Building is closed to the public, we will re-engage when it is advisable. Many programs continue.

Donations, Volunteers
Page 3, Back Page

Policies, Refunds
Page 4

Virtual Fitness
Pages 5-8

BCTV Fitness Schedule
Page 5

Land/Aquatics
Pages 9

Virtual Travel
Pages 10

Public Safety
Pages 14

BTFD Residential Lock Box
Page 14

Virtual Enrichment
Pages 11

Financial Support
Page 12

Minor Home Repair
Page 13

Supportive Services
Pages 15-17

Meals on Wheels
Page 18

Medical Transportation
Page 18

Visitor Protocols
Page 19

BTSS has installed modifications for safety and social distancing! See photos throughout.

Holiday Meal Donations

Donate and support a neighbor in need this holiday season. For many, the holiday season may be different and more people may be isolated. Make this holiday season special for seniors who may benefit from this wellness service.

See back page for details.

Building Reopening “TBD”

At this print deadline, our reopening date remains uncertain. We are however sharing our plans for safety so that you will be able to make your own participation decision when a date is set. Detailed protocols are on page 19. Safe attendance is our goal and we look forward to that day.

As we gradually reintroduce limited programming, you will notice building modifications to improve safety. We have touchless thermometers, touchless sanitizer dispensers and touchless bottle fillers throughout the building. A divider splits the equipment area and we have thorough disinfecting daily with ample cleaning supplies for visitors’ use too.

Inside we have outlined the fitness options, as they will be the first to occur. You will see days of the week and times but no dates. For those interested please register for wait lists in our registry program or call and we will assist you. Once an opening date is determined, you will receive a call for confirmation of dates and payment. Fitness equipment and pool programs will meet twice weekly on specific days and times. Example: Mondays and Wednesdays 8:30 – 9:30 AM. Listed fees are not to be paid until confirmation. Advance registration will streamline our opening phase.

Though our supportive services and virtual programs are vital, we miss serving you face to face.

Please see page 19 for visitors’ protocol and planned phases.

Mission Statement

Enriching lives with learning opportunities = Providing services that support well-being and independence = Building community
Bloomfield Township Senior Services

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-Friday 8 AM - 4 PM
Telephone support only.

The center is closed to the public. We will re-engage when it is advisable. Many services are available.

Adult Day Service
Friendship Club
Temporarily closed

BTSS offices will be closed on:
November 26 & 27
December 24 & 25
January 1

Bloomfield Township Main
Phone: 248-433-7700

Bloomfield Township Board
Dani Walsh, Supervisor
Martin Brook, Clerk
Brian E. Kepes, Treasurer
Neal Barnett, Trustee
Stephanie Fakih, Trustee
Valerie Sayles Murray, Trustee
Michael Schostak, Trustee

BTSS Advisory Council
Don Foehr
Victor & Suzanne Goldstein
Liz Mahoney
Tom & Ginnie Richard

Christine’s Comments

These are challenging times for Senior Services. The financial health of the department, delivering important community services with limited resources, and balancing the health and wellness of our dedicated team keeps us on our toes.

While the physical building is not open, our services continue to support health and independence. We successfully hosted 136 people for a flu shot clinic which allowed for testing our safety procedures. We have delivered pantry boxes to low income neighbors and exponentially expanded holiday meal service to the community.

With only seven staff of the original thirty remaining our ‘small but mighty’ team is focused on what we can do rather than what is missing. We are escalating partnerships to supplement our essential services and virtual fitness. Throughout this edition you will find resources and information from the state, the county and various nonprofits that provide programs and services for people 50+.

The newest information relates to virtual enrichment opportunities on our website pages and BCTV. You will find Bloomfield Historical Society, BTPL, Cranbrook, Detroit History Tours and GetSetUp on pages 11.

We have details for in-person programs too. With no confirmed date to open, all classes will show start dates as “to be determined.” The first programs offered are those with historically highest attendance and can be offered in the safest manner possible. On page 9 are classes for fitness equipment use, the walking track and the aquatics.

You will see all classes will meet twice weekly. Class size will be limited to space and health guidelines valid at that time. Please see page 19 for the full list of visitor guidelines. We encourage you to register for programs though you will not be charged initially. This will assist in assessing demand and planning for the opening phase.

I continue to pursue and focus on the silver linings of this most unusual year. I am hopeful you are as well. The entire team sends wishes for your peace and health this holiday season.

Christine Tvaroha
Director, Senior Services
ctvaroha@bloomfieldtwp.org
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."

Options to Donate
There are many available options to donate to support BTSS!
- Online through the registration program - choose Donate to BTSS.
- Call us and request we process the donation by credit card.
- Mail a donation check and specify your choice of program to support.

Donation Choices:
- BTSS/COVID 2020
- Meals on Wheels
- General Donation
- Transportation
- Buy a Brick Program
- Holiday Meals

Based on customer inquiries about donations to the center we have opened up an opportunity in Registry. We are grateful for this kind consideration. Please call if you would like to donate.

Volunteer Guidelines

We will re-engage with volunteers as we are able.
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 online at:
https://www.bloomfieldtwp.org/Government/Services/SeniorServices

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

Thank you volunteers!
Friendly Callers, Meals Drivers, Paper Dolls, Chicks with Sticks.

Buy a Brick Program
Honor your loved one with a tribute in support of therapeutic activities for Meals on Wheels, Transportation or Senior 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 online at:
https://www.bloomfieldtwp.org/Government/Services/Senior-Services/Support-BTSS.aspx

Call or mail orders will be collected over the Winter. Installation will occur Fall 2021.

Special thank you to our Winter Program Sponsor

The State of Michigan, Department of Health & Human Services, has created a resource page for citizens to volunteer their services. On this site, www.Michigan.gov you may request assistance and volunteer in many different ways locally.
Eligibility/Registration

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. (Not available)
- 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
No refunds at this time without a doctor’s note.
-> Full payment is required at registration.
-> Registration is reserved for confirmed BT patrons through 11/24/2020; non-resident registration begins 11/25/2020.
-> Non-residents pay additional $10 per class or trip, unless otherwise noted.
-> Checks with insufficient funds incur a $30 fee.
-> Classes/Programs: No refund five business days prior to start. No refund once class has begun. Cancellation fee: $10.
-> Trips: No refund five 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.
-> 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.

