



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

SPRING 2020



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 plus. Complimentary; pre-registration appreciated.

Tuesday, March 10
10:30-11:30 AM



Enrichment Programs

Nature, science, history, music, economics, travel, clubs, authors and more!

Join us for wonderful Unique Topics presentations. Details on pages 14 - 17.

Delightful Dahlias

Join BTSS's Don Reinhard & Lionel Robbins of the Dahlia Society to add a little color in your life. Amazing images of a unique family of flowers. \$

Monday, Feb 17 10:30 - 11:30 AM

Census 2020 Get Counted for Michigan!

The census determines Michigan's share of billions in federal funding for roads, schools and programs for older adults and persons with disabilities. For every person not counted correctly in Michigan, we lose \$18,000 over the next ten years. The Census also determines the number of representatives for Congress. Make sure you count!

Each home will receive a mailer in mid-March which will include a **unique Census ID code** for your residence. Census workers will only come to your door if you do not initially respond and will **never ask for your Social Security Number or banking information**. Your demographic information is protected by law and never shared. Bring your Census post card to the Senior Center and spend 10 minutes completing it online with a volunteer.

If you travel or have another home in a different state but spend more than 6 months each year in Michigan, use the unique Census ID code sent to your MI address, or wait until you get home to Michigan to be counted. 50+ BT resident only. Registration is required and will start March 15. **Please call 248-723-3500 to register for an appointment .**

Census Completion Support

Wednesday, April 8, 2020 9 AM - 4 PM

Bloomfield Township Senior Center

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!

Find it on...

Fitness

Pages 3-9

Day Trips

Pages 10-13

Enrichment

Presentations and Clubs

Pages 14-17

Supportive Services

Pages 18-19

Mission Statement

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

www.bloomfieldtwp.org/seniors

248-723-3500

Serving Adults 50+



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.bloomfieldtwp.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, May 23

Monday, May 25

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

Liz Mahoney

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 2/18/2020; non-residents and prorated registrations begin 2/19/2020.
- ⇒ 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 program 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 and 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 unit, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose."

Christine's Comments

Next month we are sending a survey to all email addresses of active customers. Please check your BTSS profile email to ensure it is current. If you haven't done so in the past, now is a great time to add an email so that you may share your thoughts with us. We will send an e-News announcing the release of the survey as well as post it in the center. We are pleased to collaborate with Oakland University on this important effort. We look forward to hearing from you!

Christine Tvaroha

ctvaroha@bloomfieldtwp.org

Note: We never share your email addresses.

**BTSS Survey
2020**

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 are welcome & pay additional \$10 fee per session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SMALL GRP PT 7:30	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	STRENGTH & BAL 9:00	YOGA FWB 8:30
CARDIO S & B L2 10:30	GM YOGA L2 10:15	TAI CHI-BEG 9:40	GM YOGA 10:15	MINDFUL PILATES 10:15	PICKLEBALL 12:00
CHAIR YOGA 11:30	BLENDED YOGA 11:30	TAI CHI- CONT 10:30	BLENDED YOGA 11:30	MINDFUL MEDITAT 11:30	
BARRE BAL 12:45	CARDIO S & B L1 12:45	CHAIR YOGA 11:30	CARDIO S&B L1 12:45	SMALL GRP PT 1:00	
LINE DANCING 2:00	FOCUS ON BAL 1:45	BARRE BALANCE 12:45	FOCUS ON BAL 1:45	TABLE TENNIS 2:30	
SMALL GRP PT 3:00	GOLF COND 2:45	SMALL GRP PT 2:00	PICKLEBALL 2:45		
PILATES S&B 4:15	MINDFUL PILATES 4:00	HIIT BURSTS 3:15	PILATES S & B 5:00		Details on pg. 6-9
ZUMBA® 5:30	PICKLEBALL 5:30	TABLE TENNIS 4:00	CORE FOUND 6:30	Land	
		ZUMBA® 5:30			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
60 MIN LAP SWIM 7:15	40 MIN AM LAP 7:15	60 MIN LAP SWIM 7:15	40 MIN AM LAP 7:15	60 MIN LAP SWIM 7:15	BOOT CAMP 9:00
40 MIN AM LAP 8:30	AQUA RESISTANCE 8:00	SWIM LESSONS 8:30	AQUA STRONG & FIT 8:00	TOTAL BODY AQUA 8:30	POOL POURRI 10:30
ULTIMATE H2O 9:30	AQUA ENDURANCE 9:15	AQUA FIT 9:30	AQUA CARDIO CORE 9:15	AQUA FIT 9:30	
TOTAL BODY 10:45	BAL & STRENGTH 10:30	ULTIMATE H2O 10:45	GENTLE JOINTS 10:30	AQUA ENDURANCE 10:45	Details on pg. 4-5
40 MIN PM LAP 12:00	AQUA AEROBICS(1) 4:45	40 MIN PM LAP 12:00	AQUA RESIST 11:45		
WATERWALKING L1 2:30	AQUA AEROBICS(2) 6:00	WATERWALKING L2 2:30	AQUA AEROBICS L1 4:45	Aqua	
HYDRO MOTION 3:30		HYDRO MOTION 3:30	AQUA AEROBICS L2 6:00		

Thank you to our Spring Program Sponsors

BTSS Survey 2020
 Is your BTSS profile email up to date?
 We would like to hear from you during our Survey 2020.
 Note: We never share your email address.
 See page 2 for details.



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 83 - 88 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 program continuity.

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

Aqua Cardio Core

Lisa

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

Thursday 9:15 – 10:15 AM
 Mar 5 – Mar 26 4 classes/\$28
 Apr 2 – Apr 30 5 classes/\$35
 May 7 – May 28 4 classes/\$28

Aqua Fit

Lori

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

Wednesday 9:30 – 10:30 AM
 Mar 4 – Mar 25 4 classes/\$32
 Apr 1 – Apr 29 5 classes/\$40
 May 6 – May 27 4 classes/\$32
Friday 9:30 – 10:30 AM
 Mar 6 – Mar 27 4 classes/\$32
 Apr 3 – Apr 24 4 classes/\$32
 May 1 – May 29 5 classes/\$40

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
 Mar 3 – Mar 31 5 classes/\$40
 Apr 7 - Apr 28 4 classes/\$32
 May 5 - May 26 4 classes/\$32

Thursday 4:45 – 5:45 PM
 Mar 5 – Mar 26 4 classes/\$32
 Apr 2 – Apr 30 5 classes/\$40
 May 7 – May 28 4 classes/\$32

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
 Mar 3 – Mar 31 5 classes/\$40
 Apr 7 - Apr 28 4 classes/\$32
 May 5 - May 26 4 classes/\$32

Thursday 6 – 7 PM
 Mar 5 – Mar 26 4 classes/\$32
 Apr 2 – Apr 30 5 classes/\$40
 May 7 – May 28 4 classes/\$32

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
 Mar 3 – Mar 31 5 classes/\$35
 Apr 7 - Apr 28 4 classes/\$28
 May 5 - May 26 4 classes/\$28

Thursday 11:45 – 12:45 AM
 Mar 5 – Mar 26 4 classes/\$28
 Apr 2 – Apr 30 5 classes/\$35
 May 7 – May 28 4 classes/\$28

Aqua Strong & 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
 Mar 5 – Mar 26 4 classes/\$28
 Apr 2 – Apr 30 5 classes/\$35
 May 7 – May 28 4 classes/\$28

Balance & Strength (Aqua)

Ernie

(Beginner) **NEW**

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
 Mar 3 – Mar 31 5 classes/\$35
 Apr 7 - Apr 28 4 classes/\$28
 May 5 - May 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
 Mar 3 – Mar 31 5 classes/\$35
 Apr 7 - Apr 28 4 classes/\$28
 May 5 - May 26 4 classes/\$28

Friday 10:45 – 11:45 AM
 Mar 6 – Mar 27 4 classes/\$28
 Apr 3 - Apr 24 4 classes/\$28
 May 1 - May 29 5 classes/\$35



BTSS Survey 2020

Is your BTSS profile email up to date? We would like to hear from you during our Survey 2020. See page 2 for details.



