



# Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

248-723-3500

Serving Adults 50+



## Fitness Spotlight Week

September 3-6

Special pricing on trial classes, details on page 9.

Find it on...

### Fitness

Pages 3-9

### Travel

Pages 10-13

### Enrichment

Presentations and Clubs

Pages 14-17

### Supportive Services

Pages 18-19

### Starting Point

### New Patron Meeting

Page 14



## Health Fair & Flu Shot Clinic

Friday, October 18 9 - 2 PM

- Flu Shots provided by U of M Visiting Care
- Blood Pressure Checks by BTSS volunteers
- BTPD will be collecting old prescriptions
- BTFD will be providing Senior safety information

### Limited flu shots available to Township Residents

ages **50+ years**. Shots FREE for seniors 65+ w/Medicare

B. All other participants shots are \$30 billed to health insurance provider, if uncovered out of pocket cost of \$30 payable to U of M Visiting Care.

Appointments required. Register by phone or at BTSS beginning September 18 at 9 am.

**Bring proof of residency & Medicare Card.**

**Questions—Call 248-723-3500**

Sponsored by:



## U.S. Naval Sea Cadets Performance

Saturday, Sept. 28  
10:30-11:30 AM

Be inspired by a drill team performance of cadets 10-16 years of age. This dedicated organization is modeled after the US Navy, instilling strong principles and leadership.

Pre-registration helpful.  
*All ages welcome; under 18 complimentary with adult supervision.* \$

## Mission Statement

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

Fall 2019



## Bloomfield Township Senior Services (BTSS)

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

**Phone:** 248-723-3500

**Fax:** 248-723-3519

**Web:** [www.bloomfieldtp.org/seniors](http://www.bloomfieldtp.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:

Saturday, August 31

Monday, September 2

## 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 & Ginnie Richard

## Eligibility - Adults 50+

To create your profile, 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; completed profile required.

## Become Active

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

- Via phone with charge card.
- Visit the center for cash, check or charge.
- Mail a check.
- 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 is required at registration.
- ⇒ Registration is reserved for confirmed BT patrons through 8/21; non-residents and prorated registrations begin 8/22.
- ⇒ Non-residents pay additional \$10 per class or trip, unless otherwise noted.
- ⇒ Occasional prorating of class fees is subject to instructor approval.
- ⇒ Checks with insufficient funds incur a \$30 fee.
- ⇒ Classes/Programs: No refund two business days prior to start. No refund once class has begun. Cancellation fee: \$10.
- ⇒ Trips: No refund three business days prior to trip. \$10 cancellation fee + costs incurred (i.e. 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

### 2009-2019 Mission Accomplished!

Today we offer over one hundred programs each week that **Enrich Lives with Learning Opportunities**; we provide hundreds of rides, hours of dementia care and hot meals monthly to **Support Well-being and Independence**; and we host 300+ people daily who **Build Community**. This dynamic center has allowed us to thoroughly accomplish our mission! Please join us to celebrate on Saturday, September 21 (details on the back page).

Christine Tvaroha  
[ctvaroha@bloomfieldtp.org](mailto:ctvaroha@bloomfieldtp.org)  
248.723.3500



**Group Fitness Schedules**

Group fitness classes require advance registration prior to attendance. Below you will see the abbreviated schedules for land and aqua classes by day of the week. Instructors, full descriptions, fees and session dates follow on pages 4-9. Popular classes fill quickly! Non-residents welcome & pay additional \$10 fee per session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH BREAK 8:15	SMALL GRP PT 7:30	STRETCH BREAK 7:45	SMALL GRP PT 7:30	ZUMBA 7:45	
CARDIO PARTY 9:00	CCC 9:00	STRENGTH & BAL 8:30	CARDIO DANCE 9:00		YOGA FWB 8:30
CARDIO S & B 10:30	GM YOGA 10:15	TAI CHI-BEG 9:40	GM YOGA 10:15	STRENGTH & BAL 9:00	ZUMBA® 10:00
CHAIR YOGA 11:30	BLENDED YOGA 11:30	TAI CHI- CONT 10:30	BLENDED YOGA 11:30	MINDFUL PILATES 10:15	MAT PILATES 11:00
BARRE BAL 12:45	CARDIO S & B 12:45	CHAIR YOGA 11:30	CARDIO S & B 12:45	MINDFUL MEDITAT 11:30	PICKLEBALL 12:00
LINE DANCING 2:00	FOCUS ON BAL 1:45	BARRE BALANCE 12:45	MOVEMT DANCE 1:45	SMALL GRP PT 1:00	
SMALL GRP PT 3:00	PICKLEBALL 2:45	SMALL GRP PT 2:00	PICKLEBALL 2:45	TABLE TENNIS 2:30	Details on pg. 6-9
PILATES S&B 4:15	MINDFUL PILATES 5:00	HIIT BURSTS 3:15	PILATES S & B 5:00		
ZUMBA® 5:30		TABLE TENNIS 4:00	CORE FOUND 6:30		
		ZUMBA® 5:30			

**Land**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
60 MIN LAP SWIM 7:15	40 MIN LAP SWIM 7:15	60 MIN LAP SWIM 7:15	40 MIN LAP SWIM 7:15	60 MIN LAP SWIM 7:15	BOOT CAMP 9:00
POOL PYRAMIDS 8:30	AQUA RESISTANCE 8:00	SWIM LESSONS 8:30	AQUA STRONG & FIT 8:00	WATER WALKING 8:30	
ULTIMATE H2O 9:30	AQUA ENDURANCE 9:15	AQUA FIT 9:30	AQUA CARDIO CORE 9:15	AQUA FIT 9:30	Details on pg. 4-5
TOTAL BODY 10:45	BAL & STRENGTH 10:30	ULTIMATE H2O 10:45	GENTLE JOINTS 10:30	AQUA ENDURANCE 10:45	
40 MIN LAP SWIM 12	AQUA AEROBICS(1) 4:45	POOL PYRAMIDS 12	AQUA RESIST 11:45		
WATER WALKING 2:30	AQUA AEROBICS(2) 6:00	WATER WALKING 2:30	AQUA AEROBICS(1) 4:45		
HYDRO MOTION 3:30		HYDRO MOTION 3:30	AQUA AEROBICS(2) 6:00		

**Aqua**

**Thank you to our Fall Program Sponsors**



# Aquatics



**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 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 and towel.

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

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

## 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 9:15 – 10:15 AM**  
 Sep 12 – Sep 26 3 classes/\$21  
 Oct 3 – Oct 31 5 classes/\$35  
 Nov 7 – Nov 21 3 classes/\$21

## Aqua Fit

Lori

Cardio & strength workout to increase endurance, strengthen and stretch major muscle groups, improve balance & reduce stress! Moderate intensity; joint gentle.

**Wednesday 9:30 – 10:30 AM**  
 Sep 11 – Sep 25 3 classes/\$24  
 Oct 2 – Oct 30 5 classes/\$40  
 Nov 6 – Nov 27 4 classes/\$32  
**Friday 9:30 – 10:30 AM**  
 Sep 13 – Sep 27 3 classes/\$24  
 Oct 4 – Oct 25 4 classes/\$32  
 Nov 1 – Nov 22 4 classes/\$32

## Aqua Power Aerobics L1

Annie

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

**Tuesday 4:45 – 5:45 PM**  
 Sep 10 – Sep 24 3 classes/\$24  
 Oct 1 - Oct 29 5 classes/\$40  
 Nov 5 - Nov 26 4 classes/\$32  
**Thursday 4:45 – 5:45 PM**  
 Sep 12 – Sep 26 3 classes/\$24  
 Oct 3 – Oct 31 5 classes/\$40  
 Nov 7 – Nov 21 3 classes/\$24

## Aqua Power Aerobics L2

Annie

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

**Tuesday 6 – 7 PM**  
 Sep 10 – Sep 24 3 classes/\$24  
 Oct 1 – Oct 29 5 classes/\$40  
 Nov 5 – Nov 26 4 classes/\$32  
**Thursday 6 – 7 PM**  
 Sep 12 – Sep 26 3 classes/\$24  
 Oct 3 – Oct 31 5 classes/\$40  
 Nov 7 – Nov 21 3 classes/\$24

## Aqua Resistance Training

Ernie

(Intermediate)  
 Movement in the water creates resistance for 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**  
 Sep 10 – Sep 24 3 classes/\$21  
 Oct 1 - Oct 29 5 classes/\$35  
 Nov 5 - Nov 26 4 classes/\$28  
**Thursday 11:45 – 12:45 AM**  
 Sep 12 – Sep 26 3 classes/\$21  
 Oct 3 – Oct 31 5 classes/\$35  
 Nov 7 – Nov 21 3 classes/\$21

## 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**  
 Sep 12 – Sep 26 3 classes/\$21  
 Oct 3 – Oct 31 5 classes/\$35  
 Nov 7 – Nov 21 3 classes/\$21

## Balance & Strength Aqua NEW

Ernie

Focus on gentle strength and balance moves; this class will work you head to toe using pool equipment and your own core muscles to help improve activities of daily living.

