies

- = Full payment required at registration.
- = Registration is reserved for confirmed BT patrons through 11/16; non-residents and prorated registrations begin 11/17.
- = Non-residents pay additional \$10 per session or trip, unless otherwise noted.
- = Prorating of class fees subject to instructor approval.
- = Checks with Insufficient funds incur a \$30 fee.
- = Classes/Programs: no refund 2 business days prior of start. No refund once class has begun. Refund fee: \$10.
- = Trips: no refund 3 business days prior to trip. \$10 administrative fee + costs incurred (ie. prepaid tickets).
- = We reserve the right to substitute instructors to maintain class continuity.
- = 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.
- = Sponsors & speakers at BTSS & advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.

Thank You for Your Donation!

Thanks to all who have supported 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."

Christine's Comments

I am thrilled that this edition is in your hands, as the new design and color were much needed enhancements. The improved look conveys the level of quality programs and services we have long offered. You will see a section of advertisements toward the back which has funded the wonderful new look. I hope that you enjoy our upgraded newsletter and share it with your friends and neighbors.

Wishing you peace, health and happiness,

Christine Tvaroha (248)723-3500 ctvaroha@bloomfieldtpw.org



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

Group Fitness Schedules

We offer nearly 70 group fitness classes which require advance registration prior to attendance. Below you will see the abbreviated schedules for land and aqua classes by day of the week. The instructors, full descriptions, fees and session dates are found on pages 4-9. Popular classes fill quickly!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH BREAK 8:15	S.G.P.T. 7:30	STRETCH BREAK 7:45	S.G.P.T. 7:30	ZUMBA 7:30	
CARDIO PARTY 9:00	YOGA FOCUS 8:30	STRENGTH & BAL 8:30	THREE C's 9:00		YOGA FWB 8:00
CARDIO S & B 10:30	THREE C's 9:00	TAI CHI-BEG 9:40	CARDIO DANCE 9:00	STRENGTH & BAL 9:00	ZUMBA® 10:00
CHAIR YOGA 1:30	GM YOGA 10:15	TAI CHI- CONT 10:30	GM YOGA 10:15	MM PILATES 10:15	MAT PILATES 11:00
BARRE BAL 12:45	BLENDED YOGA 11:30	CHAIR YOGA 11:30	DRUMS ALIVE® 1:30	YOGA FWB 11:30	PICKLEBALL 12:00
LINE DANCING 2:00	CARDIO S&B 12:45	BARRE BALANCE 12:45	CARDIO S&B 12:45	S.G.P.T. 1:00	
	DRUMS SEATED 1:45	S.G.P.T. 2:00	PARKINSON'S 1:45		
S.G.P.T 3:00	WALKING CLUB 2:45	HIIT BURSTS 3:15	GOLF CONDITION 1:45	TABLE TENNIS 2:30	Details on pg. 6-9
PILATES S&B 4:15	PICKLEBALL 3:30	TABLE TENNIS 4:00	PICKLEBALL 2:45	<h1>Land</h1>	
ZUMBA® 5:30	STRENGTH & BAL 5:30	ZUMBA® 5:30	PILATES S & B 5:00		
		G. FLOW YOGA 6:30	CORE FOUND 6:15/7:00		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AQUA RESISTANCE 8:00		AQUA STRONG & FIT 8:00		
ULTIMATE H2O 9:30	AQUA ENDURANCE 9:30	AQUA FIT 9:30	AQUA CARDIO CORE 9:30	AQUA FIT 9:30	BOOT CAMP 9:00
REC SWIM (DEC) AQUA YOGA 11:00	REC SWIM 11:00	REC SWIM (DEC) FLUID MOVES 11:00	GENTLE JOINTS 11:00	AQUA ENDURANCE 11:00	AQUA DANCE 10:30
WATER WALKING 2:30		WATER WALKING 2:30		<h1>Aqua</h1>	
AQUACISE 4:00	AQUA POWER 4:45		AQUA POWER 4:45		
AQUA BURN 5:30	POWER AEROBICS 6		POWER AEROBICS 6:00		

Winter Program Sponsors



Aquatics



Aqua Power Aerobics Level1 Annie
Aqua cardio workout with continuous motion to elevate your heart rate with creative strength and conditioning exercises.

Tuesday 4:45 – 5:45 PM
Nov 27 – Dec 11 3 classes/\$24
Jan 8 – Jan 29 4 classes/\$32
Feb 5 – Feb 26 4 classes/\$32
Thursday 4:45 – 5:45 PM
Nov 29 – Dec 13 3 classes/\$24
Jan 10 – Jan 31 4 classes/\$32
Feb 7 – Feb 28 4 classes/\$32

Aqua Power Aerobics Level2 Annie
Fun, fast-paced water aerobics class emphasizing strength and endurance using a variety of equipment. Advanced level class.

Tuesday 6 – 7:00 PM
Nov 27 – Dec 11 3 classes/\$24
Jan 8 – Jan 29 4 classes/\$32
Feb 5 – Feb 26 4 classes/\$32
Thursday 6 – 7:00 PM
Nov 29 – Dec 13 3 classes/\$24
Jan 10 – Jan 31 4 classes/\$32
Feb 7 – Feb 28 4 classes/\$32

Aqua Resistance Training Ernie
(Intermediate)
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
Nov 27 – Dec 11 3 classes/\$21
Jan 8 – Jan 29 4 classes/\$28
Feb 5 – Feb 26 4 classes/\$28

Aqua Strong and Fit Marci
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 should feel comfortable in the water.

Thursday 8-9 AM
Nov 29 – Dec 13 3 classes/\$21
Jan 10 – Jan 31 4 classes/\$28
Feb 7 – Feb 28 4 classes/\$28



Safety: 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. Lifeguard on duty. You don't need to know how to swim but must be comfortable in water.

The pool is 4 feet deep, has a ramp and steps for entry and averages 86 degrees. Showers are required prior to pool use. Water shoes are recommended. Bring water bottle, lock & towel.

We reserve the right to substitute instructors to maintain class continuity. Non-residents pay additional \$10 fee per session.

Aqua Burn Cindy
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
Nov 26 - Dec 10 3 classes/\$21
Jan 7 – Jan 28 4 classes/\$28
Feb 4 – Feb 25 4 classes/\$28

Aqua Cardio Core Lisa
Focus on high level cardio conditioning with strength, movement & balance to challenge the body's core muscles. Improve overall functional strength, balance & coordination.

Thursday 9:30 – 10:30 AM
Nov 29 – Dec 13 3 classes/\$21
Jan 10 – Jan 31 4 classes/\$28
Feb 7 – Feb 28 4 classes/\$28

NEW Aqua Dance Dina
Bring your water dancing shoes and let's get jazzed. Get the whole body moving while groovin' to the beat. You'll get your heart rate up while having fun.

Saturday 10:30 – 11:30 AM
Try It Jan 5 FREE
Jan 12 – Jan 26 3 classes/\$21
Feb 2 – Mar 2 5 classes/\$35

Aqua Endurance, Core & Balance Ernie
(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.

Tuesday 9:30 - 10:30 AM
Nov 27 – Dec 11 3 classes/\$21
Jan 8 – Jan 29 4 classes/\$28
Feb 5 – Feb 26 4 classes/\$28
Friday 11 – 12:00 PM
Nov 30 – Dec 14 3 classes/\$21
Jan 11 – Feb 1 4 classes/\$28
Feb 8 – Mar 1 4 classes/\$28

Aqua Fit Lori
Cardio & strength work that increases your endurance, strengthen/stretch major muscle groups, improve balance & reduce stress! Moderate intensity; joint gentle.