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
 Mar 7 – Mar 28 4 classes/\$32
 Apr 4 – Apr 25 4 classes/\$32
 May 2 – May 30 (no 5/23) 4 classes/\$32

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
 Mar 5 – Mar 26 4 classes/\$28
 Apr 2 – Apr 30 5 classes/\$35
 May 7 – May 28 4 classes/\$28

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
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21
Wednesday 3:30 – 4:30 PM
 Mar 4 – Mar 25 4 classes/\$28
 Apr 1 – Apr 29 5 classes/\$35
 May 6 – May 27 4 classes/\$28

Pool Pourri

Dina

Come join us to mix it up with circuit training focusing on a full body workout. Be ready to move through zones with strength, cardio, balance and ab exercises. Moving through zones to keep you on your toes!

Saturday 10:30 – 11:30 AM
 Mar 7 – Mar 28 4 classes/\$28
 Apr 4 – Apr 25 4 classes/\$28



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
 Mar 4 – Mar 25 4 classes/\$28
 Apr 1 – Apr 29 5 classes/\$35
 May 6 – May 27 4 classes/\$28

Open Swim

For Residents	\$18/month \$9/half:1-15 or 16-end
MON/WED (no 5/25)	1:00 - 2:15 PM 5:30 - 6:30 PM
TUES/THURS	1:00 - 2:30 PM
FRIDAY	1:15 - 2:30 PM
SATURDAY (no 5/23)	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.

Schedule subject to change without notice.

Lap Swim

Ernie

Self-paced program for lap workouts only. Walk or swim.

No proration's or make-ups.

Limited enrollment. BT residency required.

40 Minute AM Lap Swim

Monday 8:30 - 9:10 AM
Tuesday, Thursday 7:15 - 7:55 AM
 Mar 2 – Mar 31 14 classes/\$42
 Apr 2 – Apr 30 13 classes/\$39
 May 4 – May 28(no 5/25) 11 classes/\$33

40 Minute PM Lap Swim NEW

Monday, Wednesday 12-12:40 PM
 Mar 2 – Mar 30 9 classes/\$27
 Apr 6 – Apr 29 8 classes/\$24
 May 4 – May 27(no 5/25) 7 classes/\$21

60 Minute Lap Swim

Mon, Wed, Fri 7:15 - 8:15 AM
 Mar 2 – Mar 30 13 classes/\$52
 Apr 1 – Apr 29 13 classes/\$52
 May 1 – May 29 (no 5/25) 12 classes/\$48



Total Body Aqua

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 AM
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21
Friday 8:30 – 9:15 AM
 Mar 6 – Mar 27 4 classes/\$28
 Apr 3 - Apr 24 4 classes/\$28
 May 1 - May 29 5 classes/\$35

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
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21
Wednesday 10:45 – 11:45 AM
 Mar 4 – Mar 25 4 classes/\$28
 Apr 1 – Apr 29 5 classes/\$35
 May 6 – May 27 4 classes/\$28

Please pre-register to prevent class cancellations.

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
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21
Wednesday-Level 2 2:30 - 3:15 PM
 Mar 4 – Mar 25 4 classes/\$28
 Apr 1 – Apr 29 5 classes/\$35
 May 6 – May 27 4 classes/\$28

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 and 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 program 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

Mar 4 – Mar 25 4 classes/\$28

Apr 1 – Apr 29 5 classes/\$35

May 6 – May 27 4 classes/\$28

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
 Mar 3 – Mar 31 5 classes/\$35
 Apr 7 - Apr 28 4 classes/\$28
 May 5 - May 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
 Mar 5 – Mar 26 4 classes/\$28
 Apr 2 – Apr 30 5 classes/\$35
 May 7 – May 28 4 classes/\$28

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
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21

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

Tuesday 12:45 – 1:30 PM
 Mar 3 – Mar 31 5 classes/\$35
 Apr 7 - Apr 28 4 classes/\$28
 May 5 - May 26 4 classes/\$28

Thursday 12:45 – 1:30 PM
 Mar 5 – Mar 26 4 classes/\$28
 Apr 2 – Apr 30 5 classes/\$35
 May 7 – May 28 4 classes/\$28

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

Monday 10:30 - 11:15 AM
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21

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
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21

Wednesday Mari Ann 5:30 – 6:15 PM
 Mar 4 – Mar 25 4 classes/\$28
 Apr 1 – Apr 29 5 classes/\$35
 May 6 – May 27 4 classes/\$28

Friday Jenna NEW 7:45 – 8:45 AM
 Mar 6 – Mar 27 4 classes/\$28
 Apr 3 - Apr 24 4 classes/\$28
 May 1 - May 29 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
 Mar 2 – Mar 30 5 classes/\$35
 Apr 6 – Apr 27 4 classes/\$28
 May 4 – May 18 3 classes/\$21

BTSS Survey 2020

Is your BTSS registration profile email up to date?

We would like to hear from you during our Survey 2020.

See page 2 for details.

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

Bring your water bottle.



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 7:30 – 8:30 AM**

Mar 2 – Mar 30 5 classes/\$80

Apr 6 – Apr 27 4 classes/\$64

May 4 – May 18 3 classes/\$48

Monday Lynn **NEW 3 – 4 PM**

Mar 2 – Mar 30 5 classes/\$80

Apr 6 – Apr 27 4 classes/\$64

May 4 – May 18 3 classes/\$48

Tuesday Maggie **7:30 – 8:30 AM**

Mar 3 – Mar 31 5 classes/\$80

Apr 7 – Apr 28 4 classes/\$64

May 5 – May 26 4 classes/\$64

Wednesday Lola **2 - 3 PM**

Mar 4 – Mar 25 4 classes/\$64

Apr 1 – Apr 29 5 classes/\$80

May 6 – May 27 4 classes/\$64

Thursday Maggie **7:30 – 8:30 AM**

Mar 5 – Mar 26 4 classes/\$64

Apr 2 – Apr 30 5 classes/\$80

May 7 – May 28 4 classes/\$64

Friday Lola **1 - 2 PM**

Mar 6 – Mar 27 4 classes/\$64

Apr 3 – Apr 24 4 classes/\$64

May 1 – May 29 5 classes/\$80

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 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

Mar 2 – Mar 30 5 classes/\$35

Apr 6 – Apr 27 4 classes/\$28

May 4 – May 18 3 classes/\$21

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

Mar 4 – Mar 25 4 classes/\$28

Apr 1 – Apr 29 5 classes/\$35

May 6 – May 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 barefoot or in socks.

Thursday 6:30 – 7:15 PM

Apr 2 – Apr 30 5 classes/\$40

May 7 – May 28 4 classes/\$32

Golf Conditioning Lisa Chavis

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!

Tuesday 2:45 - 3:30 PM

Mar 3 – Mar 31 5 classes/\$35



Fitness Open Hours

Pre-requisite: Equipment Orientation/Refresher.