**Tuesday 10:30 – 11:30 AM**  
 Sep 10 – Sep 24 3 classes/\$21  
 Oct 1 - Oct 29 5 classes/\$35  
 Nov 5 - Nov 26 4 classes/\$28

## Endurance, Core & Balance (Aqua)

(Intermediate) Ernie

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 9:15 – 10:15 AM**  
 Sep 10 – Sep 24 3 classes/\$21  
 Oct 1 - Oct 29 5 classes/\$35  
 Nov 5 - Nov 26 4 classes/\$28  
**Friday 10:45 – 11:45 PM**  
 Sep 13 - Sep 27 3 classes/\$21  
 Oct 4 - Oct 25 4 classes/\$28  
 Nov 1 - Nov 22 4 classes/\$28

**Fitness Spotlight Week**  
**September 3-6, 2019**  
 Special pricing on trial classes,  
 details on page 9.



## 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**

Sep 7 – Sep 28 4 classes/\$32

Oct 5 – Oct 26 4 classes/\$32

Nov 2 – Nov 30 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 10:30 – 11:30 AM**

Sep 12 – Sep 26 3 classes/\$21

Oct 3 – Oct 31 5 classes/\$35

Nov 7 – Nov 21 3 classes/\$21

## Hydro Motion NEW

Mary

A low-impact, water workout for all levels that includes cardio, muscle strengthening and balance exercises using a variety of equipment.

**Monday 3:30 – 4:30 PM**

Sep 9 – Sep 30 4 classes/\$28

Oct 7 – Oct 28 4 classes/\$28

Nov 4 – Nov 25 4 classes/\$28

**Wednesday 3:30 – 4:30 PM**

Sep 11 – Sep 25 3 classes/\$21

Oct 2 – Oct 30 5 classes/\$35

Nov 6 – Nov 27 4 classes/\$28

Please pre-register  
to prevent  
class cancellations.

## Pool Pyramids NEW

Lisa

Simple to challenging, short to long repetitions. Improve coordination & build new neuro pathways. Get fit & have fun! All levels.

**Monday 8:30 – 9:15 AM**

Sep 9 – Sep 30 4 classes/\$28

Oct 7 – Oct 28 4 classes/\$28

Nov 4 – Nov 25 4 classes/\$28

**Wednesday 12 – 12:45 PM**

Sep 11 – Sep 25 3 classes/\$21

Oct 2 – Oct 30 5 classes/\$35

Nov 6 – Nov 27 4 classes/\$28



## Open Swim

<b>For Residents</b>	\$18/month \$9/half:1-15 or 16-end
<b>MON/WED</b>	1:00 - 2:15 PM 5:30 - 6:30 PM
<b>TUES/THURS</b>	1:00 - 2:30 PM
<b>FRIDAY</b>	1:30 - 2:30 PM
<b>SATURDAY</b>	12:00 - 1:15 PM

### Open Swim Guidelines

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.

## Lap Swim NEW

Ernie

Non-instructor program for lap workouts only. Walk or swim. No pro-rations or make-ups. *Limited enrollment. BT residency required.*

### 40 Minute Lap Swim

**Monday 12 – 12:40 PM**

**Tuesday, Thursday 7:15 - 7:55 AM**

Sep 9 – Sep 30 10 classes/\$30

Oct 1 – Oct 30 14 classes/\$42

Nov 4 – Nov 26 11 classes/\$33

### 60 Minute Lap Swim

**Mon, Wed, Fri 7:15—8:15 AM**

Sep 9 – Sep 30 10 classes/\$40

Oct 2 – Oct 30 13 classes/\$52

Nov 1 – Nov 27 12 classes/\$48

## Swim Lessons NEW

Ernie

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

**Wednesday 8:30 – 9:15 AM**

Sep 11 – Sep 25 3 classes/\$21

Oct 2 – Oct 30 5 classes/\$35

Nov 6 – Nov 27 4 classes/\$28

## Total Body Aqua NEW

Ernie

Intermediate level class with a fun mix of cardio and resistance training, combined with invigorating core work and stretching.

**Monday 10:45 – 11:45 PM**

Sep 9 – Sep 30 4 classes/\$28

Oct 7 – Oct 28 4 classes/\$28

Nov 4 – Nov 25 4 classes/\$28

## 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**

Sep 9 – Sep 30 4 classes/\$28

Oct 7 – Oct 28 4 classes/\$28

Nov 4 – Nov 25 4 classes/\$28

**Wednesday 10:45 – 11:45 PM**

Sep 11 – Sep 25 3 classes/\$21

Oct 2 – Oct 30 5 classes/\$35

Nov 6 – Nov 27 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**

Sep 9 – Sep 30 4 classes/\$28

Oct 7 – Oct 28 4 classes/\$28

Nov 4 – Nov 25 4 classes/\$28

**Wednesday-Level 2 2:30 - 3:15 PM**

Sep 11 – Sep 25 3 classes/\$21

Oct 2 – Oct 30 5 classes/\$35

Nov 6 – Nov 27 4 classes/\$28

**Friday 8:30 – 9:15 AM**

Sep 13 – Sep 27 3 classes/\$21

Oct 4 – Oct 25 4 classes/\$28

Nov 1 – Nov 22 4 classes/\$28

Active Compassion 5 K  
Walk & 10th Anniversary  
Celebration

9/21/19

Gather your friends and walk  
to support essential services.

# Land Fitness



**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.

**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.

**Bring a water bottle to every class.**

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

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

## Cardio

### 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 PM**

Sep 11 – Sep 25	3 classes/\$21
Oct 2 – Oct 30	5 classes/\$35
Nov 6 – Nov 27	4 classes/\$28

### 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**

Sep 9 - Sep 30	4 classes/\$28
Oct 7 - Oct 28	4 classes/\$28
Nov 4 - Nov 25	4 classes/\$28

**Wednesday Mari Ann 5:30-6:15 PM**

Sep 11 – Sep 25	3 classes/\$21
Oct 2 – Oct 30	5 classes/\$35
Nov 6 – Nov 20	3 classes/\$21

**Friday Jenna NEW 7:45-8:45 AM**

Sep 13 – Sep 27	3 classes/\$21
Oct 4 – Oct 25	4 classes/\$28
Nov 1 – Nov 22	4 classes/\$28

**Saturday Karen O. 10-10:45 AM**

Sep 7 – Sep 28	4 classes/\$28
Oct 5 – Oct 26	4 classes/\$28
Nov 2 – Nov 30	5 classes/\$35

### 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**

Sep 9 - Sep 30	4 classes/\$24
Oct 7 - Oct 28	4 classes/\$24
Nov 4 - Nov 25	4 classes/\$24

## 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**

Sep 10 – Sep 24	3 classes/\$21
Oct 1 – Oct 29	5 classes/\$35
Nov 5 – Nov 26	4 classes/\$28

**Cardio Dance Party** Maggie

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**

Sep 12 - Sep 26	3 classes/\$21
Oct 3 - Oct 31	5 classes/\$35
Nov 7 - Nov 21	3 classes/\$21

**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**

Sep 9 - Sep 30	4 classes/\$28
Oct 7 - Oct 28	4 classes/\$28
Nov 4 - Nov 25	4 classes/\$28

**Cardio Strength & Balance** Rhonda

**Level 1** Cardio, interval work, and strength training to help exercise the brain, get stronger, maintain or improve balance while using weights, bands and balls. Conducted in both seated and standing positions.