Wednesday 9:30 – 10:30 AM
Nov 28 – Dec 12 3 classes/\$24
Jan 9 – Jan 30 4 classes/\$32
Feb 6 – Feb 27 4 classes/\$32

Friday 9:30 – 10:30 AM
Nov 30 – Dec 14 3 classes/\$24
Jan 11 – Feb 1 4 classes/\$32
Feb 8 – Mar 1 4 classes/\$32

Aqua Yoga Flow Kathy
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 – 12 PM
Jan 7 – Feb 25 8 classes/\$64

Aquacise Cindy
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 4–5 PM
Nov 26-Dec 10 3 classes/\$21
Jan 7 - Jan 28 4 classes/\$28
Feb 4-Feb 25 4 classes/\$28

Fluid Moves Kathy
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 – 12 PM
Jan 9 – Feb 27 8 classes/\$64

H2O Boot Camp Annie
High energy workout to strengthen & increase endurance. For active people who would like to add water aerobics to their cross training routine.

Saturday 9–10 AM
Dec 1 – Dec 15 3 classes/\$24
Jan 12 – Jan 26 3 classes/\$24
Feb 2 – Mar 2 5 classes/\$40

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

Thursday 11 – 12 PM
Nov 29 – Dec 13 3 classes/\$21
Jan 10 – Jan 31 4 classes/\$28
Feb 7 – Feb 28 4 classes/\$28

Please pre-register to prevent class cancellations

NEW Recreational Swim Ernie
Non-instructor program designed for individual lap workouts (walking or swim) or working with the water equipment. No proration or make-up.

Monday NEW 11 – 12 PM
Nov 26 – Dec 10 3 classes/\$15
Tuesday 11 – 12 PM
Nov 27 – Dec 11 3 classes/\$15
Jan 8 – Jan 29 4 classes/\$20
Feb 5 – Feb 26 4 classes/\$20
Wednesday NEW 11 – 12 PM
Nov 28 – Dec 12 3 classes/\$15

Open Swim

Residents	\$18 month \$9 half: 1-15 or 16-31
M-W-F	7:15-9:00 AM
M-W	12:30-2:00 PM
T-TH-F	12:30-2:30 PM
W	5:30-7:00 PM
Saturday	11:30-1:00 PM
New Time 1/5/19	12-1:15 PM

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

Fitness Team Stats

16 Instructors

Total years of experience = 368!

Over 40 professional certifications for:

Personal Training, Group Fitness, Aqua, Tai Chi, Yoga, Senior Fitness, Pilates
CPR/AED and more.



Ultimate H2O Lisa
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 9:30-10:30 AM
Nov 26-Dec 10 3 classes/\$21
Jan 7 – Jan 28 4 classes/\$28
Feb 4-25 4 classes/\$28

Water Walking Workout Ernie
Fun and simple class helps strengthen muscles, build cardio and 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 2:30 - 3:15 PM
Nov 26-Dec 10 3 classes/\$21
Jan 7 – Jan 28 4 classes/\$28
Feb 4-25 4 classes/\$28
Wednesday-Level 2 2:30 - 3:15 PM
Nov 28-Dec 12 3 classes/\$21
Jan 9-Jan 30 4 classes/\$28
Feb 6-27 4 classes/\$28



Land Fitness



Shoe Requirements: To protect the equipment & floors you are required to carry in your clean workout or sport shoes – no street or outdoor shoes. Change shoes before beginning your class or workout. This is a year-round policy. Most classes require supportive rubber soled shoes.

We reserve the right to substitute instructors to maintain class continuity.

Bring a water bottle to every class.

Non-residents pay additional \$10 fee per session.

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

Ask the Trainer

January & February

Wednesdays 1-2 pm

Are you working out at a level that will benefit you?

Do you have questions about the equipment out on the floor?

Do you have general fitness questions?

Fitness Coordinator Maggie will be available to answer many of your questions. Stop in!

Cardio

Cardio, Core, Conditioning Dondra (CCC) 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.

Tuesday	9 - 10 AM
Nov 27–Dec 11	classes/\$21
Jan 8–Feb 26	8 classes/\$56
Thursday	9 - 10 AM
Nov 29–Dec 13	3 classes/\$21

Cardio Dance Party Maggie

NEW DAY & TIME
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!

Thursday	9 - 10 AM
Jan 10 – Feb 28	8 classes/\$56

Cardio Party & Core Maggie

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.

Monday	9 - 10 AM
Nov 26–Dec 10	3 classes/\$21
Jan 7–Feb 25 MB	8 classes/\$56

Cardio Strength & Balance Rhonda 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	12:45 - 1:30 PM
Nov 27–Dec 11	3 classes/\$21
Jan 8–Feb 26	8 classes/\$56
Thursday	12:45-1:30 PM
Nov 29–Dec 13	3 classes/\$21
Jan 10–Feb 28	8 classes/\$56

Cardio, Strength & Balance Rhonda Level 2

Exercise the brain to improve memory think clearly, be stronger, maintain balance using hand weights, balls & bands. Tabata Interval Training for healthy heart. Be able to sit on floor.

Monday	10:30-11:15 AM
Nov 26–Dec 10	3 classes/\$21
Jan 7–Feb 25	8 classes/\$56

Drums Alive® Mari Ann

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 -12:15 PM
Nov 29–Dec 13	3 classes/\$21
Jan 10–Feb 28	8 classes/\$56

HIIT Bursts Maggie

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

Wednesday	3:15-4:00 PM
Jan 9 – Feb 27	8 classes/\$56

Zumba® Instructors below
Ditch the workout and join the party! Fuses popular, Latin and international music and rhythms. Dance fitness fun for all! Bring supportive shoes.

Monday Mari Ann	5:30 - 6:15 PM
Nov 26–Dec 10	3 classes/\$21
Jan 7–Feb 25	8 classes/\$56

Wednesday Mari Ann	5:30-6:15 PM
Nov 28 – Dec 12	3 classes/\$21
Jan 9 – Feb 27	8 classes/\$56

Friday Jenna NEW	7:45-8:45 AM
Nov 30-Dec 14 Trylt	3 classes FREE
Jan 11–Mar 1	8 classes/\$56

Saturday	10-10:45 AM
Dec 1-15 Karen O.	3 classes/\$21
Jan 12–Mar 2 Mari Ann	8 classes/\$56

Line Dancing Mari Ann
Love to dance? Want to learn to “wobble” at a wedding? Join us for a simple fun filled line dancing class. No experience necessary!

Monday	2 - 2:45 PM
Nov 26 – Dec 10	3 classes/\$18
Jan 7 – Feb 25	8 classes/\$48

Personal Training

1 on 1 Personal Training

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.

Resident: \$60 or 2 people \$90

Non-Res. \$65 or 2 people \$100

Sessions for duos must be the same time. Does not include use of open hours. Cancellations must be 2 business days prior to appointment.