Self-supervised. Exchange BTSS ID for Open Hours ID 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 (90 minute) 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

Land Fitness



Barre Balance

Donna

Standing class using the barre for balance and gentle strength training. May also incorporate some basic ballet moves at the barre. Intermediate level. Please bring a mat to class.

Monday 12:45 – 1:30 PM

Mar 2 – Mar 30 5 classes/\$35

Apr 6 – Apr 27 4 classes/\$28

May 4 – May 18 3 classes/\$21

Wednesday 12:45 – 1:30 PM

Mar 4 – Mar 25 4 classes/\$28

Apr 1 – Apr 29 5 classes/\$35

May 6 – May 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. Participants must pass Level 1 to participate in Level 2. Advanced moves for balance & stretching will be incorporated into Level 2. Seated & standing.

Tuesday 1:45 – 2:30 PM

Mar 3 – Mar 31 5 classes/\$35

Apr 7 – Apr 28 4 classes/\$28

May 5 – May 26 4 classes/\$28

Thursday Level 2 1:45 – 2:30 PM

Mar 5 – Mar 26 4 classes/\$28

Apr 2 – Apr 30 5 classes/\$35

May 7 – May 28 4 classes/\$28

Mindful Movement Pilates

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.

Tuesday NEW 4 – 5 PM

Mar 3 – Mar 31 5 classes/\$40

Apr 7 – Apr 28 4 classes/\$32

May 5 – May 26 4 classes/\$32

Friday 10:15 – 11:15 AM

Mar 6 – Mar 27 4 classes/\$32

Apr 3 – Apr 24 4 classes/\$32

May 1 – May 29 5 classes/\$40



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

Mar 2 – Mar 30 5 classes/\$35

Apr 6 – Apr 27 4 classes/\$28

May 4 – May 18 3 classes/\$21

Thursday 5 – 6 PM

Mar 5 – Mar 26 4 classes/\$28

Apr 2 – Apr 30 5 classes/\$35

May 7 – May 28 4 classes/\$28

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 and water bottle.

Wednesday 8:30 – 9:30 AM

Mar 4 – Mar 25 4 classes/\$28

Apr 1 – Apr 29 5 classes/\$35

May 6 – May 27 4 classes/\$28

Friday 9 – 10 AM

Mar 6 – Mar 27 4 classes/\$28

Apr 3 – Apr 24 4 classes/\$28

May 1 – May 29 5 classes/\$35



Stretch Break

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.

Wednesday 7:45 – 8:15 AM

Mar 4 – Mar 25 4 classes/\$20

Apr 1 – Apr 29 5 classes/\$25

May 6 – May 27 4 classes/\$20

Tai Chi Chuan

Han

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

Beginning

Wednesday 9:40 – 10:25 AM

Feb 19 – Mar 25 6 classes/\$48

Apr 1 – May 20 8 classes/\$64

Continuing

Wednesday 10:30 – 11:15 AM

Feb 19 – Mar 25 6 classes/\$48

Apr 1 – May 20 8 classes/\$64

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 and clean up.

Tuesday (drop in) 5:30 – 7 PM

Thursday (drop in) 2:45 – 4:30 PM

Saturday (reservation) 12 – 1:30 PM (no 5/23)

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

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



Yoga

Blended Yoga **NEW**

Jan
This class is a blend of postures for all levels including 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 and towel.

Tuesday 11:30-12:30 PM
Mar 3 – Mar 31 5 classes/\$35
Apr 7 - Apr 28 4 classes/\$28
May 5 - May 26 4 classes/\$28

Thursday 11:30-12:30 PM
Mar 5 – Mar 26 4 classes/\$28
Apr 2 – Apr 30 5 classes/\$35
May 7 – May 28 4 classes/\$28



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
Mar 5 – Mar 26 4 classes/\$28
Apr 2 – Apr 30 5 classes/\$35
May 7 – May 28 4 classes/\$28

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 and back. Bring yoga mat.

Tuesday 10:15-11:15 AM
Mar 3 – Mar 31 5 classes/\$35
Apr 7 - Apr 28 4 classes/\$28
May 5 - May 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
Mar 6 – Mar 27 4 classes/\$28
Apr 3 - Apr 24 4 classes/\$28
May 1 - May 29 5 classes/\$35

Yoga for Well-Being Karen L.

Gentle sequence focused on linking breath with movement. Gain strength, flexibility & balance with seated, standing & transitioning to the mat. Meditations at both the start and end of class. Bring yoga mat, blanket, pillow, and wear layered clothing.

Saturday 8:30-9:30 AM
Mar 7 – Mar 28 4 classes/\$28
Apr 4 – Apr 25 4 classes/\$28
May 2 – May 30 (no 5/23) 4 classes/\$28

Chair Yoga Donna/ Karen L
See description under Seated Yoga (p.7)

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.bloomfieldtp.org/Government/Services/Senior-Services/Support-BTSS.aspx>

Orders will be collected over the Winter & Spring. Installation will occur Summer 2020.

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

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

Thank you volunteers! 1,000 hours in November – January, 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.



Wild Women of Detroit Detroit History Tours

Wednesday, May 6 11 AM – 4 PM

You loved Felonies & Misdemeanors! Jump on board the Detroit History Tours 3-hour bus tour with Bailey as your guide, and learn about the Wild Women of Detroit! From Madame Cadillac to Motown greats, murderers, cults to saints and so much more. We'll talk Civil War spies and prohibition smuggling. You will learn the verdict of the first all-female jury in Michigan and the story of a woman known as "Rocking Chair". Back by popular demand-trips will be added as interest rises. Meal included. Lunch from Avalon Bakery, served at The Biscuit Bar in the Fisher Building. **Fee: \$70**

Special thanks to our Winter Sponsors

American House Senior Living
Baldwin House
First & Main
Sunrise Senior Living

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.bloomfieldtwp.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 and return to the Center on the BTSS bus.



Trip Schedule

2/14 Debussy & Ravel	p 12
2/28 Broadway to Hollywood DSO	p 12
3/5 Thursday at the Museum DIA	p 13
3/6 Andre Watts Plays Beethoven DSO	p 12
3/11 Federal Reserve Bank – Detroit	p 11
3/12 Roadsigns - Purple Rose Theatre	p 13
3/25 John King Used & Rare Books	p 11
3/27 Music & Magic – Grandinetti DSO	p 12
3/31 Belle Isle Nature Center-Birds	p 11
4/2 Travel Talk	p 13
4/7 National Weather Station	p 11
4/23 Last Ship Detroit Opera House	p 13
4/24 Strauss & Mozart DSO	p 12
5/6 Wild Women – Detroit Hist Tours	p 10
5/8 Mozart & Prokofiev DSO	p 12
5/9 Carol King Fisher Theater	p 13
5/15 Prohibition DSO	p 12
5/20 Detroit Historical Museum	p 11
5/29 Stravinsky & Bartok DSO	p 12
6/9 Packard Proving Grounds	p 11
6/10 "Fancy" Meadow Brook	p 13
6/12 Summer Blockbusters DSO	p 12
6/17 Bizarre Tour - Detroit Hist Tours	p 10
6/18 Chocolate Factory Tour	p 11
8/20 Detroit Princess Cruise	p 13

Travel Talk Email List

Please join our Travel Talk email list to receive notice of trip ideas and offer feedback to enhance our programs. Call to register; no fee. Learn of developing trips before the newsletter is released!