**Tuesday 12:45 – 1:30 PM**

Sep 10 – Sep 24	3 classes/\$21
Oct 1 – Oct 29	5 classes/\$35
Nov 5 – Nov 26	4 classes/\$28

**Thursday 12:45-1:30 PM**

Sep 12 - Sep 26	3 classes/\$21
Oct 3 - Oct 31	5 classes/\$35
Nov 7 - Nov 21	3 classes/\$21

**Cardio, Strength & Balance** Rhonda

**Level 2** Cardio, interval work, and strength training to help exercise the brain, get stronger, maintain or improve balance while using weights, bands and balls. Must be able to sit on floor.

**Monday 10:30-11:15 AM**

Sep 9 - Sep 30	4 classes/\$28
Oct 7 - Oct 28	4 classes/\$28
Nov 4 - Nov 25	4 classes/\$28



Active Compassion  
5 K Walk & 10th Anniversary  
Celebration!  
9/21/19

Gather your friends and walk  
together to support  
essential services.

## 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.

**Standard** Resident \$65/Non-Res: \$75

**Corrective Exercise Specialty**

Resident \$75/Non-Res \$85

**Aqua Option** additional \$20

Does not include use of Fitness 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** Maggie **NEW** **3 - 4 PM**

Sep 9 - Sep 30 4 classes/\$64

Oct 7 - Oct 28 4 classes/\$64

Nov 4 - Nov 25 4 classes/\$64

**Tuesday** Maggie **7:30-8:30 AM**

Sep 10 - Sep 24 3 classes/\$48

Oct 1 - Oct 29 5 classes/\$80

Nov 5 - Nov 26 4 classes/\$64

**Wednesday** Lola **2 - 3 PM**

Sep 11 - Sep 25 3 classes/\$48

Oct 2 - Oct 30 5 classes/\$80

Nov 6 - Nov 27 4 classes/\$64

**Thursday** Maggie **7:30 - 8:30 AM**

Sep 12 - Sep 26 3 classes/\$48

Oct 3 - Oct 31 5 classes/\$80

Nov 7 - Nov 21 3 classes/\$40

**Friday** Lola **1 - 2 PM**

Sep 13 - Sep 27 3 classes/\$48

Oct 4 - Oct 25 4 classes/\$64

Nov 1 - Nov 22 4 classes/\$64

**Ask the Trainer** Maggie Barclay  
Wednesdays 1-2 pm

- Do you have general fitness questions?
  - Are you working out at a level that will best benefit you?
  - Do you have questions about the equipment out on the floor?
- Our Fitness Coordinator will be available to answer many of your questions. Stop in!**

## 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 a chair for support. For standing, wear supportive shoes. No sandals or slip-ons; bare feet are acceptable.

**Monday** Donna **11:30 - 12:30 PM**

Sep 9 - Sep 30 4 classes/\$28

Oct 7 - Oct 28 4 classes/\$28

Nov 4 - Nov 25 4 classes/\$28

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

Sep 11 - Sep 25 3 classes/\$21

Oct 2 - Oct 30 5 classes/\$35

Nov 6 - Nov 27 4 classes/\$28



## Specialty Fitness

**Core Foundation® Training** 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. Class taught bare-foot or in socks.

**Thursday**

**6:30 - 7:15 PM**

Sep 12 - Sep 26 3 classes/\$24

Oct 3 - Oct 24 4 classes/\$32

Nov 7 - Nov 21 3 classes/\$24

**Movement Through Dance** Mari Ann

Dance seated to standing with barre balance options. Begin with seated stretches, breathing, and progress to light strength work, then let the music move you.

**Thursday**

**1:45 - 2:30 PM**

Sep 12 - Sep 26 3 classes/\$18

Oct 3 - Oct 31 5 classes/\$30

Nov 7 - Nov 21 3 classes/\$18

## 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, saves 10%)

## 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 and effective use. Workout clothing and clean indoor shoes required.

BT Residency required.

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

**Clean sport shoes are required. This is a year round policy.**

**Bring your water bottle.**

# Land Fitness



## 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

Sep 9 – Sep 30 4 classes/\$28

Oct 7 – Oct 28 4 classes/\$28

Nov 4 – Nov 25 4 classes/\$28

### Wednesday 12:45 – 1:30 PM

Sep 11 – Sep 25 3 classes/\$21

Oct 2 – Oct 30 5 classes/\$35

Nov 6 – Nov 27 4 classes/\$28

## Focus on Balance NEW

Maggie

A Matter of Balance trained coach will lead you through moves for balance & stretching, done seated or standing, with support of a chair.

### Tuesday 1:45 – 2:30 PM

Sep 10 – Sep 24 3 classes/\$21

Oct 1 – Oct 29 5 classes/\$35

Nov 5 – Nov 26 4 classes/\$28

## 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

Sep 7 – Sep 28 4 classes/\$28

Oct 5 – Oct 26 4 classes/\$28

Nov 2 – Nov 30 5 classes/\$35

## Mindful Movement

Amy

### Pilates NEW

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.

### Tuesday 5 – 6 PM

Sep 10 – Sep 24 3 classes/\$21

Oct 1 – Oct 29 5 classes/\$35

Nov 5 – Nov 26 4 classes/\$28

### Friday 10:15 – 11:15 AM

Sep 13 – Sep 27 3 classes/\$21

Oct 4 – Oct 25 4 classes/\$28

Nov 1 – Nov 22 4 classes/\$28



## 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

Sep 9 – Sep 30 4 classes/\$28

Oct 7 – Oct 28 4 classes/\$28

Nov 4 – Nov 25 4 classes/\$28

### Thursday 5 – 6 PM

Sep 12 – Sep 26 3 classes/\$21

Oct 3 – Oct 31 5 classes/\$35

Nov 7 – Nov 21 3 classes/\$21

## Strength & Balance

Maggie

### 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.

### Wednesday 8:30 – 9:30 AM

Sep 11 – Sep 25 3 classes/\$21

Oct 2 – Oct 30 5 classes/\$35

Nov 6 – Nov 27 4 classes/\$28

### Friday 9 – 10 AM

Sep 13 – Sep 27 3 classes/\$21

Oct 4 – Oct 25 4 classes/\$28

Nov 1 – Nov 22 4 classes/\$28



## Stretch Break

Maggie/Lisa

Keep your muscles flexible & strong while maintaining range of motion in your joints. 30 minutes 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

