



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

Winter 2019-2020



Holiday Craft Sale

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

Proceeds to Supportive Services.

Tuesday, December 10
9:30 - 1:30 PM

Popular items sell out quickly.
Special thanks to Chicks with Sticks, Paper Dolls, Gems and Friends!



Warm up in our beautiful pool this season.

Holiday Performance at BTSS

Monday, December 9 10 - 11 AM

Enjoy some classical holiday music performed by a small group of BHMS 8th grade students lead by teacher Mary Baldwin.

You will be amazed by the quality of their performance! \$

Fitness Spotlight Week

January 2 - 4, 2020

This is your chance to try a new class without a long-term commitment.

Try a featured land or aqua class offered by our highly experienced and certified instructors.

Reduced class rates to help you explore what is possible!

This week long event is open to residents and non-residents.
See page 9 for details. Please pre-register.

Find it on...

Fitness

Pages 3-9

Travel

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Enrichment

Presentations and Clubs

Pages 14-17

Supportive Services

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Starting Point

New Patron Meeting

Page 14

Tree of Life for Meals on Wheels

Nearly 8,000 meals are provided to seniors in the community who are frail and/or isolated. We deliver much more than a meal. It comes with a smiling volunteer and a safety check.

Make the holiday season special by sponsoring meals for seniors who benefit from this wellness service.

Purchase a sponsor card for \$8 a meal and decorate our Tree of Life. Donation cards are available at the Senior Center.

Thank you for your support.

Please call 248-723-3500 for more information.

Mission Statement

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



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.bloomfieldtpw.org/seniors
Christine Tvaroha, Director

Senior Center Hours

Monday-Thursday 7 AM - 8 PM

Friday 7 AM - 6 PM

Saturday 8 AM - 2 PM

Adult Day Service Friendship Club

Monday-Friday 9 AM-4 PM

BTSS will be closed on:

Thursday - Friday, Nov 28-29

Tuesday - Wednesday, Dec 24-25

Wednesday, Jan 1, 2020

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 11/20; non-residents and prorated registrations begin 11/21.
- ⇒ 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

Great food from American House, live rock and roll, sunshine and so many smiling faces! Our Compassion Walk and Anniversary Party was a tremendous success thanks to all who donated, walked, volunteered and danced! The ideas and energy staff dedicated to our largest event ever paid off! Our "friend-raising" lead to attendance of 200+ and fundraising netted over \$3500. The good will and enjoyment was priceless.

It has been an exciting, challenging and rewarding ten years in our center. For many we have become the heart of the community and we look forward to building on that positive reputation.

Christine Tvaroha
ctvaroha@bloomfieldtpw.org



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
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		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	
CHAIR YOGA 11:30	BLENDED YOGA 11:30	TAI CHI- CONT 10:30	BLENDED YOGA 11:30	MINDFUL PILATES 10:15	
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	FOCUS ON BAL 1:45	SMALL GRP PT 1:00	
SMALL GRP PT 3:00	PICKLEBALL 2:45(DEC)	SMALL GRP PT 2:00	PICKLEBALL 2:45	TABLE TENNIS 2:30	Details on pg. 6-9
PILATES S&B 4:15	GOLF COND 2:45(Jan/Dec)	HIIT BURSTS 3:15	PILATES S & B 5:00		
ZUMBA® 5:30	PICKLEBALL 5:30(Jan/Feb)	TABLE TENNIS 4:00	CORE FOUND 6:30	Land	
	MINDFUL PILATES 5:00(DEC) 4:00(Jan/Feb)	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	WATER WALKING 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	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 PM LAP 12:00	AQUA AEROBICS(1) 4:45	40 MIN PM LAP 12	AQUA RESIST 11:45		
WATER WALKING 2:30	AQUA AEROBICS(2) 6:00	WATER WALKING 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 Winter Program Sponsors

Fitness Spotlight Week
January 2-4
 Special pricing on trial classes, details on page 9.



BALDWIN HOUSE



ASSISTED LIVING | MEMORY CARE

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 and balance to challenge the body's core muscles. Improve overall functional strength, balance & coordination.