Be sure to join the waitlist for sold out trips. By showing your interest we are sometimes able to add more dates and tickets for popular trips. Waitlisted travelers will be called first for the opportunity to register for added trips. If enough interest develops, so will the trip!

We ran the Felonies & Misdemeanors trip 3 times last summer!

Wild Women of Detroit - Detroit History Tours

Wednesday, May 6

11 AM – 4 PM

You loved Felonies & Misdemeanors! Jump on board the Detroit History Tours with Bailey as your guide and learn about the 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. Join Detroit History Tours for a 3-hour bus tour (including lunch from Avalon Bakery,) and learn of some of these amazing stories. From Madame Cadillac to Motown greats, murderers, cults, saints and so much more. We'll talk Civil War spies and prohibition smuggling. You will learn the verdict of the first all-female jury in Michigan and the story of a woman known as "Rocking Chair". Back by popular demand trips like the Felonies trip last summer will be added as interest rises. Meal included. Lunch from Avalon Bakery, served at The Biscuit Bar in the Fisher Building.

Fee: \$70



The Bizarre Tour - Detroit History Tours

Wednesday, June 17

9 AM – 4 PM

Back by popular demand, more DHT trips will be added as interest rises. Think you know everything Detroit has to offer? Or are you looking to venture off the beaten path? Join the Bizarre Detroit bus tour and learn the secret places, back alleys, crazy sports, and true oddities that are only found here. You'll learn about feuding brothers, werewolves, dive bars, cities inside of cities, and what's buried deep beneath Motown. There will be a little of everything and a lot of fun as we traverse some of the 142.87 square miles that make up Detroit. Grab a friend and your sense of adventure and hop on the bus with Bailey as your guide as we prepare to explore Bizarre Detroit! Meal on your own, Supino's Pizzeria, Detroit.

Fee: \$ 54

BTSS Survey 2020

Is your BTSS profile email up to date? We would like to hear from you during our Survey 2020. See page 2 for details.



Tour

Federal Reserve Bank Tour - Detroit Branch

Wednesday, March 11

11 AM – 3:30 PM

Did you know that the average lifespan of a \$1 bill is 18-22 months and that a \$100 dollar bill lasts 10 years? Where do old bills go? To the Federal Reserve Bank for shredding and storing. Don't miss this very popular tour of the Federal Reserve Bank. Our visit will include a discussion of the Federal Reserve System and will end with a 90-minute tour that includes 30 minutes of standing and 1/5 of a mile of walking. Wear comfortable shoes. Meal on your own; Polonia Restaurant, Hamtramck. **Fee: \$27**

John King Used & Rare Books - Detroit

Wednesday, March 25

11:15 AM – 4:30 PM

Enjoy lunch at The Apparatus Room inside the Detroit Foundation Hotel (12PM -1:30 PM) before touring and shopping (2:00PM -3:45PM) at John King Used and Rare Books - Michigan's Largest Bookstore - over 750,000 books! Since 1965, John K. King Books has been built upon in-person service. While the store books are not on a database or listed online, if you are looking for something in particular, you need only inquire. Meal on your own; The Apparatus Room, Inside the Detroit Foundation Hotel, Detroit. **Fee: \$25**

Belle Isle Nature Center; Lifelong Learners - BIRDS

Tuesday, March 31

10:15 AM – 3:15 PM

BTSS has partnered with the Belle Isle Nature Center (part of the Detroit Zoological Society) on its pilot program in a series that is geared towards our group. The Belle Isle Nature Center is located on the beautiful Belle Isle State Park, which offers the perfect location for educational, environmental and natural experiences in the metro Detroit area. Visitors are able to get an up-close view of Michigan wildlife; a bird observation window allows guests to watch native and migratory birds as they feed from natural and supplemental food sources. The Deer Encounter allows guests the opportunity to observe the fallow deer while learning about their history with Belle Isle. Increase your environmental awareness regarding conservation, water quality, protection and preserving nature. David Anthony, Education Specialist will be our guide. Meal on your own; City Kitchen, Grosse Pointe. **Fee: \$ 22**

National Weather Station - White Lake MI

Tuesday, April 7

10:45 AM – 3:15 PM

The National Weather Station in White Lake Michigan has played a key role in protecting American lives and properties for over a century. The timely provision of reliable weather, water, climate, and environmental information has supported the Nation's social and economic development. NWS offices in communities across the United States and its territories, supported by regional and national centers, provide the authoritative information needed to plan, prepare, mitigate, and respond to natural and human-caused events. Meal on your own; Highland House, Highland. **Fee: \$27**

Memories & Moments Tour - Detroit Historical Museum

Wednesday, May 20

11:15 AM – 4:15 PM

Experience 300 years of Detroit history on this docent-led 90-minute tour. You will visit the *Frontiers to Factories: Detroit at Work: 1701-1901, America's Motor City* and *Streets of Old Detroit* exhibits. Explore the role of the city during World War II in the *Detroit: The "Arsenal of Democracy"* exhibit and view artifacts in the *Allesee Gallery of Culture* – showcasing the iconic people, places and moments of Detroit in the 20th century. Meal on your own; Chartreuse Kitchen & Cocktails, Detroit. **Fee: \$32**

Packard Proving Grounds

Tuesday, June 9

11 AM – 3 PM

Rich automotive history! Established in 1927, this unique site hosts multiple Albert Kahn and William E. Kapp's stunning architecture located on 17 acres. Docent led-tour. Walking and standing for up to an hour. Wear comfortable shoes. Note: for a preview, Mr. Roger Luksik, VP, will be speaking at BTSS on Thursday, May 28; please join us (see p 17). Lunch included on trip, box lunch provided by Kristina's Catering. **Fee: \$47**

Chocolate Factory Tour - Sanders/Morley

Thursday, June 18

11 AM – 4 PM

The tradition continues! Today the Morley Chocolate Factory is home to the World Famous Sanders brand. Learn about the story of chocolate, how these iconic companies started in Detroit, and then taste some free samples and go shopping in the gift shop. Doesn't everyone have a Sanders Sundae story to share? Meal on your own; Coopers Hawk Winery & Restaurant, Clinton Township. **Fee: \$ 29**



ALL DSO COFFEE SERIES EVENTS INCLUDE: Complimentary Coffee and Donuts

Debussy and Ravel

Friday, February 14 9:15 AM – 3:30 PM

It's a pairing as natural as wine and cheese: contemporaries Claude Debussy and Maurice Ravel. In this program Debussy's *La Mer* demonstrates that the Impressionist movement was not limited to paintings; his soft musical brushstrokes create sketches of the sea. Meanwhile, Ravel's popular "*Left Hand*" Concerto—written for a World War I veteran who lost his right arm—shows off its moody, jazz-inspired rhythm and harmonies. A great way to spend Valentine's Day! Meal on your own; Jim Brady's, Royal Oak.

Fee: \$49

From Broadway to Hollywood

Friday, February 28 9:15 AM – 3:30 PM

Musicals like *West Side Story*, *Chicago*, *The Sound of Music*, *Les Miserables*, and more became hits both on Broadway and in Hollywood. Enjoy a program of music that has thrilled audiences of the stage and screen, including beloved songs like "My Favorite Things", "I Dreamed A Dream," and "All That Jazz". Meal on your own; The Dakota Inn Rathskellar, Detroit.

Fee: \$71

Classical Roots - Andre Watts Plays Beethoven

Friday, March 6 9:15 AM – 3:30 PM

Megawatt pianist Andre Watts takes the stage for the DSO's annual celebration of African-American contributions to classical music, conducted by former resident conductor Thomas Wilkins. Meal on your own; Bigalora, Royal Oak.

Fee: \$49

Music and Magic: Michael Grandinetti

Friday, March 27 9:15 AM – 3:30 PM

Michael Grandinetti, star of TV's *Masters of Illusion* and one of today's leading pioneers of live magic, combines his art of illusion with the DSO's magical melodies, including music from *Harry Potter*, Mussorgsky's *Night on Bald Mountain*, and Stravinsky's *The Firebird*. Get ready to be on the edge of your seat, but don't worry: only one lucky audience member will be cut in half! Meal on your own; Harry's Detroit, Detroit.

Fee: \$71

Strauss Waltzes and Mozart Piano Concerto No.21

Friday, April 24 9:15 AM – 3:30 PM

Conductor Fabian Gabel, well known for his Hollywood movie scores, leads J. Strauss' *Emperor Waltzes*—a hallmark of the genre the Strauss family helped spread across Europe and Korngold's *Sinfonietta*. Written in a fever of productivity at the height of the composer's career, Mozart's *Piano Concerto No. 21* exudes the richness and majesty of Mozart at his best. Alexandra Dariescu is a solo pianist, born in Iasi, Romania in 1985; her musical debut was at the age of nine. Meal on your own; TBD.

Fee: \$49



Mozart and Prokofiev

Friday, May 8 9:15 AM – 3:30 PM

Four of Mozart's five violin concertos, including the fourth, were written when the composer was a mere 19 years old. Closely resembling Baroque pieces, they preceded the composer's mature style heard in his later concertos for the piano. Karen Gomyo, a violinist "of rare musical command, vitality, brilliance, and intensity" (*Chicago Tribune*), returns by popular demand to perform this bright gem of Mozart's. Prokofiev lifted elements of his own ballet *The Prodigal Son* for use in his *Fourth Symphony*; a sense of the Son's restlessness can be felt in its finale. Meal on your own; TBD.

Fee: \$49

Prohibition: Moulin Rouge to Boardwalk Empire

Friday, May 15 9:15 AM – 3:30 PM

Time travel through the dark cabarets and speakeasies of New York, Paris, Berlin, London, Chicago, and Atlantic City. The show features vintage imagery and video, *Prohibition* lets audience members experience the 1920s in all its decadence, with music from Irving Berlin, Edith Piaf, Josephine Baker, and more. Jeff Tyzik is the conductor. Meal on your own; TBD.

Fee: \$71

Slatkin Conducts Stravinsky and Bartok

Friday, May 29 9:15 AM – 3:30 PM

Music Director Laureate Leonard Slatkin leads the DSO through a program of three favorites beginning with Stravinsky's *Symphonies of Wind Instruments*. Penning the piece as a tribute to the late Claude Debussy, Stravinsky once remarked, "The musicians of my generation and I myself owe the most to Debussy." Program: Stravinsky – *Symphonies of Wind Instruments*; Bartok – *Music for Strings, Percussion and Celesta*; Brahms – *Concerto for Piano No. 1*. Meal on your own; TBD.

Fee: \$49

Summer Blockbusters

Friday, June 12 9:15 AM – 3:30 PM

Large budgets, epic storylines, and record crowds. The arrival of summer brings with it blockbuster movies that capture everyone's attention, and turn film composers such as John Williams, James Horner, and Hans Zimmer into household names. Enter the summer with the best music from some of the top-grossing summer movies of all time, including *Aladdin*, *Gladiator*, and *Raiders of the Lost Ark*. Conductor: Damon Gupton. Meal on your own, TBD.

Fee: \$71



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Theatre

ROADSIGNS - Purple Rose Theatre Company

Thursday, March 12

11 – 6:15 PM

A World Premiere by Jeff Daniels, directed by Guy Sanville.

You will not want to miss this! Everyone will be talking about Chelsea's own Jeff Daniel's new play. *ROADSIGNS* is a beautiful, lyrical, new play by Jeff Daniels. The play follows Lance, a young poet, as he embarks on a journey to find the way to himself. This nostalgic tale is filled with rich characters who dwell on the outskirts of life, each following a dream or hoping to bump into one. Original music by Jeff Daniels & Ben Daniels. Contains adult language and content. Joint trip with SOAR. Meal on your own; Common Grill, Chelsea. **Fee: \$59**

The Last Ship - Detroit Opera House

Thursday, April 23

10 AM – 5:15 PM

Karl Sydow presents STING Starring in *THE LAST SHIP-The Musical*. Sting stars as "Jackie White". *THE LAST SHIP* is inspired by Sting's 1991 album "The Soul Cages" and his own childhood experiences, it tells the story of a community amid the demise of the shipbuilding industry in Tyne and Wear, with the closure of the Swan Hunter shipyard. When a sailor named Gideon Fletcher returns home after seventeen years at sea, tensions between past and future flare in both his family and town. The local shipyard, around which the community has always revolved, is closing and no one knows what will come next, only that a half-built ship towers over the terraces. With the engine fired and pistons in motion, picket lines are drawn as foreman Jackie White and his wife Peggy fight to hold their community together in the face of the gathering storm. This personal, political and passionate new musical from Grammy Award winner Sting, is an epic account of a family, a community and a great act of defiance. Brunch on your own; 11 -12 PM, Cadillac Café. **The deadline to purchase tickets is Friday, March 20. Fee: \$96.50**

Beautiful: The Carole King Musical - Fisher Theatre

Saturday, May 9

10:15 AM – 5:45 PM

What a great way to spend Mother's Day weekend! Take a special person to this wonderful musical and brunch. Start with Brunch at O'Mara's restaurant, enjoy the fresh and authentic food and the pleasant ambiance, then off to Detroit's Fisher Theatre for a matinee and lose yourself in the Tony winning *Beautiful* on its national tour. Tracing the career of Carole King, and endorsed by the beloved Grammy winner herself, *Beautiful* was the feel-good Broadway hit of 2014, scoring two Tony Awards. Described by The New York Times as "A complex, revitalizing portrait of the real, conflicted person within the reluctant star", *Beautiful: The Carole King Musical* is an inspiring story about the rocky road to superstardom! Featuring songs from her back catalogue, as a solo artist and co-writer, *Beautiful* revisits "Uptown," "(You Make Me Feel Like) A Natural Woman," "You've Lost That Lovin' Feeling" and "You've Got a Friend" amongst many more. Meal on your own; O'Mara's Restaurant, Berkley. **The deadline to purchase tickets is April 8. Fee: \$110.50**

Fancy- A New Country Musical, Meadow Brook Theatre

Wednesday June 10

11 AM – 5:15 PM

Inspired by Reba McEntire's hit recording, *Fancy* is the story of a young girl turned out of her mother's house with nothing but her guitar and the clothes on her back who rises to superstardom in the world of country music. But at what cost? Featuring a glorious score of chart-topping, crossover hits including "Mama, He's Crazy", "Before He Cheats", "I walk the Line and many more. Meal on your own at Bravo Cucina Italiana, Rochester. **The deadline to purchase tickets is May 8th. Fee: \$ 62**

Detroit Institute of Art- Thursday at the Museum

Thursday, Mar 5 12 PM – 3:45 PM

Enjoy the Detroit Institute of Art as a welcomed guest and tour featured exhibitions at this world class museum. Docent-led tour and Exhibition: *Michigan's Great Lakes: Photographs by Jeff Gaydash*. Special to our group, an informal "Meet the Artist" is a highlight of this trip. Also see one of the museum's most iconic paintings, *Bruegel's "The Wedding Dance"*. This painting was a source of inspiration for Diego Rivera when he was in Detroit executing his *Detroit Industry* murals. Cookie, tea and coffee reception included. Joint trip with SOAR. **Fee: \$10**



TRAVEL TALK with the new Trip Coordinator

Thursday, April 2

10-11:30 AM

Meet Jane Marcinkowski and help with planning exciting trips for 2020! Enter a raffle to win a free trip! Please pre-register.

SAVE THE DATE!!! CRUISE, CRUISE, CRUISE.....

Thursday, August 20 Come take a relaxing cruise on the Detroit Princess Riverboat. Get a taste of Detroit while cruising on the Princess and enjoy a Lunch Buffet and Live Motown Entertainment. Registration will start May 5th, so hold the date and enjoy a boat cruise in August. More details in the next edition of the Newsletter.

BTSS Survey 2020

Is your BTSS profile email up to date?

We would like to hear from you during our Survey 2020.

See page 2 for details.

Enrichment

All participants must scan in, 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 **Jean Campbell, Recreation Coordinator, 248-723-3500.**

Calendars are available in the Center and online.

2/11 Detroit Crime	p 15
2/13 Stem Cells	p 16
2/17 Dahlias	p 16
2/19 BC - Intelligence in Warfare	p 14
2/20 Pop Up BTPL	p 15
2/21 MI Military	p 17
2/26 BTPD Talk & Coffee	p 15
2/27 Jesuits	p 17
2/28 Space Program	p 16
3/2 DIA - Let Me Tell You a Story	p 14
3/3 BTPL - Taming Technology	p 15
3/4 Lake Michigan Mermaid	p 15
3/5 BTPD Coffee & Talk	p 15
3/10 Starting Point	p 1
3/10 BTPL Pop Up	p 15
3/10 My Life with Bud	p 15
3/12 Superheroes and Theology	p 17
3/16 Travelogue to Yemen	p 15
3/18 BC - J Cohassy Hemingway	p 14
3/19 Fabrics in Our Lives	p 14
3/20 Numbers in the News	p 15
3/25 Ste. Anne de Detroit	p 17
3/26 True Crime Michigan	p 15
3/30 F. L. Wright Affleck House	p 17
4/1 Palmer Park	p 17
4/3 Michigan Haunted	p 15
4/6 Lake Orion History	p 17
4/7 BTPL - Taming Technology	p 15
4/9 Adventures in Antarctica	p 17
4/14 U of M Milky Way	p 16
4/14 BTPL Pop Up	p 15
4/15 BC - Watergate Prof. Zellar	p 14
4/16 Abernathy Brothers	p 17
4/21 Innovations of Kahn	p 17
4/22 BTPL - Recipes of Learning	p 15
4/23 Native Birds	p 16
4/27 Evolution of Football	p 17
4/29 Vintage Paper Flowers	p 14
4/30 Frank Sinatra Part 1	p 17
5/1 WSU Stem Cell Biology	p 16
5/4 Frank Sinatra Part 2	p 17
5/6 Hollywood Hunks	p 17
5/7 Botanicals: Intimate Portraits	p 15
5/8 Henry VIII	p 17
5/12 Historic Grosse Ile	p 17
5/12 BTPL Pop Up	p 15
5/13 BTPD Current Trends	p 15
5/14 Magnificent Monarchs	p 16
5/18 Battle of the Somme	p 17
5/20 BC - Mystery at the Museum	p 14
5/28 Packard Car Foundation	p 17

BC designates Breakfast Club event.

Clubs and 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

Feb 19 *Intelligence in Warfare;*

Prof. Bruce Zeller, OU

Mar 18 *Hemingway in Northern MI;*

John Cohassy, Author

Apr 15 *Watergate; Prof. Bruce Zeller, OU*

May 20 *Mystery at the Museum; DIA*

Music

BTSS Jazz Combo Band

Join the BTSS Swing Band. Looking for brass, reeds & rhythm players, able 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 2/25. \$

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 2/22, 5/23.

Saturdays 11 - 1 PM

Band Duet

Interested in becoming part of a new musical group? Come practice, play fun music and enjoy camaraderie. No 2/25. \$

Tuesdays 1:30 - 3 PM

Art and Crafts

Chicks with Sticks

Facilitator: Chris Muir

Join a friendly group that knits and crochets for infants, foster-care teens & chemotherapy patients – gifts from the heart. At-home knitters needed, too! Need new or "like new" yarn donations. No 5/25.

Mondays 1 - 3 PM

Gems and Friends

Facilitator: Martha McGee

Enjoy creating fun jewelry and art with informal instruction, equipment and supplies available. Donations appreciated. Drop-ins welcome!

Tuesdays/Thursdays 1 - 4 PM

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. Thank you to all who have supported, either by purchasing cards or contributing supplies!

Thursday, May 21 1:30- 4:30 PM

DIA: Let Me Tell You a Story

Making meaning of the world around us is a basic behavior. Most cultures throughout time have used art to teach essential beliefs and understandings. Explore ways visual artists get inspiration for their work. \$

Monday, Mar 2 10:30 - 11:30 AM

The Fabrics in Our Lives

Barbara Altwerger, Design Professor

Textiles are the most ubiquitous, diverse and consistently creative art form on the planet. Explore samples with detailed explanations. \$

Thursday, Mar 19 10:30 AM - 12 PM

Vintage Book Paper Flowers

Facilitator: Laura Wooton

Create beautiful, meaningful Origami Kusudma flowers out of pages from books; cutting, gluing, or drawing on the paper is avoided. Learn to fold to desired results. Paper will be provided or you may bring you own. Look forward to making a future of paper memories!

Wednesday 10:30 AM – 11:30 AM

April 29 1 class/\$8

Books and Authors

The Detroit Crime Chronicles

Scott M. Burnstein is a professional crime writer bringing rich history of criminal activity in the Motor City. Discover declassified information on the Mafia mobsters, drug kingpins, unsolved crimes; "Ernie the Greek", and more! Sponsored by Baldwin House. \$

Tuesday, Feb 11 10:30-11:30 AM

The Lake Michigan Mermaid

Linda Nemecek, Author

A *tail* that brings to life an ancient myth in poems, accompanied by haunting illustrations. In a Lake MI cottage, a young girl spots a creature in the water, thus begins a telepathic conversation of friendship and the life-giving power of water. Sponsored by Baldwin House. \$

Wednesday, Mar 4 10:30-11:30AM

My Life with Bud

Ruth Ann Zeigler, Author

Memoirs of a true love story of marriage and the struggle with Parkinson's. Ruth is a longtime patron of BTSS, she will share her personal story of their challenges. \$

Tuesday, Mar 10 10:30-11:30 AM

Travelogue to Yemen

Rufus Mc Gaugh, Author

He writes unpretentiously, comically, informatively about the adventures he experiences on his journeys. View photos taken in the course of his trips. Book sales & signing. \$

Monday, Mar 16 10:30-11:30AM

True Crime Michigan

Tobin T. Buhnck, History Crime Writer MI's notorious crimes documented by the author. Delve into Jimmy Hoffa's disappearance, the Bath School Massacre, the Purple Gang of Detroit and many more. Sponsored by Samaritas. \$

Thursday, Mar 26 10:30-11:30 AM

Michigan Haunted

MI travel chroniclers and authors Jon Milan & Gail Offen take us to "the other side", exploring hauntings, ghost towns and bizarre tales of murder and mayhem. Experience this fascinating event. Book sales and signing. \$

Friday, Apr 3 10:30-11:30 AM

Botanicals: Intimate Portraits

Author Laurie Tennent is an artist and photojournalist. Her photo art captures nature's colors leaving lasting images in your mind. Book sales and signing. \$

Thursday, May 7 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

Mar 6 *Love and Ruin*, McClain

Apr 3 *Still Alice*, Genova

BTPL Public Library

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

BTPL Pop Up

Librarian Marcia Preston

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

Thursday, Feb 20 3 - 4:30 PM

Tuesday 10 AM - 11 AM

Mar 10, Apr 14, May 12

BTPL Taming Technology

Facilitator: Drew Heuser

Empower yourself! Get technology questions answered about ebooks, audiobooks, smartphones, and more.

Tuesday 10:30 - 11:30 AM

Mar 3, Apr 7

BTPL Recipes for Learning

Facilitator: Bala Cramer

Diets, discriminating tastes; we can help you find recipes to suit your mood. Discover a variety of cookbooks available. Start cooking! Please pre-register.

Wednesday, Apr 22 2 PM - 3 PM

Economics

Numbers in the News

Dr. J. Seiler, OCC Professor of Economics; C. Campbell, Student Educator

Explore the current economic outlook, including past and future trends and how they affect you. Q & A welcomed. \$

Friday, Mar 20 10:30-11:30 AM

Public Safety

BTPD Township Talk & Coffee

Officer Kelly Marthen,

Community Relations Officer.

Join BTPD Chief of Police, Phil Langmeyer, and Fire Chief, Mike Morin to explore services and support that make your community secure and informed.

Complimentary, for BT residents.

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

Thursday, Mar 5 10:30 - 11:30 AM



BTPD Current Trends

Officer Nick Soley,

Community Relations Officer

Join this informal conversation with questions, answers and recent trends. All are welcome. Drop in.

Complimentary, for BT residents.

Wednesday, May 13 10:30 - 11:30 AM

Brain Health



MIND University Overview

Lynn Breuer & Mary Martella

Our choices can increase brain neuroplasticity and overall cognitive wellness. Attendees may choose a complimentary 1-on-1 assessment to see if this wellness program will be beneficial.

Pre-registration required. No fee.

Friday, Mar 6 10 - 12 PM

Assessment Appointments

1-on-1 appointment with MU at BTSS.

Prerequisite: MU Overview.

Pre-registration required. No fee.

Tuesday, Mar 10 9 - 1 PM

Thursday, Mar 12 12 - 5 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.

Tuesday & Thursday 10 - 11 AM

Mar 24 - Jun 18 24 Classes/\$240

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. *No class 4/24, 5/22, 7/3.*

Fridays 9:30 – 11:30 AM

Mar 6 - May 1 (no 4/24) **8 classes/\$120**

May 8 - July 10 (no 5/22, 7/3) **8 classes /\$120**

Intermediate/Advanced

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

Wednesdays 12:30 – 2:30 PM

Mar 4 - Apr 22 8 classes/\$120

Apr 29 - Jun 17 8 classes/\$120

Mah-Jongg Basics Class

Sharon Houghtby
\$10.00 fee to instructor for the courtesy purchase of playing cards. Students will be able to play, name the tiles, create hands and play according to National Mah-jongg rules. Strategy and playing for money are not included.

Tuesdays 10:30 AM-12:30 PM

May 5, 12 19, 26 June 2 - Independent play w/ instructor available. 5 classes / \$20

AAA Mature Driver Course

Interactive classroom 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**

Wednesday, Apr 22 10 AM - 2 PM

Nature & Science

Delightful Dahlias

Join BTSS patrons Don Reinhard & Lionel Robbins of the Southeastern MI Dahlia Society on adding a little color in your life. Come enjoy amazing color images to inspire and inform. \$

Monday, Feb 17 10:30 - 11:30 AM

The Space Program

Clifford Marko

In 1958 NASA took to the skies leading the nation's explorations of space. Today, researchers continue to explore the vast unknown. \$

Friday, Feb 28 10:30 - 11:30 AM

U of M: Leaving the Milky Way

J. Sherk, K. Moo, A. Lang and A. Gardner
The Department of Astrophysics, Astronomy, Science & Engineering will share data and images of Voyager I & II traveling to the far reaches of our solar system. Explore what awaits as they escape the confines of our galaxy. \$

Tuesday, Apr 14 10:30-11:30 AM

Celebrate Native Birds

David Anthony, Detroit Zoological Society & Belle Isle Nature Center
Nature's music to our ears and a vital connection to our natural world. Explore their beauty, unknown facts about necessity and their positive impact on our lives. \$

Thursday, Apr 23 10:30-11:30 AM

WSU Stem Cell Biology

Dr. J. Roche, Physiotherapist, Regenerative Muscle Biologist
Returning with more intriguing scientific facts. Discuss the latest findings in this ever-evolving, innovative science. \$

Friday, May 1 10:30 AM - 12 PM



Magnificent Monarchs

Natalie Cypher, DNR Educator
Like flowers in the air arriving just in time for warm weather. MI habitats must support native plants in order to preserve the species, their incredible transformation and migration. Inspired by BTSS butterflies! \$

Thursday, May 14 10:30-11:30 AM

Drop-In Games	Day/Subject to Change	Time	Cost
Billiards (Pool) Group Play: All levels welcome Call for availability. Solo one on one . No 5/23,	T/W/TH Wednesday Saturday	1 - 4 PM 4 - 7 PM 11 - 1 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Duplicate Bridge No 5/25 Intermediate Walk in.	Mondays	12:30 - 3:30 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Duplicate Bridge No 5/25 Maximum 7 tables/arrive 12:15 for table assignments	Mondays/Fridays	12:30 - 4 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Evening Duplicate Bridge B Famili, C. Wood Tables assigned: 2:45 PM; play 3:00 PM. Non-ACBL sanctioned no master points. Bring a partner.	Wednesdays	2:45 - 6 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Euchre & Pinochle Facilitator: J. Carmichael All levels welcome!	Thursdays	11:15 - 1:45 PM	Res \$2/Non-Res \$4 Res \$6 Monthly
Evening Euchre & Pinochle All levels welcome!	Tuesdays	5:30-7:30 PM	Res \$2/Non-Res \$4 Res \$6 Monthly
Mah-Jongg Facilitator: M.A. Williams	Tuesdays/ Thursdays	1 - 4 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Poker Facilitator: A. Rubin. Ladies & gentlemen, enjoy a friendly game.	Wednesdays	12 - 4 PM	Res \$2/Non-Res \$4 Res \$6 Monthly

History

Michigan Military Museum

W. Richardson, Pres. Chris Causley
Hear the legacies of those who served and sacrificed. View images of exhibits with actual equipment, weapons, uniforms & other artifacts that bear witness to the high cost of freedom. \$
Friday, Feb 21 10:30-11:30 AM

Jesuits: MI History

Presented by Brother James Boynton
Active for over 475 years, Jesuits have served as missionaries, scientists, artists, social advocates, and in a host of other ministries. Discover historical facts about their impacts in the Great Lakes Region. \$
Thursday, Feb 27 10:30-11:30 AM

Superheroes and Theology

Dr. G. Stevenson, Professor of Religion & Greek Philosophy
Explore the role of superheroes in American culture and how they often function as vehicles for theological and ethical reflection. \$
Thursday, Mar 12 10:30-11:30 AM

Ste. Anne de Detroit

Karen L. Piper, Volunteer, Docent
Explore this Gothic Revival church, the intriguing events and changes that have taken place in the past 300 years at this Roman Catholic parish. Sponsored by Cedarbrook. \$
Wednesday, Mar 25 10:30 - 11:30 AM

Frank Lloyd Wright Affleck House

Harvey Ferrero, Docent
On The National Registry of Historic Places, recognized by scholars and historians as one of MI's most significant dimensional structures. Today it's an educational resource used by LTU to inspire new generations of architects. \$
Monday, Mar 30 10:30-11:30 AM

Palmer Park

Rochelle Lento, People for Palmer Park President
Explore the parks rich history in Detroit's Historic District. Initially created by U.S. Senator T. Witherell Palmer and donated in 1893 for future generations to enjoy. \$
Wednesday, Apr 1 10:30 - 11:30 AM

Historical Lake Orion M. LaLone, Executive Dir., OC Main Street America
Explore native tribes, settlers, original railroads and folklore about this quaint, historic lakeside community once coined "The Paris of Detroit". \$
Monday, Apr 6 10:30-11:30 AM

The Abernathy Brothers

Fred Colgren, Gilmore Car Museum
The story of Bud and Temple Abernathy, 6 and 10 yrs. of age traveling from Frederick, Oklahoma, to New York City on horseback, then back by automobile, all by themselves. A geographical journey of courage and commitment. Includes live music of the era. \$
Thursday, Apr 16 10:30-11:30 AM

Innovations of Kahn

Heidi Pfannes, Archivist
Explore the past, present and future influence that one man has on our world, revered as the "Architect of Detroit". Celebrate his 125 yr. legacy as it continues to impact the world. Be delighted, inspired and informed. \$
Tuesday, Apr 21 10:30-11:30 AM

Evolution of Football

Jim Craft, Historian
In the 1800's, town football, soccer and rugby eventually came to be, American football. Explore the historic events as the world of football unfolded. \$
Monday, Apr 27 10:30-11:30 AM

Frank Sinatra

Stuart Johnson, Music Historian
Frank was the greatest singer of popular music in the 20th Century. Explore the ups and downs, with music and big screen images. Register for both or just one. \$
Thursday, Apr 30 Part 1 10:30 AM - 12 PM
Monday, May 4 Part 2 10:30 AM - 12 PM

Hollywood Hunks

Pam Craig & Judi Kulchar, American Assoc. of University Woman
Details of behind the scenes escapades and life stories; dreamboats of the 1950's, including Marlon Brando, Tony Curtis, Paul Newman, and more. \$
Wednesday, May 6 10:30-11:30 AM

Henry VIII and His Court

Maureen Esther, History Storyteller
The King of England in 1509 at 18 years of age, determined to be a great king. His character is unveiled in grand portraits and his behavior towards his court and other kings. Sponsored by HAP Health Alliance. \$
Friday, May 8 10 - 11:30 AM

Historic Grosse Ile

Joann Gronlund, Historical Society
Explore over 240 years of history including rare documents, artifacts and irreplaceable treasures. Enhance your understanding of the island's diverse past and its connection to the present. \$
Tuesday, May 12 10:30-11:30 AM

Battle of the Somme

Professor Bruce Zeller, OU Historian
Explore this historic battle fought during WWI when the British Empire and French Third Republic battled for The German Empire in 1916 on the upper reaches of the River Somme in France. \$
Monday, May 18 10:30 - 11:30 AM



The Packard Car Foundation

Roger Luksik, Vice President
Established in 1927, restoration is taking place on the 17 acre campus with buildings designed by Albert Kahn & William E. Kapp. Explore historical events and photos from the massive image library. Enjoy donuts & coffee on behalf of the presenter. (Tour plant on June 9, see p 11 for details.) \$
Thursday, May 28 10:30-11:30 AM

Travel

Adventures in Antarctica

Reid Beyerlein, Avid Traveler
View stunning photographic images, facts about geography, government, culture and wildlife in this adventurous, enthusiastic travel adventure. \$
Thursday, Apr 9 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 3-5 business 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 **Mary Osborne, 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), 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 and socially isolated seniors. 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.

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 **Julie GeBott, Adult Day Services Coordinator, 248-723-3530 or 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

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.

March 18 April 15 May 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. Sponsored by Alzheimer's Association.

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**.

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**.

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.

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.

Live Healthy Oakland

Oakland County has joined the National Association of Counties (NACo) Live Healthy Discount Program to help county residents with healthcare costs.

The Live Healthy Oakland Discount Program provides county enrollees with the opportunity to save money on prescriptions, dental care and health services.

The **prescription drug discount card** is available at no cost. For more information or to register for the prescription discount card, please call **877-321-2652**.

The **dental and health discount cards** are available at a low annual or monthly fee. For more information or to register for the dental or health discount cards, please call **877-573-2395**.

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

March 18 April 15

May 20 June 17

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 information call: **248-858-5402**.

Medicare Basics 101

Tuesday, May 12

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.**

Medicare & Prescription Drug Plans Counseling

3rd Friday

12 - 4 PM

February 21 April 17 May 15

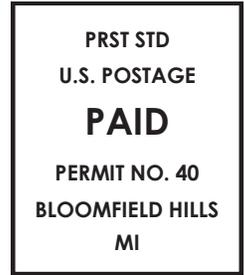
In cooperation with the Area Agency on Aging, we offer counseling to residents on Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor. Call Denise Kolkmeyer to register. **Registration required.**

BTSS Survey 2020

Is your BTSS profile email up to date?

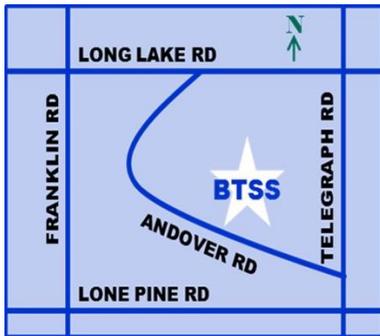
We would like to hear from you during our Survey 2020.

See page 2 for details.



Senior Services
4315 Andover Road
Bloomfield Twp. MI

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



Township Department Forum

Wednesday, February 12

9 AM - 11 AM



Considerable information is available on the Township website:

<https://www.bloomfieldtp.org>

But, sometimes it's nice to ask your questions in person. Join representatives from Bloomfield Township Fire, Police, Clerk's Office, Treasurer's Office, Assessing, Public Works, Engineering & Environmental, Planning, Building & Ordinance, Cable & Community Relations, and Senior Services at the Senior Center. Representatives will be available to answer all your questions and address any concerns.

We'll have coffee and cookies on hand, and we're looking forward to meeting with you!

BTSS Survey 2020

Is your BTSS profile email up to date?

We would like to hear from you during our Survey 2020.

See page 2 for details.

BT Fire Department

What if I need help but it is not a "real" emergency?

The answer is easy....

Our motto is: **When in doubt, call us out.** From assisting a citizen who is uninjured up off the floor to issues involving smoke and carbon monoxide detectors, the Fire Department is available to assist you.

What number do I call for non-emergency help?

The Fire Department **non-emergency** number is **248-433-7745**.

If someone cannot remember this number, dial **9-1-1** and the dispatcher will assist you with the connection.

For more information, go to www.btfdfire.org or **248-433-7745** and call us out.