Sep 9 – Sep 30 4 classes/\$16

Oct 7 – Oct 28 4 classes/\$16

Nov 4 – Nov 25 4 classes/\$16

### Wednesday Lisa 7:45 – 8:15 AM

Sep 11 – Sep 25 3 classes/\$12

Oct 2 – Oct 30 5 classes/\$20

Nov 6 – Nov 27 4 classes/\$16

## Tai Chi Chuan

Han

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

### Beginning

### Wednesday 9:40 – 10:25 AM

Sep 11 – Oct 16 6 classes/\$48

Oct 23 – Nov 20 5 classes/\$40

### Continuing

### Wednesday 10:30 – 11:15 AM

Sep 11 – Oct 16 6 classes/\$48

Oct 23 – Nov 20 5 classes/\$40

## Walking Track Drop In

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

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

## Table Tennis Drop In

**Wednesday 4 – 5:15 PM, Friday 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) 2:45 – 4:30 PM**

**Thursday (drop in) 2:45 – 4:30 PM**

**Saturday (reservation) 12 – 1:30 PM No 9/21**

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

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





## Fitness Spotlight Week

### Tuesday 9/3

**Mindful Movement  
Mat Pilates**  
5 - 6 PM Amy

### AQUA

**40 min Lap Swim**  
7:15-7:55 AM Ernie

**Balance & Strength**  
10:30 - 11:30 AM Ernie

**A great way to try a class  
with special pricing on  
all classes!**

**Classes fill quickly.  
Residents \$3**

**Non - Residents \$5  
Preregistration required  
Descriptions on pgs. 4-9  
Lap Swim: BT residency  
required.**

### Wednesday 9/4

**Strength & Balance 2**  
8:30-9:30 AM Maggie

**Focus on Balance**  
(Seated & Standing class will  
be on Tuesday)  
1-1:45 PM Maggie

**Line Dancing**  
(class will be on Monday)  
2-2:45 PM Mari Ann

### HIIT Bursts

3:15-4 PM Maggie

### AQUA

**60 min Lap Swim**  
7:15-8:15 AM Ernie

**Ultimate H2O**  
10:45-11:45 AM Lisa

**Pool Pyramids**  
12-12:45 PM Lisa

**Hydro Motion**  
3:30 - 4:30 PM Mary

### Thursday 9/5

**Cardio Dance Party**  
9-10 AM Maggie

**Blended Yoga**  
11:30-12:15 PM Jan

**Movement Thru Dance**  
(Seated & Standing)  
1:45-2:30 PM Mari Ann

### AQUA

**40 min Lap Swim**  
7:15-7:55 AM Ernie

**Aqua Resistance Training**  
11:45-12:45 PM Ernie

### SPONSORED BY:



### Friday 9/6

**Mindful Movement Pilates**  
10:15-11:15 AM Amy

**Mindful Meditation**  
11:30-12 PM Maggie

### AQUA

**60 min Lap Swim**  
7:15-8:15 AM Ernie

**Water Walking**  
8:30-9:15 AM Ernie

Spotlight Instructors:

Maggie Barclay  
Mary Blanch

Jan Chaney Lisa Chavis  
Amy Kane Mari Ann Pace  
Ernie Thomas

## 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**  
Sep 10 – Sep 24 3 classes/\$21  
Oct 1 – Oct 29 5 classes/\$35  
Nov 5 – Nov 26 4 classes/\$28

**Thursday 11:30-12:30 PM**  
Sep 12 - Sep 26 3 classes/\$21  
Oct 3 - Oct 31 5 classes/\$35  
Nov 7 - Nov 21 3 classes/\$21



### Gentle Moves Yoga

Maggie

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. Bring yoga mat.

**Thursday 10:15-11:15 AM**  
Sep 12 - Sep 26 3 classes/\$21  
Oct 3 - Oct 31 5 classes/\$35  
Nov 7 - Nov 21 3 classes/\$21

### Gentle Moves Yoga Level 2

Maggie

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**  
Sep 10 – Sep 24 3 classes/\$21  
Oct 1 – Oct 29 5 classes/\$35  
Nov 5 – Nov 26 4 classes/\$28

### Mindful Meditation NEW

Maggie

Breathing techniques, progressive relaxation and visualization are some of the methods that will be used to help you master connecting mind & body. Feel renewed and restored from the benefits of practicing meditation (seated or floor) in this 30 minute class.

**Friday 11:30 - 12 PM**  
Sep 13 – Sep 27 3 classes/\$15  
Oct 4 – Oct 25 4 classes/\$20  
Nov 1 – Nov 22 4 classes/\$20

### 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.

**Saturday 8:30-9:30 AM**  
Sep 7 – Sep 28 4 classes/\$28  
Oct 5 – Oct 26 4 classes/\$28  
Nov 2 – Nov 30 5 classes/\$35

### Chair Yoga

Donna/ Karen L

See description under Seated Yoga (p.7)

# Day Trips



## Registration and Travel Policies

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.

[www.bloomfieldtp.org/PDFForms/Senior-Services/CodeOfConduct.aspx](http://www.bloomfieldtp.org/PDFForms/Senior-Services/CodeOfConduct.aspx)

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.

Please arrive a minimum of 15 minutes prior to the trip scheduled departure time.

## Trip Schedule

8/24	Tipping Point Theatre "Anatomy of a Hug"	p 12
8/26	Pewabic Tour & Hands n Class	p 10
9/5	Afternoon at the DIA	p 10
9/11	Tall Ships in Detroit	p 13
9/12	Tall Ships in Detroit	p 13
9/17	Downtown Detroit Tour	p 11
9/25	Felonies and Misdemeanors	p 11
10/2	"Sherlock Holmes"	p 12
10/11	Queens of Soul	p 12
10/12	"Come From Away"	p 12
10/15	Haunted Detroit	p 11
10/19	"A Doll's House, Part 2"	p 12
11/8	Tchaikovsky's First Concerto	p 12
11/13	Piquette Tour	p 11
11/15	Pictures at an Exhibition	p 12
11/22	Legends: Paul Simon Songbook	p 12
11/23	"Hello, Dolly!"	p 12
12/6	Mendelssohn Violin Concerto	p 12
12/20	Home for the Holidays	p 12



## Art

### Pewabic Tour & Hands-on Workshop

**Monday, August 26** **12 - 4 PM** **Fee: \$34**

Tour this Historic Landmark building, founded in 1903 to see where the clay is made, tiles are pressed and glazed, and the kilns are fired by gifted artisans. Then, get a little messy by hand-building your own tile masterpiece! Once it is fired, your tile will be mailed to BTSS. Dress casual; must be able to climb narrow stairs. No meal.

### Afternoon at the DIA

**Thursday, September 5** **12 – 3:30 PM** **Fee \$10**

Select 2 of 3 options for your visit:

**#1 Out of the Crate** showcases the museum's newest acquisitions. Gain a behind-the-scenes look into the acquisition process. Art goes through a rigorous assessment for quality and authenticity. The entire process is outlined: from initial research to board approval, learn the roles curators, conservators, registrars and technicians, play in the process.

**#2 Play Ball! 1876-2019** celebrates the great American pastime. Highlights include championship teams; the 1887 Detroit Wolverines and the 1984 Detroit Tigers, and a large selection of rare baseball cards, including cabinet cards from the 1880s, trade cards published by tobacco manufacturers in the early 1900s, gums cards from the 1930s up to 1992, as well as current cards.

**#3 A guided tour: Detroit's Finest** - Highlights artists in the DIA collection.

The visit ends with a cookie and coffee reception. No meal stop.

## Travel Talk and Tips

Would you like to learn of developing trips before the newsletter is released? **Please join our Travel Talk email group** to receive notice of trip ideas and offer feedback to enhance our program. Call to register; no fee.

**Be sure to join the waitlist for sold out trips.** We are sometimes able to add more dates and you will receive the first opportunity to register. Also, please see potential trips on page 13 and register your interest. If enough interest develops, so will the trip!



## History

### Felonies and Misdemeanors Tour - *We repeating this sellout trip!*

**Wednesday, September 25**

**11 - 4 PM**

Some of the world's most notorious criminals, mobsters, and gangsters bamboozled their way through Detroit. Meanwhile, some of history's most infamous, brilliant, and honorable policemen tried to stop them. Escape into the city's criminal underworld as we investigate stories about Jimmy Hoffa, prohibition, The Purple Gang, "Joe the Hood", Gotham Hotel, and the Detroit Mob families. You'll hear the story of "La Mano Nera" or black hand extortionists, in Detroit at the turn of the century. We'll explore the illegal liquor war of the 1910's. We will traverse the city and learn the history of speakeasies and some of their most memorable raids. From riots to rolling men into the river, from African American gambling rackets to Italian mobsters fixing professional football games, to cops, mounted police, and mayors of all types - welcome to the criminal side. Your hop on guide is from Preservation Detroit. Enjoy an included Mexican meal and visit with the DPD mounted police horses if available. **Fee: \$59**

### Haunted Detroit: A Halloween Tour

**Tuesday, October 15**

**11 AM - 4 PM**

From the days of French settlers and the ghouls who tormented them, to the grim realities of early factories and their gruesome death tolls; Detroit is a town with a devilishly scary past. As Halloween approaches we can all spare a nervous glance towards Detroit's darker side. From escape artist and illusionist Harry Houdini's plunge into the Detroit River to the bravery of escaped slaves crossing into the freedom of Canada. Mobsters, ghosts, social injustices, cemeteries, murder, pranks, devil's night, assassinations, hauntings, outbreaks of cholera, unexplained disappearances, wars, tricks and treats await you. Please, eat before tour. Gourmet snack and mocktail at the Detroit Club. **Fee: \$60**