Small Group Personal Training

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

Monday Andrew NEW 3 – 4:00 PM

Nov 26 – Dec 10 3 classes/\$48

Jan 7–Feb 25 8 classes/\$128

Tuesday Maggie 7:30–8:30 AM

Nov 27–Dec 11 Lola 3 classes/\$48

Jan 8 – Feb 26 8 classes/\$128

Wednesday Lola 2-3 PM

Nov 28 – Dec 12 3 classes/\$48

Jan 9 – Feb 27 8 classes/\$128

Thursday Maggie 7:30–8:30 AM

Nov 29–Dec 13 Maggie/Lisa 3 classes/\$48

Jan 10 – Feb 28 8 classes/\$128

Friday Lola 1-2 PM

Nov 30–Dec 14 3 classes/\$48

Jan 11–Mar1 8 classes/\$128

Seated

Chair Yoga

Donna/Karen L.

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 sandals or slippers; however, bare feet are acceptable.

Monday Donna 11:30-12:30 PM

Nov 26 – Dec 10 3 classes/\$21

Jan 7 – Feb 25 8 classes/\$56

Wed Karen L. 11:30-12:30 PM

Nov 28-Dec 12 3 classes/\$21

Jan 9-30 4 classes/\$28

Feb 6-27 4 classes/\$28

Drums Alive Seated to Standing

Mari Ann

Feel and experience the unique 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 – 2:30 PM

Nov 27 – Dec 11 3 classes/\$21

Jan 8 – Feb 26 8 classes/\$56

Clean sport shoes required.

Bring a water bottle.



Specialty Fitness

Moving Thru Dance & Parkinson's

Mari Ann

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. Registration required.

(Funded by Marilyn J. Scriver Scholarship for Dance Therapy.

Stacy 248-678-3124;

MarilynJanelInfo@gmail.com.)

FREE for Township Residents!

Thursday 1:45 - 2:30 PM

Nov 29–Dec 13 3 classes/Non Res \$18

Jan 10–Feb 28 8 classes/Non Res \$48

Ernie's Walking Club

Walking boosts energy, strengthens muscles and improves health. It's convenient & easy to do, fun on your own or with others. Whether it's losing weight, reducing stress or toning muscles, it's important to make goals. Join the "Challenge" and we will keep you focused and motivated. Meet at track in lower level.

Tuesday 2:45 - 3:30 PM

Nov 27 – Dec 11 3 classes/\$21

Jan 8 – Jan 29 4 classes/\$28

Feb 5 – Feb 26 4 classes/\$28



Fitness Open Hours

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/month or \$9 half month (1st —15th or 16th—end)

\$96/6 consecutive months (6 month processed at BTSS only)

Equipment Orientation/Refresher

Required before registering for Fitness 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 Residency required.

2 business days notice required to cancel or reschedule. 1 class/\$35

Land Fitness



Mindful Movement Mat Pilates **NEW**

Amy

Improve your mind body connection, Re-balance, lengthen, strengthen the body and increase flexibility. Focus is proper alignment, core strength and muscle balance. Please bring your own mat. For beginner to intermediate students.

Friday 10:15 – 11:15 AM
Nov 30 – Dec 14 3 classes/\$21
Jan 11 – Mar 1 8 classes/\$56

Pilates, Strength, & Balance

Karen O.

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.

Monday 4:15 - 5:15 PM
Nov 26 – Dec 10 3 classes/\$21
Jan 7 – Feb 25 8 classes/\$56
Thursday 5 – 6:00 PM
Nov 29 – Dec 13 3 classes/\$21
Jan 10 – Feb 28 8 classes/\$56

Mat Pilates

Karen O.

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
Dec 1-15 3 classes \$21
Jan 12 – Mar 2 8 classes/\$56

Tai Chi Chuan

Han

This practice enhances balance and body awareness with slow gentle, graceful & precise movements.

Beginning

Wednesday 9:40-10:25 AM
Nov 28 – Dec 12 3 classes/\$24
Jan 9 – Jan 30 4 classes/\$32
Feb 6 – Feb 27 4 classes/\$32

Continuing

Wednesday 10:30 – 11:15 AM
Nov 28 – Dec 12 3 classes/\$24
Jan 9 – Jan 30 4 classes/\$32
Feb 6 – Feb 27 4 classes/\$32

Strength & Balance

Maggie /Lisa

Level 2

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.

Tuesday Lisa 5:30 – 6:30 PM
Nov 27 – Dec 11 3 classes/\$21
Jan 8 - 29 4 classes/\$28
Feb 5 - 26 4 classes/\$28

Wednesday 8:30 – 9:30 PM
Nov 28 – Dec 12 TBD 3 classes/\$21
Jan 9 – Feb 27 Maggie 8 classes/\$56

Friday 9 AM – 10 AM
Nov 30 – Dec 14 TBD 3 classes/\$21
Jan 11 – Mar 1 Maggie 8 classes/\$56

Barre Balance

Donna

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
Nov 26 – Dec 10 3 classes/\$21
Jan 7 – Feb 25 8 classes/\$56
Wednesday 12:45 – 1:30 PM
Nov 28 – Dec 12 3 classes/\$21
Jan 9 – Feb 27 8 classes/\$56

Golf Conditioning

Instructor TBD

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

Thursday 1:45 – 2:30 PM
Jan. 10 – Feb. 28 8 classes/\$56

Stretch Break

Maggie/Lisa

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.

Monday Maggie 8:15 – 8:45 AM
Jan 7 – Feb 25 8 classes/\$32

Wednesday Lisa 7:45 – 8:15 AM
Jan 9 – Feb 27 8 classes/\$32



Walking Track Drop In

Participants scan in at main level reception. Change of clean shoes required.

BT Resident Complimentary/ Guest Non-Resident \$2 per visit

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/\$16 monthly. Non Resident \$5 per visit

Pickleball

Court available as a drop in or by reservation. Residents may reserve up to 2x per month. Reserving patron is 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) 12:00 PM – 1:30 PM

Drop In Program: Participants scan in at main level reception.

BT Resident \$3/\$16 monthly Guest/Non-Resident \$5 per visit

Core Foundation® Training – Level 1

Lori

This is a basic introductory class to the Foundation Training movements. 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. Class taught barefoot or in socks.

Thursday 6:15 – 6:45 PM (30 minute intro to program)

Nov 29-Dec 13 3 classes/\$18

Jan 10-31 4 classes/\$24

Feb 7-28 4 classes/\$24

Core Foundation® Training – Level 2

Lori

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 7 – 7:45 PM

Nov 29-Dec 13 3 classes/\$24

Jan 10-31 4 classes/\$32

Feb 7-8 4 classes/\$32



Please pre-register to prevent class cancellations.

Yoga

Blended Yoga NEW

Jan

This class is a blend of postures for all levels. Individuals suffering from knee, shoulder and/or wrist injury and pain. Begin with a relaxation breath on backs, transition to chair poses, followed by standing yoga postures, ending with a traditional savasana. Must be able to move from floor to standing with or without the help of a chair. Please bring a mat & towel.

Tuesday 11:30-12:30 PM

Nov 27–Dec 11 TRY 3 classes/Free

Jan 8 – Jan 29 4 classes/\$28

Feb 5 – Feb 26 4 classes/\$28

Gentle Moves Yoga

Maggie/Mari Ann

Learn basic yoga poses, strengthen your core, improve balance, and practice simple relaxation/meditation techniques. Must be able to get up and down from floor. Wear comfortable clothing. Bring yoga mat.

Thursday 10:15-11:15 AM

Nov 29–Dec 13 Mari Ann 3 classes/\$21

Jan 10 – Feb 28 Maggie 8 classes/\$56

Chair Yoga

Donna/ Karen L

Description on page 7 under SEATED.

Gentle Moves Yoga

Maggie/Karen L

Level 2

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.

Tuesday 10:15-11:15 AM

Nov 27–Dec 11 Karen 3 classes/\$21

Jan 8–Feb 26 Maggie 8 classes/\$56

Yoga Focus Back & Breath

Jan

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. Class held in Community Room B.

Tuesday 8:30 – 9:30 AM

Nov 27 – Dec 11 3 classes/\$21

Jan 8 – Jan 29 4 classes/\$28

Feb 5 – Feb 26 4 classes/\$28

Yoga for Well-Being

Karen L.

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

Friday 11:30 - 12:30 PM

Nov 30 – Dec 14 3 classes/\$21

Jan 11 – Jan 25 3 classes/\$21

Feb 1 - Mar 1 5 classes/\$35

Saturday 8:30-9:30 AM

Dec 1 – Dec 15 3 classes/\$21

Jan 12 – Jan 26 3 classes/\$21

Feb 2 – Mar 2 5 classes/\$35

Gentle Flow Yoga

Jan

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.

Wednesday 6:30 - 7:30 PM

Nov 28 – Dec 12 3 classes/\$21

Jan 9 – Jan 30 4 classes/\$28*

Feb 6 – Feb 27 4 classes/\$28



Day Trips



Traveler Safety

Every effort is made 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>)

Registration and Travel Policies

Please 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.

MI Winter Classic Dog Show Suburban Showplace

Thur, Jan 17 10 – 3:15 PM

See more than 7,000 dogs, and 160+ breeds of "man's best friends", including several breeds getting ready for the Westminster Kennel Club Dog Show. Dogs will be judged on standards set by the American Kennel Club. Followed by lunch on your own at Steve & Rocky's. **Fee: \$20**

Enjoy the comfort of our
24 seat coach.

Avoid the stress and fuss;
leave the parking and
driving to us!



Shopping

The Rust Belt Market

Fri, Nov 9 11:15 – 3:30 PM

This is a great place for those looking for unique hand-crafted items and gifts in Ferndale. You can find treasures around each corner. Begin with lunch on your own at Green Space Café.

Fee: \$20

Somerset Collection

Thurs, Jan 31 10:30 – 2:15 PM

A beautiful place to shop. High end stores as well as less expensive varieties. You will find everything you could possibly want as well as great places to dine. Lunch on your own at your choice of restaurant.

Fee: \$12

Adventures in Dining

Culinary School – Fifty One 0 One

Tues, Dec 11

10:45 – 1:30 PM

Welcome to Henry Ford student run restaurant! Join them for gourmet dining at surprisingly affordable prices. Operated by HFC's Hospitality Studies Program. Lunch on your own. **Fee: \$19**

La Fork

Mon, Feb. 11

10:30 – 1:00 PM

The main dish consists of the authentic Quebec classic Poutine, which is the combination of fresh cut fries, cheese curds & gravy. The love for this classic Canadian dish fueled their drive to create a new and unique dining experience. The fries are freshly cut and double fried to perfection, loaded with fresh cheese curds, homemade gravies and signature toppings freshly made-to-order; catering to different tastes. Counter service only. Lunch on your own.

Fee: \$10

Volare Ristorante

Thur, Feb 14

11:15 – 2:00PM

Award-winning chef/owner Dino Grossi opened Volare Ristorante in 2004. Located in the heart of the new downtown Wixom city center, features a dramatic interior rich in texture and color. The philosophy is simple: use the best ingredients as simply as possible and serve them with joy and passion. Lunch on your own.

Fee: \$10

Breakfast at Anna's House

Tues, Feb 26

8:40 – 10:45 AM

Anna's House is a "retro diner" style with fresh colors, and a great open layout. The larger-than-life, hand-painted murals are a welcome sight. You need to come and experience it! Breakfast on your own.

Fee: \$10

Mi Lindo San Blas

Tues, Mar 5

11:45 – 2:30 PM

San Blas is a port and a popular tourist destination, located about 160 km north of Puerto Vallarta. The town is famous for the sea food plates. Now in Detroit you can try them. Lunch on your own.

Fee: \$10

Tours

Nordlie's Demo & Tour

Mon, Nov. 12 9 – 2:15 PM
For over 80 years, Nordlie's has been providing fresh flowers & plants as well as floral supplies and other interior design goods to retailers. They are not open to the public, so this is your chance to get inspiration from one of the best! Enjoy a floral arranging demonstration and a tour of their facility; also you will be able to purchase some goodies. Lunch on own at Master's. **Fee: \$30**

The Detroit Club

Tues, Dec 4 12– 3:00 PM
This historic clubhouse in downtown Detroit had extensive renovations and is now open! New owners invested in updating the four-story, 1892 Detroit Club building. Lunch on your own. **Fee: \$19**

Historic Trinity Lutheran Church

Thurs, Jan 3 10:30 – 2:45 PM
Built in 1931, it includes the finest liturgical art in stone, glass, wood, tile and brass. 16th century Pier and Clerestory Gothic style seen in the great cathedrals of Europe. Today it is a National, State and Local Historic Designated Site. Followed by lunch on your own at The Greek Restaurant and Bar. **Fee: \$20**

Park West Gallery

Wed, Jan 9 10:45 – 2:00 PM
Park West Gallery is the largest privately-owned art gallery in the world, bringing the experience of collecting fine art to more than 2 million customers since 1969. No other company has the expertise, insight, or variety of art. See masterpieces from history's greatest artists or the latest artwork from leading contemporary icons. Followed by lunch on your own at Mr. Joe's Bar. **Fee: \$19**

Sweetest Heart of Mary Church

Tues, Jan 15 10:15 – 2:45 PM
The Gothic Revival cathedral style church is the largest of the Roman Catholic churches in the City of Detroit. It is a Michigan and National Historic Site. Gothic Revival draws features from the original Gothic style, including decorative patterns, finials, lancet windows, hood molds and label stops. Followed by lunch on your own at La Fera Detroit Restaurant. **Fee: \$20**

Epiphany Glass Studios

Tues, Feb 19 10 – 2:00 PM
April Wagner has been blowing glass for over 20 years. She has developed her own unique style of glass art that can be seen in public and private collections around the world. See two separate and distinct brands: the epiphany line of functional, semi-functional and decorative objects and the April Wagner line of sculptures in her hot-glass facility in Pontiac. Followed by lunch on your own at Hero's. **Fee: \$25**

National Weather Station

Tues, Mar 26 9:45 – 2:00 PM
The National Weather Service station in White Lake collects and reports weather data for most of southeast Michigan. This information is used by the government, the public and the private sector. Followed by lunch on your own at Deer Lake Athletic Club. **Fee: \$25**

The Renaissance Center

Thurs, Mar 28 10 – 2:30 PM
A group of seven interconnected skyscrapers in Downtown Detroit, located on the International Riverfront, and the World Headquarter's of General Motors. The central tower is the 2nd tallest all-hotel skyscraper in the Western Hemisphere. This is a docent lead tour. Followed by lunch on your own at Joe Muer's. **Fee: \$23**

Trip Schedule

Mark Your Calendar!