Under 50 Virtually Welcome
BTSS programs are generally limited to those ages 50 and over. However, while gyms and workout facilities are limited we will waive that requirement.

We welcome any adult who would like to sign up for the Zoom virtual fitness classes. Call 248-723-3500 for more information.

Fitness Coordinator Maggie Barclay has taped 5 fitness classes at Bloomfield Community Television, which you can find on demand from the website:
https://www.bloomfieldtwp.org/Government/Services/Cable/Video-on-Demand/2020-New/SeniorServices.aspx
These programs also air:
Monday - Friday 10 AM & 1 PM on BCTV (Comcast Channel 15 and AT&T Channel 99)

To view the schedule go to https://www.bloomfieldtwp.org/Government/Services/Cable/Program-Schedule.aspx

We hope you take advantage of some of these fitness options while we wait for the day we can re-open!

Senior eNewsletter

Sign up for the Weekly Seniors eNewsletter!
Please call or email us to “opt in” to receive the Senior weekly e-news.
This is different from the registration system that sends receipts.
All re-opening updates will be sent through eNews.
Resources include safety information, fraud prevention, BTSS service and fitness options, Bloomfield Township Helpline, food resources, virtual cultural programs, and mental wellness resources.
We will never share your email.

Office Manager Ruth Frketich is ready to assist you!
**Group Fitness Schedules - Virtual**

Group fitness classes require advance registration prior to attendance. Below you will see the abbreviated schedules for virtual classes by day of the week. Instructors, full descriptions, fees and session dates follow on pages 6-9. Popular classes fill quickly! 

Non-residents are welcome & pay additional $10 fee per session. Computer technology support available through Bloomfield Township Public Library, details p. 5 & 6.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>CARDIO PARTY</td>
<td>SMALL GRP PT 7:30</td>
<td>STRENGTH &amp; BAL</td>
<td>SMALL GRP PT 7:30</td>
<td>STRENGTH &amp; BAL 9:00</td>
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<tr>
<td>CARDIO S &amp; B L2</td>
<td>CCC 9:00</td>
<td></td>
<td>CARDIO DANCE 9:00</td>
<td>MINDFUL PILATES 10:15</td>
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<tr>
<td>CHAIR YOGA</td>
<td>GM YOGA L2 10:15</td>
<td>TAI CHI- CONT 10:30</td>
<td>GM YOGA 10:15</td>
<td>MINDFUL MEDITAT 11:30</td>
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<tr>
<td>BARRE BAL</td>
<td>BLENDED YOGA 11:30</td>
<td>AGELESS YOGA 11:30</td>
<td>BLENDED YOGA 11:30</td>
<td>SMALL GRP PT 1:00</td>
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<tr>
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<td>CARDIO S &amp; B L1 12:45</td>
<td>BARRE BALANCE 12:45</td>
<td>CARDIO S &amp; B L1 12:45</td>
<td>Details on pg. 6-8</td>
</tr>
<tr>
<td>ZUMBA® 5:30</td>
<td>MINDFUL PILATES 4:00</td>
<td>SMALL GRP PT 2:00</td>
<td>HIIT BURSTS 3:15</td>
<td>PILATES S &amp; B 5:00</td>
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Subject to change

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<tr>
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<td>Details on pg. 9</td>
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<td>TOTAL BODY</td>
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<tr>
<td>HYDRO EXERCISE</td>
<td>1:15</td>
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<td>Subject to change</td>
<td>Details on pg. 9</td>
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</table>

**Land-Virtual**

**Aqua-TBD**

**BCTV Television**

Tune into BCTV on Comcast channel 15 and AT&T channel 99 to view the daily exercise classes at 10 AM & 1 PM.

If you would like to access Video On Demand pre-recorded exercise programs, go to: www.bloomfieldtwp.org and select:
- Government
- Senior Services
- Fitness Class Videos
- Scroll to class of your choice.

Or find videos at this address: https://www.bloomfieldtwp.org/Government/Services/Senior-Services/Fitness-Class-Videos.aspx

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**Virtual Zoom Support: BTPL**

Are you using Zoom or other technologies to connect with others?

Do you have questions about these technologies?

Attend one of Bloomfield Township Public Library’s Virtual Open Labs using Zoom.

For information about how to join, check AskTech@btpl.org or call 248-642-1084.

They are ready to help!
All fitness classes are VIRTUAL using the Zoom application.

December classes are currently open for online or phone in registration.

January class registration will open Dec 9.
February class registration will open Jan 12.

Virtual Zoom Tips

Download the free Zoom Application. [https://zoom.us](https://zoom.us)

Once registered you will receive an email 1 - 2 days before the class starts with the link to the class. **Save that email for the duration of your monthly session.**

10 minutes before class click on the link from the email or copy the link into a browser.

Close other pages and applications.

You will need a strong WIFI connection.

Plan on plenty of open space for your workout.

Enter meeting ID# if prompted. (Same for the entire session)

Enter password if prompted. (Same for the entire session)

Join with computer audio if prompted.

Enable video by clicking on video camera icon if needed.

Enable sound by clicking on microphone icon; check audio/mute to ON.

Place your device so that your instructor can see you.

Email questions: Maggie Barclay, Fitness Coordinator

Mbarclay@bloomfieldtwp.org

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.

Stay hydrated during class.

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

Non-residents pay additional $10 fee per session.

---

Cardio - Virtual

Cardio, Core, Conditioning  Dondra Virtual

(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 1 – Dec 29  5 classes/$40
Jan 5 - Jan 26  4 classes/$32
Feb 2 - Feb 23  4 classes/$32

Cardio Dance Party  Maggie Virtual

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 3 – Dec 17(Dondra)  3 classes/$24
Jan 7 – Jan 28  4 classes/$32
Feb 4 – Feb 25  4 classes/$32

Cardio Party & Core  Maggie Virtual

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 7 – Dec 28 (Donna)  4 classes/$32
Jan 4 – Jan 25  4 classes/$32
Feb 1 – Feb 22  4 classes/$32
Cardio - Virtual

Cardio Strength & Balance Rhonda
Level 1 Virtual
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.

<table>
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<tr>
<th>Tuesday</th>
<th>12:45 – 1:30 PM</th>
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<tr>
<td>Dec 1 – Dec 29</td>
<td>5 classes/$35</td>
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<td>Jan 5 - Jan 26</td>
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<td>Feb 2 - Feb 23</td>
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<th>Thursday</th>
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<td>Dec 3 – Dec 17</td>
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<td>Jan 7 - Jan 28</td>
<td>4 classes/$28</td>
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<tr>
<td>Feb 4 – Feb 25</td>
<td>4 classes/$28</td>
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Cardio Strength & Balance Rhonda
Level 2 Virtual
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.

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<th>Monday</th>
<th>10:30 - 11:15 AM</th>
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<td>Dec 7 – Dec 28</td>
<td>4 classes/$28</td>
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<td>Feb 1 – Feb 22</td>
<td>4 classes/$28</td>
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HIIT Bursts Maggie
Virtual
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, core training, stretch; and you’re done!

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<th>Wednesday</th>
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<td>4 classes/$32</td>
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<td>Feb 3 – Feb 24</td>
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Zumba® Mari Ann
Virtual
Ditch the workout and join the party! Fuses popular Latin and international music and rhythms. Dance fitness fun for all! Bring supportive shoes.

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<th>Monday</th>
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<td>Dec 7 – Dec 28</td>
<td>4 classes/$28</td>
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<td>Feb 1 – Feb 22</td>
<td>4 classes/$28</td>
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Seated - Virtual

Ageless Yoga Karen L.
Virtual
Find balance, strength and flexibility as we move through standing yoga postures using the support of a chair. Wonderful for anyone who is unable to get onto the floor. New to yoga or not, this is for all levels. Each session will begin and end with seated meditation. Armless chairs work best, and have any yoga props you work with handy.

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<th>Wednesday</th>
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<td>5 classes/$40</td>
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<td>4 classes/$32</td>
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<td>Feb 3 – Feb 24</td>
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Chair Yoga Donna
Virtual
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.

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<td>4 classes/$32</td>
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### Land Fitness

#### Pilates - Virtual

**Mindful Movement Pilates**  
Amy  
Virtual

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.

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<td>Dec 4 – Dec 18</td>
<td>3 classes/$24</td>
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<tr>
<td>Jan 8 - Jan 29</td>
<td>4 classes/$32</td>
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<tr>
<td>Feb 5 - Feb 26</td>
<td>4 classes/$32</td>
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</table>

**Pilates, Strength & Balance**  
Karen O.  
Virtual

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.

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<tr>
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#### Strength - Virtual

**Strength & Balance**  
Maggie  
Level 2  
Virtual

Advanced level class focuses on core based movement using body weight, dumbbells, and balance to work through compound and asymmetrical moves, challenging both the body and mind. Bring a mat and water bottle.

<table>
<thead>
<tr>
<th>Wednesday</th>
<th>9 – 10 AM</th>
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<tr>
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<td>Dec 4 – Dec 18 (Lola)</td>
<td>3 classes/$24</td>
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<td>Jan 8 - Jan 29</td>
<td>4 classes/$32</td>
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<td>Feb 5 - Feb 26</td>
<td>4 classes/$32</td>
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#### Barre - Virtual

**Barre Balance**  
Donna  
Virtual

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.

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<tr>
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<td>Feb 3 - Feb 24</td>
<td>4 classes/$32</td>
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#### Yoga - Virtual

**Blended Yoga**  
Jan  
Virtual

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.

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>11:30-12:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 1 – Dec 29</td>
<td>5 classes/$40</td>
</tr>
<tr>
<td>Jan 5 - Jan 26</td>
<td>4 classes/$32</td>
</tr>
<tr>
<td>Feb 2 - Feb 23</td>
<td>4 classes/$32</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Thursday</th>
<th>11:30-12:30 PM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dec 3 – Dec 17</td>
<td>3 classes/$24</td>
</tr>
<tr>
<td>Jan 7 - Jan 28</td>
<td>4 classes/$32</td>
</tr>
<tr>
<td>Feb 4 – Feb 25</td>
<td>4 classes/$32</td>
</tr>
</tbody>
</table>

**Gentle Moves Yoga**  
Maggie  
Virtual

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.

<table>
<thead>
<tr>
<th>Thursday</th>
<th>10:15-11:15 AM</th>
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<tbody>
<tr>
<td>Dec 3 – Dec 17 (Jan)</td>
<td>3 classes/$24</td>
</tr>
<tr>
<td>Jan 7 – Jan 28</td>
<td>4 classes/$32</td>
</tr>
<tr>
<td>Feb 4 – Feb 25</td>
<td>4 classes/$32</td>
</tr>
</tbody>
</table>

**Gentle Moves Yoga**  
Maggie  
Level 2  
Virtual

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.

<table>
<thead>
<tr>
<th>Tuesday</th>
<th>10:15-11:15 AM</th>
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</thead>
<tbody>
<tr>
<td>Dec 1 – Dec 30 (Karen L.)</td>
<td>5 classes/$40</td>
</tr>
<tr>
<td>Jan 5 - Jan 26</td>
<td>4 classes/$32</td>
</tr>
<tr>
<td>Feb 2 - Feb 23</td>
<td>4 classes/$32</td>
</tr>
</tbody>
</table>

**Mindful Meditation**  
Maggie  
Virtual

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.

<table>
<thead>
<tr>
<th>Friday</th>
<th>11:30 - 12 PM</th>
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<tbody>
<tr>
<td>Jan 8 - Jan 29</td>
<td>4 classes/$20</td>
</tr>
<tr>
<td>Feb 5 - Feb 26</td>
<td>4 classes/$20</td>
</tr>
</tbody>
</table>

**Chair Yoga**  
Donna  
Virtual

See description under Seated Yoga (p7).