## Tours

### Downtown Detroit Tour: Campus Martius

**Tuesday, September 17**

**9:30 AM - 3:30 PM**

Explore Detroit with the Rock Family of Companies by joining the exclusive Downtown Detroit Tour Experience! Detroit continues to gain positive traction so come see what the hype is all about. Get a behind the scenes look at the revitalization happening in Detroit's Central Business District, including One Campus Martius, First National Building, Chase Tower, and Chrysler House. Active walking tour; 120 minutes. Lunch at Grand Trunk Pub. **Fee: \$21**

### Piquette Tour

**Wednesday, November 13**

**12 - 4 PM**

The Ford Piquette Avenue Plant is the oldest auto plant open to the public in the world. Almost unchanged since Henry Ford's day, the plant is a 3-story New England-style mill building. The old plank floors are worn from the 12,000 Model Ts built on them. You will also be able to see a rare selection of Detroit-built cars from the first decade of the 20th century and learn their fates. Active walking tour; 120 minutes. No meal stop. **Fee: \$29**

Active Compassion 5 K Walk & 10th Anniversary Celebration

9/21/19

Gather your friends and walk together to support essential services.



# Day Trips



## DSO

### Queens of Soul: DSO

**Friday, October 11** 9:15 AM - 3:30 PM

Featuring a special musical and video tribute to the Queen of Soul, Aretha Franklin, celebrate the divas of Soul and R&B. Enjoy hits from strong soul women, including Tina Turner, Patti LaBelle, Gladys Knight, Etta James, Alicia Keys, and more. Lunch on your own at Red Dunn Kitchen. **Fee: \$70**

### Tchaikovsky's First Concerto: DSO

**Friday, November 8** 9:15 AM - 3:30 PM

Internationally acclaimed pianist Kirill Gerstein performs a rarely heard early edition of Tchaikovsky's beloved first Piano Concerto, joined by renowned conductor Jun Märkl. Lunch on your own at Public House, Ferndale. **Fee: \$49**

### Pictures at an Exhibition: DSO

**Friday, November 15** 9:15 AM - 3:30 PM

Mussorgsky, blindsided by the sudden passing of his close friend Victor Hartmann, turned his pain into art: composing a suite of musical paintings for piano, inspired by Hartmann's sketches and Maurice Ravel's orchestral arrangement. Music Director Laureate Leonard Slatkin conducts these concerts, which include the premiere of An Affirming Flame by Arab-American composer Mohammed Fairouz. Lunch on your own, Lumen Detroit. **Fee: \$49**

### Legends: The Paul Simon Songbook: DSO

**Friday, November 22** 9:15 AM - 2 PM

From Simon and Garfunkel to solo albums Graceland and Rhythm of the Saints, Paul Simon has distinguished himself as a unique songwriter, crafting songs that have become themes for love, family and social commentary. Hear hits like "Bridge Over Troubled Water," "The Sound of Silence," "50 Ways to Leave Your Lover," and "Graceland," fully orchestrated for the DSO by Jeff Tyzik. No meal stop. **Fee: \$65**

### Mendelssohn Violin Concerto: DSO

**Friday, December 6th** 9:15 AM - 3:30 PM

James Ehnes performs Mendelssohn's Violin Concerto, a showpiece which only the most accomplished musicians tackle. Led by guest conductor Juanjo Mena, these concerts begin with Haydn's "Trauer" Symphony, with a lush third movement the composer asked to have played at his funeral. Closing the program is Schubert's "The Great," nearly lost after the composer's death. Lunch on your own at Clawson's Steakhouse. **Fee: \$49**

### Home for the Holidays: DSO

**Friday, December 20th** 9:15 AM - 2 PM

Share Detroit's favorite holiday musical tradition and thrill to the spectacle of the season. Lawrence Loh leads a sparkling celebration with carols and classics that sells out year after year - and yes, Virginia, there will be a Santa Claus! No meal stop. **Fee: \$65**

## Performances

### Tipping Point Theatre: "Anatomy of a Hug"

**Saturday, August 24** 2 - 5:30 PM

The one constant in Amelia's life has always been TV. Growing up in different foster homes, it was a comfort to know she always had a makeshift family waiting for her on the screen. Now in her 30's, Amelia continues to escape her daily life with the help of TV. When her estranged mother moves in, she is forced to make an actual human connection. *Anatomy of a Hug* is a touching story of finding a way to forgive, even when it seems impossible. No meal stop. **Fee: \$43**

### Tipping Point Theatre: "A Doll's House, Part 2"

**Saturday, October 19** 1:30 - 5:30 PM

A Doll's House questioned the traditional roles of men and women in the 19th-century. A Doll's House, Part 2 follows Nora as she returns home 15 years after she left her family. Nora's new life is in danger of unraveling so she returns to her estranged husband and family for help. Old wounds are opened, new relationships are made but, most importantly, everyone gets a chance at closure. No meal stop. **Fee: \$56**

### Purple Rose Theatre "Sherlock Holmes"

**Wednesday, October 2** 11 - 6:15 PM

London, December 1888. 221B Baker Street. The notorious, yet undiscovered genius Vincent van Gogh presents the master-sleuth Sherlock Holmes with a most unusual case. Aided by his partner Dr. Watson and his paramour Irene Adler, the trio embarks on a rousing adventure to solve one of the most audacious crimes of the Victorian era. Lunch on your own at Common Grille prior to the show. **Fee: \$59**

### Fisher Theatre "Come From Away"

**Saturday, October 12** 12:30 PM - 4:30 PM

This New York Times Critics' Pick takes you into the heart of the remarkable true story of 7,000 stranded passengers and the small town in Newfoundland that welcomed them. Cultures clashed and nerves ran high, but uneasiness turned into trust, music soared into the night, and gratitude grew into enduring friendships. **Fee: \$75**

### Fisher Theatre "Hello, Dolly!"

**Saturday, November 23** 12:30 PM TBD - 4:30 PM

Hello, Dolly! is a 1964 musical based on Thornton Wilder's 1938 farce The Merchant of Yonkers, which Wilder revised and retitled The Matchmaker in 1955. The musical follows the story of Dolly Gallagher Levi, a strong-willed matchmaker, as she travels to Yonkers, New York to find a match for the miserly "well-known unmarried half-a-millionaire" Horace Vandergelder. No meal stop. **Fee: \$75**



## Cruises

### Tall Ships in Detroit (Wait List from previous newsletter)

**Wednesday, September 11 & Thursday, September 12 1:30 - 7 PM**

The ship sails in all types of weather and we highly recommend a good pair of shoes and weather appropriate clothing, including a jacket or windbreaker. Rain, wind, choppy seas, or invading Canadians will not cancel a sail. Enjoy a light Detroit snack along with water and pop on board the ship.



### Register Your Interest!

**By registering on the interest list you will let us know to move forward with planning. People on the list will be called as soon as arrangements are confirmed and offered an opportunity to pay for trip registration. Trips will also be advertised in the next newsletter edition.**

**The following trips are being considered for October, November, December:**

**M1 Concourse in Pontiac** M1 Concourse is an 87-acre playground for auto enthusiasts which includes a secure community of 250+ Private Garages and a state-of-the-art 1.5-mile Performance Track with its own private Motorsports Club. M1 is a place where enthusiasts can keep, show and exercise their vehicles in the company of other enthusiasts and enjoy unforgettable experiences in a social setting!

**"Every Christmas Story Ever Told", Tipping Point Theater** Every neighborhood has that one house that goes overboard with Christmas decorations. This play is that house. Join three actors as they reminisce on all the holiday classics and international traditions that help bring the true spirit of Christmas to life!