- 11/9 Shopping Rust Belt Market
- 11/12 Nordlie's Flower Demo
- 11/14 Royal Oak Historical Museum
- 11/16 DSO Tchaikovsky
- 11/20 Libbey Glass Toledo
- 11/27 Van Hoosen House Museum
- 11/28 Diva Royale—Purple Rose
- 11/30 DSO Bugs Bunny
- 12/4 Detroit Club
- 12/11 Fifty One 0 One Restaurant
- 12/13 DaVinci Machines
- 12/14 DSO Strauss:
- 12/21 DSO Home for the Holidays
- 1/3 Historic Trinity Lutheran
- 1/9 Park West Gallery
- 1/15 Sweetest Heart of Mary
- 1/17 Winter Classic Dog Show
- 1/18 DSO Vegas & the Rat Pack
- 1/22 Stahl's Automotive
- 1/30 Fox ... Fairway, Meadow Brook
- 1/31 Somerset Collection
- 2/8 DSO American Panorama
- 2/11 La Fork
- 2/14 Volare Ristorante
- 2/19 Epiphany Glass Studios
- 2/21 Maritime Dining Dossin
- 2/26 Breakfast at Anna's House
- 3/1 DSO Heroes and Villains
- 3/5 Mi Lindo San Blas
- 3/14 Detroit Institute of Arts
- 3/22 DSO Sibelius Violin Concerto
- 3/26 National Weather Station
- 3/28 Renaissance Center

Day Trips

Museums

Van Hoosen House, Railroad & Quilt Exhibits

Tues, Nov 27 10 – 3:15 PM

The Rochester Hills Museum at Van Hoosen Farm is surrounded by 16 acres of rolling park grounds. Stoney Creek, once was the power source for five mills in this area. Come see these great exhibits. Followed by lunch on your own at Bigalone Cucina.

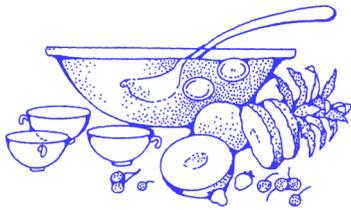
Fee: \$28

Royal Oak Historical Museum

Wed. Nov 14 10 – 1:30 PM

Founded in 1939, look back in the history of Royal Oak and you may be surprised by what you find. Followed by lunch on your own at Jim Brady's Detroit.

Fee: \$23



Toledo Art Museum Libbey Glass 1818—2018

Tues., Nov. 20 9-4:00 PM

This major exhibition commemorates the 200th anniversary and shares the story of American ingenuity in glass making. View more than 175 outstanding examples of glass from TMA's renowned collection, including pressed glass tableware, Amberina art glass, Libbey's world-renowned "brilliant" cut glass (including TMA's glorious Libbey Punch Bowl), mid-century modern barware and examples of more recent "premium give-away" glasses for companies like Pizza Hut and McDonalds. Historically known for a great variety of decorative and useful blown and pressed objects in both colorless and richly colored glass, at times decorated with cutting and engraving. Its success helped to brand Toledo as "The Glass City." The Libbey family co-founded TMA in 1901 and their generous endowment continues to sustain the Museum. Followed by lunch on your own at Manos Greek Restaurant.

Fee: \$35

DaVinci Machines & Robotics

Thur, Dec 13 10 – 2:30 PM

Created by The Artisans of Florence International in collaboration with The Niccolai Group, consists of over 75 exhibits, reconstructed from the manuscripts (Codices) and drawings of 15th century Renaissance Man Leonardo da Vinci. Exploring and connecting his studies in nature, anatomy, mechanics, flight, and robotics demonstrates how Leonardo's work is more relevant in today's scientific world than 500 years ago when he first conceived his amazing ideas. Followed by lunch on your own at Bill's.

Fee: \$34

Stahl's Automotive Museum

Tues, Jan 22 11 – 4:15 PM

A collection of cars from 1800's to 1960's along with automated musical instruments and a Wurlitzer Theater Organ. If you're an auto enthusiast, and want to view an excellent display of fine, restored vintage automobiles, this is the place! Begin with lunch on own at Rosie O'Grady's.

Fee: \$20

Exquisite Maritime Dining – Dossin Great Lakes Museum

Thur, Feb 21, 9 – 2:00 PM

Since steamboat travel to Detroit began 200 years ago, passengers and sailors have enjoyed shipboard food that is renowned the world over. This new exhibit explores the particular culinary elegance experienced by those who travelled the inland seas. Highlighting this exhibition are hundreds of exquisite artifacts from maritime dining rooms. A majority of the china and ceramic pieces were collected by noted collector the late Daniel C. Krummes. This is first exhibit of these unique artifacts complimented by models of significant ships and striking furnishings from the steamers. Followed by lunch on your own at Sindbad's.

Fee: \$29



Detroit Institute of Arts

Thurs Mar 14 12:00 PM – 3:30 PM

Enjoy an Art Talk, self-guided tour and cookie/coffee reception. Joint trip with SOAR. Bus furnished by DIA. No meal stop. **Fee: \$10***

Theatre

Diva Royale Purple Rose Theatre

Wed, Nov 28 11:15 – 6:15 PM

Diva Royale is a spectacular farce, brought to us by the author of such comedies as Escanaba in da Moonlight, The Tropical Pickle and Norma & Wanda. The play follows the exploits of three Midwestern, stay-at-home moms who plan a last minute trip to NYC to see their favorite star, Celine Dion, perform and maybe experience a bit of the romance lacking in their lives. As soon as they get on the plane, things go very wrong, resulting in an evening of side-splitting hilarity. *Contains adult language & content. Start with lunch on your own at Common Grill. Please register by Nov 12.

Fee: \$56

Fox on the Fairway Meadow Brook

Wed, Jan 30 11:15 – 4:30 PM

A tribute from Ken Ludwig to the great English farces of the 1930's and 1940's. This hilarious romp, pulls the rug out from underneath the stuffy denizens of a private country club. Filled with mistaken identities, slamming doors, over-the-top romantic shenanigans, it's a charmingly madcap adventure about love, life, and man's eternal love affair with...golf. Begin with lunch on your own at Alfaccino Italian.

Fee: \$55



DSO

DSO Tchaikovsky Symphony No. 4

Fri, Nov 16 9:30 – 3:30 PM
 John Storgårds, conductor Pekka Kuusisto, violin
 ANTHEIL "Over the Plains", DANIEL BJARNASON "Violin
 Concerto" TCHAIKOVSKY "Symphony No. 4". Followed
 by lunch on your own at Town Tavern. **Fee: \$56**

DSO Bugs Bunny at the Symphony II

Fri, Nov 30 9:30 – 3:30 PM
 Original scores played LIVE by the DSO and projected
 on the big screen. Conducted by George Daugherty
 and created by Daugherty and David Ka Lik Wong.
 Hear classics like "What's Opera, Doc?", "The Rabbit of
 Seville", and "Rhapsody Rabbit", alongside eye-
 popping brand new Warner Bros. 3D theatrical shorts
 "Rabid Rider" and "Coyote Falls", plus special guest
 stars Tom and Jerry! Followed by lunch on your own
 at Inn Season Café. **Fee: \$70**

DSO Strauss: Der Rosenkavalier

Fri, Dec 14 9:30 – 3:30 PM
 Nikolaj Znaider, conductor Jean-Guihen Queyras,
 cello R. STRAUSS "Suite from Der Rosenkavalier" R.
 STRAUSS "Dance of the Seven Veils" from Saloe.
 Lunch on your own at Meriwether's. **Fee: \$56**

DSO Home for the Holidays

WAIT LIST from previous
 Newsletter
 Fri. Dec 21 9:30—3:30 PM



DSO Vegas and the Rat Pack

Fri, Jan 18 9:30– 3:30 PM
 They brought "cool" to the Vegas strip. Casinos that could add
 Frank Sinatra, Dean Martin, and Sammy Davis, Jr. to their
 marquees enjoyed floods of wealthy high rollers and nightly
 fortunes. Place your bets on the songs and music
 immortalized by the original Rat Pack, as well as
 contemporaries, including Nat King Cole, Rosemary Clooney,
 and more. Followed by lunch on your own at Bahama
 Breeze. **Fee: \$70**

DSO American Panorama

Fri, Feb 8 9:30 – 3 :30 PM
 For five decades, Leonard Slatkin has championed the diverse music
 of America. This three-week festival begins with a cross-country
 musical travelogue of sorts from Morton Gould, Joan Tower, Leonard
 Bernstein, and Virgil Thompson, plus Ferde Grofé's colorful Grand
 Canyon Suite, and continues with film and concert music by John
 Williams. Followed by lunch on your own at Bella Piatti. **Fee: \$56**

DSO Heroes and Villains

Fri Mar 1 9:30 –3:30 PM
 From Superman to Batman, Robin Hood to Zorro, or King
 Kong to Jaws: in film, every noble hero and evil villain has the
 same trusty sidekick. Great music featuring hits from the
 golden age of cinema to today's blockbusters. Enjoy
 breathtaking scores that have brought timeless characters to
 life. Followed by lunch on your own at The Apparatus Room.
Fee: \$70

DSO Sibelius Violin Concerto

Fri, Mar 22 9:30 – 3:30 PM
 Simone Lamsma's playing is "absolutely stunning," and her
 "fine technique and impeccable intonation with mature
 musical intelligence." See Ms. Lamsma play Sibelius'
 breathtaking Violin Concerto – the composer's only concerto,
 and Mark Wigglesworth conducts Ralph Vaughan-Williams
 tender Fifth Symphony, a vision of tranquility composed in the
 darkest days of England's battle in 1943. Followed by lunch on
 your own at Meriwether's. **Fee: \$56**

[BTSS Program and Service Impacts 2017-18](#)

- 10,000 Active Profiles
- New patrons set up profiles; average 63 per month
- Attendance varies 300- 400 daily
- 70,000 visits to the center in 2017
- 150 volunteers provide 7,000 hours annually
- 6,000 meals delivered annually
- 6,000 rides provided annually
- 9,000 hours of care for persons living with dementia

**Did you know that 38%
 of Township households
 have someone over
 the age of 65?**

**A personal invitation to
 visit BTSS is a great way
 to encourage all who
 are eligible!**

Enrichment



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.

Advance registration for Unique Topics reduces cancellations.

Unless otherwise noted: \$ = Res \$3/ Non-Res \$5. For more details please see flyers at Senior Center.

Classes: Non-residents pay additional \$10 fee for classes. See Page 2 for registration and cancellation policies.

Volunteer Facilitators and Speakers needed for new clubs and presentations.

Please contact **Recreation Coordinator Jean Campbell 248.723.3500.**

Music

Detroit Ragtime & Jazz Age

Jon Milan, Author

Discover what makes Detroit a major contributor to America's rich musical heritage. View a unique photo journal from the Civil War to the disappearance of the 1940 big bands. Book signing & sales.

Sponsored by Sunrise Senior Living of Bloomfield. \$

Wednesday, February 27

10:30 - 11:30 AM



Irving Berlin: Dean of American Songwriters

Stuart Johnson, Music Historian

An informative, entertaining tribute, with historical images and music, highly influential even today. Sponsored by Baldwin House. \$

Friday, February 1

10:30 - 12 PM

BTSS Jazz Combo Band

Join the BTSS Swing Band. Looking for players able to read simple arrangements, brass, reeds & rhythm players. Pop music from the 30's on. A great chance to dust off rusty skills. Audiences encouraged and appreciated-come and enjoy our fun and fellowship! Subject to change. \$

Tuesdays No Band 2/5

3 - 5 PM

Jazz Band: Cool & Complimentary!

Syncopation and improvisation - enjoy some of the best jazz around! Lead by our own Ed Black and now sponsored by a generous, anonymous donor. Stop in for hot coffee and a true American art form. No fee.

Saturdays

11 - 1 PM



Holiday Candy Collection

Share the spirit with meals on wheels clients by donating small individually wrapped candies.

Please bring candy to BTSS before 12/19.

Join us **Dec. 19th at 1:30 PM** to pack for distribution.

Call Denise if you are available to help package.

Clubs/Groups

Breakfast Club

Facilitator: Ralph Pedersen

Come enjoy great speakers, camaraderie and a light breakfast provided by American House. Pre-registration required.

Res \$6/Non-Res \$8

3rd Wednesday 9:30 - 11 AM

No meeting Dec. 19

Jan 16 Cadillac Staff Cars / WWI & WW2, Don Hoeft,

Feb 20 Digging into the Past, Carol Bacak-Egbo

Women's Coffee & Conversation

Facilitator: Grace Keane

Enjoy creative conversation and camaraderie. Pre-registration required.

Res \$2/Non-Res \$4

10:30 - 12 PM

1st Thur Dec.6

4th Thur Jan.24

4th Thur Feb. 28

Ancestry Research Club

Facilitator: Marsha Suzan

Self-motivated, inspired, shared genealogy networking. All are welcome. Meets once every three months. Pre-registration required.

Res \$2/Non-Res \$4

Tues, Jan 8 10:30-11:30 AM

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 - 3:30 PM

Gems and Friends

Facilitator: Marty McGee

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

Tuesdays/Thursdays 1 - 4 PM

Dates subject to change, please call ahead.

Unique Topics/Books/Authors

Crain's Detroit Business

Chad Livengood, Senior Reporter
Enjoy an open conversation about Detroit Revitalization. Learn about what it takes to discover a top story and more! \$

Mon, Dec 3 10:30 - 11:30 AM

Cars, Candy & Canoodling in the Motor City

Karen Dybis, Author
After World War II, a vacant parcel was purchased to build The Ford-Wyoming Drive-In Theater. Locals opposed, fearing illicit immoral behavior but it became a never-ending line of families with kids in footie pajamas. Book sales & signing. \$

Fri, Jan 18 10:30 - 11:30 AM

Vonnegut's Life & Novels

Prof. Gregory Sumner, U of D History
New Book: "Unstuck in Time" expresses his life, heroic & tragic, reflecting the pain and experiences, relieved by small acts of kindness & friendship. Sponsored by Samaritas. \$

Wed, Jan. 23 10:30-11:30 AM

Coney Detroit: The Book

Joe Grimm, Author
Investigate the beloved regional delicacy, trace the history, view mouth-watering photographs and playful traditions. Book sales/signing. \$

Tues, Feb 5 10:30-11:00 AM

Book Club

Facilitator: Fern Stoffer
1st Friday, books & leaders subject to change. **10-12 PM**
Pre-registration required.