Thursday 9:15 – 10:15 AM

Dec 5 – Dec 19 3 classes/\$21
Jan 9 – Jan 30 4 classes/\$28
Feb 6 – Feb 27 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

Dec 4 – Dec 18 3 classes/\$24
Jan 8 – Jan 29 4 classes/\$32
Feb 5 – Feb 26 4 classes/\$32

Friday 9:30 – 10:30 AM

Dec 6 – Dec 20 3 classes/\$24
Jan 10 – Jan 31 4 classes/\$32
Feb 7 – Feb 28 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

Dec 3 – Dec 17 3 classes/\$24
Jan 7 – Jan 28 4 classes/\$32
Feb 4 – Feb 25 4 classes/\$32

Thursday 4:45 – 5:45 PM

Dec 5 – Dec 19 3 classes/\$24
Jan 9 – Jan 30 4 classes/\$32
Feb 6 – Feb 27 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

Dec 3 – Dec 17 3 classes/\$24
Jan 7 – Jan 28 4 classes/\$32
Feb 4 – Feb 25 4 classes/\$32

Thursday 6 – 7 PM

Dec 5 – Dec 19 3 classes/\$24
Jan 9 – Jan 30 4 classes/\$32
Feb 6 – Feb 27 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

Dec 3 – Dec 17 3 classes/\$21
Jan 7 – Jan 28 4 classes/\$28
Feb 4 – Feb 25 4 classes/\$28

Thursday 11:45 – 12:45 AM

Dec 5 – Dec 19 3 classes/\$21
Jan 9 – Jan 30 4 classes/\$28
Feb 6 – Feb 27 4 classes/\$28

Aqua Strong and Fit

Marci

A fun, athletic approach to water fitness training. An all-inclusive workout using a variety of equipment that combines aerobic conditioning, strength training & flexibility. You do not need to know how to swim but should feel comfortable in the water.

Thursday 8 – 9 AM

Dec 5 – Dec 19 3 classes/\$21
Jan 9 – Jan 30 4 classes/\$28
Feb 6 – Feb 27 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

Dec 3 – Dec 17 3 classes/\$21
Jan 7 – Jan 28 4 classes/\$28
Feb 4 – Feb 25 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

Dec 3 – Dec 17 3 classes/\$21
Jan 7 – Jan 28 4 classes/\$28
Feb 4 – Feb 25 4 classes/\$28

Friday 10:45 – 11:45 AM

Dec 13 – Dec 27 3 classes/\$21
Jan 10 – Jan 31 4 classes/\$28
Feb 7 – Feb 28 4 classes/\$28

Fitness Spotlight Week
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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
 Dec 7 – Dec 28 4 classes/\$32
 Jan 11 – Jan 25 3 classes/\$24
 Feb 1 – Feb 29 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
 Dec 5 – Dec 19 3 classes/\$21
 Jan 9 – Jan 30 4 classes/\$28
 Feb 6 – Feb 27 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
 Dec 2 – Dec 16 3 classes/\$21
 Jan 6 – Jan 27 4 classes/\$28
 Feb 3 – Feb 24 4 classes/\$28

Wednesday 3:30 – 4:30 PM
 Dec 4 – Dec 18 3 classes/\$21
 Jan 8 – Jan 29 4 classes/\$28
 Feb 5 – Feb 26 4 classes/\$28

Pool Pourri NEW

Dina

Come join me 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
 Dec 7 – Dec 28 4 classes/\$28
 Jan 4 – Jan 25 4 classes/\$28
 Feb 1 – Feb 29 5 classes/\$35

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
 Dec 4 – Dec 18 3 classes/\$21
 Jan 8 – Jan 29 4 classes/\$28
 Feb 5 – Feb 26 4 classes/\$28

Open Swim

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

Ernie

Non-instructor program for lap workouts only. Walk or swim.

No pro-rations or make-ups.

Limited enrollment. BT residency required.

No 11/28,11/29,12/24,12/25,1/1

40 Minute AM Lap Swim

Monday 8:30 - 9:10 AM
Tuesday, Thursday 7:15 - 7:55 AM
 Dec 2 – Dec 30 12 classes/\$36
 Jan 6 – Jan 30 12 classes/\$36
 Feb 3 – Feb 27 12 classes/\$36

40 Minute PM Lap Swim NEW

Monday, Wednesday 12-12:40 PM
 Dec 2 – Dec 30 8 classes/\$24
 Jan 6 – Jan 30 8 classes/\$24
 Feb 3 – Feb 26 8 classes/\$24

60 Minute Lap Swim

Mon, Wed, Fri 7:15 - 8:15 AM
 Dec 2 – Dec 30 12 classes/\$48
 Jan 6 – Jan 31 12 classes/\$48
 Feb 3 – Feb 28 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
 Dec 2 – Dec 16 3 classes/\$21
 Jan 6 – Jan 27 4 classes/\$28
 Feb 3 – Feb 24 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
 Dec 2 – Dec 16 3 classes/\$21
 Jan 6 – Jan 27 4 classes/\$28
 Feb 3 – Feb 24 4 classes/\$28

Wednesday 10:45 – 11:45 AM
 Dec 4 – Dec 18 3 classes/\$21
 Jan 8 – Jan 29 4 classes/\$28
 Feb 5 – Feb 26 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 2 2:30 - 3:15 PM
 Dec 2 – Dec 16 3 classes/\$21
 Jan 6 – Jan 27 4 classes/\$28
 Feb 3 – Feb 24 4 classes/\$28

Wednesday-Level 3 2:30 - 3:15 PM
 Dec 4 – Dec 18 3 classes/\$21
 Jan 8 – Jan 29 4 classes/\$28
 Feb 5 – Feb 26 4 classes/\$28

Friday Level 1 8:30 - 9:15 AM
 Dec 13 – Dec 27 3 classes/\$21
 Jan 10 – Jan 31 4 classes/\$28
 Feb 7 – Feb 28 4 classes/\$28

Fitness Spotlight Week

January 2-4, 2020

Special pricing on trial classes, details on page 9.

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

Jan 8 – Jan 29 4 classes/\$28

Feb 5 – Feb 26 4 classes/\$28

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

Bring your water bottle.

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

Dec 3 - Dec 17 3 classes/\$21

Jan 7 - Jan 28 4 classes/\$28

Feb 4 - Feb 25 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

Dec 5 – Dec 26 (Jenna) 4 classes/\$28

Jan 9 – Jan 30 4 classes/\$28

Feb 6 – Feb 27 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

Dec 2 – Dec 30 (Lisa/Maggie) 5 classes/\$35

Jan 6 – Jan 27 4 classes/\$28

Feb 3 – Feb 24 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

Dec 3 – Dec 17 3 classes/\$21

Jan 7 - Jan 28 4 classes/\$28

Feb 4 - Feb 25 4 classes/\$28

Thursday 12:45 – 1:30 PM

Dec 5 – Dec 19 3 classes/\$21

Jan 9 – Jan 30 4 classes/\$28

Feb 6 – Feb 27 4 classes/\$28

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

Dec 2 – Dec 23 4 classes/\$28

Jan 6 – Jan 27 4 classes/\$28

Feb 3 – Feb 24 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

Dec 2 – Dec 16 3 classes/\$21

Jan 6 – Jan 27 4 classes/\$28

Feb 3 – Feb 24 4 classes/\$28

Wednesday Mari Ann 5:30 – 6:15 PM

Dec 4 – Dec 18 3 classes/\$21

Jan 8 – Jan 29 4 classes/\$28

Feb 5 – Feb 26 4 classes/\$28

Friday Jenna NEW 7:45 – 8:45 AM

Dec 6 – Dec 27 4 classes/\$28

Jan 10 – Jan 31 4 classes/\$28

Feb 7 – Feb 28 4 classes/\$28

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

Dec 2 – Dec 16 3 classes/\$18

Jan 6 – Jan 27 4 classes/\$24

Feb 3 – Feb 24 4 classes/\$24

Fitness Spotlight Week

January 2-4, 2020

Special pricing on trial classes, details on page 9.

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**

Jan 6 – Jan 27 4 classes/\$64

Feb 3 – Feb 24 4 classes/\$64

Monday Maggie **NEW 3 – 4 PM**

Dec 2 – Dec 16 (Lynn) 3 classes/\$48

Jan 6 – Jan 27 4 classes/\$64

Feb 3 – Feb 24 4 classes/\$64

Tuesday Maggie **7:30 – 8:30 AM**

Dec 3 – Dec 17(Lola) 3 classes/\$48

Jan 7 - Jan 28 4 classes/\$64

Feb 4 - Feb 25 4 classes/\$64

Wednesday Lola **2 - 3 PM**

Dec 4 – Dec 18 3 classes/\$48

Jan 8 – Jan 29 4 classes/\$64

Feb 5 – Feb 26 4 classes/\$64

Thursday Maggie **7:30 – 8:30 AM**

Dec 5 – Dec 19 (Lisa) 3 classes/\$48

Jan 9 – Jan 30 4 classes/\$64

Feb 6 – Feb 27 4 classes/\$64

Friday Lola **1 - 2 PM**

Dec 6 – Dec 20 3 classes/\$48

Jan 10 – Jan 31 4 classes/\$64

Feb 7 – Feb 28 4 classes/\$64

Fitness Spotlight Week January 2-4, 2020

Special pricing on trial classes,
details on page 9.

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**

Dec 2 – Dec 23 4 classes/\$28

Jan 6 – Jan 27 4 classes/\$28

Feb 3 – Feb 24 4 classes/\$28

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

Dec 4 – Dec 18 3 classes/\$21

Jan 8 – Jan 29 4 classes/\$28

Feb 5 – Feb 26 4 classes/\$28

Fitness Open Hours

Pre-requisite: Equipment Orientation/Refresher.

Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.*

\$18/month or \$9/half month (1st -15th or 16th - end)

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



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

Jan 9 – Jan 30

4 classes/\$32

Feb 6 – Feb 27

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

Jan 7 - Jan 28

4 classes/\$32

Feb 4 - Feb 25

4 classes/\$32

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
Dec 2 – Dec 23	4 classes/\$28
Jan 6 – Jan 27	4 classes/\$28
Feb 3 – Feb 24	4 classes/\$28
Wednesday	12:45 – 1:30 PM
Dec 4 – Dec 18	3 classes/\$21
Jan 8 – Jan 29	4 classes/\$28
Feb 5 – Feb 26	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
Jan 7 – Jan 28	4 classes/\$28
Feb 4 – Feb 25	4 classes/\$28
Thursday Level 2	1:45 – 2:30 PM
Jan 9 – Jan 30	4 classes/\$28
Feb 6 – Feb 27	4 classes/\$28

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
Dec 3 – Dec 17	3 classes/\$24
Tuesday NEW	4 – 5 PM
Jan 7 – Jan 28	4 classes/\$32
Feb 4 – Feb 25	4 classes/\$32
Friday	10:15 – 11:15 AM
Dec 6 – Dec 20	3 classes/\$24
Jan 10 – Jan 31	4 classes/\$32
Feb 7 – Feb 28	4 classes/\$32



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
Dec 2 – Dec 16	3 classes/\$21
Jan 6 – Jan 27	4 classes/\$28
Feb 3 – Feb 24	4 classes/\$28
Thursday	5 – 6 PM
Dec 5 – Dec 19	3 classes/\$21
Jan 9 – Jan 30	4 classes/\$28
Feb 6 – Feb 27	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
Dec 4 – Dec 18 (Lisa)	3 classes/\$21
Jan 8 – Jan 29	4 classes/\$28
Feb 5 – Feb 26	4 classes/\$28
Friday	9 – 10 AM
Dec 6 – Dec 27 (Lisa)	4 classes/\$28
Jan 10 – Jan 31	4 classes/\$28
Feb 7 – Feb 28	4 classes/\$28



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
Dec 4 – Dec 18	3 classes/\$12
Jan 8 – Jan 29	4 classes/\$16
Feb 5 – Feb 26	4 classes/\$16

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
Jan 8 – Feb 12	6 classes/\$48
Feb 19 – Mar 25	6 classes/\$48
Continuing	
Wednesday	10:30 – 11:15 AM
Jan 8 – Feb 12	6 classes/\$48
Feb 19 – Mar 25	6 classes/\$48

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) December 2:45 – 4:30 PM

Tuesday (drop in) January & February 5:30 – 7 PM

Thursday (drop in) 2:45 – 4:30 PM

Saturday (reservation) 12 – 1:30 PM

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

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



Fitness Spotlight Week



Try a featured land or aqua class offered by our highly experienced and certified instructors.

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

Thursday 1/2

Cardio Dance Party
9-10 AM Maggie

Focus on Balance L 2
1:45 - 2:30 PM Maggie

AQUA

Aqua Cardio Core
9:30-10:30 AM Lisa

H2O Gentle Joints
11-12 PM Lisa

Aqua Power Aerobics L 1
4:45 - 5:45 PM Annie

Aqua Power Aerobics L 2
6 - 7 PM Annie

Friday 1/3

Zumba
7:45-8:45 AM Jenna

Strength & Balance L 2
9-10 AM Maggie

Line Dancing
10:30 - 11:15 AM Mari Ann

Mindful Meditation
12 - 12:30 PM Maggie

AQUA

Ultimate H2O
9:30-10:30 AM Lisa

Hydro Motion
11-12 PM Mary

Saturday 1/4

Yoga for Well Being
8:30-9:30 AM Karen L.

AQUA
H2O Boot Camp
9-10 AM Annie

Pool Pourri
10:30-11:30 AM Dina

Spotlight Instructors:

Maggie Barclay

Mary Blanch

Lisa Chavis

Annie Chi

Karen Lutz

Dina Nash

Mari Ann Pace

Jenna Parlovecchio

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 and towel.

Tuesday 11:30-12:30 PM
Dec 3 – Dec 17 3 classes/\$21
Jan 7 - Jan 28 4 classes/\$28
Feb 4 - Feb 25 4 classes/\$28

Thursday 11:30-12:30 PM
Dec 5 – Dec 19 3 classes/\$21
Jan 9 – Jan 30 4 classes/\$28
Feb 6 – Feb 27 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
Dec 5 – Dec 26 (Jan) 4 classes/\$28
Jan 9 – Jan 30 4 classes/\$28
Feb 6 – Feb 27 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
Dec 3 – Dec 17 (Karen L.) 3 classes/\$21
Jan 7 - Jan 28 4 classes/\$28
Feb 4 - Feb 25 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
Jan 10 – Jan 31 4 classes/\$20
Feb 7 – Feb 28 4 classes/\$20

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 & end of class. Bring yoga mat, blanket, pillow, and wear layered clothing.

Saturday 8:30-9:30 AM
Dec 7 – Dec 21 3 classes/\$21
Jan 11 – Jan 25 3 classes/\$21
Feb 1 – Feb 29 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

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.



Trip Schedule

- 11/8 Tchaikovsky's First Concerto DSO p 12
- 11/13 Ford Piquette Plant Tour p 11
- 11/15 Pictures at an Exhibition DSO p 12
- 11/22 Legends: Paul Simon Songbook p 12
- 11/23 "Hello, Dolly!" p 13
- 12/6 Mendelssohn Concerto DSO p 12
- 12/20 Home for the Holidays DSO p 12
- 1/8 Travel Talk p 11
- 1/14 Lingenfelter Collection - Autos p 11
- 1/15 Leon & Lulu's 3 Cats: shop/food p 11
- 1/17 The Vinyl Years DSO p 12
- 1/22 Roadsigns - Purple Rose Theater p 13
- 1/24 Hadelich Plays Paganini DSO p 12
- 2/12 Parade Company p 11
- 2/14 Debussy & Ravel DSO p 12
- 2/28 Broadway to Hollywood DSO p 12
- 3/6 Andre Watts Plays Beethoven DSO p 12
- 3/27 Music & Magic - Grandinetti DSO p 12

Show Your Interest!

Your Vote Counts!

By registering for the travel interest for these trips you can assist in choosing preferred destinations in the planning stages. People on the list will be called as soon as arrangements are confirmed and offered an opportunity to pay for trip registration. Trips may also be advertised in the next newsletter edition.

The following trips are being considered:

COMEDY: Mark Ridley's Comedy Castle - Royal Oak MI

Mark Ridley's Comedy Castle, the first comedy club in Michigan was opened January 4, 1979. The Comedy Castle is largely considered as one of the top 18+ clubs in the country. All evening shows.

SPORTS: The Detroit Tigers 2020 - it's going to get better. Come and root the Tigers on at Comerica Park.

ADVENTURES IN DINING: Do you want an emphasis on daytime foodie trips throughout the Detroit Metropolitan area?

THEATRE: Tipping Point Theatre - Located in the heart of Downtown Northville. The theatre's seating is custom-configured for each show making an intimate and exciting venue for every performance. It may be a longer trip-but a meal stop may be added if you register as interested.

MUSIC: Dvorak, Stabat Mater Orchestra Sono & Oakland Choral Society. Venue: Historic-Ste. Anne de Detroit Catholic Church - Sunday, March 29th, 2020; 3:30-5:00PM. This piece left audiences profoundly moved and helped secure Dvorak's reputation as a serious composer, particularly in chorus-loving England and America.

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. We are sometimes able to add more dates for popular trips. Waitlisted travelers will be called first for the opportunity to register for added trips. Also, please see potential trips above and register your interest. If enough interest develops, so will the trip!



Tour

Ford Piquette Plant 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 T's 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

The Lingenfelter Collection – Private Automobile Tour

Tuesday, January 14 **10:15 AM – 3:15 PM**

What started out as five cars packed into a modest three-car garage has since grown into a beautiful collection of more than 150 unique cars in a 40,000 square foot space. The Lingenfelter Collection continues to enhance the passion and create excitement among hot-rodders, racers and exotic car enthusiasts. Not open to the public, but you are invited to take a private tour of this amazing collection. Involves walking and standing. Meal on your own; Stillwater Grill, Brighton.

Fee: \$48

The Parade Company

Wednesday, February 12 **10 AM – 3:15 PM**

You loved the parade on Thanksgiving Day now see how the magic is created. Venture into the magical Parade Land and experience a behind the scenes look at America's Thanksgiving Parade-one of the Motor City's oldest traditions. Take a journey through the unique creative kingdom, marvel at the world's largest collection of papier-mâché heads, and stop by the costume shop, where over 3,000 costumes make a colorful array of characters come to life. Meal on your own; The Original Buddy's Pizza, Detroit.

Fee: \$36



TRAVEL TALK with the *new* Trip Coordinator

Wednesday, January 8
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.

Shopping & Food



Leon & Lulu's and Three Cats Restaurant

Wednesday, January 15 **11 – 2:30 PM**

Leon & Lulu's is an eclectic mix of upscale furniture, interior design services, unforgettable gifts, women's clothing, greeting cards and accessories in an environment unlike any other. Located in the historic Ambassador Roller Rink & Vintage Movie House, they offer 26,000 feet of fabulous shopping. The after Holiday sales are amazing!

Meal on your own; Three Cats Restaurant. **Fee: \$20**



DSO

**ALL DSO COFFEE SERIES EVENTS INCLUDE:
Complimentary Coffee and Donuts**



Tchaikovsky's First Concerto

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

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

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. Fully orchestrated for the DSO by Jeff Tyzik. No meal stop. **Fee: \$65**

Mendelssohn Violin Concerto

Friday, December 6 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 Steakhouse, Clawson. **Fee: \$49**

Home for the Holidays

Friday, December 20 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**

The Vinyl Years a Classic Rock Songbook

Friday, January 17 9:15 AM – 3:30 PM
Classic Rock's biggest hits come alive in this symphonic tribute to the powerful, celebratory rock songs of The Doobie Brothers, Fleetwood Mac, Styx, Kenny Loggins, Linda Ronstadt, and more... Meal on your own; The Detroit Club, Detroit. **Fee: \$71**

Hadelich Plays Paganini

Friday, January 24 9:15 AM – 3:30 PM
Augustin Hadelich, "one of the outstanding violinists of his generation" (New York Times), returns to Orchestra Hall to perform Paganini's First Violin Concerto. Paganini's concerto balances showmanship with substance and reveals that Paganini's technical wizardry was fully developed. Meal on your own; Ottava Via, Corktown, Detroit. **Fee: \$49**

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. **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; TBD. **Fee: \$71**



Theatre

Fisher Theatre "Hello, Dolly!"

Saturday, November 23

12:30 PM – 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. Sold out.

Fee: \$75

Purple Rose Theatre Company "ROADSIGNS"

Wednesday, January 22

12:15 – 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. Please get on the waitlist and more shows can be added in the future. The play runs from January 16 - March 14, 2020.

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. Meal on your own; Common Grill, Chelsea.

Fee: \$59

Enjoy the comfort of our 24-seat coach. Avoid the stress and fuss; leave the parking and driving to us!



Travelers at Shinola!

TRAVEL TALK with the new Trip Coordinator

**Wednesday, January 8
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.

Special thanks to our Fall Sponsors

Alliance Senior Care
American House Senior Living
Baldwin House
Care Patrol
First & Main
Hinderliter Hearing Services
Pomeroy Living
Presbyterian Villages
Samaritas Senior Living
Senior Helpers
Sunrise Senior Living

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.bloomfieldtwp.org/Government/Services/SeniorServices

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

Thank you volunteers! 1,000 hours in July-October, 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, 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.

Unique Topics

11/11 Gilmore Museum	p 17
11/12 Kinesiology 2	p 15
11/12 Tech Lab	p 15
11/14 Energy News	p 16
11/19 Story Teller	p 17
11/20 BC - Tuskegee Airman	p 15
11/21 Packard Motor	p 17
11/25 U of M Extinction	p 16
12/6 Guardians of Detroit	p 15
12/9 Holiday Performance	p 14
12/10 BTSS Extravaganza	p 15
12/10 Tech Lab	p 15
12/11 Iceland	p 16
12/12 Campus Martius	p 17
12/19 Fallen Hero's	p 17
1/3 Transportation Museum	p 17
1/7 Rodgers & Hart	p 14
1/8 Book Talk	p 15
1/9 Starting Point	p 14
1/13 Turkey	p 16
1/15 BC - Big Bands	p 15
1/16 Guatemala	p 16
1/16 Pop Up BTPL	p 15
1/17 WW1	p 17
1/21 Airmen Museum	p 17
1/22 BTPD Talk	p 15
1/24 Women Who Motor	p 17
1/30 DIA: It's a Zoo	p 16
2/4 History of Homes	p 17
2/4 Tech Lab	p 15
2/5 Investments	p 15
2/6 Wild Rice MI	p 15
2/7 Walter Reuther	p 15
2/11 Detroit Crime	p 15
2/13 Stem Cells	p 16
2/17 Dahlias	p 16
2/19 BC - Intelligence in Warfare	p 15
2/20 Pop Up BTPL	p 15
2/21 MI Military	p 17
2/26 Police Dialog/Pop Up BTPL	p 15
2/27 Jesuits	p 17
2/28 Space Program	p 17

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.

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

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.

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! No 11/28.

Tuesday/Thursday 1 - 4 PM

Music

BTSS Jazz Combo Band

Join the BTSS Swing Band. Looking for 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. \$

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 1/30.* (Note: Time change 11/19 & 12/14 only: set up 11:30AM, start 11:45 AM.)

Saturdays 11 - 1 PM

Band Duet

Interested in becoming part of a new musical group? Come practice, play fun music and enjoy camaraderie. *No 1/14.* \$

Tuesdays 1:30 - 3 PM



Rodgers & Hart

Stuart Johnson, Music Historian

A biography of their collaboration, featuring images of plays & movies with songs by star performers, such as Mel Torme singing "Manhattan" from Garrick Gaieties. \$

Tuesday, Jan 7 10:30-12 PM

Holiday Performance at BTSS

Mary Baldwin leads her students from Bloomfield Hills Middle School.

Monday, Dec 9 10 - 11 AM

Enjoy some holiday music performed by a talented group of eighth grade students at BTSS.

You will be amazed by the quality of their performance! \$



Books and Authors

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

Dec 6 *Howard's End*, Forestor

Jan 3 *News of the World*, Jiles

Feb 7 *The Paris Wife*, McClain

Guardians of Detroit

Jeff Morrison Author, Historian

View extensively researched sculptures and detailed photographs that tell unique untold stories. Discover the symbolism behind these

amazing works of art. Book sales & signing with Q & A. \$

Friday, Dec 6 10:30-11:30 AM

Manoomin: The Story of Wild Rice in Michigan

Barbara J. Barton, Author

Examine the rich tradition and history of wild rice in MI and its importance to the Anishinaabek people. Focus on history, culture, biology, economics and spirituality. An amazing collection of events! \$

Thursday, Feb 6 10:30-11:30 AM

Walter P. Reuther Library

Stefanie Caloia, Archivist

Explore diverse collections of labor archives related to The American Labor and Civil Rights Movement, political/community life of Metro Detroit, history of WSU and women's struggles in the workplace. \$

Friday, Feb 7 10:30-11:30AM

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" Kanakis, Henry "Blaze" Marzette, Eddie Jackson, "Baby Ray" Peoples, Demetrius Holloway, Butch Jones, Leroy Buttrum the list goes on and on! Sponsored by Baldwin House. \$

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

Brain Health



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

BTPL Public Library

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

BTPL Book Talk

Facilitator: Karrie Yukon, Librarian
Learn about some great new books from an expert librarian.

Wednesday, Jan 8 2 - 3 PM

Pop Up BTPL

Librarian Marcia Preston

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

Thurs, Jan 16, Feb 20, 3 - 4:30 PM

Tech Lab with BTPL Librarians

Facilitator: Drew Heuser

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

Tuesday, Dec 10, Feb 4 2 - 4 PM

BTPL Investment Resources

Facilitator: Ed Niemchak

Stop by the Senior Center; discover great resources available at the library. A complimentary service now available to township residents courtesy of our BTPL Library.

Wednesday, Feb 5 11 AM - 12 PM



Holiday Craft Sale

Beautiful repurposed greeting cards, creative fun jewelry & art, knitted & crochet items, all hand made by BTSS Enrichment Clubs.

**Proceeds to
BTSS Supportive Services**

**Tuesday, December 10
9:30 AM - 1:30 PM**



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

Nov 20 Tuskegee Airman

Dec 18 No meeting

Jan 15 Big Bands;

S. Johnson, Music Historian

Feb 19 Intelligence in Warfare;

Bruce Zeller, Prof. OU

Public Safety

BTPD Township Talk & Coffee

Officer Kelly Marthen,
Community Relations Officer.

Explore services and support that make your community secure and informed.

Complimentary BT resident.

Wed, Jan 22 10:30 - 11:30 AM

Police Dialog

Officer Kelly Marthen,
Community Relations Officer.

Open conversation, literature and future events. Drop in.

Complimentary BT resident.

Wed, Feb 26 10:30 - 11:45 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.

No class 11/15, 11/29.

Fridays 9:30 – 11:30 AM

Jan 10 - Feb 28

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. No class 11/13.

Wednesdays 12:30 – 2:30 PM

Nov 6 - Dec 18 No 11/13

6 classes/\$90

Jan 8 - Feb 26

8 classes/\$120

Travel

Turkey: Crossroads of the World

Jim & Py Wolfe, Travelers/Educators
Learn about human migration and nomadic cultures in remote areas not explored on typical travel routes. \$
Monday, Jan 13 10:30 - 11:30 AM

Adventures in Iceland

Reid Beyerlein, Avid Traveler
View awesome imagery, interesting facts about the geography, government, culture and behind-the-scene travel adventures. Reid's dynamic personality will keep you wanting more. \$

Wednesday, Dec 11 10:30-11:30 AM

Medical Mission: Guatemala

Susan Bellefleur M.D.,
Explore the needs of the indigenous Mayan population and the positive impact nonprofit Casa Colibri has on their healthcare and quality of life. \$

Thursday, Jan 16 10:30-11:30 AM

Nature & Science

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

DIA: It's a Zoo in Here

Explore hidden facts and fascinating images of animals at The Detroit Institute of Art, all as imagined by the artists. \$

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

WSU Stem Cell Biology

Dr. J. Roche, Physiotherapist, Regenerative Muscle Biologist
Returning with more intriguing scientific facts about muscle cell preservation, strength and mass as we age. Realize the profound importance of an active lifestyle and exercise. \$

Thursday, Feb 13 10:30 AM - 12 PM

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

Drop-In Games

Day/Subject to

Time

Cost

Billiards (Pool) Group

Play: All levels welcome

Call for availability.

Solo one on one .

No 11/27-11/30

T/W/TH

Wednesday

Saturday

1 - 4 PM

4 - 7 PM

11 - 1 PM

Res \$2/Non-Res \$4

Res \$14 Monthly

Duplicate Bridge

Intermediate Walk in.

Mondays

12:30 - 3:30 PM

Res \$2/Non-Res \$4

Res \$14 Monthly

Duplicate Bridge

No play 11/29

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

no 5th

Wednesdays

No 11/27

2:45 - 6 PM

Res \$2/Non-Res \$4

Res \$14 Monthly

Euchre & Pinochle

Facilitator: J. Carmichael

All levels welcome!

No 11/28, 2/13

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.

Please call to confirm play.

Wednesdays

12 - 4 PM

Res \$2/Non-Res \$4

Res \$6 Monthly

History

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, 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

Campus Martius

Armando Delicato, Author, Historian
Translated from the Roman words "Field of Mars". It is considered the point of origin from which the mile roads are still measured today. After the fire of 1805, it was the focal point of Judge Woodward's to rebuild the city with a central park. \$

Thursday, Dec 12 10:30 -11:30AM



Fallen Heroes Memorial Foundation

John Bushart, President
This organization passionately creates and maintains hometown memorials in honor of the brave men & women who have lost their lives defending the U.S.A., lest they be forgotten. \$

Thursday, Dec 19 10:30-11:30 AM

Future: Transportation Museum

Terry Connolly
A visual history of products, people and so much more! A sneak preview to the anticipated opening of The Pontiac Transportation Museum. \$

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

Origins of WWI

Professor Bruce Zeller, OU Historian
The cause of the war is complicated and still debated today. Explore an overview of the most frequently cited events that led to global devastation that included the vast majority of the world's countries. \$

Friday, Jan 17 10:30 - 11:30 AM

National Tuskegee Airmen Museum

Larry Sargent, Vice President
Explore first hand records of WWII Airmen. Determined young men enlisted and served the USA with honor and integrity. \$

Tuesday, Jan 21 10:30-11:30 AM

Women Who Motor

Fred Colgren, Education Director, Gilmore Car Museum
Examine transformations of women and cars in the 20th Century USA. The automobile changed the history of women and women changed the history of the automobile in post war years and the modern era of today. \$

Friday, Jan 24 10:30-11:30 AM

Please pre-register
to prevent
class cancellations.

History of Your Homes

Ron Campbell, OC Preservationist w/ John Marshall, BT Historical Society
Find new online research tools and resources. Discover original owners, events that happened near your property, what it used to look like including architectural styles and construction that can help date houses. Let's get digging! \$

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



The 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



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

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 5 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. 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.

November 20 February 19

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

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**.

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.

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

Volunteers

3rd Wednesday 11-12:30 PM
November 20 December 18
January 15 February 19



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 Basics 101

Tuesday, January 14 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

Friday, February 21 12 - 4 PM

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.**

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

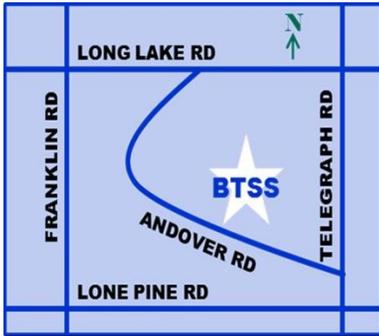
<https://www.bloomfieldtpw.org/Government/Services/Senior-Services/Support-BTSS.aspx>

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



Senior Services
4315 Andover Road
Bloomfield Twp. MI

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



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

**Snowbirds:
Be counted in Michigan!**

Census 2020 is right around the corner. If you spend six months or more in Michigan, make sure you are counted as a resident of Michigan in the Census.

Why is this important?

For every person who is incorrectly counted in another state, Michigan loses over \$18,000 over the 10 year Census period.



The walk & party were a tremendous success.
Thanks to all who participated!

**TRAVEL TALK with
the new Trip Coordinator**
Wednesday, Jan 8 10 - 11:30 AM
Meet Jane Marcinkowski and help plan exciting trips for 2020!
Enter a raffle to win a free trip! Please pre-register.