**The following trips are being considered for January and February:**

**Wild Women of Detroit:** Detroit may have been founded in 1701, by the French explorer and adventurer Antoine Laumet de La Mothe sieur de Cadillac, but it was his wife Marie who decided much of the town's original layout. From the very beginning Detroit has been a dame's town. Home to broads, women, cats, ladies, and Rosies, the Motor City's story is interlaced with the triumphs, adventures, dalliances and deeds of its female inhabitants. Join Detroit History Tours on a tour of some of their stories. From Madam Cadillac to Motown greats, prostitutes to murderers, cults to saints and so much more. We'll talk civil war spies and prohibition smuggling. You'll learn the verdict of the first all-female jury in Michigan and the story of a woman known as "Rocking Chair."

**Blithe Spirit**, Meadowbrook Theatre in January.

The smash comedy hit By Noël Coward, this much-revived classic offers up fussy, cantankerous novelist Charles Condomine, remarried but haunted (literally) by the ghost of his late first wife, the clever and insistent Elvira who is called up by a visiting "happy medium," one Madame Arcati.

### Special thanks to our Summer Sponsors

Baldwin House  
Samaritas Senior Living  
American House Senior Living  
Care Patrol  
Pomeroy Living  
Presbyterian Villages  
Alliance Senior Care

### VOLUNTEER GUIDELINES

Applicants must be at least 18 years of age, a BT resident, and agree to complete a volunteer application and background check. Forms are available at the main level reception desk or online at:

[www.bloomfieldtp.org/Government/Services/SeniorServices](http://www.bloomfieldtp.org/Government/Services/SeniorServices)

**Contact Joan Patzelt, BTSS Deputy Director:  
248-723-3500 or [jpazelt@bloomfieldtp.org](mailto:jpazelt@bloomfieldtp.org).**

**Thank you volunteers! 1,000 hours in April-June, 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.**

# Enrichment



All participants must scan in or register and pay fee (if applicable) at main level Reception Desk. Advance registration for programs 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.** Calendars are available in the Center and online.

## Unique Topics

8/27 Lost Restaurants	p 15
8/29 Crime Stoppers	p 15
9/4 DIA Camelot / Kent State	p 15
9/5 FIA Art Paper	p 15
9/6 MI Color Tour	p 16
9/9 USS MI	p 17
9/10 Dow Gardens	p 17
9/11 Streaming BTPL	p 15
9/11 Mind University	p 17
9/12 Space Race	p 17
9/12 Movie	p 17
9/17 Genealogy Toolbox	p 17
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9/20 Online Safety	p 15
9/23 Starting Point	p 14
9/24 Queen Elizabeth	p 17
9/26 Antarctica	p 16
9/27 Enjoy Agenda	p 16
9/28 Naval Sea Cadets	p 1
9/30 Music & History	p 14
10/2 Beatles	p 14
10/4 MI Osprey	p 17
10/4 AAA Driver Course	p 15
10/8 WSU Brain	p 17
10/10 Det. World War II	p 17
10/16 BC - Cork Town	p 14
10/15 Korean War	p 17
10/21 Homeland Security	p 15
10/23 Scarlett Fever	p 17
10/24 Industrial Revolution	p 17
10/29 History: Cabaret	p 14
11/1 Great Parks	p 16
11/4 Yellowstone	p 16
11/5 Det. Riverfront	p 16
11/11 Gilmore Museum	p 17
11/12 Kinesiology 2	p 17
11/12 Tech Lab	p 15
11/14 Energy News	p 16
11/19 Story Teller	p 17
11/20 BC - Big Bands	p 14
11/21 Packard Motor	p 17
11/25 U of M Extinction	p 16

BC designates Breakfast Club event.



## Starting Point for New Patrons

Christine Tvaroha, Director

Whether you recently became active or are just curious, join us to learn to navigate through all BTSS has to offer. Come to make connections and learn how to get the most out of our programs. A great way to become active for those 50 years or more. Complimentary; pre-registration appreciated.

**Monday, Sept 23 10:30-11:30 AM**

## Clubs and Groups

**Breakfast Club** Facilitator: Ralph P.

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**

**Sept 18** *Soaring to Glory, H. Stewart*

**Oct 16** *Cork Town, A. Delicato*

**Nov 20** *Big Bands, S. Johnson, Music Hist*

**Women's Coffee & Conversation**

Facilitator: Grace Keane

Enjoy creative conversation and camaraderie. Pre-registration required.

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

**Thursday 10:30 – 12 PM**

**Sept 26 Oct 24 Nov 21**

## Music



### Great Depression

Stuart Johnson, Music Historian

Great composers created songs that helped folks temporarily forget their troubles. View images, hear detailed history of Happy Days Are Here Again, Life Is Just a Bowl of Cherries, and much more! Q & A welcomed. \$

**Monday, Sept 30 10:30-12 PM**

### Cabaret & Music

Debbie Tedrick, Musical Theatre Director, Performer & Historian

The genre began in 1881 with the opening of Le Chat Noir, Paris, originally an informal, invite-only saloon for poets, artists, composers, and entertainers. Discuss the cultural changes and shifts in styles. \$

**Tuesday, Oct 29 10:30-11:30 AM**

### The Beatles

Henry Feinberg

Exploding onto the scene in 1964 this iconic rock band delivered the most popular music of all time. Discover the origins and sounds of the Beatles movement. Sponsored by First & Main. \$

**Wednesday, Oct 2 11 AM - 12 PM**

### BTSS Jazz Combo Band

Join the BTSS Swing Band. Looking for players able brass, reeds & rhythm players to read simple arrangements. . Pop music from the 30's on. A great chance to dust off rusty skills. Audiences encouraged and appreciated-come and enjoy fun and fellowship! Subject to change. No band 11/5. \$

**Tuesdays 3 - 5 PM**

### Jazz Band: Cool & Complimentary!

Syncopation and improvisation, enjoy some of the best jazz around! Led by our own Ed Black Stop in for hot coffee and a true American art form. No band 9/21, 9/28.

**Saturdays 11 - 1 PM**

### BTSS Chamber Music

Facilitator: Ed Sturgeon

Come practice and play fun music and camaraderie. Flutes, oboe, bassoon (double reeds), French horns, piano and clarinet. \$

**Tuesdays 1:30 - 3 PM**



## Art and Crafts

### DIA: Camelot to Kent State

Pop art from 1960-1975; prints, drawings and sculptures from artists Johns, Lichtenstein, Marisol, Kent, Oldenburg, Rauschenberg, and Warhol, etc. \$

**Wed, Sept 4 10:30 - 11:30 AM**

### FIA: Fashioning Art out of Paper

C. Koppitz, Communications Director  
Explore the Isabelle de Borchgrave, Picasso and Bray exhibits. Chene comes prepared with knowledge, enthusiasm and inspiration! \$

**Thurs, Sept 5 10:30 - 11:30 AM**

### Paper Dolls

Facilitator: Arlene Pinkos

Dedicated group designs & sells beautiful repurposed greeting cards. Used greeting card donations appreciated. All proceeds go to Meals on Wheels.

**Thursday 1:30 - 4:30 PM**

**Aug 15, 29 Sept 19 Oct 3, 24**

### 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 PM**

### Gems and Friends

Facilitator: Martha McGee

Create fun jewelry and art with informal instruction, equipment and supplies available. Donations appreciated, \$2 material fee to instructor. Drop-ins welcome! No 10/17

**Tuesday/Thursday 1 - 4 PM**

### Beginner Knitting Class

Facilitator: Anita Linet

Enjoy instruction from experienced knitters. Questions? Anita 248-763-0140

**Friday 1 - 2:30 PM \$25/3 classes**

**Part 1 Sept. 20, 27 Oct. 4**

**Part 2 Oct. 25, Nov. 1, Nov. 8** (must complete part 1)

### Introduction to Loom Knitting

Facilitator: Anita Linet 248-763-0140

Learn to create beautiful hand-knit items even with limited hand mobility. Contact Anita Linet for materials list to purchase prior to class.