Res \$2/\$10 Annual/ Non-Res \$4

Dec 7 Pretend I'm Not Here, Fineman

Jan 4 Paris Architect, Belfour

Feb 1 Last Painting of DeVoss, Smith

WSU Senior Moments Book Club

Facilitator, Lisa Ficker, PhD, Geriatric Psychologist WSU Discover books & authors with cutting edge ideas to enhance and help to continue the road to successful aging. Open discussion. \$

Wed, Jan 9 10:30 - 11:30 AM

BTPL Public Library

Thanks to BTPL for great complimentary programs for us. Held at the Senior Center. BT Residents only:

Book Talk: BTPL Expert

Librarian Karrie Yukon
Explore great new titles from one of our expert fiction librarians.

Wed Dec 5 1 - 2:30 PM

Pop Up BTPL

Librarian Marcia Preston
Get the lowdown on all of the great happenings at the Library. Get reading recommendations, download help and more.

Thursdays 3 - 4:30 PM
Dec 20 Jan 17 Feb 21

Big Screen Download Demo

Shayna Houghton BTPL
Big screen / lap top demo, Wi-Fi & hotspot education. Learn to access free ebooks, audiobooks, movies, and magazine downloads.

Thurs, Jan 10 9:30 - 11 AM

Cutting the Cable Cord

Facilitator: Drew Heuser
Discover how to stream movies, TV shows from popular apps like Netflix, Hulu and Amazon Video without cable TV.

Tuesday, February 5 2 - 3:30 PM

Special thanks to our Fall Sponsors

Woodward Hills
Samaritas Senior Living
Baldwin House
St. Anne's Mead
Alliance Senior Care
Sunrise Senior Living
Oakmont Rochester Senior Living
Hinderliter Hearing Services
Cedarbrook Senior Living
Affordable Homecare
American House Senior Living Communities
First & Main Assisted Living/Memory Care



learning is
NOT
a spectator
sport.

so let's
PLAY!

Health & Science

The Colors of Deep Space

Clifford Marko, NASM
Out of this world, big screen photos with detailed explanation. Understand the surprising science of color coded images. \$

Mon, Feb 4 10:30 - 11:30 AM

DNR: City Slickers

Holly Vaughn, Wildlife Technician
Identify and understand wild mammals in urban environments and the special adaptations they develop. Explore the concepts of predator-prey relationships. \$

Tues, Feb 26 10:30 - 11:30 AM

Fighting Obesity, Diabetes & Kidney Disease

Carolyn Jennings, Dietician, NKF MI
Explore the power of prevention. Which is possible. Focus on the root causes to avoid this disease. \$

Fri, Jan 11 10:30 - 11:30 AM

WSU New Brain Research

Dr. Diwadkar, Neurosciences Prof. Henrie, VP, School of Medicine
An opportunity to explore research challenges in understanding brain-behaviors. Q&A welcomed. \$

Mon, Jan. 28 10:30-11:30 AM

Enrichment



VOLUNTEER REQUIREMENTS

Applicants must be at least 18 years of age, a BT resident and agree to complete 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>

Contact Joan Patzelt, BTSS Deputy Director :
248-723-3500 or jpazelt@bloomfieldtwp.org.

Thank you volunteers! 1500 + Hours in July-September Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Meals Drivers, Chicks With Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & Friendship Club

Bridge Instruction

J. & C. Bloom
 Certified ACBL instructors and silver life masters. Book fee of \$20 payable to instructor.

Beginners

Learn the basics including bidding and declarer play. No prior experience needed, also for those with some bridge skill.

Mondays 10–12 PM 8 classes/\$120*

Nov 12- Jan 14 No class 12/24, 12/31

Jan 21- Mar 11

Intermediate - Advanced

Make your game more fun. Learn skills to be more competitive and techniques to slam more, analyze play and defend difficult hands.

Wed 12:30–2:30 PM 8 classes/\$105

Nov 28 - Jan 30

No class 12/26, 1/2

Feb 6–Mar 27



Drop-In Games	Day Subject to Change	Time	Cost
Billiards (Pool) Group Play: All levels welcome Call for availability	T/W/TH/F Saturday	1:00-4:00 PM 11:00—1:00 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Duplicate Discussion Bridge Walk in J. Mixer	Monday	12:30-2:30 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Duplicate Discussion Bridge Walk in C. Jaroh	Mondays/Fridays	12:30-3:30 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Duplicate Bridge Facilitator: B. Balakrishna Maximum 7 tables/arrive 12:15 for table assignments	Monday/Friday	12:30-4:00 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Evening Duplicate Bridge B Famili, C. Wood Tables assigned 3:45; play 4:00. Non-ACBL sanctioned no master points. Bring a partner No game 12/17	Wednesday no game 5th Wednesdays	3:45-7:45 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Euchre & Pinochle Facilitator: J. Carmichael No 11/15	Thursday	11:15-1:45 PM	Res \$2/Non-Res \$4 Res \$6 Monthly
Evening Euchre & Pinochle All levels welcome!	Tuesday	5:30-7:30 PM	Res \$2/Non-Res \$4 Res \$6 Monthly
Mah-Jongg Facilitator: M.A. Williams	Tuesdays/Thursdays	1:00-4:00 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Poker Facilitator: Allen Rubin Ladies & gentlemen, enjoy a friendly game. Please call to confirm play.	*Wednesdays	12:00-3:00 PM	Res \$2/Non-Res \$4 Res \$6 Monthly

Public Safety

Coffee & Conversation

Officer Kelly Marthen
 BT Community Relations Officer
 Explore services & ongoing support.
 BTPD continuing to make our community
 secure and informed.
 Complimentary, BT Resident.
Mon, Jan 7 **10:30 - 11:30 AM**



Future Transportation Trends

Ahmad Jawad, Oakland County Road Engineer
 How are roads being influenced by new technologies?
 Interactive conversation & imagery. \$
Fri, Jan 25 **10:30 - 11:30 AM**

Fraud Awareness OC

Paul Walton, Office of Prosecuting Attorney
 Arm yourself with knowledge against computer crimes,
 financial fraud, threatening calls and emails. The FTC
 states that 26% of complaints come from people over
 60 years. Question and answer welcomed. \$
Wed, Jan 30 **10:30 - 11:30 AM**

WSU Center for Behavioral Health and Justice

Assoc. Dir. L. Tillander & N. Hambrick Coordinator
 Explore research to improve responses to individuals
 with mental illness that are cycling through the criminal
 justice system. \$
Wed, Feb 6 **10:30 - 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)

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

Orders will be collected over the Winter and installation
 will occur Spring 2019.

History

Battle of Gallipoli

Professor Bruce Zeller, OU Historian
 New Zealand's path to Gallipoli began with a war between
 United Kingdom & Germany in 1914. With New Zealand's
 support the British Empire raised a military force for service
 overseas. \$
Thur, Feb 7 **10:30 - 11:30 AM**

Iconic Masonic Temple

Robert Moore, Ex. Director Detroit Masonic Temple Library
 Explore the history & architecture of Detroit's most fabled
 and mysterious structures. Suggestions of secret rooms
 and passageways; it's a time capsule steeped in history. \$
Tue, Feb 12 **10:30 - 11:30 AM**

Detroit's Cass Corridor

Armando Delicato, Author and Educator
 Home to the affluent gentry of Detroit's industrialist during
 the Victorian Era. It has been the entertainment hub of the
 region, a slum, a center for art communities & anti-war
 activities in the 1960s. Today, the neighborhood is the
 epicenter of revival. \$
Mon, Feb 18 **10:30 - 11:30 AM**

"Interminable Swamp"

John Marshall, Bloomfield Historical Society
 Prominent Detroiters decided to see if Oakland County
 was as bad as early surveyors said it was. A horseback
 expedition formed following the Native American path, the
 Saginaw Trail (Now Woodward Avenue). A multimedia
 presentation based on 1818 Detroit Gazette story. \$
Fri, Feb 22 **10:30 - 11:30 AM**

The Other Side of China

Jim & Py Wolfe, Educators
 Who teaches in remote areas too dangerous for most
 tourist travel? Share this journey on the old Silk Road,
 across Gobi & Taklamakan Deserts, stopping at the "lost
 cities" and Wolong Panda Preserve. Sponsored by
 Samaritas. \$
Thur, Feb 28 **10:30 - 11:30 AM**



We appreciate our community partners!



Services



Transportation Services

Rides to the Senior Center : Available for 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 and eligibility required.

Denise Kolkmeier, Outreach Coordinator, 248-723-3500.

Rides to Medical Appointments : Available to 60+ senior residents of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required.

Errand Assistance: Volunteer drivers provide rides for errands or grocery shopping with a maximum of 2 appointments per month and flexibility between client and driver. Subject to availability.

SMART Community Transit: Curb-to-curb service in the Bloomfield and surrounding communities. Service hours are 6 AM to 7 PM Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours : 7 AM to 4 PM
Monday - Friday 866-962-5515.



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 -11 AM for a friendly conversation and to check on the welfare of the person.

Nutrition Services

For seniors age 62 years and older within our service area. There is a cost for each program and 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, 248-723-3500.**

Meals on Wheels: Meals are available for seniors who have considerable difficulty shopping for and preparing complete meals independently and are delivered by volunteers Monday - Friday between 10 AM and Noon. Seniors may choose to receive meals one to five days weekly. With each delivery a safety check occurs when our wonderful volunteers meet seniors at their door. (Referrals from the community are handled in a very confidential way.)

Nutritional Supplements: With medical necessity Ensure® products may be ordered monthly at a reduced cost from retail prices. A physician's order is required and must include: 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.



Loan Closet

Durable medical devices such as wheelchairs, walkers, canes and shower benches may be available for free, short term use by BT residents. Please call to confirm availability of item before picking up. Clean, gently used items may be donated. Due to storage limits please call prior to bringing items.

Friendship Club Adult Day Service

This social model Adult Day Service is for people impacted by dementia. The stimulating, caring environment is person-centered and provides much needed respite and support for family caregivers. Therapeutic activities such as art, music, gardening, exercise and socialization meet the strengths and needs of people with dementia. Monthly activities calendars are available in the office or online www.bloomfieldtwp.org/seniors.

Located within the Senior Center in a beautiful and secure suite. Families inquiring about service may request a tour. For information on eligibility and enrollment please call **Julie GeBott, Coordinator at 248-723-3530 or jgebott@bloomfieldtwp.org.**

Caregiver: *"I cannot thank you enough for making certain my mother was safe and valued for who she is at all times. The rest of the world should take lessons from you."*

Supportive Services

Grief & Loss Support Group

Facilitator: Claudia Been MA, Hospice of MI

Thursday 2-3:30 PM

Visit to express feelings & experiences related to loss in a supportive & caring environment. Practical handouts will be provided. Call Claudia at 248-334-1323 for information. Provided for BT Residents. **Registration required.**

November 15 December 20 January 17 February 21

Low Vision Support Group

Facilitator: Anjel Yessayan

3rd Wednesday 2-3:30 PM

November 21 February 20

BT residents may learn about the latest advances in technology. Opportunities to share ideas, feelings and solutions to assist with daily challenges.

Call Denise for information.

Registration required for limited spaces.

Transportation to the Senior Center is available.

Caregivers' Forum

2nd Monday 2-3:30 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.

Sponsor: Alzheimer's Assn. To register call **248-723-3530.**

Alzheimer's Assn. Younger Onset Caregivers

3rd Wednesday of Month 5:30-7 PM

Early-onset Alzheimer's disease affects people who are under 65. This support group is for caregivers of persons with early stage memory loss.

To register call **248-996-1058.**

AARP TAX ASSISTANCE

Tax-aid volunteers will provide free tax assistance by appointment at the Bloomfield Township Public Library. Appointment required please call WBPR **248-451-1900.**

Blood Pressure Checks

Volunteers Francisca Soliven, Marsha Suszan

3rd Wednesday 11-12:30 PM

November 21 December 19 January 16 February 20



Services are offered to assist township residents with independence & well being for aging in place. For information or inquiries:

Please call 248.723.3500
unless otherwise noted.

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: a one person household the maximum income is \$39,700 and for 2 persons, \$45,400. If you believe you may qualify, please contact Denise.

Housing Counseling Services

Get FREE confidential advice about: Preventing Foreclosure, Reverse Mortgages, Credit and Budget issues from Certified Oakland County advisors who offer housing information, education and referrals in a confidential setting. For more info call: **248-858-5402.**

Medicare & Prescription Drug Plans Counseling

3rd Friday 12-4 PM
Nov 16, Dec 21, Jan 18, Feb 15

In cooperation with the Area Agency on Aging, we offer counseling to residents on Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor

Medicare Basics 101

January 9th 12-2:30 pm

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.

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.

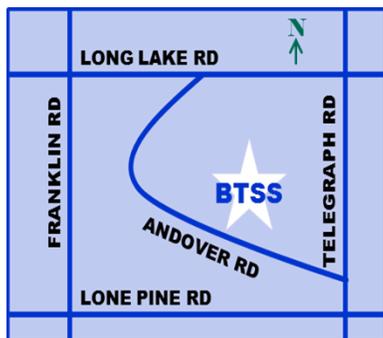
Financial Help For Adults 60+

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.



Senior Services
4315 Andover Road
Bloomfield Twp. MI

Monday-Thursday: 7 AM - 8 PM
Friday: 7 AM - 6 PM
Saturday: 8 AM - 2 PM



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MI



Fitness Spotlight Week January 2-5, 2019



**Special pricing on
all classes**

Classes fill quickly

**Residents \$3
Non Residents \$5**

**Preregistration
required**

**Descriptions
on pages 4-9**

Wednesday 1/2
Strength & Balance 2

8:30-9:30 AM

Maggie

HIIT Bursts

3:15-4:00 PM

Maggie



Spotlight Instructors:

**Rhonda Jean
Dina Nash
Annie Chi
Lola Faliex
Jenna Parlovechio**

Thursday 1/3
Cardio Dance Party

9:00-10:00 AM

Maggie

**Cardio, Strength, &
Balance Level 1**

12:45-1:30 PM

Rhonda

Aqua Cardio Core

9:30-10:30

Lisa

H2O Gentle Joints

11:00-12:00

Lisa

Aqua Power Aerobics

4:45-5:45 PM

6:00-7:00 PM

Annie

Friday 1/4

Zumba@

7:45-8:45 AM

Jenna

Personal Training

1:00-2:00 PM

Lola

Aqua Core & Balance

11:00-12:00

Ernie

Saturday 1/5

H2O Bootcamp

9:00-10:00 AM

Annie

Aqua Dance

10:30-11:30 PM

Dina - **FREE**