**Ageless Yoga**  
Karen L.  
Virtual

See description under Seated Yoga (p7).
### Land Fitness/Aquatics

#### Walking Track and Fitness Equipment
Use will be by appointment only. You must pre-register for interest only. When we get a specific date to open you will be contacted and payment will be processed.

#### Walking Track Class
Advance registration required, starting December 9.

<table>
<thead>
<tr>
<th>Month</th>
<th>Day</th>
<th>Date</th>
<th>Visits</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>Mon &amp; Wed</td>
<td>Feb 1 - Feb 22</td>
<td>8</td>
<td>$16</td>
</tr>
<tr>
<td>February</td>
<td>Mon &amp; Wed</td>
<td>Feb 5 - Feb 26</td>
<td>8</td>
<td>$16</td>
</tr>
</tbody>
</table>

Times will be determined as we move closer to opening.

#### Aquatics

**AQUATICS**
You must pre-register. We are limiting attendance for each class to preserve social distancing.

**February aquatic class registration will open December 9.**

We will register as interest only. When we get a specific date to open you will be contacted and payment will be processed.

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Feb 3 - 24</td>
<td>9:30 – 10:30 AM</td>
<td>$16</td>
</tr>
<tr>
<td>Friday</td>
<td>Feb 5 - 26</td>
<td>9:30 – 10:30 AM</td>
<td>$16</td>
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</tbody>
</table>

#### Aqua Resistance Training
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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wednesday</td>
<td>Feb 3 - 24</td>
<td>11 – 12 PM</td>
<td>$36</td>
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</tbody>
</table>

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

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<thead>
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<th>Day</th>
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<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Feb 1 - 22</td>
<td>9:30 – 10:30 AM</td>
<td>$36</td>
</tr>
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</table>

#### Hydro Exercise
Independent program where you decide to walk or exercise with equipment while maintaining social distancing. No lap swimming.

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Feb 1 - 22</td>
<td>1:15 – 2 PM</td>
<td>$28</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Feb 3 - 24</td>
<td>1:15 – 2 PM</td>
<td>$28</td>
</tr>
</tbody>
</table>

#### Lap Swim
Self-paced program for lap workouts only. Walk or swim. No prorations or make-ups.

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<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Feb 1 - 24</td>
<td>8:15 - 9 AM</td>
<td>$32</td>
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</table>

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

<table>
<thead>
<tr>
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<th>Fee</th>
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<tbody>
<tr>
<td>Monday</td>
<td>Feb 1 - 22</td>
<td>11 – 2 PM</td>
<td>$36</td>
</tr>
</tbody>
</table>

#### Fitness Equipment Use Class
Advance registration required, starting December 9.

Pre-requisite: Equipment Orientation/Refresher.

Self-supervised. **BT Residency required.**

<table>
<thead>
<tr>
<th>Month</th>
<th>Days</th>
<th>Visits</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>January</td>
<td>Tuesday &amp; Thursday</td>
<td>8</td>
<td>$32</td>
</tr>
<tr>
<td>February</td>
<td>Tuesday &amp; Thursday</td>
<td>8</td>
<td>$32</td>
</tr>
</tbody>
</table>

#### Equipment Orientation
To be offered in later phases.

Required **before** registering for Fitness Equipment Use. 1 hour personalized training on all equipment for safe and effective use.

**BT Residency required.**

5 business days notice required to cancel or reschedule.

1 hour /$35  No refunds.

**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.**

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248-723-3500 | www.bloomfieldtwp.org | 9
Day Trips - Virtual

Trip Schedule

Day trips will resume when advisable. Please enjoy our virtual offerings.

Detroit History Tours - Virtual

Detroit History Tours
Virtual Trip to the Detroit Zoo

Join us for a complimentary virtual story telling:
**Tuesday, December 8 1:30 PM**
Lions and tigers and bears, oh my! Have you ever wondered why the Detroit Zoo is outside the city limits? Or what ever happened to the Old Safari Land Zoo on Belle Isle? From dramatic animal escapes to birdnapped, cuss word swearing macaws, eccentric zoo keepers to fiery politicians, and more than a few strange tales (tails) the story of Detroit’s zoos is a wild one.

Join the award winning historians of Detroit History Tours for a virtual presentation where you’ll learn the little known story of the city’s first zoo, which dates back to the 1800’s when a down on its luck circus was bought by an entrepreneurial Detroiter. You’ll explore the oddities of the city’s Victorian era zoo which housed sea lions who swam in shallow pools, polar bears that enjoyed Michigan’s winters, and a kangaroo that once escaped all the way to Grosse Pointe! Together you’ll flip though postcards of the fabled Detroit’s Children’s Zoo- learning about the guinea pigs’ very strange enclosure. We conclude with the modern day Detroit Zoo, and the mayor who almost missed the ribbon cutting because of a 12 foot bear!

Call 248-723-3500 to register for the 90 minute Zoom presentation and hear Bailey tell the story of the Detroit Zoo, OH MY!
Zoom sign in available from 1:15 PM with lecture commencing at 1:30 PM.

Cranbrook - Virtual

Cranbrook House & Gardens — Get the App!
Virtual tours of Cranbrook Gardens and interactive maps are available at the touch of your finger via the Cranbrook Educational Community app. Visit housegardens.cranbrook.edu/explore to download the app for free today and let it be your guide to tour the gardens!
NEW - Virtual Programs & Digital Resources

Enrichment link through BT website!

Access videos, classes, and entertainment directly from the Bloomfield Township Senior Services website under the Enrichment Section!

Register for GetSetUp to access over 150 complimentary classes designed to keep your mind active, allow you to engage with others, and learn new things and most importantly, have fun.

Go directly to videos that are educational and entertaining.

Connect with the Bloomfield Historical Society’s website and enjoy local history and so much more.

Go to www.bloomfieldtwp.org/seniors and choose Enrichment Activities.

Oakland County in the 1870’s
Albert Kahn in Detroit
Marilyn Dickerson interview
GetSetUp

Enjoy new Virtual Programs and Digital Resources offerings. Content subject to change.