**Wed, Sept 25 2 - 3:30 PM \$10**

## Books and Authors

### Lost Restaurants of Detroit

Paul Vachon, Author

The Caucus Club, where the voice of Barbara Streisand at 18 was first heard; Machus Red Fox, where Jimmy Hoffa was last seen alive. Amazing stories lost in time about historic fine dining, ethnic eateries and everything in-between. Book sales & signing. Sponsored by Pomeroy Senior Living. \$

**Tues, August 27 10:30-11:30 AM**

### Book Club

Facilitator: Fern Stoffer

**1st Friday 10 - 12 PM**

Books & leaders subject to change.

Pre-registration required.

**Res \$2/\$20 Annual/ Non-Res \$4**

**Sept 6 True Story of America's First Daughter, Brooks**

**Oct 4 American Pastoral, Roth,**

**Nov 1 Before We Were Yours Bohjalian**

## BTPL Public Library

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

### BTPL Kanopy Streaming Service

Facilitator: Ed Niemchak

Demo on streaming movies from a computer, television, mobile device by downloading the Kanopy app.

ISO phones, Android, Apple TV, Chrome cast or Roku. Complimentary BT residents; courtesy of the BTPL. Start streaming now! Complimentary BT residents.

**Wednesday, Sep 11 11 AM - 12 PM**

### Pop Up BTPL

Librarian Marcia Preston

Explore all of the great happenings at the Library. Get reading recommendations, download help and more. Complimentary for BT Residents.

**Thurs, Sep 19, Oct 24 3 - 4:30 PM**

### Tech Lab with BTPL Librarians

Facilitators: Drew Heuser

Empower yourself! Get technology questions answered about Microsoft, web applications, social media, email and personal digital devices.

Complimentary for BT Residents.  
**Tuesday, Nov 12 2 - 4 PM**

## Public Safety

### What is Crime Stoppers?

Mathew Conquest, Director

Empowering communities to keep neighborhoods safe by providing tools to protect. Learn how to speak up about a wide variety of crimes. See initiatives about 1•800•SPEAK UP. A serious topic delivered with a blend of humor. \$

**Thurs, Aug 29 10:30-11:30 AM**

### Online Safety

MI Consumer Protection

Navigate malware protection, strong passwords, Wi-Fi safety and tech support imposters. Millions of people are being cleverly targeted, don't be one of them! \$

**Friday, Sept 20 10:30 - 11:30 AM**

### AAA Mature Driver Course

Interactive class provides tips to help older drivers compensate for changing vision, reflexes and response time. ½ hour break, please bring your lunch. Pre-registration required.

**Res \$20/Non-Res \$30**

**Friday, Oct 11 10 AM - 2 PM**

### BT Fire Dept. CPR Review

Immediate care on the scene is essential for sudden cardiac arrest. Receive CPR and AED training from BT Fire Department staff. Preregistration is required. BT Residents only. Complimentary.

**Wed, Oct 30 10:30-11:30 AM**



### Homeland Security & Defense

Ken Van Sparrentak, OCC

Learn about domestic / international issues and strategies for countering possible US security threats. \$

**Monday, Oct 21 10:30 - 11:30 AM**

### Police Dialog

Officer Kelly Marthen,  
Community Relations Officer.

Open conversation, literature and future events. Drop in.

Complimentary BT resident.

**Tues, Nov 5 10 - 11:30 AM**



# Enrichment



## Classes

**Bridge Instruction** J. & C. Bloom  
 Certified ACBL instructors and silver life masters. Book fee \$20 to instructor.

### Beginners

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

**Fridays 9:30 – 11 AM** **8 classes/\$120**  
**Sep 6 - Oct 25**



### 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/\$120**  
**Sep 4 - Oct 30** No class 10/18

## Travel

### MI Fall Colors

Ron Rademacher, Author,  
 Discover regions with spectacular autumn colors, including Keweenaw Peninsula, Great Lakes Islands, Color Train and more. Q & A & book signing. \$  
**Friday, Sep 6 10:30 – 12 PM**



### Enjoy Agenda: Home & Abroad

Rick Bailey, Author  
 A memoir travelogue: from a one-stoplight town in MI to Stratford, England and beyond. Written with humor and wit, explore life and the vicissitudes of aging. \$  
**Friday, Sep 27 10:30-11:30 AM**

### Antarctica: Last Discovered Continent

Jim & Py Wolfe, Travelers/Educators  
 Explore essential experiences on one of the wildest and most fantastic place on Earth. \$

**Thurs, Sep 26 10:30 - 11:30 AM**

### Yellowstone & Grand Tetons

Dr. Marvin E. Parent  
 Experience magnificent parks in the unique perspective of winter. View amazing photographs, video clips with an enjoyable sound track along with winter touring tips. \$

**Monday, Nov 4 10:30-12 PM**

## Nature & Science

### Michigan Osprey

Holly Vaughn, MDNR Wildlife Outreach  
 Explore this threatened species of magnificent fish hunting raptors, now returning to MI. Learn about "Adopt a Nest Program." \$

**Friday, Oct 4 10:30 – 11:30 AM**

### Great Parks for Great People

J. Dunleavy, Assn of Co. Parks  
 Explore the positive impact this organization has had on the past, present, future park projects, special events and programs. \$

**Friday, Nov 1 10:30-11:30 AM**

### Det. Riverfront Conservancy Updates

Marc Pasco, Director  
 Groundbreaking news on current and future projects that are transforming the Detroit Riverfront, such as Atwater Beach, Uniroyal Promenade and more. \$

**Tuesday, Nov 5 10:30-11:30 AM**

### Latest Energy News

John Freeman, Director GLREA  
 Can energy meet the needs of the present without compromising future generations? Get the latest updates on solar, wind, water, bioenergy and geothermal advances. \$

**Thursday, Nov 14 10:30-11:30 AM**

### Extinction: Past & Present

M. Cherney, PhD, UM Museum  
 Are we in the midst of the 6th major mass extinction, is it inevitable? How does it contribute to the evolution of life through time? Explore fossil records; is extinction intrinsically bad? \$

**Monday, Nov 25 10:30-11:30 AM**

Drop-In Games	Day/Subject to	Time	Cost
<b>Billiards (Pool) Group</b> Play: All levels welcome Call for availability. Solo one on one .No 9/21	T/W/TH Wednesday Saturday	1 - 4 PM 4 - 7 PM 11 -1 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
<b>Duplicate Bridge</b> Intermediate Walk in.	Mondays	12:30 - 3:30 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
<b>Duplicate Bridge</b> No play 10/18 Maximum 7 tables/arrive 12:15 for table assignments	Mondays/Fridays	12:30 - 4 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
<b>Evening Duplicate Bridge</b> B Famili, C. Wood Tables assigned: 3 PM; play 3:15. Non-ACBL sanctioned no master points. Bring a partner.	Wednesdays no 5th Wednesdays	3 - 6 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
<b>Euchre &amp; Pinochle</b> Facilitator: J. Carmichael All levels welcome ! No 10/17	Thursdays	11:15-1:45 PM	Res \$2/Non-Res \$4 Res \$6 Monthly
<b>Evening Euchre &amp; Pinochle</b> All levels welcome!	Tuesdays	5:30-7:30 PM	Res \$2/Non-Res \$4 Res \$6 Monthly
<b>Mah-Jongg</b> Facilitator: M.A. Williams	Tuesdays/ Thursdays	1 - 4 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
<b>Poker</b> Facilitator: A. Rubin. Ladies & gentlemen, enjoy a friendly game. Please call to confirm play.	Wednesdays	12 -3 PM	Res \$2/Non-Res \$4 Res \$6 Monthly

## History

### USS Michigan

Larry Hathcock, Historian

The first iron hulled navy ship designed as a deterrent to British on the Great Lakes, it stopped timber pirates, the King Strang assassination and the plot to free Confederate POWs on Johnson's Island during the Civil War. \$

**Monday, Sept 9 10:30 - 11:30 AM**

### Dow Gardens

Samantha Engel, Historian

Herbert H. Dow and his family impacted the lives of so many. Take a virtual journey through time, view the fabulous gardens and hear about the new canopy tree walk. \$

**Tuesday, Sept 10 10:30-11:30 AM**

### The Space Race

Clifford Marko

After World War II, space became a dramatic arena of conflict and competition as the Soviet Union sought to prove its superiority in technology. \$

**Thursday, Sept 12 10:30 - 11:30 AM**

### Movie: The Tuskegee Airman

The 'fighting 99th' - the first squadron of African American U.S. Army Air Corps fighter pilots in WWII. Laurence Fishburne stars in this thrilling HBO Original Movie \$

**Thursday, Sept 12 1 - 3 PM**



### Patriot Week's 10th Anniversary

Join Judge Michael Warren in this moving program co-created with his 10-year-old daughter. Capturing the imagination, and support of citizens across the nation, and understanding of America's spirit. Anchored by September 11 and the signing of the Constitution. Explore this great nation in history. \$

**Monday, Sept 16 10:30-11:30 AM**

### A Genealogical Toolbox

Dr. Learman & Cecile Wendt Jensen, Website Creators & Authors

Learn to navigate a new database, a one-stop search continually updated. Search Eastern European genealogy and more! \$

**Tuesday, Sept 17 10:30-11:30 AM**

### Queen Elizabeth I

Maureen Esther, History Storyteller

Sometimes called Gloriana or Good Queen Bess, she governed England with relative stability and prosperity for 44 yrs. Explore the Elizabethan era. Sponsored by Baldwin House. \$

**Tuesday, Sept 24 10 - 11:30 AM**

### Detroit in World War II

Author G. Sumner UD Prof.

Putting careers and personal ambitions on hold, Henry Ford, Eleanor Roosevelt, Charles Lindbergh, Joe Louis, Hank Greenberg, the real-life Rosie's all helped drive the city. Explore the wartime chronicles of everyday life in the Motor City. \$

**Thursday, Oct 10 10:30-11:30 AM**

### Unresolved Korean War

Prof. Bruce Zeller, OU Historian

A Forgotten conflict that shaped the modern world, censored and overshadowed by WW II and the Vietnam War. \$

**Tuesday, Oct 15 10:30 - 11:30 AM**

### Scarlett Fever

Pam Craig, AAUW

Compelling images and historical facts about the backstory of Gone with the Wind. Discover who was involved with feverish search for the perfect Scarlett. \$

**Wed, Oct 23 10:30-11:30 AM**

### The Industrial Revolution

Dennis Fiems, OCC Professor

Humans hunted, gathered, farmed and herded. Industrialization changed human life profoundly. Can today's generation cope with the fast pass? \$

**Thursday, Oct 24 10:30-11:30 AM**

### Gilmore Car Museum

Fred Colgren, Education Director

A large collection of over 300 classic and vintage automobiles and motorcycles of all eras are on display in over a dozen vintage buildings. \$

**Monday, Nov 11 10:30-11:30 AM**

### Story Teller: Genot Picor

Embrace the Metis' Voyageur ancestry via masterful storytelling. Journey through tribal cultures, unique waterways and archeological finds. Sponsored by Sunrise. \$

**Tuesday, Nov 19 10:30-11:30 AM**

### Packard Proving Grounds

Roger Luksic, VP

Albert Kahn's and William E. Kapp's stunning architecture are the exquisite gateway to the grounds. Historical and current events. Enjoy coffee & donuts on behalf of PMCCD. \$

**Thursday, Nov 21 10:30-11:30 AM**

## Brain Health



### MIND University—Overview

L. Breuer & M. Martella

Our choices can increase brain neuroplasticity and overall cognitive wellness. Attendees may choose a complimentary 1 on 1 assessment. Pre-registration required. No fee.

**Wed, Sept 11 10-12 PM**

### Assessment Appointments

1 on 1 appointment with MU at BTSS. Pre-requisite: MU Overview. Pre-registration required. No fee.

**Fri, Sept 13 9 - 3 PM**

### Mind University Aerobics

Regular exercise optimizes cognitive abilities. Learn about neuroplasticity, the brain's ability to create connections regardless of age. Classes focus on reaction time, visual skills, attention, memory, language and problem solving.

Prerequisites: Overview and Assessment

**Wed & Fri 10 - 11 AM**

**Sep 20 - Dec 4 24 Classes/\$240**

### Understanding Brain Health

Vaibhav A. Diwadkar, Ph.D. WSU

Understanding brain behavior can help us to better cope with emotional and psychological challenges. Learn how to positively impact your state of physical health and well-being. \$

**Tuesday, Oct 8 10:30-11:30 AM**

### UM Kinesiology Pt. 2 Brain Health

Understand brain dynamics and cognition. Learn how older adults can improve brain function using non-invasive stimulation and motor-cognition interventions. Helpful for neurological disorders and strokes. \$

**Tuesday, Nov 12 10:30 - 11:30 AM**

# Services



## Transportation Services

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

**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.

**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. Subject to availability.

**SMART Community Transit:** Curb-to-curb service in 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 - 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 **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), and 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 at [www.bloomfieldtwp.org/seniors](http://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 contact coordinator **Julie GeBott, 248-723-3530 or [jgebott@bloomfieldtwp.org](mailto:jgebott@bloomfieldtwp.org)**.

Non-residents may be eligible as capacity allows.

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

## Medicare Medicaid Assistance Program

**November 6 November 7 9 AM - 4 PM**

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 & Medicare health plans**

**Explaining prescription drug coverage**

**Review supplemental insurance needs**

**Application to Medicare Saving Programs**

Counselors will be on site to serve Township residents aged 62+. **Pre-registration required.**

## Low Vision Support Group

Facilitator: Anjel Yessayan

**3rd Wednesday 2 - 3:30 PM**

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.

**September 18 October 16 November 20**



## 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 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**.

## Ask the Advisor

**Care Patrol**  
Safer Senior Living, Your Goal, Our Mission

Care Patrol's Certified Senior Advisors are ready to help you navigate important decisions for you or your loved ones. Receive a private, complimentary consultation for questions about senior living options, in-home services, veteran resources or other senior service related needs. The CarePatrol team offers education, guidance, a vetted network of providers, as well as free resources to assist people with the "Journey of Aging." Registration required. Sponsored by Care Patrol.

**Monday September 23 October 7**

## Fall Candy Collection

Share Halloween with our "Meals on Wheels" clients by donating small individually wrapped candies. Drop off candy at BTSS before October 24th. Join us October 25th at 1:30 PM to pack for distribution. Call Denise if you are available to help package.

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.**

## Blood Pressure Checks

**3rd Wednesday 11-12:30 PM**

**August 21 September 18**

**November 20**

Volunteers



## 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: for a one - person household, the maximum income is \$42,750, and for two persons, \$48,850. 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

**Friday 12 - 4 PM**

**September 20 October 11 October 25 November 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. Call Denise Kolkmeyer to register; **registration required.**

## Medicare Basics 101

**Tuesday September 17 12:30 - 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.**

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

<https://www.bloomfieldtpw.org/Government/Services/Senior-Services/Support-BTSS.aspx>

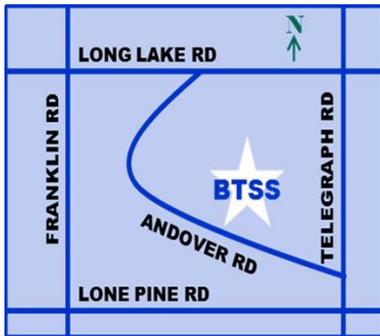
Orders will be collected over the Fall, Winter & Spring and installation will occur Summer 2020.



PRST STD  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 40  
 BLOOMFIELD HILLS  
 MI

Senior Services  
 4315 Andover Road  
 Bloomfield Twp. MI

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



# 10th Anniversary Celebration

## Saturday, September 21<sup>st</sup>

All ages welcome with registration

### Compassion Walk

10:30am—Check in starts @ 9:30am  
**\$25 registration required for 12 and up**  
 T-shirt provided with registration by 9/3

### BBQ Picnic

Whether you are walking or not, join us at 11:30am  
**Complimentary w/ advance registration**

**Power Play Detroit -Live performance 12-1 pm**

**Sponsored by:**



Proceeds support:  
 Meals on Wheels  
 and  
 Friendship Club  
 Adult Day Service

