



# Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

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

248-723-3500

Serving Adults 50+



## Active Compassion Walk & Senior Center 10th Anniversary Celebration Saturday, September 21

The day starts with a family-friendly 5K that supports "Meals on Wheels" and Friendship Club adult day service. Your donation or participation will assist families caring for loved ones experiencing dementia and your frail neighbors who rely on a hot meal delivered by kind volunteers to preserve their independence at home. Walk the beautiful paths that surround our campus at your own pace. This all ages morning of active compassion will be good for your heart in more than one way! Pre-registration required for 12 years & up.

**Early bird rate is \$20 through 8/13 or \$25 after 8/13.**

Whether you are walking or not join us for a complimentary outdoor party to celebrate 10 years of success in the new Senior Center. Enjoy live music, a picnic lunch and lots of fun! **Please call to pre-register.** *Sponsored by:*

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### Travel

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### Enrichment

Presentations

and Clubs

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### Supportive Services

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**Starting Point  
New Patron  
Meeting**  
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Presbyterian  
Villages  
OF MICHIGAN  
SERVING SENIORS & COMMUNITIES

Care Patrol  
Safer Senior Living, Your Goal, Our Mission

American  
House   
SENIOR LIVING COMMUNITIES

## Mission Statement

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

## Summer 2019



## Bloomfield Township Senior Services (BTSS)

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

**Phone:** 248-723-3500

**Fax:** 248-723-3519

**Web:** [www.bloomfieldtp.org/seniors](http://www.bloomfieldtp.org/seniors)  
**Christine Tvaroha, Director**

## Senior Center Hours

Monday-Thursday 7 AM - 8 PM

Friday 7 AM - 6 PM

Saturday 8 AM - 2 PM

## Adult Day Service Friendship Club

Monday-Friday 9 AM-4 PM

## BTSS will be closed on:

Saturday, May 25

Monday, May 27

Thursday, July 4

## Bloomfield Township Main

**Phone:** 248-433-7700

## Bloomfield Township Board

Leo C. Savoie, Supervisor  
Janet Roncelli, Clerk  
Brian E. Kepes, Treasurer  
David Buckley, Trustee,  
Neal J. Barnett, Trustee  
Michael Schostak, Trustee  
Dani Walsh, Trustee

## BTSS Advisory Council

Steve Eskoff, Chairman  
Don Foehr  
Victor & Suzanne Goldstein  
Tom & Ginnie Richard

## Thank You for Your Donation!

Thanks to all who have supported BTSS; your contributions & continued support are most appreciated.

"CHARITABLE CONTRIBUTIONS AND GIFTS: An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer's contribution base) any charitable contribution which is made within the taxable year, to a state, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose."

## 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:

1. Via phone with charge card.
2. Visit the center for cash, check or charge.
3. Mail a check.
4. Online with charge card.

## ID Cards

ID card is required to scan every visit at the main level desk. Please visit to get your photo taken.

## Gifts & Gratuities Policy

Staff may not accept any gifts or gratuities from residents, customers, or the public. The highest level of customer service is expected from all staff and we regularly strive to meet this standard. We ask that if someone is so inclined, they donate to support the Meals on Wheels, Friendship Club Adult Day Service, or to a local charity in our name.

## Registration/Refund Policies

- = Full payment is required at registration.
- = Registration is reserved for confirmed BT patrons through 5/20; non-residents and prorated registrations begin 5/21.
- = Non-residents pay additional \$10 per class or trip, unless otherwise noted.
- = Occasional prorating of class fees is subject to instructor approval.
- = Checks with insufficient funds incur a \$30 fee.
- = Classes/Programs: No refund two business days prior to start. No refund once class has begun. Cancellation fee: \$10.
- = Trips: No refund 3 business days prior to trip. \$10 cancellation fee + costs incurred (i.e. prepaid tickets).
- = We reserve the right to substitute instructors to maintain class continuity.
- = Trips depart promptly at posted time; return times are approximate.
- = If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- = Sponsors & speakers at BTSS & advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.

## Christine's Comments

### Day Trip Evolution

Our patrons are busy! This summer we are testing variations to our trips; later departures, half day trips and new tour providers. Later departure times open opportunities for those active in morning programs. Half day trips are for those who may not have entire day free for these wonderful destinations. We also have a new partnership with Detroit History Tours so check out tours for historic foods, cops and mobsters and the exciting Tall Ships in Detroit! Visit Shinola, Pewabic and the Plymouth Art in the Park and more (pages 10-13).

**Join us for an adventure!**  
*Christine Tvaroha*

**248-723-3500**  
**[ctvaroha@bloomfieldtp.org](mailto:ctvaroha@bloomfieldtp.org)**

**Group Fitness Schedules**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRETCH BREAK 8:15	S.G.P.T. 7:30	STRETCH BREAK 7:45	S.G.P.T. 7:30	ZUMBA 7:45	
CARDIO PARTY 9:00		STRENGTH & BAL 8:30	YOGA FOCUS 8:30		YOGA FWB 8:30
CARDIO S & B 10:30	CCC 9:00	TAI CHI-BEG 9:40	CARDIO DANCE 9:00	STRENGTH & BAL 9:00	ZUMBA® 10:00
CHAIR YOGA 11:30	GM YOGA 10:15	TAI CHI- CONT 10:30	GM YOGA 10:15	MINDFUL PILATES 10:15	MAT PILATES 11:00
BARRE BAL 12:45	BLENDED YOGA 11:30	CHAIR YOGA 11:30	DRUMS ALIVE® 11:30	YOGA BARRE FUS 11:30	PICKLEBALL 12:00
LINE DANCING 2:00	CARDIO S&B 12:45	BARRE BALANCE 12:45	CARDIO S&B 12:45	S.G.P.T. 1:00	
	DRUMS SEATED 1:45	S.G.P.T. 2:00	PARKINSON'S 1:45	TABLE TENNIS 2:30	Details on pg. 6-9
S.G.P.T 3:00		HIIT BURSTS 3:15			
PILATES S&B 4:15	PICKLEBALL 3:30	TABLE TENNIS 4:00	PICKLEBALL 2:45		
ZUMBA® 5:30	STRENGTH & BAL 5:30	ZUMBA® 5:30	PILATES S & B 5:00		
		G. FLOW YOGA 6:30	CORE FOUND 6:30		

**Land**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	AQUA RESISTANCE 8:00		AQUA STRONG & FIT 8:00		
ULTIMATE H2O 9:30	AQUA ENDURANCE 9:30	AQUA FIT 9:30	AQUA CARDIO CORE 9:30	AQUA FIT 9:30	BOOT CAMP 9:00
TOTAL BODY 11:00	BAL & STRENGTH 11:00	AQUA YOGA 11:00	GENTLE JOINTS 11:00	AQUA ENDURANCE 11:00	
WATER WALKING 2:30		WATER WALKING 2:30			
	AQUA AEROBICS(1) 4:45		AQUA AEROBICS(1) 4:45		
	AQUA AEROBICS(2) 6:00		AQUA AEROBICS(2) 6:00		

**Aqua**



Thank you to our Summer Program Sponsors



BALDWIN HOUSE



# Aquatics



**Safety:** Please consult your doctor before starting any exercise program to ensure your safe participation. Commit to both a warm up and cool down which are vital to safety and effectiveness. Lifeguard on duty. You don't need to know how to swim but must be comfortable in water.

The pool is 4 feet deep, has a ramp and steps for entry, and averages 86 degrees. Showers are required prior to pool use. Water shoes are recommended. Bring water bottle, lock and towel.

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

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

## Aqua Cardio Core

Lisa

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

**Thursday 9:30 – 10:30 AM**  
 Apr 18 – May 30 7 classes/\$49  
 Jun 6 – Jul 18 no class 7/4 6 classes/\$42  
 Jul 25 – Aug 29 6 classes/\$42

## Aqua Endurance, Core & Balance

(Intermediate)

Ernie

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

**Tuesday 9:30 – 10:30 AM**  
 Apr 16 – May 28 7 classes/\$49  
 Jun 4 - Jul 16 7 classes/\$49  
 Jul 23 - Aug 27 6 classes/\$42  
**Friday 11 – 12 PM**  
 Apr 19 - May 31 7 classes/\$49  
 Jun 7 - Jul 19 no class 7/5 6 classes/\$42  
 Jul 26 - Aug 30 6 classes/\$42



## Aqua Fit

Lori

Cardio & strength workout to increase endurance, strengthen and stretch major muscle groups, improve balance & reduce stress! Moderate intensity; joint gentle. No class 7/3.

**Wednesday 9:30 – 10:30 AM**  
 May 1 – May 29 5 classes/\$40  
 Jun 5 – Jun 26 4 classes/\$32  
 Jul 10 – Jul 31 4 classes/\$32  
 Aug 7 – Aug 28 4 classes/\$32  
**Friday 9:30 – 10:30 AM**  
 May 3 – May 31 5 classes/\$40  
 Jun 7 – Jun 28 4 classes/\$32  
 Jul 12 – Aug 2 4 classes/\$32  
 Aug 9 – Aug 30 4 classes/\$32

Have you sailed on a Tall Ship?  
 Made your own tile at Pewabic?  
 Eaten a Dutch Girl Donut?  
 Fed a Detroit Police Horse?

Adventures await  
 on pages 10-13!

Avoid the stress and fuss; leave  
 the parking and driving to us!

Enjoy the comfort of  
 our 24 seat coach.



**Aqua Power Aerobics L1** Annie  
 Aqua cardio workout with continuous motion to elevate your heart rate with creative strength and conditioning exercises.

**Tuesday 4:45 – 5:45 PM**  
 May 7 – May 28 4 classes/\$32  
 Jun 4 - Jun 25 4 classes/\$32  
 Jul 9 - Jul 30 4 classes/\$32  
 Aug 6 - Aug 27 4 classes/\$32

**Thursday 4:45 – 5:45 PM**  
 May 2 – May 30 5 classes/\$40  
 Jun 6 – Jun 27 4 classes/\$32  
 Jul 11 – Jul 25 3 classes/\$24  
 Aug 1 – Aug 29 5 classes/\$40

**Aqua Power Aerobics L2** Annie  
 Fun, fast-paced water aerobics class emphasizing strength and endurance using a variety of equipment. Advanced level class.

**Tuesday 6 – 7 PM**  
 May 7 – May 28 4 classes/\$32  
 Jun 4 – Jun 25 4 classes/\$32  
 Jul 9 - Jul 30 4 classes/\$32  
 Aug 6 - Aug 27 4 classes/\$32

**Thursday 6 – 7 PM**  
 May 2 – May 30 5 classes/\$40  
 Jun 6 – Jun 27 4 classes/\$32  
 Jul 11 – Jul 25 3 classes/\$24  
 Aug 1 – Aug 29 5 classes/\$40

**Aqua Resistance Training** Ernie  
 (Intermediate)

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**  
 Apr 16 – May 28 7 classes/\$49  
 Jun 4 - Jul 16 7 classes/\$49  
 Jul 23 - Aug 27 6 classes/\$42

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

**Thursday 8 – 9 AM**  
 Apr 18 – May 30 7 classes/\$49  
 Jun 6 – Jul 25 No class 7/4 7 classes/\$49  
 Aug 1 – Aug 29 5 classes/\$35

## Aqua Yoga Flow Kathy

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.

**Wednesday 11 – 12 PM**  
 Jun 5- Jul 10 6 classes/\$48  
 Jul 17 - Aug 28 7 classes/\$56

## Balance & Strength Aqua Ernie **NEW**

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

**Tuesday 11 – 12 PM**  
 Jun 4 – Jul 16 7 classes/\$49  
 Jul 23 – Aug 27 6 classes/\$42

## Fluid Moves Kathy

This class combines a light aerobic workout using pool equipment, stretching, and yoga relaxation at the end. The best of both in the workout world! Water shoes recommended.

**Wednesday 11 – 12 PM**  
 Apr 17-May 29 7 classes/\$56

## H2O Boot Camp Annie

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

**Saturday 9 – 10 AM**  
 Jun 1 – Jun 29 5 classes/\$40  
 Jul 13 – Jul 27 3 classes/\$24  
 Aug 3 – Aug 24 4 classes/\$32

## H2O Gentle Joints Lisa

Gentle range of motion exercises focus on core balance and flexibility. A no-impact class that also strengthens using water resistance. No class 7/4

**Thursday 11 – 12 PM**  
 Apr 18 – May 30 7 classes/\$49  
 Jun 6 – Jul 18 No class 7/4 6 classes/\$42  
 Jul 25 – Aug 29 6 classes/\$42

## Total Body Aqua **NEW** Ernie

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

**Monday 11 – 12 PM**  
 Jun 3 – Jul 15 7 classes/\$49  
 Jul 22 – Aug 26 6 classes/\$42

## Ultimate H2O Lisa

Get ready to shake it up with this creative, fun and effective class! Enjoy a variety of cardio, strength training, flexibility, & balance workouts. All levels welcome! Modifications offered.

**Monday 9:30-10:30 AM**  
 Apr 15 – May 20 6 classes/\$42  
 Jun 3 – Jul 15 7 classes/\$49  
 Jul 22 – Aug 26 6 classes/\$42

## Open Swim

<b>For Residents</b>	\$18/month \$9/half:1-15 or 16-end
M-W-F	7:15 - 9 AM
M-W	12:30 - 2 PM
T	1:30 - 3:30 PM
TH-F	12:30 - 2:30 PM
W	5:30 - 7 PM
Saturday	12-1:15 PM

## Water Walking Workout Ernie

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

**Monday – Level 1 2:30 - 3:15 PM**  
 Apr 15 – May 20 6 classes/\$42  
 Jun 3 - Jul 15 7 classes/\$49  
 Jul 22 – Aug 26 6 classes/\$42  
**Wednesday-Level 2 2:30 - 3:15 PM**  
 Apr 17 – May 29 7 classes/\$49  
 Jun 5- Jul 17 7 classes/\$49  
 Jul 24 – Aug 28 6 classes/\$42

**Open Swim Guidelines**

Register monthly for unlimited visits during scheduled times.

Shower and check in with lifeguard before entering pool.

Calendar available online & at Center.

BT residency required.

Active  
Compassion  
5 K Walk  
9/21/19

Gather your friends  
and walk together  
to support  
essential services.

**Please pre-register  
to prevent  
class cancellations.**

**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 FD **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](http://www.btfdfire.org) or 248-433-7745 and call us out.



# Land Fitness



**Safety:** Please consult your doctor before starting any exercise program to ensure your safe participation. Commit to both a warm up and cool down which are vital to your safety and effectiveness.

**Shoe Requirements:** To protect the equipment & floors you are required to carry in your clean workout or sport shoes – no street or outdoor shoes. Change shoes before beginning your class or workout. This is a year-round policy. Most classes require supportive rubber soled shoes.

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

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

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

## Cardio

**Drums Alive®** Mari Ann  
High energy rhythmical workout. Combines simple, aerobic movements with the powerful beat of the drum; using stability balls & drumsticks! Whole body workout!

**Thursday 11:30 – 12:15 PM**  
Jun 6 – Jul 18 no class 7/4 6 classes/\$42  
Jul 25 – Aug 29 6 classes/\$42

**HIIT Bursts** Maggie  
This High Intensity Interval Training intermediate class alternates between intense bursts of activity and fixed periods of active recovery. Warm-up, 20-30 minutes of HIIT workout, stretch; and you're done!

**Wednesday 3:15-4 PM**  
Apr 17 - May 29 7 classes/\$49  
Jun 5 – Jul 17 7 classes/\$49  
Jul 24 – Aug 28 6 classes/\$42

**Zumba®** Instructors below  
Ditch the workout and join the party! Fuses popular, Latin and international music and rhythms. Dance fitness fun for all! Bring supportive shoes.

**Monday Mari Ann 5:30 - 6:15 PM**  
Apr 15 – May 20 6 classes/\$42  
Jun 3 - Jul 15 No class 7/1 6 classes/\$42  
Jul 22 – Aug 26 6 classes/\$42

**Wednesday Mari Ann 5:30-6:15 PM**  
Apr 17 – May 29 7 classes/\$49  
Jun 5 - Jul 17 no class 7/3 6 classes/\$42  
Jul 24 – Aug 28 6 classes/\$42

**Friday Jenna NEW 7:45-8:45 AM**  
Apr 19 – May 31 7 classes/\$49  
Jun 7 - Jul 19 no class 7/5 6 classes/\$42  
Jul 26 - Aug 30 6 classes/\$42

**Saturday Karen O. 10-10:45 AM**  
Apr 20 – May 18 5 classes/\$35  
Jun 1 – Jun 22 4 classes/\$28  
Jun 29 -Aug 24 no class 7/6 8 classes/\$56

**Line Dancing** Mari Ann  
Love to dance? Want to learn to "wobble" at a wedding? Join us for a simple fun-filled line dancing class. No experience necessary!

**Monday 2 – 2:45 PM**  
Jun 3 - Jul 15 7 classes/\$42  
Jul 22 – Aug 26 6 classes/\$36



## Cardio

**Cardio, Core, Conditioning** Dondra (CCC) Low impact aerobics improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. Bring exercise mat.

**Tuesday 9 - 10 AM**  
Jun 4 – Jul 16 7 classes/\$49  
Jul 23 – Aug 27 6 classes/\$42

**Cardio Dance Party** Maggie  
Whether you have dance skills or two left feet, everyone can enjoy movement to great music from pop to country, classics and international flavors! Simple dance moves intertwined with fitness moves for a head to toe fun workout experience!

**Thursday 9 - 10 AM**  
Apr 18 - May 30 7 classes/\$49  
Jun 6 – Jul 18 no class 7/4 6 classes/\$42  
Jul 25 – Aug 29 6 classes/\$42

**Cardio Party & Core** Maggie  
Cardio fun (interval training, aerobics, dance) followed by core strength & stretching (non-traditional standing moves, sit-ups, mat Pilates, body weight). Intermediate level class. Wear supportive shoes; bring a mat.

**Monday 9 – 10 AM**  
Apr 15 – May 20 6 classes/\$42  
Jun 3—Jul 15 7 classes/\$49  
Jul 22 – Aug 26 6 classes/\$42

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

**Tuesday 12:45 – 1:30 PM**  
Apr 16 – May 28 7 classes/\$49  
Jun 4 – Jun 25 4 classes/\$28  
Jul 2 – Jul 30 5 classes/\$35  
Aug 6 – Aug 27 4 classes/\$28

**Thursday 12:45-1:30 PM**  
Apr 18 – May 30 7 classes/\$49  
Jun 6 – Jun 27 4 classes/\$28  
Jul 11 – Jul 25 3 classes/\$21  
Aug 1 – Aug 29 5 classes/\$35

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

**Monday 10:30-11:15 AM**  
Jun 3 – Jun 24 4 classes/\$28  
Jul 1 – Jul 29 5 classes/\$35  
Aug 5 – Aug 26 4 classes/\$28



## Personal Training

### 1 on 1 Personal Training

Our certified personal trainers guide you to a healthier lifestyle! Whether you are brand new to workouts or a seasoned athlete, our trainers have the skills and knowledge to help you succeed. With personalized attention you will work toward meeting your health and fitness goals.

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

### