



# Bloomfield Township Senior Services



Serving 50+ Adults

Fall 2016

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

**INDEX** (SS = supplement)

Adult Day Service.....SS4

Art Classes.....8

Aquatics Classes.....3-4

Billiards.....8

Blood Pressure.....SS3

Book Club.....8

Bridge.....8-9

BTSS Eligibility.....2

Cancellations.....2

Cardio Classes.....4-5

Cards/Games.....8-9

Caregiver.....SS3

Clubs.....8-9

Computers.....8

Day Trips.....13-15

Donations.....2

Enrichment.....8-12

Fall Fundraiser.....1

Fitness.....3-8

Friendship Club.....SS4

Grocery Shop.....SS2

Health Fair.....1

Home Repair.....SS1

Lapidary.....8

Loan Closet.....SS2

Low Vision.....SS3

Meals on Wheels.....SS2

Medicare.....SS1

Mind & Body.....6-7

Movies.....10-11

Music.....9

Personal Fitness.....5

Reassurance.....SS2

Seated Exercise.....6

Special Events.....9

Sponsors.....15

Strength Exercise.....6-7

Transportation.....SS2

Unique Topics.....10-12

Volunteering.....12



## Health Fair & Flu Shot Clinic

**Friday, October 28**  
**9 AM – 2 PM**

- ◆ Blood Pressure Check
- ◆ Blood Sugar
- ◆ Cholesterol
- ◆ Body Mass Index
- ◆ Hearing
- ◆ Health Info

Limited flu shots available to Township Residents ages 50+ years. Shots FREE for seniors 65+ w/ Medicare B. All others \$25.

*Appointments required. Register by phone or at BTSS beginning September 21 at 9 a.m.*

Bring proof of residency & Medicare Card.  
Questions – Call 248-723-3500

**Sponsored by**



**ST. JOSEPH MERCY  
OAKLAND**  
SAINT JOSEPH MERCY HEALTH SYSTEM

**SENIOR REACH®**

Assistance is available through Senior Reach®, a new program sponsored by Easter Seals Michigan. It offers support for the wellbeing, independence and dignity of older adults through community education, mental health services and connection to community resources. For info, call Easter Seals Michigan at 877-231-0155. (Brochures available at BTSS.)

## Friendship Club 10<sup>th</sup> Anniversary Celebration & Fundraiser

Saturday, September 17    11 AM – 1 PM  
(SEV17-C1601)

Help celebrate and support the *partnership in care* offered to families affected by dementia through the successful adult day service called Friendship Club. Proceeds support special therapeutic activities. Enjoy a picnic lunch flavored by Sweet Sass Sauce while listening to live music with The Paint Creek Boys. Registration required. Co-sponsored by Cedarbrook, Woodward Hills and SameAddress.  
Fee: Res \$10/Non-Res \$12



## FALL HARVEST

(FUN05-D1601)

### *Meals on Wheels Sponsorship*

BTSS delivers over 10,000 meals each year to homebound seniors in the community, many who are frail and/or living on low incomes.

Please support this vital outreach service by purchasing a sponsor card for \$7 a meal. Cards available in October at the Center.

**Thank you for your support.**

## **Fitness Week**

**August 29 – September 2**  
See back page for complete schedule.

## Christine's Comments...

Fitness programs are an important source of customer satisfaction, revenue and attendance. Over the past five years Fitness Coordinator Maggie Barclay has tripled the number of fitness programs while increasing the level of professionalism and certifications of instructors. I am pleased to share that Lisa Chavis has joined our team as the Assistant Fitness Coordinator to support this growth and success.

"Meet and Greets" scheduled on Monday 8/29 at 11 AM and Wednesday 8/31 at 4:30 PM. Join Maggie and Lisa to learn about upcoming programs and classes.

Enrichment programs including clubs, historical and cultural topics, socials, games, movies and education are also increasing. With growth in many areas, we are experiencing space constraints in the newsletter. To gain more detail about upcoming programs and classes we encourage you to pick up flyers in the center and register for our eNewsletter. Subscription instructions are below.

Wishing you peace and good health,

**Christine Tvaroha**

**ctvaroha@bloomfieldtp.org (248) 723-3500**

## Subscribe to our E-Newsletter

Visit the Township website at  
[www.bloomfieldtp.org/seniors](http://www.bloomfieldtp.org/seniors)  
and click on the  
*Mailing List* tab at the top of the page.

**Thank You for Your Donations\*... Joan Patzelt, Stephen Eskoff, Robert & Lillian Hoy, Marjorie Tope, Letha Kuesel, Cheryl Apoian, Mary Jane & Ray Conway, Mary Lynn Harris, David Rothenberg, Kitty Dobritt**

\* 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.

### Gifts/Gratuities Policy

Senior Center staff and instructors 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 Home Delivered Meals, Adult Day Service or to a local charity in our name.

## **Bloomfield Township Senior Services**

**4315 Andover Road**

(South off Long Lake or West off Telegraph)

**Phone: (248) 723-3500 Fax: (248) 723-3519**

**Christine Tvaroha, Director**

Senior Center\*: Monday - Thursday 7 AM – 8 PM  
Friday 7 AM – 6 PM  
Saturdays 8 AM – 2 PM

Adult Day Service/Friendship Club: Mon-Fri 9 AM-4 PM

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

### **BLOOMFIELD TOWNSHIP BOARD**

**Bloomfield Township Main Phone: 248-433-7700**

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Corinne Khederian, Trustee Brian E. Kepes, Trustee

### **BTSS ADVISORY COUNCIL**

Steve Eskoff, Chairman

John & Janice Bellefleur, Maxine Davison, Don Foehr,

Marie Gemmel, Victor & Suzanne Goldstein

Elizabeth Mahoney, Tom & Ginnie Richard

### **BTSS will be closed on:**

Saturday, September 3

Monday, September 5

Eligibility: Adults 50 years and older\*

\*BT Residents – all programs open for participation;  
completion of profile required

\* Non- Residents – many programs open for participation  
for additional fee, completion of profile required.

Sponsors for BTSS events are not necessarily endorsed by  
BTSS or Bloomfield Township.

### **Registration / Cancellation / Refund Policies**

- Registration only for confirmed BT profiles now through 8/14; nonresidents begin 8/15.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Emergency Card must be presented at trip check-in.
- 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.
- Classes/Programs: no refund within 2 business days of start. No refund once class has begun.  
Cancellation fee: 50% of cost if less than \$10; \$5 if cost \$10 or more.
- Trips: nonrefundable within 3 business days.  
Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

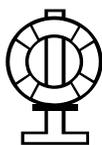
# Aquatics: Warm Water Fitness

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

*Showers required prior to pool use. Bring water bottle, lock & towel. Water shoes are recommended.*

Knowing and understanding there are certain risks involved in your voluntary decision to participate in these activities, we recommend that you consult your doctor before starting any exercise program.

Warming up and cooling down are a vital part of a safe and effective exercise class. Please arrive on time to participate in the warm-up for each class and remain through completion of the cool down stretch.



Certified Lifeguards are needed.  
Job description and employment application available:  
<http://www.bloomfieldtp.org/Government/EmploymentOpportunities.htm>

## Aqua Cardio Core

Lisa Chavis

Focuses on high level cardio conditioning paired with strength, movement, & balance that challenges the body's core muscles. Improve overall functional strength, balance & coordination.

### **Thursday**

**9:30 – 10:30 AM**

Sep 8 – Oct 13 (FIT118-C1602)

**6 classes/\$42\***

Oct 20 – Nov 17 (FIT118-D1601)

**5 classes/\$35\***

## Aqua Cardio Party

Lisa Chavis

30-40 minutes of cardio, including aerobics, HIIT, circuit, boxing, and dance including Aqua Zumba®! 20-30 minutes of core training with noodles, buoys and other equipment.

### **Thursday**

**8 - 9 AM**

Sep 8 – Oct 13 (FIT131-C1602)

**6 classes/\$42\***

Oct 20 – Nov 17 (FIT131-D1601)

**5 classes/\$35\***

## Aqua Endurance, Core & Balance

Stan Witkowski

Endurance training plus dynamic core and balance conditioning, with some muscle work. Challenging low impact but high intensity workout, to increase heart rate.

### **Tuesday**

**9:30 – 10:30 AM**

Sept 6 – Oct 11 (FIT133-C1602)

**6 classes/\$42\***

Oct 18 – Nov 22 (FIT133-D1601)

**6 classes/\$42\***

## Aqua Fit

Lori Harbour

Cardio & strength workout that increases your cardiovascular endurance, strengthen/stretch major muscle groups, improve balance & reduce stress! Moderate intensity, joint gentle class.

### **Wednesday**

**9:30 – 10:30 AM**

Sep 7 – Oct 12 (FIT96-C1603)

**6 classes/\$48\***

Oct 19 – Nov 23 (FIT96-D1601)

**6 classes/\$48\***

### **Friday**

**9:30 – 10:30 AM**

Sep 9 – Oct 14 (FIT96-C1604)

**6 classes/\$48\***

Oct 21 – Nov 18 (FIT96-D1602)

**5 classes/\$40\***

## Aqua Interval

Karen Ockner

Challenge your cardiovascular system performing various moves in sequence, followed by a recovery period. Strength & core work included. Work at your own level.

### **Monday**

**5:45 - 6:45 PM**

Sep 12 – Oct 17 (FIT134-C1603)

**6 classes/\$48\***

Oct 24 – Nov 21 (FIT134-D1601)

**5 classes/\$40\*** 3

## Aqua Power Aerobics Level 1

Annie Chi

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

### **Tuesday**

**4:45 – 5:45 PM**

Sep 6 – Sep 27 (FIT27a-C1601)

**4 classes/\$32\***

Oct 4 – Oct 25 (FIT27a-D1601)

**4 classes/\$32\***

Nov 1 – Nov 22 (FIT27a-D1603)

**4 classes/\$32\***

### **Thursday**

**4:45 – 5:45 PM**

Sep 8 – Sep 29 (FIT27a-C1602)

**4 classes/\$32\***

Oct 6 – Oct 27 (FIT27a-D1602)

**4 classes/\$32\***

Nov 3 – Nov 17 (FIT27a-D1604)

**3 classes/\$24\***

## Aqua Power Aerobics Level 2

Annie Chi

Fun, fast-paced water aerobics emphasizing strength and endurance by using a variety of equipment. Advanced level class that will challenge and motivate you.

### **Tuesday**

**6 – 7 PM**

Sep 6 – Sep 27 (FIT27b-C1605)

**4 classes/\$32\***

Oct 4 – Oct 25 (FIT27b-D1601)

**4 classes/\$32\***

Nov 1 – Nov 22 (FIT27b-D1603)

**4 classes/\$32\***

### **Thursday**

**6 – 7 PM**

Sep 8 – Sep 29 (FIT27b-C1606)

**4 classes/\$32\***

Oct 6 – Oct 27 (FIT27b-D1602)

**4 classes/\$32\***

Nov 3 – Nov 17 (FIT27b-D1604)

**3 classes/\$24\***

## Aqua Resistance Training (Intermediate)

Ernie Thomas

Movement in the water creates resistance which has a positive effect on cardiovascular fitness and muscle toning. The intensity of resistance you experience is determined by you in the water.

### **Tuesday**

**8 – 9 AM**

Sep 6 – Oct 11 (FIT146-C1602)

**6 classes/\$42\***

Oct 18 – Nov 22 (FIT146-D1601)

**6 classes/\$42\***

## Aqua Yoga Flow

Kathy Housey

A relaxing way to benefit from the water while doing vertical yoga poses. Carefully sequenced fluid stretches which build gradually as you work the entire body in warm water.

### **Monday**

**11 AM – 12 PM**

Sep 12 – Oct 17 (FIT114-C1602)

**6 classes/\$48\***

Oct 24 – Nov 21 (FIT114-D1601)

**5 classes/\$40\***

## Open Swim (FIT30-varies)

Register monthly at main level reception for unlimited visits during scheduled times. Shower and check in with lifeguard before entering pool. Current monthly calendar available online & in the Center. *BT Residency required.*

**\$15/month     \$7.50/half month** (1<sup>st</sup>-15<sup>th</sup> or 16<sup>th</sup>-end)

### Fluid Moves

Warm up, then mild aerobic exercises with equipment to raise heart rate & increase circulation. Yoga style stretches to improve balance, strength & concentration. Relaxing floatation finish.

#### **Wednesday**

Sep 7 – Oct 12 (FIT86-C1603)

Oct 19 – Nov 23 (FIT86-D1601)

#### **Saturday**

Sep 10 – Oct 15 (FIT86-C1604)

Oct 22 – Nov 26 (FIT86-D1602)

Kathy Housey

11 AM – 12 PM

6 classes/\$48\*

6 classes/\$48\*

10:30 – 11:30 AM

6 classes/\$48\*

6 classes/\$48\*

### H<sub>2</sub>O Boot Camp

High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine.

#### **Saturday**

Sep 10 – Sep 24 (FIT32-C1603)

Oct 1 – Oct 29 (FIT32-D1601)

Nov 5 – Nov 26 (FIT32-D1602)

Annie Chi

9 – 10 AM

3 classes/\$24\*

5 classes/\$40\*

4 classes/\$32\*

### H<sub>2</sub>O Gentle Joints

Gentle range of motion exercises focusing on core balance and flexibility. A no-impact class that also strengthens the muscles using water resistance.

#### **Thursday**

Sep 8 – Oct 13 (FIT148-C1602)

Oct 20 – Nov 17 (FIT148-D1601)

Lisa Chavis

11 AM – 12 PM

6 classes/\$42\*

5 classes/\$35\*

### H<sub>2</sub>O HIIT

Take your aqua exercise to the next level. Aqua HIIT uses the water's resistance along with high intensity interval training to develop muscle tone, flexibility and cardiovascular fitness.

#### **Friday**

Sep 9 – Oct 14 (FIT128-C1602)

Oct 21 – Nov 18 (FIT128-D1601)

Lisa Chavis

11 AM – 12 PM

6 classes/\$42\*

5 classes/\$35\*

### Swim Lessons - Beginners

Whatever your ability, this small group instruction will help improve your skills and self-confidence. Designed for those with little or no experience in the water. Focus is on water submersion, front and back floats, and the beginner stroke.

#### **Tuesday**

Sep 6 – Oct 11 (FIT48-C1601)

Ernie Thomas

11 AM – 12 PM

6 classes/\$42\*

### Swim Fitness

Designed for individuals who want to continue improving their swimming fitness skills. Learn how to do flip turns, rhythmic breathing, and other swim techniques to help increase your speed & build up swimming endurance.

#### **Tuesday**

Oct 18 – Nov 22 (FIT130-D1601)

Ernie Thomas

11 AM – 12 PM

6 classes/\$42\*

### Ultimate H2O

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**

Sep 12 – Oct 10 (FIT95-C1602)

Oct 17 – Nov 21 (FIT95-D1601)

Lisa Chavis

9:30 - 10:30 AM

5 classes/\$35\*

6 classes/\$42\*

### Water Walking Workout

Fun and simple class helps strengthen muscles, build cardio and aide in balance. Use proper technique and work at your own pace moving to music! Class includes core training and stretching. Progressions will be made using pool equipment.

#### **Monday - Level 1**

Sep 12 – Oct 17 (FIT99-C1603)

Oct 24 – Nov 21 (FIT99-D1601)

#### **Wednesday - Level 2**

Sep 7 – Oct 12 (FIT99-C1604)

Oct 19 – Nov 23 (FIT99-D1602)

Ernie Thomas

2:30 - 3:15 PM

6 classes/\$36\*

5 classes/\$30\*

2:30 - 3:15 PM

6 classes/\$36\*

6 classes/\$36\*

## Land Fitness

*To protect the equipment & flooring, you are required to "carry in not wear in" your clean workout shoes – no street shoes. Change shoes before beginning your class or workout. This is a year-round policy.*

Knowing and understanding there are certain risks involved in your voluntary decision to participate in these activities; we recommend that you consult your doctor before starting any exercise program.

Warming up and cooling down are a vital part of a safe and effective exercise class. Please arrive on time to participate in the warm-up for each class, and remain through completion of the cool down stretch. Bring water bottle.

## **CARDIO**

### Cardio Party & Core

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 & water bottle.*

#### **Monday**

Sep 12 – Oct 17 (FIT119-C1602)

Oct 24 – Nov 21 (FIT119-D1601)

Maggie Barclay

9 – 10 AM

6 classes/\$36\*

5 classes/\$30\*

### Cardio, Core, Conditioning (Three Cs)

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 hand weights, mat, water.*

#### **Tuesday**

Sep 6 – Oct 11 (FIT109-C1603)

Oct 18 – Nov 22 (FIT109-D1601)

#### **Thursday**

Sep 8 – Oct 13 (FIT109-C1604)

Oct 20 – Nov 17 (FIT109-D1602)

Dondra Elie

9 – 10 AM

6 classes/\$36\*

6 classes/\$36\*

9 – 10 AM

6 classes/\$36\*

5 classes/\$30\*

**Cardio, Strength & Balance Level 1** Rhonda Jean  
See full description on page 6 under STRENGTH.

**Cardio, Strength & Balance Level 2** Rhonda Jean  
Total body workout in a fun, relaxed environment improves strength, flexibility, balance & cardio system. Dance breaks. No seated movement. *Bring mat, small hand ball & supportive shoes.*

**Monday** 10:30 - 11:15 AM  
Sep 12 – Oct 17 (FIT137-C1602) 6 classes/\$36\*  
Oct 24 – Nov 21 (FIT137-D1601) 5 classes/\$30\*

**Creative Cross Training** Maggie Barclay  
Avoid workout plateaus by cross training! Unlimited classes taught by Maggie Barclay: Includes: Strength & Balance Level 2, Drums Alive®, Zumba Gold®, Cardio Party, & Gentle Moves Yoga. Does not include Small Group Personal Training  
*BT Residency required.*

**M/T/W/TH/F** Times Vary  
Sep 6 – Oct 14 (FIT77-C1603) 41 sessions/\$123  
Oct 17 – Nov 22 (FIT77-D1601) 37 Sessions/\$111

**Drums Alive®** Maggie Barclay  
High energy rhythmical workout! Combines simple aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Workout for the entire body.

**Friday** 10:15 – 11 AM  
Sep 9 – Oct 14 (FIT47-C1602) 6 classes/\$36\*  
Oct 21 – Nov 18 (FIT47-D1601) 5 classes/\$30\*

**Zumba®** Instructors/Times Vary  
Fuses hypnotic Latin and international rhythms with simple moves to create a dynamic workout system that's fun and easy to do!  
*Bring supportive shoes and a water bottle.*

**Monday** (Andrea Morman) 5:30 - 6:15 PM  
Sep 12 – Oct 10 (FIT78-C1605) 5 classes/\$30\*  
Oct 17 – Nov 21 (FIT78-D1601) 6 classes/\$36\*  
**Wednesday** (Maggie Barclay) 6:30 – 7:30 PM  
Sep 7 – Oct 12 (FIT78-C1606) 6 classes/\$36\*  
Oct 19 – Nov 16 (FIT78-D1602) 5 classes/\$30\*  
**Friday** (Maggie Barclay) 7:45 – 8:45 AM  
Sep 9 – Oct 14 (FIT78-C1607) 6 classes/\$36\*  
Oct 21 – Nov 18 (FIT78-D1603) 5 classes/\$30\*  
**Saturday** (Andrea Morman) 9:45 – 10:45 AM  
Sep 10 – Oct 15 (FIT78-C1608) 6 classes/\$36\*  
Oct 22 – Nov 26 (FIT78-D1604) 6 classes/\$36\*

**Transportation to the Center is available for select fitness classes. See Services Supplement for more info.**

**Please carry in clean shoes for all fitness programs. This is a year round policy. THANK YOU!**

**PICKLEBALL**

Court time available as a drop in and by reservation. Township residents can reserve a maximum of 2 periods per month. Reserving patron responsible for set up & clean up.

**Tuesday** (drop in only) 3:30 PM – 5:15 PM  
**Thursday** (drop in only) 2:45 PM – 4:30 PM  
**Saturday** (by reservation only) (FIT22-VARIES)  
11:15 AM – 1:00 PM

Players scan in/stop at the main level reception when coming to play. Non-resident \$2 (SOC44)

**TABLE TENNIS DROP IN**

Wednesdays 3:15-4:30 PM      Fridays 2:30 - 4 PM

★ *Drop-In Program: Participants scan/check in at main level reception. BT Resident free. Guest/Non Resident \$2*

**PERSONAL FITNESS**

**Small Group Personal Training (SGPT)**  
New to working out or at a workout/weight loss plateau? SGPT could improve your results! Personalized attention within a group may help you reach health & fitness goals! Limited class size.  
**Does not include fitness equipment.**

<b>Monday</b> (Lauren Olesiak)	2 - 3 PM
Sep 12 – Oct 31 (FIT103-C1606)	8 classes/\$120*
<b>Tuesday</b> (Maggie Barclay)	7:30 – 8:30 AM
Sep 6 – Oct 11 (FIT103-C1607)	6 classes/\$90*
Oct 18 – Nov 22 (FIT103-D1601)	6 classes/\$90*
<b>Wednesday</b> (Lola Faleix)	2 - 3 PM
Sep 7 – Oct 12 (FIT103-C1608)	6 classes/\$90*
Oct 19 – Nov 16 (FIT103-D1602)	5 classes/\$75*
<b>Wednesday</b> (Sharon Claye)	5 - 6 PM
Sep 7 – Oct 12 (FIT103-C1609)	6 classes/\$90*
Oct 19 – Nov 16 (FIT103-D1603)	5 classes/\$75*
<b>Thursday</b> (Maggie Barclay)	7:30 – 8:30 AM
Sep 8 – Oct 13 (FIT103-C1610)	6 classes/\$90*
Oct 20 – Nov 17 (FIT103-D1604)	5 classes/\$75*
<b>Friday</b> (Lola Faleix)	1 - 2 PM
Sep 9 – Oct 14 (FIT103-C1611)	6 classes/\$90*
Oct 21 – Nov 18 (FIT103-D1605)	5 classes/\$75*

**1 on 1 Personal Training** (FIT142-VARIES)  
Using the “machines” but not seeing the outcome you’d hoped for? Ready to take your equipment workouts to the next level? 1 on 1 personal training may improve your results! Personalized attention to your health & fitness goals! One hour session with a personal trainer. Following registration, trainer will contact you to set up your personal appointment. *BT Residents Only. Does not include fitness studio use. Pre-requisite: Equipment Class or Orientation/Refresher.*

Appointment must be scheduled within 30 days of registration. 2 business days’ notice directly to trainer required for cancellations/rescheduling. **1 session/\$60**

## SEATED

### **New!** Take a Seat!

Lisa Chavis  
Gentle cardio, core and more, all while seated! Strengthen your muscles, gain flexibility and work through range of motion. Wear comfortable clothing and bring a water bottle.

**Tuesday** **11:30 AM - 12:15 PM**  
 Sept 6 – Oct 11 (FIT151-C1602) **6 classes/\$36\***  
 Oct 18 – Nov 22 (FIT151-D1601) **6 classes/\$36\***

**Chair Yoga** Donna Tomassi/Karen Lutz  
 Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using the chair for support.

**Monday** (Donna Tomassi) **11:30 AM – 12:30 PM**  
 Sep 12 – Oct 17 (FIT56-C1604) **6 classes/\$36\***  
 Oct 24 – Nov 21 (FIT56-D1601) **5 classes/\$30\***  
**Wednesday** (Karen Lutz) **11:30 AM – 12:30 PM**  
 Sep 7 – Sep 28 (FIT56-C1605) **4 classes/\$24\***  
 Oct 5 – Oct 26 (FIT56-D1602) **4 classes/\$24\***  
 Nov 2 – Nov 16 (FIT56-D1603) **3 classes/\$18\***

## STRENGTH

**Barre Balance** Donna Tomassi  
 Standing class using the bar for balance and gentle strength training. May also incorporate some basic ballet moves at the bar. All levels welcome. Please bring a mat to class.

**Monday** **12:45 – 1:30 PM**  
 Sep 12 – Oct 17 (FIT101-C1603) **6 classes/\$36\***  
 Oct 24 – Nov 21 (FIT101-D1601) **5 classes/\$30\***  
**Wednesday** **12:45 – 1:30 PM**  
 Sep 7 – Oct 12 (FIT101-C1604) **6 classes/\$36\***  
 Oct 19 – Nov 23 (FIT101-D1602) **6 classes/\$36\***

**Cardio, Strength & Balance Level 1** Rhonda Jean  
 TOTAL body workout in a fun, relaxed environment to improve strength, flexibility, balance and the cardio system. Dance breaks. Class conducted in both seated and standing positions. *Wear supportive shoes. Small hand ball needed for class.*

**Tuesday** **1:45 – 2:30 PM**  
 Sep 6 – Oct 11 (FIT136-C1603) **6 classes/\$36\***  
 Oct 18 – Nov 22 (FIT136-D1601) **6 classes/\$36\***  
**Thursday** **12:45 – 1:30 PM**  
 Sep 8 – Oct 13 (FIT136-C1604) **6 classes/\$36\***  
 Oct 20 – Nov 17 (FIT136-D1602) **5 classes/\$30\***

**Equipment Orientation/Refresher** (FIT33-VARIES)  
Required for fitness participants before registering for Open Hours. Also a refresher for those who have previously completed a class or Orientation. 1-1/2 hour personalized training on all equipment for safe & effective use. *Bring clean indoor shoes. BT Residents Only. 2 business days' notice required for cancellations/rescheduling.* **1 class/\$35**

### Fitness Open Hours (FIT02-VARIES)

Pre-requisite: Class or Orientation. Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.*

**\$18/mo or \$9/half month** (1<sup>st</sup> - 15<sup>th</sup> or 16<sup>th</sup> - end)

**\$96/6 consecutive months** (6 month registration must be processed by BTSS staff, not online)

### Pilates, Strength, & Balance

Karen Ockner  
 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 and water bottle to class.*

**Monday** **4:15 - 5:15 PM**  
 Sep 12 – Oct 17 (FIT139-C1604) **6 classes/\$36\***  
 Oct 24 – Nov 21 (FIT139-D1601) **5 classes/\$30\***  
**Thursday** **5 – 6 PM**  
 Sep 8 – Oct 20 (FIT139-C1605) **7 classes/\$42\***  
 Oct 27 – Nov 17 (FIT139-D1602) **4 classes/\$24\***

### Strength & Balance – Level 2

Barclay/Chavis  
 Class done standing and on the floor using hand weights, stability balls, foam rollers and your body weight. Advanced level class/must be able to balance on a stability ball. *Bring hand weights, yoga mat, & water bottle.*

**Wednesday** (Lisa Chavis) **8 – 9 AM**  
 Sep 7 – Oct 12 (FIT80-C1602) **6 classes/\$36\***  
 Oct 19 – Nov 23 (FIT80-D1601) **6 classes/\$36\***  
**Friday** (Maggie Barclay) **9 – 10 AM**  
 Sep 9 – Oct 14 (FIT80-C1603) **6 classes/\$36\***  
 Oct 21 – Nov 18 (FIT80-D1602) **5 classes/\$30\***

**Please carry in clean shoes for all fitness programs. This is a year round policy.**  
**THANK YOU!**

## MIND BODY

### Beginning Yoga

Kathy Housey  
 Gentle flowing Hatha Yoga designed for those who have never done yoga before or need a safe stretching and balance program. Standing & floor movements can be done from a chair. *Bring mat, blanket/towel & water bottle.*

**Friday** **11:30 AM – 12:30 PM**  
 Sep 9 – Oct 14 (FIT05-C1602) **6 classes/\$36\***  
 Oct 21 – Nov 18 (FIT05-D1601) **5 classes/\$30\***

### Chair Yoga

Donna Tomassi/Karen Lutz  
 See full description on page 6 under SEATED.

### **New!** Yoga for Well-Being

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

**Saturday** **8:30 – 9:30 AM**  
 Sep 10 – Oct 15 (FIT152-C1601) **6 classes/\$36\***  
 Oct 22 – Nov 26 (FIT152-D1601) **6 classes/\$36\***

### Gentle Moves Yoga

Maggie Barclay

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

#### **Tuesday**

Sep 6 – Oct 11 (FIT94-C1603)

Oct 18 – Nov 22 (FIT94-D1601)

#### **Thursday**

Sep 8 – Oct 13 (FIT94-C1604)

Oct 20 – Nov 17 (FIT94-D1602)

10:15 - 11:15 AM

6 classes/\$36\*

6 classes/\$36\*

10:15 - 11:15 AM

6 classes/\$36\*

5 classes/\$30\*

### Tai Chi Chuan

Han Hoong Wang

Tai Chi Chuan enhances balance and body awareness with slow gentle, graceful & precise movements.

#### **Beginning Wednesday**

Sep 7 – Oct 12 (FIT03-C1601) (no class 9/21)

Oct 19 – Nov 23 (FIT03-D1601)

#### **Continuing Wednesday**

Sep 7 – Oct 12 (FIT03-C1602) (no class 9/21)

Oct 19 – Nov 23 (FIT03-D1602)

9:30 – 10:15 AM

5 classes/\$40\*

6 classes/\$48\*

10:20 – 11:10 AM

5 classes/\$40\*

6 classes/\$48\*

### **New!** Six-Step Balance Training

Sharon Claye

A unique and FUN class that is proven to improve balance and prevent falls. Copies of all exercises and activities provided to all class members, along with a copy of Dr. Carpenter's book the first day of class.

#### **Tuesday**

Sep 13 – Oct. 18 (FIT153-C1601)

Oct 25 – Nov 29 (FIT153-D1601)

11:00 AM – 12:00 PM

6 classes/\$60\*

6 classes/\$60\*

### **New!** Nutrition for Health & Wellness

Maggie Barclay

Certified ACE Fitness Nutrition Specialist will inspire you to adopt healthy eating habits for health & weight management. Learn about practical tools, online resources and goal setting. Sharing of simple recipes is incorporated. You'll gain a toolbox of resources to get started on the right track to healthy nutrition!

#### **Wednesday**

Sep 7 – Oct 12 (EDU67-C1601)

Oct 19 – Nov 30 (EDU67-D1601) (no class 11/23)

4:30 PM – 5:30 PM

6 classes/\$36\*

6 classes/\$36\*

### Moving thru - Dance & Parkinson's

Terrye Mock

A fun-filled dance class for individuals living with PD. Others with limited mobility welcome. We sway and swing with Sinatra. Class will use ballet, theater dance, folk and tap dance. Please inform us if a caregiver will accompany participant at time of registration. **FREE for Township Residents!** Preregistration required. (\*\*Funding through Marilyn J. Scriver Scholarship for Dance Therapy. Info: Stacy Egerton at 248-678-3124 or MarilynJanelInfo@gmail.com.)

#### **Thursday**

Sep 8 – Oct 13 (FIT121-C1602)

Oct 20 – Nov 17 (FIT121-D1601)

1:45 - 2:30 PM

6 classes/Non Res \$36\*\*

5 classes/Non Res \$30\*\*

## SPECIALTY FITNESS PROGRAMS & EVENTS

### Core Foundation® Training

Lori Harbour

Redefine your core, conquer back pain and move with more confidence! Core Foundation® shifts the focus from the front of your body to the back. By strengthening the full posterior chain and correcting poor movement patterns, you will maximize power, flexibility and endurance! *Must feel comfortable kneeling and getting to the floor. Please bring mat and water. This class is taught barefoot or with socks.*

#### **Monday\* (Level 1)**

(\* targeted for people new to the Foundation Training)

Sep 12 – Oct 17 (FIT144-C1604)

#### **Tuesday\*\* (Level 1)**

(\*\* targeted for people new to the Foundation Training)

Sep 6 – Oct 11 (FIT144-C1602)

#### **Thursday\*\*\* (Level 2)**

(\*\*\* targeted for people with previous experience with the Foundation Training & looking to take it to next level)

Sep 8 – Oct 13 (FIT144-C1603)

Oct 20 – Nov 17 (FIT144-D1601)

6:30 – 7:15 PM

6 classes/\$48\*

12:45 – 1:30 PM

6 classes/\$48\*

6:30 – 7:15 PM

6 classes/\$48\*

5 classes/\$40\*

### Brains & Balance

Lori Harbour/Kathy Housey

Unique, fun, challenging and informative program utilizing latest research on brain health. 30 minutes of basic exercises for balance (both seated and standing) and 30 minutes of specific brain drills. Held in Community Room A and Fitness Studio. Brief lectures augmented with handouts. Ability to stand unassisted is recommended for this class.

#### **Tuesday**

Sep 6 – Oct 11 (FIT141-C1602)

Oct 18 – Nov 22 (FIT141-D1601)

2 – 3:15 PM

6 classes/\$60\*

6 classes/\$60\*

## EVENING FITNESS CLASSES

Aqua Power Aerobics Lev 2 (pg. 3)

Annie Chi

Zumba® (pg. 5)

Andrea Morman/Maggie Barclay

Aqua Intervals (pg. 3)

Karen Ockner

Small Group Personal Train (pg. 5)

Sharon Claye

Pilates, Strength & Balance (pg. 6)

Karen Ockner

Core Foundation® Training (pg. 7)

Lori Harbour

## SATURDAY FITNESS CLASSES

Yoga for Well Being! (pg. 7)

Karen Lutz

Fluid Moves (pg. 4)

Kathy Housey

H<sub>2</sub>O Boot Camp (pg. 4)

Annie Chi

Zumba® (pg. 5)

Andrea Morman

# ENRICHMENT

\* *Non-residents pay additional \$10 fee per class. See Page 2 for registration/cancellation policies.*

*Drop-In Programs: All participants must scan in or register and pay fee (if applicable) at main level Reception Desk.*

☼ **Resident free. Guest/Non Resident \$2.**

## ART

**Creative Autumn Leaf Note Cards Class** Diane Bert  
Print beautiful note cards with an autumn leaf motif using fall colors in acrylic paints. \$20 material fee payable to instructor.  
**Wednesday 1:00 PM - 2:30 PM**  
**September 14 (ART15-C1601) 1 class/\$15\***

**Lapidary & Recycled Jewelry Fun** ☼ Martha McGee  
Use rocks, gemstones and recycled jewelry to create art and jewelry. Informal instruction in beading & stained glass. Supplies and equipment available. Jewelry and glass donations appreciated. \$2 material fee payable to instructor.  
**Tuesdays/Thursdays (no 10/18, 11/24) 1 - 4 PM**

**Art Studio** (self-guided, drop in)  
Watercolor painting, drawing, sketching, scrapbooking, crafts, design time. Venue with a view, comradery & collaboration. Please bring your own supplies (no oils please).  
**1st & 2nd Wednesdays (no 9/5, 9/14) 1:30 PM - 3:30 PM**  
**Drop In fee per visit. Res \$5 / Non Res \$7**

## CLUBS / GROUPS

**Book Club** ☼ Facilitator: Fern Stoffer  
**Fridays 10:00 - 11:30 AM**  
**September 9 *My Sunshine Away* by M.O. Walsh**  
**October 7 *Orphan Train* by Christina Baker**  
**November 4 *The Light between the Oceans* by M.L. Stedman**  
Books and Titles subject to change

**Chicks with Sticks** ☼ Facilitator: Karen Ouellette  
Join a friendly group that knits and crochets for infants, foster-care teens and chemotherapy patients - gifts from the heart. At-home knitters are needed, too! *In need of new or "like new" yarn donations.*  
**Mondays September & October (no 9/5) 1:00 - 3:30 PM**  
**Wednesdays November 1:00 - 3:30 PM**

**Senior Men's Club** Facilitator: Ralph Pedersen  
Enjoy great speakers, camaraderie and a light breakfast provided by American House. Speakers & topics to be announced. Pre-registration required. **Res \$6 / Non-Res \$8**  
**3rd Wednesday 9:30 - 11:30 AM**  
**September 21 (SOC27-C1603)**  
**October 19 (SOC27-D1601)**  
**November 16 (SOC27-D1602)**

**Paper Dolls** Facilitator: Arlene Pinkos 248-988-9366  
Join a fun dedicated group, designing & selling beautiful repurposed greeting cards. Proceeds to Meals on Wheels.  
**Thursdays 9/8, 9/22, 10/6 1:30 - 4:30 PM**

## COMPUTER EDUCATION

**Computer Lab - Open Hours** ☼  
Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability  
**Tuesdays 3:00 - 5:00 PM**  
**Saturdays 10:00 AM - Noon**

**Get started w/ Library eBooks** Open Hours w/Linda Hart  
With basic internet skills, you can be using eBooks. Bring your BTPL library card, charged iPad, Kindle or Tablet. Apple ID or Amazon password for Kindle required. Preregistration required.  
**No fee - BT residency required.**  
*In cooperation with our BTPL*  
**Wednesday, October 5 (EDU53-D1602) 1:00 - 4:30 PM**

**Help! I have a Computer, What's Next?** Mike Wilson  
Windows 10 & 7 users. Follow easy, large-print, 100-pg. book. Training will be on: email, printing, saving, copy & paste, shortcuts, games, cell phone pics, websites & more! First 6 registered patrons supplied with a laptop, or bring your own, or just watch big screen live demo! Senior friendly, judgment free computer fun! Preregistration required. (Book fee: 25.00, due at start of first class.)  
**Wednesdays 10:00 AM - 12:00 PM**  
**October 12, 19, 26 (COM37-D1501) 3 classes \$75.00\***

## GAMES

**Billiards (Pool)** ☼  
**Group Play: All levels welcome. Tues. & Thurs. 1-4 PM**  
**Solo/One on One: Monday 1-4 PM, Wednesday 4-7 PM**  
**Friday 1-4 PM, Saturday 11 AM-1 PM**

**Duplicate Bridge** Facilitator: B. Balakrishna  
**Monday & Friday No bridge 9/5, 9/19, 10/17, 10/28, 11/21, 11/25**  
**Arrival time 12:15 promptly for table assignments**  
*Maximum of 7 tables*  
**Play: 12:30 - 4:00 PM Res \$2/Non-Res \$4**

**Duplicate Bridge Play & Discussion** ☼  
Facilitator: Connie Jaroh  
**Mondays & Fridays 12:30 - 3:30 PM**  
Walk in group. Meeting dates subject to change. Call to confirm.  
*No bridge 9/5, 9/12, 10/10, 10/28, 11/14, 11/25*

**Duplicate Bridge Play & Discussion w/ Judy** ☼  
**Mondays No bridge 9/5, 9/12, 10/10, 11/14 12:30 - 3:30 PM**  
Walk in group. Meeting dates subject to change. Call to confirm.

**Evening Duplicate Bridge** Facilitator: Ed Coe  
1<sup>st</sup> & 3<sup>rd</sup> Wednesday  
3:45 – 7:45 PM Res \$2/Non-Res \$4  
Tables assigned at 3:45. Play begins promptly at 4:00  
Non-ACBL sanctioned game so no master points are awarded.  
September 7 & 21 October 5 & 19 November 2 & 16

**Bridge - Beginner** James & Cheryl Bloom  
Learn the basics of bridge including bidding and declarer play.  
No prior experience needed. Also for those with some bridge  
skill. Two certified ACBL instructors and silver life masters.  
*Book fee \$20 payable to instructor.*  
Mondays 5:45 - 7:45 PM 8 classes/\$120\*  
September 19 – November 14 (EDU12-C1602)  
Nov 21 – January 23 (EDU12-D1601) *No class 12/26 & 1/2*

**Bridge - Intermediate** James & Cheryl Bloom  
Learn ways to analyze play, defend & further knowledge of  
bidding. For those experienced playing bridge. Concentration on  
play/defense of the hand. Certified ACBL instructors & silver life  
masters. \$20 *book fee payable to instructor.*  
Wednesdays 10:00 AM – Noon 8 classes/\$120\*  
September 14 – November 9 (EDU13-C1602) *No class 10/12*  
November 16 – January 4 (EDU13-D1601)

**Bridge - Advanced** James & Cheryl Bloom  
Make your bridge game more fun. Learn skills to be more  
competitive and techniques to get to slam more, analyze play  
and defend difficult hands. Certified ACBL instructors and silver  
life masters. *Book fee of \$20 payable to instructor.*  
Wednesdays 12:30 – 2:30 PM 8 classes/\$120\*  
September 14 – November 9 (EDU14-C1602) *No class 10/12*  
November 16 – January 4 (EDU16-41601)

**Euchre & Pinochle** ♣ Facilitator: Joanne Carmichael  
Thursdays 11:00 AM – 1:30 PM  
*No Euchre/Pinochle 11/24*

**Mah-jongg Play** ♣  
Tuesdays & Thursdays 1:30 PM – 4:30 PM  
*No Mah-jongg 9/20 10/18, 11/15, 11/24*

**Poker** ♣ Facilitator: Joann Capoccia  
Wednesdays Noon – 3:00 PM  
Ladies & gentleman, enjoy a friendly game of poker.  
The more the merrier. *New players desired & welcome!*  
*Call Joann at 248-681-8533*

## MUSIC

**BTSS Band** ♣ Facilitator: Ed Black  
Join the BTSS Swing Band! Players able to read  
orchestrations needed: drummer, sax, trombone and pianist.  
Pop and ballads from the 30s, 40s & 50s. Visit our rehearsals.  
Visitors come and enjoy the fun! 3:00 - 5:00 PM  
Tuesdays in September (no 9/20)  
Tuesdays in October (no 10/11 & 10/18)  
Thursdays in November (no 11/24)

**Michigan Opera Theater – Carmen in Context**  
Austin Stewart, Musicologist Historian  
Intriguing presentation on the opera “Carmen”, soon to run at  
the MOT. Where did Bizet get the idea for Carmen or who did  
Bizet “borrow” some of his “Spanish” melodies from? These and  
more will be answered, accompanied by some special clips  
from past productions. Sponsored by Samaritas Senior Living.  
Pre-registration required. Res \$3/Non-Res \$5  
Thursday, Sept 8 (EDU53-C1605) 10:30 - 11:30 AM

## SPECIAL EVENTS

**AAA Mature Driver Course**  
Interactive classroom provides tips to help older drivers  
compensate for changing vision, reflexes and response time. ½  
hour break, please bring your lunch. Pre-registration required.  
Res \$20/Non-Res \$30  
Tuesday, Sept 13 (EDU03-C1601) 10:00 AM - 2:00 PM

**Friendship Club 10<sup>th</sup> Anniversary & Fundraiser**  
Help celebrate and support the *partnership in care* offered to  
families affected by dementia through the successful adult  
day service called Friendship Club. Proceeds support  
special therapeutic activities. Enjoy a picnic lunch flavored  
by Sweet Sass Sauce while listening to live music with The  
Paint Creek Boys. Co-sponsored by Cedarbrook, Woodward  
Hills and SameAddress.  
Pre-registration required. Res \$10/Non-Res \$12  
Saturday, Sept 17 (SEV17-C1601) 11:00 AM - 1:00 PM

**October Festival with the “The Rhinelander’s”**  
Enjoy pretzels and a festival of fun! Three man band playing  
polkas, schunkel waltzes, traditional German songs & the  
chicken dance! Sponsored by Samaritas Senior Living.  
Pre-registration required. Res \$3/Non-Res \$5  
Tuesday, October 18 (SEV17-D1601) 2:00 - 3:00 PM

**Exotic Zoo Wildlife Land Animal Show**  
Enjoy live and entertaining exotic animals, professionally  
handled with care. Python, crocodile, armadillo and more. A  
hands off or hands on event. Children welcome with supervised  
senior adults. Sponsored by Oakmont. Preregistration and  
payment for ALL attending required. Res \$3/Non-Res \$5  
Saturday, November 5 (SEV17-D1602) 10:30 - 11:30 AM

**Veteran’s Day Observance Event**  
Live patriotic piano with Charles Gehringer. Honored Veterans  
and spokespersons, James P. Cunningham & Judge Mester will  
speak. Light snacks and comradery in honor of all our loyal  
veterans and families. Sponsored by American House.  
Pre-registration required. Res \$3/Non-Res \$5  
Friday, November 11 (SEV17-D1603) 10:00 – 11:30 AM

## MOVIES

*Movies provided by Bloomfield Township Public Library.*

### Film Festival – National Parks, Comedy, Travel

#### Adventure ☼

4th Wednesday

Movie begins: 1:30 PM

September 28 "Hidden Hawaii" 45 min.

October 26 "The Bob Hope Comedy Pack" 90 min.

November 23 "Around the World: Far East" 45 min.

#### Movie Classics ☼

1st Friday

Movie begins: 1:00 PM

September 2 "Breakfast at Tiffany's

Story of a young woman in New York City. Stars Audrey Hepburn. G 1961 / Drama, Comedy / 2h 10m

October 7 "Guess Who's Coming to Dinner"

A couple's attitudes are challenged when their daughter introduces them to her fiancé. Stars S. Tracy, Sidney Poitier, K. Hepburn. 1967 NR / Comedy, Drama, Romance / 1h 48min

November 4 "A Little Princess"

A remake with a twist of the original Little Princess with Shirley Temple. PG- 13 1995 / Fantasy, Drama / 1h 37min

#### Movie Musicals ☼

2nd Friday

Movie begins: 1:00 PM

September 9 "Mamma Mia!"

A bride-to-be trying to find her real father. Stars Meryl Streep, Pierce Bronson. PG 2008/Comedy, Musical, Romance/1h 48m

October 14 "August Rush"

Musical prodigy orphan searches for birth parents. Stars Keri Russell. PG 2007 / Drama/Romance /1h 48m

November 11 "South Pacific"

World War II love story. Stars Glenn Close, Harry Connick Jr., Rade Serbedzija. G 2001 /Comedy, Drama, Musical / 2h 9m

#### Movie Mania ☼

3rd Friday

Movie begins: 1:00 PM

September 16 "Julie & Julia"

New Yorker Julie Powell embarks on a daring project to prepare all recipes in Julia Childs' cookbook. Stars Amy Adams, Meryl Streep. PG 2009 / Comedy-drama/Drama / 2h 3m

October 21 "The Martian"

Astronaut left behind & presumed dead finds a way to survive. Stars Matt Damon. PG 2015 / Fantasy/Science fiction /2h 24m

November 17 "Blended"

Divorced mom and widowed dad go on a blind date. Stars Adam Sandler. PG 13 2015 /Romantic Comedy /1h 57m

#### Documentaries & Adventure Science Fiction ☼

4th & 5th Friday

Movie begins: 1:00 PM

September 23 "Fantastic Undersea Life of Cousteau"

The world's ambassador of oceans with his popular TV series brought sea life into our homes. G 2009/ Documentary /50 min.

September 30 "Mysteries of the Bermuda Triangle"

Area in the Atlantic mysteriously claimed an untold number of people, ships and planes. G 2005/ Mystery/100 min.

October 21 "Disney Nature Monkey Kingdom"

A spectacular tale set among ancient ruins in the storied jungles of South Asia. G 2015 / Documentary / 81 min.

October 28 No movie

## UNIQUE TOPICS

Unless otherwise noted, all Unique Topics require preregistration with payment. Res \$3 / Non-Res \$5

For more detailed information about presentations, please see flyers at Senior Center.

### Detroit Zoo

Presenters: Ron Kagan, Director

Paul Good, Community & Government Relations Mgr.

Discuss the importance of animal conservation efforts, yesterday, today and improvements for tomorrow. Also, what's new at the zoo. Sponsored by Oakmont.

Thursday, Sept 1 (EDU53-C1602)

10:30 - 11:30 AM

### Phone/Mail Scams

MI Consumer Protection Education

Scams come in all shapes and sizes. It's important to learn the warning signs, as well as things you can do to protect yourself.

Complimentary for BTS Resident . Non Residents \$2.00

Friday, September 2 (EDU53-C1603)

10:30 – 11:30 AM

### The History of Money

David Terzibashian

The evolution of money from the earliest of times as a medium of exchange to the present. Sponsored by Alliance Senior Care.

Tuesday, September 6 (EDU53-C1604) 10:30 – 11:30 AM

### The Highs & Lows of Birding Peru

Donald Burlett, Oakland County Audubon Society Presentation covers speaker's trip to Peru for birding that includes birding the Amazon basin lowland and the high Andes. Includes visit to Machu Picchu to observe ancient Incan culture ruins. Sponsored by Samaritas Senior Living.

Friday, September 9 (EDU53-C1606)

10:30 – 11:30 AM

### Coalition For Transit ACT

Reliable, frequent, connected regional transit is essential for a modern city to grow and compete. It connects people to jobs, boosts economic development, enables independence for seniors and people with disabilities, learn more, sign up.

Monday, Sept 12 (EDU53-C1607)

10:30 - 11:00 AM

### Art and Ideas in the Ancient World

Wendy Evans

The art and architecture of ancient cultures of Mesopotamia, Egypt, Greece and Rome had a huge influence on western art, labeled the birthplace of civilization, perhaps now becoming a graveyard. Sponsored by Assisted Living Locators.

Wednesday, Sept 14 (EDU53-C1608)

10:30 – 11:30 AM

**Brain Health - It's All Good News** Kathy Housey  
Discover the latest findings on the aging brain. Dispel theories about genetic predisposition to cognitive decline and Alzheimer's. Specially designed brain drills and demos to encourage healthy brain function. Brains and Balance after Sixty™ extension program. Sponsored by 101 Mobility.  
**Thursday, Sept 15 (EDU56-C1604) 10:30 - 11:30 AM**

**Historically Speaking, Mentioning Unmentionables**  
Kim Parr Crocker, Museum Director  
The history of women's undergarments, medieval times through World War I, complete with photos, humorous stories and authentic replica garments! Sponsored by Samaritas Senior Living.  
**Friday September 16, (EDU53-C1609) 10:30 - 11:30 AM**

**Finished Your Manuscript? Now What?** Barbara Bloom  
From manuscript draft to finished book, writers come away with a better understanding of the publishing continuum and their options. Life examples, visual cues from an experienced author, editor, writer and more!  
**Monday, Sept 19 (EDU53-C1610) 10:30 AM – 12:00 PM**

**Oakland County Bloomfield Youth Assistance**  
Become educated and informed on mentoring and volunteer programs. Learn how to help change a child's life. Complimentary.  
**Tuesday, September 20 (EDU53-C1611) 10:30 - 11:30 AM**

**Coyotes Living in the Shadows of Bloomfield Twp.**  
Dan Badgley, Manager E.L. Johnson Nature Center  
Coyotes have successfully adapted to living in our backyards. Learn the importance of how to co-exist with this versatile predator. Identifying evidence, limits potential confrontations.  
**Tuesday, Sept 27 (EDU53-C1612) 10:30 – 11:30 AM**

**History of Mt. Elliot Cemetery** MEC Association  
Consecrated in 1841, Mt. Elliott Cemetery holds a unique place in Detroit's history. A committee of leading citizens, including the architect Robert Elliott, founded the cemetery. Elliott died in a construction accident only 12 days after the property was dedicated and so became known as Mt. Elliott Cemetery. Sponsored by Mt. Elliott Cemetery Association.  
**Wednesday, Sept 28 (EDU53-C1613) 10:30 – 11:30 AM**

**Middle Ages Court Painter, Jan Van Eyck**  
Maureen Esther, Historyteller  
Jan Van Eyck's mastery of oil painting setting the stage for the Artistic Renaissance, landscapes, portraiture and artistic revelations. Sponsored by Brookdale.  
**Tuesday, October 4 (EDU53-D1601) 10:00 – 11:30 AM**  
**Thursday, October 6 (EDU53-D1603) 6:00 - 7:30 PM**

**Exercise = Cognitive Brain Candy** Kathy Housey  
Study the latest findings on "neuroplasticity", the vital connection between exercise & increased brain capacity. Brains and Balance After Sixty™ exercises are demonstrated with unique brain drills. Sponsored by Health Quest.  
**Thursday, October 6 (EDU56-D1601) 10:30 – 11:30 AM**

**Identity Theft** MI Consumer Protection Education  
A concern for all, not just for yourselves, but for your family members! Increase your identity theft IQ and protect yourself.  
**Friday, October 7 (EDU53-D1604) 10:30 – 11:30 AM**

**Remembering Hudson's** Michael Hauser  
Detroit Historical Society presents Detroit's legendary department store, which opened to the public in 1881. Its memorable traditions made it a Detroit destination. Sponsored by Woodward Hills.  
**Tuesday, October 11 (EDU53-D1605) 10:30 – 11:30 AM**

**Forgotten Harvest: The History and Mission**  
Presentation with short film about organization dedicated to relieving hunger in metro Detroit and preventing food waste. Complimentary. Donation of dry packaged or canned food appreciated.  
**Wednesday, Oct 12 (EDU53-D1606) 10:30-11:30 AM**

**History of Bloomfield Hills, Home of Cranbrook**  
*New book hot off the press!* Chris Blackwell, Author  
Bloomfield Hills retains its mystique as an enclave of elegant living but its history includes poverty and mayhem. Learn about the area's pioneers, visionaries and incredible legacies they left behind. Visuals, Q&A time with books available.  
**Thursday, October 13 (EDU53-D1607) 10:30 – 11:30 AM**

**Oakland University Presents: 20<sup>th</sup> Century Presidential Elections** Prof. Bruce Zeller  
In the 20th century, the configuration of politics changed. Candidates became much more active, their personalities became much more central to the event.  
**Tuesday, October 18 (EDU53-D1608) 10:30-11:30 AM**

**Dessert & the DIA: Ordinary People by Extraordinary Artists - Degas, Renoir and Friends**  
Important 19<sup>th</sup> century French artists resisted the elitist aesthetic of the academic art tradition by emphasizing the people around them, transitioning moment in the modernist era. Works on paper by Degas, Renoir, Monet, Toulouse-Lautrec, Vuillard, Bonnard, Cezanne. Sponsored by Baldwin House.  
**Tuesday, October 25 (EDU34-D1601) 10:30 - 11:30 AM**

**Technology + Genealogy** Mt. Elliott Cemetery Assoc.  
Burial records have been converted to electronic databases and some information may be available online. If you're searching for an ancestor at a Mt. Elliott Cemetery, start your search here. Sponsored by Mt. Elliott Cemetery Association.  
**Wednesday, Oct 26 (EDU53-D1609) 10:30 – 11:30 AM**

**Mindful Relaxation: Mind Medicine** Kathy Housey  
Learn the positive effects of relaxation and proper sleep for the brain, techniques that take only minutes a day and achieve measurable results in brain growth. Get a better night sleep; improve the quality of your life. Sponsored by Arden Courts.  
**Thursday, Nov 3 (EDU56-D1602) 10:30 – 11:30 AM**

**In Home Safety Tips** MI Consumer Protection Education  
It's increasingly important to make sure that you're safe at home. Learn how to avoid common accidents.

**Friday, November 4 (EDU53-D1610) 10:30 – 11:30 AM**

**Bloomfield Township Fire Department CPR Review**  
Adult CPR if a person stops breathing or their heart stops beating effectively. Lifesaving techniques used to restore oxygenated blood flow to the vital organs. BT Residents only.

**Tuesday, November 15 (EDU06-D1601) 6:00 - 7:00 PM**

**Birds of Thailand – Land of Smiles**  
Donald Burlett, Oakland County Audubon Society  
A distinctly different culture and foods are the high points. Learn why it's called the land of smiles. Sponsored by Samaritas Senior Living.

**Thursday, Nov 17 (EDU53-D1611) 10:30 – 11:30 AM**

**Great Lakes Ship Wrecks -Deep Secrets** David Trotter  
Program brings to life rare early images of ship wrecks, past, present & future discoveries. Sponsored by Woodward Hills.

**Friday, November 18 (EDU53-D1612) 10:30 - 11:30 AM**

**The Final Act of Love** Mt. Elliott Cemetery Assoc.  
One of the questions we are regularly asked is, "Why should I preplan?" The simple answer to ensure your peace of mind. Sponsored by Mt Elliott Cemetery Association.

**Wednesday, Nov 23 (EDU53-D1613) 10:30 – 11:30 AM**

## VOLUNTEERING



*Volunteering is important to long and healthful lives.*  
Call Joan for more information 248-723-3500.

### VOLUNTEER REQUIREMENTS

Volunteer applicants must be at least 18 years of age, a Bloomfield Township resident and agree to complete/submit a volunteer application and background check form. Forms are available at the main level reception desk or online at:

<http://www.bloomfieldtp.org/Services/SeniorServices/VolunteerOpportunities.asp>

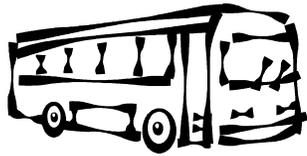
**Please contact Joan Patzelt, BTSS Deputy Director at 248-723-3500 or [jpatzelt@bloomfieldtp.org](mailto:jpatzelt@bloomfieldtp.org).**

### Thank you to our Meals on Wheels Volunteers!

Rob Alvin \* Kerstin Baumann \* Susan Bellefleur \* Molly Beresford \* Leroy Bliven \* Don & Camile Breen \* Reg Campbell \* Su Chuang \* Cindy Clement \* Greg Coatsworth \* Jerry Craig \* Patricia Dalton \* Emily Day \* Judy Dennis \* Judy Dixon \* Mike Dunigan \* Carole & Ted Elder \* Lori Farrow \* John Feeny \* Ed Francis \* Judy Geppert \* Mona Gibson \* Barbara Glotzhober \* Carol Goldstein \* Nancy Haddad \* Lorna Hall \* Rose Ann Hanley \* Rob Heeren \* Cindy Herzberg \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Jean Ivory \* Pat Jacoby \* Janet & John Kaczmarek \* Marshall Lasser \* Marcie Lloyd \* Darcy MacKenzie \* Doug & Joan Mann \* Richard May \* Carlos Mazzorin \* Alice & Frank McIntyre \* Rod & Mary Lynn McLachlan \* Beth Mergel \* Claire Michelini \* Debbie Mitchell \* Judith & Richard Moxley \* Walter Oehrlein \* Linda Palmer \* Lee Ann Pantalone \* Christine Peterson \* Chuck Pokriefka \* Marie Pryce \* Rita Ravikrishnan \* Kathy Reese \* Renate Reimer \* Tom Richard \* Fulvio Romano \* Krishna & Ranjit Roy \* Janet Russell \* Gerald Schmidt \* Theresa & Mike Shea \* Mary Sheipline \* Tom Storen \* Connie Szymczak \* Marjorie & Mario Trafeli \* Patricia Wagner \* Larry Werner \* Lynn & Corey Wert \* Jim Wolfe \* Elinor & Murray Yolles \* Rasheeda Zafar

**Thank you volunteers! 2500 + Hours in April-June**  
Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Computer Lab, Chicks With Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & Friendship Club Volunteers.

Diana Alexanian \* Edie Anderson \* Judy Antonak \* Elaine Appel \* Nancy Arens \* Sarita Badhwar \* Gladys Baker \* Ruth Ann Ballard \* Marian Balderi \* Gene Baynham \* Tina Beard \* Susan Bellefleur \* Molly Beresford \* Judith Berger \* Joan Brandt \* Peggy Brenton \* Sal Bricio \* Grace Brockett \* Eleanor Brown \* Doreen Bull \* Sharon Butler \* Virginia Bennett \* Pat Caplin \* Joanne Carmichael \* Valerie Carrick \* Janet Cassise \* Mary Ann Christ \* Ed Coe \* Peggy Cohen \* Cathy Cory \* Jerry Craig \* Jo Creek \* Sarah Davis \* Marquerite Davidson \* Maxine Davison \* Vivian Dezur \* Barbara Dinneweth \* Corrinne Dowell \* Janet Enguehard \* Steve Eskoff \* Nancy Exner \* Shirley Franklin \* Marie Gemmel \* Judy Geppert \* Klaren Gerhart \* Mona Gibson \* Barbara Glotzhober \* Carol Goldstein \* Irene Grady \* Sangeeta Grewal \* Rosie Gumbleton \* Pat Hamburg \* Joyce Hancock \* Lorraine Hannah \* Dan Hess \* Kathleen Holleran \* Shirley Horvath \* Sharon Houghtby \* Maryvonne Jacquemart \* Connie Jaroh \* Sandy Jeffries \* Beth Johnson \* Barbara Joiner \* Pat Joyner \* Lois Kafarski \* Connie Kenty \* Young Kim \* Tony Klemmer \* Sunny Kohli \* Rowena Kolde \* Patricia Kubik \* Dorothy Laffrey \* Elaine Lamb \* Marge Lazarou \* Christie Lehmann \* Jenny Lenzi \* Paulette Lerman \* Keith Lewis \* Linda Lewis \* Jo Lincoln \* Jill Lopez \* Ludmilla Livshiz \* Gail MacInnes \* Liz Mahoney \* Gretchen Mako \* Michael Martin \* Janet Mathews \* Catherine Matti \* Martha McGee \* Alice & Frank McIntyre \* Gerald McKelvey \* Donald Meier \* Violet Mercado \* Judy Michau \* Karen Miller \* Pat Miller \* David Mitchell \* Richard Moxley \* Chris Muir \* Vara Navaluri \* Joan Nedeljkovic \* Lucille Noraian \* Jo Nott \* Karen Oulette \* Eileen Ozar \* Lois Page \* Kay Patel \* Ralph Pedersen \* Mike Peters \* Arlene Pinkos \* Deanna Ralston \* Rama Reddy \* Judy Reichelt \* Renate Reimer \* Tom Richard \* Dawn Roth \* Pat Schleif \* Kathy Schultz \* Reenie Shannon \* Theresa & Mike Shea \* Mary Shelly \* Susan Smith \* Francisca Soliven \* Judy Stahl \* Bernard Stuecheli \* Marcia Suszan \* Nancy Tanke \* Valerie Timmis \* Linda Tithill \* Michael Toutant \* Anjali Vale \* Mary VanDagens \* Peggy Walker \* Stanton Walker \* Martha Wells \* Patricia Whittedge \* Suzanne Winn \* Diana Wise \* Jessica Wollan \* James Worley \* Anjel Yessayan \* Jean Young \* Rasheeda Zafar \* Janice Zehnder



# BLOOMFIELD TRAVEL

*\* Non-residents add \$10 fee per trip.*

*See page 2 for registration/cancellation policies.*

## Traveler Safety

We make every effort 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 to be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct.

(<http://www.bloomfieldtp.org/Services/SeniorServices/PDF/CodeOfConduct.pdf>)

You may register an assistant for the trip if it will ensure your safety; trip fees apply to assistants and are paid with your registration.

**American Wee Pie – Tipping Point Theatre** WAIT LIST  
Wednesday, August 10 (DAY10-C1601) 12:15 PM – 5:30 PM

**Julie Dawson's Art & Garden Tour**  
Friday, August 12 (DAY11-C1601) 11:15 AM – 4:45 PM  
Birmingham watercolor artist, photographer and writer, Julie Dawson, invites you into her world of art, travels and flowers. She uses her home and gardens as her studio and gallery. Julie and her husband traveled extensively and independently in 97 countries. After their trips, Julie painted her favorite memories. Begin with lunch on your own at **Au Cochon**. Fee: \$34\*

**Maritime History Tour – Dossin Museum**  
Tuesday, August 16 (DAY12-C1601) 9:00 AM – 2:00 PM  
The Dossin Great Lakes Museum on Belle Isle is the perfect setting to learn about the geographic, economic, social and cultural developments of the Detroit River and the Great Lakes waterways. 90-minute guided tour. Followed by lunch on your own at **Detroit Seafood Market**. Fee: \$37\*

**Shinola Tour** WAIT LIST  
Wednesday, August 17 (DAY13-C1601) 11:20 AM – 3:30 PM

**Windsor River Cruise** WAIT LIST  
Thursday, August 18 (DAY14-C1601) 12:15 PM – 5:00 PM

**Morley-Sanders Tour**  
Tuesday, August 23 (DAY15-C1601) 9:55 AM – 2:30 PM  
Your video journey begins with the story of chocolate, how chocolate is made and how Sanders and Morley Candy Makers got their start in Detroit. Then watch expert candy makers create luscious treats along a 150 foot observation walkway. Indulge in a free treat before going into the gift shop. Followed with lunch on your own at **Aspen Restaurant**. Fee: \$27\*

**Rattlesnake Club Luncheon**  
Thursday, August 25 (DAY16-C1601) 11:45 AM – 2:45 PM  
Enjoy a fabulous lunch at one of the premier Detroit dining destinations! Salad and your choice of Pan Roasted Wild Nova Salmon or Porcini & Truffle Infused Chicken Breast; Signature White Chocolate Ravioli dessert and non-alcoholic beverage. Please indicate entrée selection when registering. Fee: \$55\*

**Glass Pavilion – Toledo Museum of Art** WAIT LIST  
Thursday, September 8 (DAY17-C1601) 9:45 AM – 4:30 PM

**Chocolates by Renee – Making Candy**  
Tuesday, September 13 (DAY18-C1601) 11:00 AM – 3:00 PM  
Enjoy making your own delectable chocolate candy in Northville. Followed by lunch on your own at **The Early Bird Restaurant**. Fee: \$40\*

**Eleanor & Edsel Ford House & Grounds Tour**  
Wednesday, Sept 21 (DAY20-C1601) 8:45 AM – 2:45 PM  
The Edsel & Eleanor Ford House tells the story of the home life of a prominent American family. Their impressive yet unpretentious home on the shores of Lake St. Clair reflects their love of family as well as their passion for art and quality design. Lots of walking. Followed by lunch on your own at the **Ford House Tea Room**. Please bring cash for lunch. Fee: \$37\*

**Adventures in Dining – Diamond Jim Brady's Bistro**  
Tuesday, Sept 27 (DAY21-C1601) 11:30 AM – 2:00 PM  
Enjoy lunch at one of Detroit area's first and finest bistros. Established in 1954 by James Brady, they have made every effort to secure your enjoyment, the finest of beverages and the most delicious of foods. Lunch on your own. Fee: \$20\*

**Detroit Tigers vs Cleveland Indians**  
Thursday, Sept 29 (DAY22-C1601) 11:30 AM - 4:45 PM  
Enjoy a beautiful day at the ballpark as you cheer on the Tigers to a winning game. Seating in the shade, but bring a hat. **Lunch of hot dog & pop included**. Fee: \$59\*

**Victorian Mourning & Funeral Customs**  
Saturday, October 1 (DAY01-D1601) 9:00 AM – 4:00 PM  
Set for an 1880's wake, learn about Victorian mourning and funeral customs at the Crocker House museum. Then tour Clinton Grove Cemetery and meet some local ancestors and hear their story's that will be portrayed and discussed. Followed by lunch on your own at **Bath Bistro**. Fee: \$47\*

**Col. James M. Schoonmaker, Cargo Ship – Toledo**  
Wednesday, October 5 (DAY23-D1601) 8:30 AM – 3:45 PM  
Tour this great ship that once broke records for carrying iron ore, grain and coal on the great lakes. She now has a permanent berth at the site of the National Museum of the Great Lakes on the banks of the Maumee River in Toledo. Followed by lunch on your own at **Tony Packo's Café**. Fee: \$47\*

### DSO Rhapsody in Blue

**Friday, October 7 (DAY02-D1601) 9:30 AM – 3:30 PM**  
Leonard Slatkin, conductor, Garrick Ohlsson, piano, playing Copland Piano Concerto, Gershwin, Rhapsody in Blue, Milhaud, Creation du Monde and Respighi Pines of Rome. Followed by lunch on your own at **Bookies Bar & Grille**. Fee: \$54\*

### St. John Armenian Church, Museum & Lunch Tour

**Thursday, October 13 (DAY03-D1601) 9:15 AM – 2:15 PM**  
"The Church with the Golden Dome" a guide will give a compelling tour of the sanctuary, accompanied by music, and the museum. To be followed by an Armenian inspired buffet luncheon, included. Fee: \$47\*

### DSO Classical Mystery Tour

**Friday, October 14 (DAY04-D1601) 9:30 AM – 3:30 PM**  
All your favorite Beatles songs performed by the DSO and members of the original cast of Broadway's Beatlemania! "Yesterday," "Penny Lane," "I Am the Walrus" & more! Followed by lunch on own at **Downtown Louie's Lounge**. Fee: \$65\*

### Tour Cobo Center

**Tuesday, October 18 (DAY05-D1601) 10:45 AM – 2:45 PM**  
One of the nation's first large convention centers. Named for Albert E. Cobo, Mayor of Detroit from 1950-57 and designed by Gino Rossetti, the 2,400,000 sq. ft. center opened in 1960. Followed by lunch on your own at **Cobo Joe's**. Fee: \$27\*

### Baskerville: A Sherlock Holmes Mystery – MeadowBrook

**Wednesday, Oct 19 (DAY06-D0601) 11:15 AM – 4:30 PM**  
The male heirs of the Baskerville line are being dispatched one by one. To find their killer, Holmes and Watson must brave the desolate moors before a family curse dooms its newest heir. Begin with lunch on your own at **Kruse & Muer**. Fee: \$54\*

### DSO The Romance of Rachmaninoff

**Friday, October 21 (DAY07-D1601) 9:30 AM – 3:30 PM**  
Neeme Järvi returns to the Motor City celebrating the music of Russian composer Sergei Rachmaninoff. Cello sensation Zuill Bailey performs the Detroit premiere of Tales of Hemingway, evoking the turbulent life and adventures of the author. Followed by lunch on your own at **Triple Nickel**. Fee: \$54\*

### Tour Historic Fort Wayne

**Thursday, October 27 (DAY08-D1601) 8:40 AM – 2:45 PM**  
In 1840, at the point on the Detroit River closest to British Canada, the United States Army began surveying local farms for the placement of new artillery post. Enjoy a guided tour with all the history of this five point star fort. Begin with breakfast on your own at **Toast**. Fee: \$34\*

### Brewpub Tour

**Wednesday, Nov 2 (DAY09-D1601) 11:15 AM – 3:00 PM**  
Located in Rochester in the historic Western Knitting Mill, the Rochester Mills Beer Co. brews a wide selection of handcrafted lagers and ales. The brewpub features original hardwood floors, columns, beams and exposed brick walls. The menu features a broad selection of eclectic American cuisine. Enjoy lunch on your own. Fee: \$27\*

### Boeing Boeing, The Players Club of Detroit

**Friday, November 4 (DAY10-D1601) 4:45 PM – 10:30 PM**  
Set in the 60's, swinging bachelor Bernard couldn't be happier: a flat in Paris and three gorgeous stewardesses all engaged to him without knowing about each other. His perfect life gets bumpy when a new, speedier Boeing jet throws off his planning. (The Players Club of Detroit was founded in 1910 by local businessmen to encourage amateur theater. All parts played by men of the club. Venue has some stairs.) *Dress Code: Gentlemen in dark suits and ties or tuxedo's, women in after-five attire.* Begin with dinner on your own at **Republic Restaurant**. Fee: \$62\*

### Do The Bloomfield Trail with John Marshall

**Thursday, Nov 10 (DAY11-D1601) 9:30 AM – 2:15 PM**  
The bus will follow the 16 mile Bloomfield Trail laid out in 1927. It will crisscross nine square miles of Bloomfield Township and the City of Bloomfield Hills. See Estate Houses on the original 1927 map, Schools, Churches, Clubs and Businesses. Followed by lunch on your own at **5th Tavern**. Fee: \$37\*

### Matthaei Botanical Gardens Arboretum

**Tuesday, November 15 (DAY12-D1601) 8:45 AM – 2:30 PM**  
Explore the arboretum's extensive but dispersed collections of native and exotic trees and shrubs masterfully crafted into a naturalistic landscape by O. C. Simonds in 1907. Followed by lunch on your own at **Carson's American Bistro**. Fee: \$36\*

### The Parade Company

**Thursday, Nov 17 (DAY13-D1601) 8:45 AM – 1:45 PM**  
A behind the scenes look at America's Thanksgiving Parade®. Learn about the history; explore acres of floats and how artisans bring them to life. View the world's largest collection of papier-mâché heads and stop by the costume shop. Followed by lunch on your own at the **Roma Café**. Fee: \$39\*

### Tony Orlando – Macomb Center

**Saturday, Nov 19 (DAY14-D1601) 4:15 PM – 10:00 PM**  
One of America's most endearing and enduring stars, Tony brings to the stage warmth and exhilarating energy that electrifies an audience. All your favorite hits including: "Tie A Yellow Ribbon 'Round the Ole Oak Tree," "Knock Three Times," "Candida," "My Sweet Gypsy Rose". Begin with dinner on your own at **Luciano's Italian Restaurant**. Fee: \$82\*

### DSO Popera: Opera's Greatest Hits

**Wednesday, Nov 23 (DAY15-D1601) 9:30 AM – 3:30 PM**  
Bob Bernhardt, vocalist Mela Dailey and the DSO present "Opera's Greatest Hits." Intense moments from the heart of opera composed by Mozart, Puccini Rossini and more! Followed by lunch on your own at **Meriwether's**. Fee: \$65\*

### Adventures in Dining – White Horse Inn

**Wednesday, Nov 30 (DAY16-D1601) 11:30 AM – 3:30 PM**  
Built in 1850, this legendary spot in Metamora has served as a dining stop for stagecoaches and trains, a hotel, a brothel, an Underground Railroad stop and most recently and once again, a restaurant. Includes brief history of the building. Elegant, casual American fare. **Lunch is on your own.** Fee: \$20\*

**Holiday Walk – Meadow Brook**

**Thursday, Dec 1 (DAY23-D1601) 10:45 AM – 3:15 PM**  
Celebrate the 45th annual Holiday Walk at this National Historic Landmark. Meadow Brook Hall is the historic estate built by one of the automotive aristocracy's most remarkable women, Matilda Dodge Wilson, and her husband, Alfred Wilson. Tour the elegant rooms of the grand manor decorated for the holidays. After the tour, follow the wintry path to Knole Cottage and Danny's Cabin. Lots of walking and stairs. Followed by lunch on your own at **Bravo Cucina Italiana**. Fee: \$42\*

**Twas A Girls Night Before Christmas - City Theatre**

**Saturday, Dec 3 (DAY17-D1601) 12:15 PM – 5:30 PM**  
Following on from the sleeper hit smash *Girls' Night*, our favorite chaotic ladies once again come together for a night out on the town, the girls cry, sing, bemoan their in-law's extended stays, the crazed shopping malls and dance their way into oblivion - all with the help of each other and more than a few cocktails along the way. With classic Christmas tunes to get you in the holiday spirit, as well as come catchier more modern classics. Followed with lunch on your own at **Hockey Town Café**. Fee: \$61\*

**Bead Haven – Frankenmuth**

**Tuesday, December 6 (DAY18-D1601) 8:45 AM – 3:30 PM**  
Explore this especially large bead store. They carry a huge selection of Czeck Glass beads from fire polish crystal to pressed glass. Select your beads and you will be instructed on making a bracelet. All materials included. Followed by lunch on your own at **Zehnder's**. Fee: \$45\*

**Ten Tenors Home for the Holidays – Macomb Center**

**Saturday, Dec 10 (DAY19-D1601) 4:15 PM – 10:00 PM**  
Join Australia's rock stars of the opera as they amaze and enthrall with their unique selection of traditional and contemporary seasonal favorites. With soaring versions of "Joy to the World," "Sleigh Ride," "White Christmas," "Amazing Grace," "Winter Wonderland," "Feliz Navidad" and many more, Begin with dinner on your own at **Sajo's of Clinton**. Fee: \$82\*

**Tour Masonic Temple**

**Tuesday, Dec 13 (DAY20-D1601) 12:15 PM – 6:00 PM**  
Legends surround this iconic building's interior, which is said to contain a labyrinth of rooms, some connected by secret passageways. It's also full of dramatic, unused spaces—the most famous being an unfinished swimming pool on the sixth floor. Begin with lunch on your own at **The Franklin Grill & Tavern**. Fee: \$32\*

**DSO Home for the Holidays**

**Friday, December 16 (DAY21-D1601) 9:30 AM – 3:15 PM**  
Share Detroit's favorite, best-selling holiday musical tradition. It's a sparkling celebration with carols and classics for the season. Followed by lunch on your own at **Mex**. Fee: \$65\*

**Adventures in Dining – Haney's**

**Thursday, Dec 29 (DAY22-D1601) 11:30 AM – 2:45 PM**  
Enjoy lunch at a former Howard Johnsons. They still use the same recipe for the tender sweet clams. They stand out with relaxing friendly ambience. Fee: \$20\*

Special thanks to our Fall 2016 sponsors:



Special thanks to our Summer 2016 sponsors:

- Baldwin House American House
- Brookdale Troy Samaritas Senior Living
- Woodward Hills Nursing Center
- Helping Hands Same Address
- Oakmont Senior Communities All Seasons

*Complimentary\* &  
Friendship Club Charity\*\* Classes*

(\* 50+ Township Residents only, max of 6)  
(\*\* \$5 nonrefundable donation, open to ALL 50+)

# Fitness Week

August 29 - September 2

<u>MONDAY 8/29</u>	<u>TUESDAY 8/30</u>	<u>WEDNESDAY 8/31</u>	<u>THURSDAY 9/1</u>	<u>FRIDAY 9/2</u>
<b>Cardio Party &amp; Core**</b> 9:00-10:00 a.m. (BEFIT16-01)	<b>Cardio, Core, Conditioning**</b> 9:00-10:00 a.m. (BEFIT16-14)	<b>Strength &amp; Balance Level 2</b> 8:00-9:00 a.m. (BEFIT16-25)	<b>Cardio, Core, Conditioning**</b> 9:00-10:00 a.m. (BEFIT16-35)	<b>Zumba®</b> 7:45-8:45 a.m. (BEFIT16-44)
<b>Cardio, Strength &amp; Balance 2</b> 10:30-11:15 a.m. (BEFIT16-02)	<b>Gentle Moves Yoga**</b> 10:15-11:15 a.m. (BEFIT16-15)	<b>Tai Chi-Beginners</b> 9:30-10:15 a.m. (BEFIT16-26)	<b>Gentle Moves Yoga**</b> 10:15-11:15 a.m. (BEFIT16-36)	<b>Strength &amp; Balance Level 2**</b> 9:00-10:00 a.m. (BEFIT16-45)
<b>Meet Your Coordinators</b> 11:00 a.m.-12:00 p.m. (BEFIT16-03)	<b>Take a Seat!</b> 11:30 a.m.-12:30 p.m. (BEFIT16-16)	<b>Chair Yoga</b> 11:30 a.m.-12:15 p.m. (BEFIT16-27)	<b>Moving Thru-Dance &amp; Parkinson's</b> 1:45-2:30 p.m. (BEFIT16-37)	<b>Drums Alive®**</b> 10:15-11:00 a.m. (BEFIT16-46)
<b>Chair Yoga</b> 11:30 a.m.-12:30 p.m. (BEFIT16-04)	<b>Core Foundation-Level 1</b> 12:45-1:30 p.m. (BEFIT16-17)	<b>Small Group Personal Training (Presentation Only)</b> 2:00-2:45 p.m. (BEFIT16-28)	<b>Pickleball Demo</b> 2:45-4:30 p.m. (BEFIT16-38)	<b>Beginning Yoga</b> 11:30 a.m.-12:30 p.m. (BEFIT16-47)
<b>Barre Balance</b> 12:45-1:30 p.m. (BEFIT16-05)	<b>Brains &amp; Balance</b> 2:45-3:15 p.m. (BEFIT16-18)	<b>Small Group Personal Training (Presentation Only)</b> 5:00-6:00 p.m. (BEFIT16-29)	<b>Pilates, Strength, &amp; Balance</b> 5:00-6:00 p.m. (BEFIT16-39)	<b>Small Group Personal Training (Presentation Only)</b> 1:00-1:45 p.m. (BEFIT16-48)
<b>Small Group Personal Training (Presentation Only)</b> 2:00-3:00 p.m. (BEFIT16-06)	<b>Pickleball Demo</b> 3:30-5:15 p.m. (BEFIT16-19)	<b>Meet Your Coordinators</b> 4:30-5:30 p.m. (BEFIT16-30)	<b>Core Foundation Level 2</b> 6:30-7:15 p.m. (BEFIT16-40)	<b>AQUA H2O HIIT</b> 11:00 a.m.-12:00 p.m. (BEFIT16-49)
<b>Pilates, Strength &amp; Balance</b> 4:15-5:15 p.m. (BEFIT16-07)	<b>Small Group Personal Training (Presentation Only)</b> 5:00-6:00 p.m. (BEFIT16-20)	<b>Zumba®**</b> 6:30-7:45 p.m. (BEFIT16-31)	<b>AQUA Aqua Cardio Party</b> 8:00-9:00 a.m. (BEFIT16-41)	
<b>Zumba®</b> 5:30-6:15 p.m. (BEFIT16-08)	<b>AQUA Aqua Resistance Training</b> 8:00-9:00 a.m. (BEFIT16-21)	<b>AQUA AquaFit**</b> 9:30-10:30 a.m. (BEFIT16-32)	<b>Aqua Workout**</b> 9:30-10:30 a.m. (BEFIT16-42)	
<b>Core Foundation-Level 1</b> 6:30-7:15 p.m. (BEFIT16-09)	<b>Aqua Endurance, Core &amp; Balance</b> 9:30-10:30 a.m. (BEFIT16-22)	<b>Fluid Moves</b> 11:00 a.m.-12:00 p.m. (BEFIT16-33)	<b>H2O Gentle Joints</b> 11:00 a.m.-12:00 p.m. (BEFIT16-43)	
<b>AQUA Ultimate H2O</b> 9:30-10:30 a.m. (BEFIT16-10)	<b>Swim Lessons &amp; Fitness</b> 11:00 a.m.-12:00 p.m. (BEFIT16-23)	<b>Water Walking Workout</b> 2:30-3:15 p.m. (BEFIT16-34)		
<b>Aqua Yoga Flow</b> 11:00a.m.-12:00 p.m. (BEFIT16-11)	<b>Aqua Power Aerobics</b> 6:00-6:45 p.m. (BEFIT16-24)			
<b>Aqua Workout**</b> 4:00-5:00 p.m. (BEFIT16-12)				
<b>Aqua Interval</b> 5:45-6:45 p.m. (BEFIT16-13)				

*Preregistration required. Classes fill quickly!  
See pages 3-7 for class descriptions, dates & times.*

*Sponsored by:*



## Meet Your Fitness Coordinators

Maggie Barclay, Fitness Coordinator has tripled the number of fitness programs while increasing the level of professionalism and certifications of instructors. Now, Lisa Chavis has joined the team as the Assistant Fitness Coordinator to support this growth and success. Drop by to share your thoughts, learn about new programs and welcome Lisa!

**Monday, August 29 – 11:00 AM - 12:00 PM** (BEFIT16-03)  
**Wednesday, August 31 – 4:30 PM - 5:30 PM** (BEFIT16-30)

## Unique Topics...uniquely for you!

Plan to attend one or more of our Unique Topic presentations this fall. See pages 10-12 for details. Detailed flyers available at the Center.

## Special Events for Everyone

There's always something exciting going on at BTSS. See page 9 for Special Events you don't want to miss!



# Supportive Services



Bloomfield Township Senior Services  
4315 Andover Road, Bloomfield Township, MI 48302-2091  
Phone: 248-723-3500 Fax: 248-723-3519  
Web: [www.bloomfieldtpw.org/Seniors](http://www.bloomfieldtpw.org/Seniors)

**Fall 2016**

## Index

- Adult Day Service.....4
- Alzheimer Support ....3
- Area Agency .....3
- BenefitsCheckUp.....3
- Blood Pressure.....2
- Candy Collect..... 3
- Caregiver Forum .....3
- Dental Program .....3
- Ensure.....2
- Errand Rides .....2
- Financial Help .....3
- Friendship Club.....4
- Grocery Shopping.....2
- Fall Fundraiser.....1
- Health Fair .....1
- Housing Counsel.....1
- Legal Assistance .....3
- Loan Closet..... 2
- Low Vision .....3
- Meals on Wheels.....2
- Medical Trans. .... 2
- Medicare ..... 1
- Minor Home Repair....1
- Reassurance.....2
- SMART.....2
- SameAddress.....3
- Senior Reach .....3
- Transportation.....2
- Transport to Center... 2
- Volunteer Rides.....2



## **Health Fair & Flu Shot Clinic**

*Friday, October 28  
9:00 AM – 2 PM*

Appointments required. Register by phone or at the Bloomfield Township Senior Center beginning September 21 at 9 a.m. See cover of the Fall newsletter for more details.



## **MINOR HOME REPAIR**

Community Development Block Grant funds are available to assist low income, aged 60+ Bloomfield Township seniors with minor home repair. Income guidelines:

<u># in Household</u>	<u>Max. Household Income</u>
1	\$37,450
2	\$42,800

If you believe you may qualify, please contact Denise Kolkmeier at 248-723-3500.

## **Medicare Basics 101**

(EDU56-C1603)

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.

**Thursday, September 1 1:00 - 2:30 PM**

## **Medicare Coverage Prescription Drug Plans Counseling**

(SVC14-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents who have questions regarding Medicare coverage and prescription drug plans. Make an appointment to meet with a certified Medicare Counselor. Available 3<sup>rd</sup> Thursday of the month through October 2016.

## Housing Counseling Services

**3<sup>rd</sup> Tuesday September-November**  
(SVC16-VARIES)

Get FREE and confidential advice about: preventing mortgage or property tax foreclosure, reverse mortgages, credit and budget issues, subsidized housing and rental assistance for low/moderate income households. Certified advisors from Oakland County offer information, education and referrals. BT Resident. Registration required.

## **Do you have the best Medicare Plan coverage for your needs?**

(SVC15-VARIES)

BTSS, in partnership with AAA 1-B, is holding Medicare Part D Assistance Days to help beneficiaries look at coverage options during the annual Open Enrollment period. Receive trusted, in-person assistance from trained MMAP counselors to review your plan and compare other options.

There is no charge for this service. Appointment required. Call BTSS at 248-723-3500 to schedule. BT residents.

**Mondays and Tuesdays 10 AM – 3 PM**  
**Nov. 7 & 8 Nov. 21 & 22**



## **FALL HARVEST**

### ***Meals on Wheels Sponsorship Project***

BTSS delivers over 10,000 meals each year to homebound seniors in the community, many who are frail and/or living on low incomes.

Please support this vital outreach service by purchasing a sponsor card for \$7 a meal. Cards available in October at the Center.

**Thank you for your support.**  
(FUN05-D1601)

## TRANSPORTATION SERVICES



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

### ≈ Transportation to Senior Center

Transportation to the Senior Center is available for specific senior center classes, events, clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application required.

### ≈ Medical Transportation Services

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required.

### ≈ Volunteer Driver Transportation

Volunteer drivers provide transportation to local medical appointments for 60+ Bloomfield Township residents. Service also available to run errands or grocery shop with a maximum of 2 appointments per month and flexibility between client and driver. Subject to availability.

### ≈ SMART Community Transit

Smart offers curb-to-curb service in the Service Area of: Bloomfield Township, West Bloomfield Twp., Beaumont Hospital and Rehab (Royal Oak), Henry Ford Hospital (West Bloomfield), Huron Valley Hospital (Commerce Twp.), St. Joseph Hospital (Pontiac), Somerset Collection (Troy), Downtown Birmingham and Bloomfield Town Square. Service hours are 6 a.m. to 7 p.m. Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours are 7 a.m. to 4 p.m. Monday through Friday. **866-962-5515**



## BLOOD PRESSURE CHECKS

Certified volunteers, led by Irene Grady, RN, are available on the 3<sup>rd</sup> Wednesday of each month from 11 AM - 12:30 PM.

August 17      September 21  
October 19     November 16

## NUTRITION SERVICES

BTSS addresses the nutritional needs of seniors, 62 years of age and older within our service area, with two essential programs: "Meals on Wheels" and Liquid Nutritional Supplements. (Financial support may be available for residents with documented low income.) For additional information and/or application materials on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



### "MEALS ON WHEELS"

BTSS provides home delivered meals to homebound seniors (generally unable to drive or leave the home independently.) Meals are delivered by volunteer drivers Monday through Friday between 10 AM and Noon. There is a cost for this program.



### NUTRITIONAL SUPPLEMENTS

Liquid nutritional supplements are available to seniors based on medical necessity. BTSS orders Ensure<sup>®</sup> products monthly at a reduced cost from retail prices.

A physician's order is required and must include:

- medical reason for supplementation (diagnosis)
- recipient's weight
- type of product (Regular or Plus)
- number of 8 oz. cans to be consumed daily.

The order must be renewed annually.



## TELEPHONE REASSURANCE

If you or someone you know lives alone and would like to receive a daily wellness call, we would be happy to include you in our program.

Volunteers call Monday through Friday, between 9 and 11 a.m. for a friendly conversation and to check on the welfare of the person. Call 248-723-3500 for info.

## Loan Closet Available

A loan closet of wheelchairs, walkers, canes and shower benches is available **free** for short term use by Bloomfield Twp. residents. Contact Denise at 248-723-3500 for info. Loans arranged by appointment only.

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and shower chairs. Please call Denise prior to bringing item(s) to the center.

## SENIOR REACH®

With age comes new social, physical and emotional challenges. Are you concerned about yourself or another person? Assistance is available through Senior Reach®, a new program sponsored by Easterseals Michigan.

Senior Reach® offers support for the wellbeing, independence and dignity of older adults through community education, mental health services and connection to community resources.

If you're looking for support, want to refer a senior, would like more information or want to volunteer, call Easterseals Michigan at 877-231-0155. ([www.eastersealsmichigan.com](http://www.eastersealsmichigan.com))

(An informational brochure is available at the Senior Center.)

## Oakland County Dental Program

OC Health Division Dental Program serves the basic dental needs of low-income OC residents who lack dental insurance. This is not a dental insurance plan. Once qualified, program recipients receive a course of basic dental treatment. Brochure available in information rack at the Senior Center. Application packet available by calling 248-858-1306 or toll free 888-350-0900 ext. 81306

## Legal Questions and Assistance

*Lakeshore Legal Aid* offers **FREE** consultations to senior citizens through the **Council & Advocacy Law Line** at 1-888-783-8190. Visits are available to homebound seniors or to nursing homes, as necessary.

You can also seek free advice on the **Legal Hotline for Michigan Seniors** at 1-800-347-5297

## Caregivers' Forum

2<sup>nd</sup> Monday of Month      2:00 – 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. This program sponsored by Alzheimer's Association. Respite care is included for current members of the *Friendship Club*.

To register, call 248-723-3530.

## Younger Onset Caregivers

3<sup>rd</sup> Wednesday of Month      5:30 – 7:00 PM

Early-onset Alzheimer's disease affects people who are under 65. The Alzheimer's Assn. hosts this support group for caregivers of persons with early stage memory loss. To register call 248-996-1058.

## SameAddress One-Source Solutions

For most seniors, staying at home is the preferred living option. Now, using **SameAddress** Senior Concierge and Senior Care, seniors can focus on getting the most out of their lives in their homes while they deliver the safety, household and personal care services that make daily living easier and better.

To learn more, contact them at 248-262-9999; [Customercare@sameaddress.com](mailto:Customercare@sameaddress.com)

A service of the Area Agency on Aging 1B.

## BenefitsCheckUp

Many adults over 55 need help paying for prescription drugs, health care, utilities, and other basic needs. There are over 2,000 federal, state and private benefits programs available to help; but many people don't know these programs exist or how they can apply.

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC. To use this valuable online service go to [www.benefitscheckup.org](http://www.benefitscheckup.org) and answer a series of questions which will help identify benefits and programs that could save you money. You can then apply for many of the programs online or print an application form.

## Low Vision Support Group

Please join our group Leader, Anjel Yessayan, for an informal monthly gathering. Learn about the latest helpful advances in technology. You'll have an opportunity to share ideas, feelings and solutions to assist with daily challenges.

Pre-registration required for this limited space program. BT Residents only. No charge. Transportation to the Senior Center is available. Please contact Denise (248-723-3500) for information and to register.

3<sup>rd</sup> Monday      2 - 3:30 pm

September 19      October 17      November 21



## **Halloween Candy Collection**

Share the Halloween holiday with our homebound meals clients by donating small individually wrapped candies. Drop off candy at BTSS before Oct. 26. Join us on Oct 28 at 2 PM to package for distribution. To help, call Joan at 723-3500.

# Friendship Club

The *Friendship Club* is a community based Adult Day Service program dedicated to assisting older adults with Alzheimer's disease and related memory disorders to maintain their highest level of ability. The stimulating, caring environment is designed to enhance the self esteem, well being and dignity of each member through the creation of person-centered programs. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.

## What is Adult Day Service

Adult day service is a unique opportunity for older adults experiencing progressive memory loss. The service allows them to remain connected to their community and engage in meaningful friendships.

Caring encouragement from a well trained and compassionate staff go hand in hand with the welcoming camaraderie between club members.

Adult Day Service also provides family caregivers with an interdisciplinary staff who are their partners in care. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.



## Services for Families

Helping family members is as central to our mission as serving our club members. We are your partners in care giving. Social Work services include:

- ♦ Caregiver resources and training
- ♦ Community referral information
- ♦ Monthly Alzheimer Association caregiver support meetings



## Admission and Enrollment

An in-home assessment of each applicant is completed prior to enrollment, allowing us to carefully plan activities specific to the abilities and interests of each participant. The enrollment process also allows for the opportunity to determine the optimal schedule for your loved one and to outline the program fee.

Please inquire about transportation options that may be added with enrollment.

## Activities Programming

Daily activities are planned to meet each member's interests and abilities and include:

- |   |                    |
|---|--------------------|
| interactive games   | gardening          |
| community outings   | sports             |
| live performances   | dance              |
| physical exercise   | pet visits         |
| reminiscence discussions                                    | cooking            |
| creative arts & crafts                                      | musical expression |
| numerous holiday celebrations, luncheons and themed parties |                    |

Nutrition includes a continental breakfast, a hot balanced lunch and afternoon snack.

Monthly activities calendars are available in the office or online [www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors).



## Location

Friendship Club is located in the Bloomfield Township Senior Center at 4315 Andover Road. It has a private entrance leading to a well designed, beautiful space with many windows, bright colors and a secure patio for enjoying the nice weather. With supervision, members may visit other areas of the center for specific activities and programs.



## Eligibility Criteria

The program enrolls people 50 years of age or older who are living with progressive memory loss, diagnosed by a physician. Person would benefit from a structured activities program, based on the assessment by our social worker and completion of a Medical History & Physical Form by their physician. Person or their family member must be a resident of Bloomfield Township.

*For more information, please contact Julie GeBott, Coordinator at 248-723-3530 or [jgebott@bloomfieldtwp.org](mailto:jgebott@bloomfieldtwp.org).*