GetSetUp Tech Support

The Aging & Adult Services Agency at the Michigan Dept. of Health and Human Services (MDHHS) is announcing a partnership with GetSetUp, a mission driven education technology company dedicated to creating economic and learning opportunities for older adults.

The partnership creates a new free resource for Michiganders age 60 and over as the state continues to face the pandemic.

Access more than 150 free online small group classes designed for and led by older adults for FREE!

Offerings include classes on how to use a smartphone or tablet, how to use services like video conferencing, Gmail, Facebook, grocery delivery and telemedicine, as well as virtual social hours. An internet connection and ZOOM is all that’s needed to access GetSetUp.

Go to and register at: www.getsetup.io

The classes are available free for the next six months. Use coupon code MICHIGANHEALTH to waive any fees associated with small group classes. Take “New Member Orientation” to get started! If you need help, email help@getsetup.io or call 1-888-559-1614.

Managing Stress in Uncertain Times

Virtual Presentation
Wednesday, November 18 10 AM – 11 AM

Over the past several months many people have noticed an increase in their day to day stress levels. At the same time, some of our traditional ways of coping with stress are falling short. The good news is that we can all learn how to manage our stress better. This workshop focuses on helping people recognize the stress process and learn to interrupt it early in the cycle, before it escalates. Many individual stress management techniques are discussed, as well as a specific model for understanding the effects of stress on our emotions, our brains and our bodies.

Lynn Breuer, LMSW, CHC, CDP earned her Bachelor of Science degree in Psychology from Michigan State University and her Masters in Social Work in Interpersonal Practice from the University of Michigan. As a Certified Health Coach, Lynn currently heads up the Chronic Disease Management programs at Jewish Family Service, which in addition to geriatric care management, includes individual and group health coaching, as well as Mind University, a joint program with JVS Human Services. Lynn also serves as adjunct faculty at Madonna University’s School of Social Work.

How to Keep Our Brains Healthy As We Age

Virtual Presentation
Wednesday, December 9 10 AM – 11:30 AM

Join Lynn Breuer, LMSW, CHC for a fun, informative and interactive presentation on the aging brain’s health and wellness, including the most recent non-pharmacological research and an introduction to cognitive fitness. Just like we make time to go to the gym to strengthen our muscles and keep our bodies as healthy and strong as possible, we also need to give our brains regular exercise to fight normal cognitive changes that come with aging and to optimize our cognitive abilities. Cognitive fitness classes are an evidence-based program developed to help maintain and stimulate six major functions of the brain – reaction time, visual spatial skills, attention, memory, language and problem solving. And best of all…no workout clothes required!!
Financial Support

Financial Assistance Available
Many families are facing difficult issues so Bloomfield Township has instituted a new, streamlined financial assistance program to help. Those seeking aid can complete one form to request a hardship exemption for property taxes. Those over age 60 who meet guidelines can request minor home repair assistance with funding from the Community Development Block Grant program. For more information, go to https://www.bloomfieldtwp.org/Government/Services/Assessing.aspx where you will find information on the Financial Assistance Program.

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, it is NOT health insurance.
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.

Home Improvement Loan Program
Qualified homeowners may receive interest-free loans of up to $18,000 to make needed home repairs, including barrier free access and energy saving upgrades. There are no monthly payments and the total loan is due and payable only when you sell your home.
Oakland County staff are with you all the way from helping you apply for the loan to overseeing all repair work and paying pre-screened contractors. This can be in addition to BTSS Minor Home Repair program.

Financial Coaches now available
Oakland County is now offering free, confidential coaching help and resources to residents with concerns about their financial health due to the pandemic. OakGov.com/COVID/workerrelief

Housing and Rental Assistance
Oakland county Community and Home Improvement helps residents with their housing needs, and is committed to ensuring fair and equal housing opportunities for all residents. 248-858-0493 CHI@OakGov.com

Veterans Benefits and Assistance
Veterans Services helps and advocates for veterans and their families receive all the benefits to which they are entitled. 248-858-0785 OakGov.com/Veterans

HVAC Ventilation
The Senior Center has 6 rooftop units, all filters changed every 3 months. High grade MERV 8 filters are used to eliminate airborne contaminants. Typical air changes approximately 10-12 times per hour. All rooftop units have a power exhaust with variable speed blowers for efficient economizer function.

Under Construction!
Safety modifications in progress:
Touchless water bottle refill station, Plexiglas wall dividers, wall thermometers and touchless sanitizer dispenser.
Minor Home Repair

BTSS facilitates the **Minor Home Repair Program** with funding from Community Development Block Grant (CDBG). **No fees are paid by homeowners for repairs facilitated in this program.** The program is designed to help low to moderate households’ complete more complicated home maintenance. Most of the jobs qualifying under a MHR program require a permit from the local building department and are subject to federal lead based paint regulations.

**Eligibility**
Residents must be 60 years of age or above and have a gross annual household income below $44,000 with one person or $50,250 for 2 persons in the household. Proof of income will be required. Please call for information regarding households with more than two residents.

The maximum home value is $420,000 or less and the maximum in savings and investments is $50,000 per person. Repairs must fit the criteria and may not exceed $5,000 in a calendar year. Eligible applicants may receive a grant in three separate calendar years (new applications required).

A Notarized application is required: please find the updated version on the township website link below.
Notarization is available by appointment at the township offices **248-433-7700**.


BTSS Program staff is available to help residents through the application process and to administer projects through completion.

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**Housing Counseling Services - Oakland County**
Certified advisors offer housing information, education and referrals in a confidential setting.

- **Preventing Foreclosure**
  Know your options if you’re having trouble paying your mortgage or property tax.
- **Reverse Mortgages for those 62+**
  See if you are a good candidate for a reverse mortgage to free up the equity built up in your home.
- **Tenant Rights & Responsibilities**
- **Home Repairs, Subsidized Housing and Rental Assistance for Low/Moderate Income Households**
  Get referrals to agencies for help with rent, utilities, and security deposits.
Housing Counseling Services are FREE. For more information call **248-858-5402**.

**Community Resources**

**Legal Questions and Assistance**
[Lakeshore Legal Aid](https://www.lakeshorelegalaid.org) offers free consultations through the **Council & Advocacy Law Line** at **888-783-8190**.
Public Safety

BT Police Department
The BTPD encourages all of our residents to continue to follow the CDC guidelines and the Governors’ Orders in maintaining the health and wellness of our community. Residents can get up to date information on the township website, www.bloomfieldtwp.org as well as oakgov.com/health, cdc.gov, and Michigan.gov.
As always, if you have an emergency contact 911.
The BTPD is committed to providing quality services to preserve the peace and protect our community.

Call 911 For:
If you feel there is a Police, Fire or Medical Emergency.

Please Do Not Call 911 for:
Questions on COVID-19.
Questions on testing for COVID-19.
If you are experiencing low or mild symptoms (low fever or cough).

Who You Should Call:
Your Primary Care Physician if you have low or mild symptoms.
Oakland County Health Department Nurse Line 800-848-5533 if you have symptoms and wish to talk to a health care representative.
Oakland County Health Department Information 248-858-1000 if you have COVID-19 questions.

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.

BTFD Residential Lock Box Purchase

1. Go to website www.roperlock.com
2. Click on “Lock Boxes” tab
3. Choose the Crest Guardian Lock Box- Wall Mount with ACE Lock - Wall Mount
   $32.95 + Shipping & Tax
5. Click “Add to cart” and then “Checkout”.
6. Register and proceed with payment and shipping information. Confirm order details and place order.

While you are waiting for the delivery of your lock box, it is the perfect time to have extra copies of your door keys made. If your door has a deadbolt, don’t forget to have an extra key made for this lock as well.

Upon receipt of your Roper Lock Box, contact the Bloomfield Township Fire and Life Safety Division at (248) 433-7745 for installation options.
If you would like the Bloomfield Twp Fire Department to install the Roper Lock Box, there is a $15 installation fee payable by cash or check at time of service.
You may order by telephone, contact Roper Lock toll free at 330-656-5148.

If you require assistance, or additional information on this program please contact the Bloomfield Township Fire Department at (248) 433 7745.
What’s New for Medicare 2021
Virtual Presentation
Thursday, November 19        10 AM – 11 AM
This informative presentation on the latest Medicare changes is offered by a certified AAA1B counselor. Medicare is federal hospital and medical insurance, established by Congress in 1965, for individuals who are age 65 and older or disabled. If you are new to Medicare or approaching 65, this is a must attend! BT residents. Registration required. Call 248-723-3500

Medicare & Prescription Drug Plans Counseling By Phone
Year round counseling is available to residents related to Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor. Open enrollment for Medicare is going on now through December 7th. It’s important to check your Medicare plan every year. MMAP counselors provide free, unbiased counseling and might be able to save you money. Registration required. Call 1-800-803-7174.

November is National Caregiver Month
For 40 years, Family Caregiver Alliance (FCA) has supported and sustained the important work of families and friends nationwide who care for adult loved ones with chronic, disabling health conditions. FCA supports caregivers through information, education, services and research. For information: www.caregiver.org or www.caregiver.org/caregiver

Family Care Navigator provides state specific contact information on services related to caregiving. Other options are Fact Sheets, Learning Center, Best Practice Caregiving, Caregiving Issues and Strategies and Caregiver Connect.

If you know someone providing care, you can recognize National Caregiver Month by reaching out to them with words of support, an act of kindness or sharing the information in this article.

Oakland County Nurse on Call
Answer health questions, share resources and make COVID-19 testing appointments. If a person needs medical advising and does not have a primary care doctor, call 800-848-5533. 8:30-5 Monday-Friday

Friendly Callers
For many years BTSS volunteers have been calling their neighbors to check in and have uplifting conversation. These kind folks with comforting voices, reassure people that they are not alone, and their family members appreciate the valuable social connection.

Now the need is even greater. If you or someone you know would like to receive a phone call, we would be happy to include you in our program. You choose the days & number of calls you wish to be called each week. Volunteers call Monday through Friday between 9 and 11 AM for friendly conversation and to check on well being. Call BTSS at 248-723-3500 for more information.

Durable Medical Equipment Loan Closet
We collect donations of wheelchairs, walkers, canes, shower benches and currently have a high demand for transport wheelchairs. We have limited storage and varied stock so please call to confirm a need for your item in advance. Once confirmed, you may drop it off at the senior center’s front door.

Items must be clean, gently used and in good repair. We will “quarantine” them for a period prior to future loans.

This equipment is available for free, short term use by BT residents. Please call to confirm availability of item and schedule curbside pickup at the center.

NCOA-NATIONAL COUNCIL ON AGING
Phone 571-527-3900 Website www.ncoa.org

The NCOA Benefits Check service connects older adults to services. Benefit areas for review include Medicare and Medicaid, prescriptions and food and nutrition. Other benefits through several public and private benefit programs can pay home energy costs, vision, dental, hearing and more.

https://www.ncoa/economic-security/benefits

OLHSA CARES
Oakland Livingston Human Service Agency: call 248-209-2600
OLHSA is a private nonprofit agency delivering human services to Oakland and Livingston Counties. Current programs include:

Water Residential Assistance Program call 313-386-9727
Grandparents Raising Grandchildren call 248-479-6516
Emergency Utility Assistance Call 248-479-6516
Weatherization—Call 248-479-6516
Burial benefits, hygiene kits, 1 time food box or rental/mortgage assistance needs due to Covid-19.
Presbyterian Villages of MI
Caregivers must remember to practice self-care to ensure they can continue in their roles. Here are some helpful articles for caregivers by Presbyterian Villages of Michigan.
https://www.caregiversbestfriend.org/

Bloomfield Township Public Library
Virtual Branch
Whether the library building is open or not, you can always stop by Bloomfield Township Public Library’s Virtual Branch at www.btpl.org/virtual. Here you’ll find links to all of our recorded programming, information on upcoming events, and resources to keep you engaged and educated. If there’s something you’d like to see, reach out and tell us via email at AskAdult@btpl.org.

Lynda.com
We are pleased to announce the newest addition to our online resources: Lynda.com. Available to those with a valid Bloomfield Township Public Library card, Lynda.com offers access to 15,500+ online courses. We hope that you’ll be inspired to learn the latest software, creative, and business skills with bite-sized tutorials or comprehensive courses. If you have questions or need help getting set up, please contact the Adult Services Department.

General Tech Assistance
If you are in need of general technical assistance, please email AskTech@btpl.org or give us a call at 248-642-1084. We’re happy to help over the phone during business hours.

Area Agency on Aging 1b
Information and Assistance Telephone Line
Specialists are available Monday - Friday 8 AM - 5 PM.
Contact Us (800)852-7795 www.aaa1b.org

Please call Bloomfield Township Senior Services for assistance.
We are here for you!
248-723-3500

Oakland County Help Hotline
The hotline offers non-medical information, resources and community assistance referrals.
M- F 8:30 AM - 8 PM 248-858-1000

When the center opens:
PLEASE DO NOT VISIT
if you have
Temperature over 99.8
Cough
Sore throat
Any close contact within the last 14 days with someone diagnosed with COVID 19 or awaiting test results.
Experienced cold or flu symptoms in the last 72 hours including fever, shortness of breath, cough, sore throat, difficulty breathing.
Thank You

Please check the BTSS Facebook page.
Bloomfield Township Senior Center is the official BTSS Facebook.
Be sure to “Like” and share our new page. Stay connect with us through social media and this weekly e-news connection.

For most current information or to view the newsletter visit
www.bloomfieldtwp.org/seniors or www.bloomfieldtwp.org

For Bloomfield Township Public Library
Contact Us (800)852-7795 www.aaa1b.org

Presbyterian Villages of MI
Caregivers must remember to practice self-care to ensure they can continue in their roles. Here are some helpful articles for caregivers by Presbyterian Villages of Michigan.
https://www.caregiversbestfriend.org/
Dementia Caregiver Support Group  By Phone
3rd Tuesday  2 - 3 PM
Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Sponsored by Alzheimer’s Association.
Registration required. To register, call 248-272-3900.
Nov 17 Dec 15 Jan 19 Feb 16

Alzheimer’s Assn. Younger Onset Caregivers
3rd Wednesday  Virtual  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.

Care Consultation
The Alzheimer’s Association currently offers telephone Care Consultation by licensed Master Degree Social Workers. This program is designed for individuals with memory loss and their care partners. Please contact the Alzheimer’s Association Helpline 1-800-272-3900 for more information.

Alzheimer’s Association Greater MI Chapter
Alz.org/gmc

During this difficult time, you are not alone.
24/7 HELPLINE: 800.272.3900

Grief Recovery Groups
Take Time To Heal
Group meets once a week for 6 weeks; is open and free to the public and meet at local designated Desmond Funeral Home. Due to Covid-19, the first 9 participants who RSVP have the option to meet onsite at the designated site. They may also choose to join the group virtually. For 2021 group sessions visit: www.desmondfuneralhome.com
Desmond Funeral Home, 32515 Woodward Avenue  R. O. RSVP-Facilitator -Karen Laing, MA, LLP 248-362-2500

Survivors of Suicide Loss
This group is a non-clinical, nondenominational support group for people who have been impacted by suicide loss.

Group Facilitator-Marcia Klucznik, LPC, RN
RSVP 248-408-9316
1st Wednesday of every month
Group Session Time-7 PM-8:30 PM
Congregational Church of Birmingham
1000 Cranbrook Road  B. H.
Participants would be updated regarding the meeting location when the RSVP is made.

Alzheimer Association VIRTUAL AND PHONE IN (PHONE) SUPPORT GROUPS & EDUCATION PROGRAMS
COVID-19 Update: In the best interest of our constituents, volunteers and staff, we will not be offering in-person support groups education programs at this time. Instead, we are providing free virtual support groups & programs across Michigan.
Please contact our 24/7 Helpline at 800-272-3900.
Build a support system with people who understand. Alzheimer’s Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia to:
- Develop a support system
- Exchange practical information on caregiving challenges, possible solutions and community resources
- Talk through issues and ways of coping
- Share feelings, needs and concerns

Statewide Virtual or Phone in Caregiver Support Group
Thursday, November 19  7 - 8 PM
Tuesday, November 24 (dial in only)  10 - 11 AM
Thursday, December 17  7 - 8 PM

Virtual Education Programs
Understanding Alzheimer’s and Dementia
Tuesday, November 17  7 - 8 PM
Healthy Living for Your Brain & Body: Tips from Latest Research
Monday, November 30  12 - 1 PM
10 Warning Signs of Alzheimer’s
Thursday, December 3  10 - 11:30 AM
Effective Communication Strategies
Tuesday, December 15  7 - 8:30 PM
Understanding and Responding to Dementia Behaviors
Friday December 18  2 - 3 PM
Call 800-272-3900 to register.

Catching Your Breath - Virtual
University of MI Alzheimer’s Disease Center Program
A free, monthly wellbeing and mindfulness program for family caregivers of adults living with memory loss. This year-round program is part of the Michigan Alzheimer’s Disease Center Wellness Initiative and is led by Laura Rice Oescher, LMSW. You may choose to attend one or all sessions. The program varies each month and newcomers are welcome at any time. Register online at:
alzheimers.med.umich.edu/wellness-initiative
Monday Dec 14  10 - 11:30 AM

Hospice of MI
Virtual groups available. Joining is very simple, you can join by phone or by computer; and Caregiver library-videos on demand. Call 1-888-247-5701 for more information. www.hom.org

248-723-3500  |  www.bloomfieldtwp.org  |  17
Nutrition/Transportation Services

Nutrition Services
For seniors age 62 years and older within our service area. Private pay customers are needed to maintain the program. We have capacity. 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 frozen on Mondays between 10 AM and Noon. Seniors may choose to receive 3 or 5 meals 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. Currently meals are delivered on Mondays.)

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.

Meals on Wheels
Many residents appreciate meals. We deliver over 200 meals each Monday.

New MOW customers report that they are surprised the meals taste so good. They are grateful that we are still providing the service as grocery shopping can be risky. Just that one meal a day makes all the difference. Once a week a caring person will arrive at their door to bring meals, assuring them that even though they may be on their own, they are not alone.

We have capacity for more customers and look forward to continued growth and connection! MOW can be a great addition to family support as well as temporary during stay safe stay home period. We are a private pay model for those who are able to contribute, a sliding fee is available to those with low income and assets.

Sample menu Meals on Wheels served in October:
Chicken Parmesan with noodles & mixed veggies; Roast Beef & Gravy, with scalloped potatoes and green beans; Roasted Turkey & Gravy with mashed potatoes and corn; Rosemary Chicken Breast with sweet potatoes. Each meal includes bread, roll, muffin or crackers, fresh or cut fruit and milk or juice.

Transportation Services
Rides to Medical Appointments: Available to 60+ senior residents of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required with contracted provider. Call Bloomfield Township Senior Center 248-723-3500.

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.
Protocol for Visitors

BTSS Re-opening Plan: Phase 1 Protocol for Visitors

Bloomfield Township Senior Services will re-open the center when the State of Michigan is in Phase 6 of the Safe Start plan and with guidance from the Oakland County Health Department and Township officials. There is no date set at this time. **Phase 1 protocol for visitors is as follows:**

**Phase 1 – Fitness Equipment Use Only**
1. Visits to be offered by appointment; drop in use of the senior center is not available.
2. Visitors will register in advance online or by calling the senior center.
3. Visitors will use “contactless” payment (credit card) via online registration or telephone.
4. Staff will conduct screening as visitors enter.
5. Temperature check with touch-free thermometer is the first step.
6. Screening questions follow and may include: *Have you, or a person you have been in close contact with, been diagnosed with COVID-19 within the last 14 days? Are you or a family member awaiting test results? Have you experienced any cold or flu-like symptoms in the last 72 hours including fever, shortness of breath, cough, sore throat or difficulty breathing?*
7. Visitors will scan in at the main level reception desk prior to moving to the lower level fitness area.
8. Visitors will be required to wear a face covering that covers the nose and mouth fully at all times in the facility.
9. Those with health conditions that preclude mask use are advised to avoid our public setting. Virtual fitness opportunities are available on BCTV, On Demand on www.bloomfieldtwp.org and live via Zoom.
10. Appointments will be limited to one hour.
11. Visitors will arrive 5 minutes prior to appointment and depart within 5 minutes of the end of their appointment.
12. Visitors will not be allowed to gather/socialize indoors prior to or after scheduled appointments.
13. Visitors must honor the time to allow for safe use and access to other visitors.
14. Visitors must wipe down equipment before and after use using a fresh wipe.
15. Visitors will follow CDC guidelines for hand washing and hand sanitizer before and after you leave the facility.
16. Use of locker rooms will be limited to bathroom use only. Showers and lockers are not available.
17. Water bottle fillers are touch-free; bring a water bottle.
18. Visitors will comply with any marked traffic patterns and safety practices.
19. Visitors will maintain a minimum of 6 ft. social distancing at all times.
20. Violation of the BTSS re-opening rules may result in denial of use and loss of privileges.
21. No food or beverages allowed in the building other than water. There is no coffee service.

**Phase 2 - Fitness Equipment and Pool Use Only**
22. All of the above applies.
23. Showers may or may not be available for pool visitors. (TBD)
24. Pool users will put their suits on prior to arrival and utilize plastic bins on deck for dry belongings.
25. Locker rooms will be for bathroom use only.

BTSS reserves the right to decide whether to allow/accept, reject/refuse or retain any patron, guest or traveler who poses a direct threat to the health, enjoyment or safety of themselves or others. Violations identified by BTSS staff, volunteers or patrons will be promptly investigated and may result in (a) verbal or written reprimand; (b) temporary or permanent loss of Center privileges; or (c) such other steps deemed necessary by BTSS. BTSS will provide notice and an opportunity to be heard to anyone who is at risk of temporary or permanent loss of Center privileges.
Senior Services
4315 Andover Road
Bloomfield Twp. MI

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

All Fitness Equipment, Walking Track and Pool programs are WAITLIST only.

Please sign up online or by phone to show your interest.

You will be placed on a waitlist and will not be charged.

If we are able to run the class, we will call you and offer the option to pay for the class.

We will ask for payment at the time of confirmation.

See details on the cover.

Special Thanks to HAP our Thanksgiving Meal Sponsor

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Christmas Meal + Breakfast

This holiday season may be very different and more people may be isolated. We have opened up our Holiday Meals to 60+ residents to pick up or receive a traditional meal(s) on Christmas morning. 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.

Please consider a donation of $8 for one meal or $40 provides 5 meals and $170 covers 21 meals. Please call 248-723-3500 to donate and support a neighbor in need this holiday season.

Holiday Meal + Breakfast

In light of smaller holiday celebrations and limited travel this season We have expanded our Holiday Meals program to all Bloomfield residents age 60+. This special opportunity to enjoy a Holiday meal without the shopping, cooking and cleanup starts with registration by phone or online. Meals will be portioned individually and include a beverage, several sides and holiday dessert (menu below). You will receive a bonus breakfast of an scrambled eggs with mixed peppers, sausage links, biscuit and jelly, juice and milk. Please order in advance for $8 per person.

Come say "hello" on Christmas morning during your drive by for curbside pickup or you may request volunteer delivery to your door with advance registration.

Breakfast – Scrambled Eggs with Mixed Peppers, Sausage Links, Biscuit & Jelly, Juice and Milk.

Holiday Meal - Baked Ham with Pineapple Glaze, Sweet Potato Bake, Seasoned Green Beans, Garden Salad with dressing, Dinner roll, Holiday Dessert & Milk.

Interested seniors please call the center at 248-723-3500 to register for this fantastic Christmas meal opportunity.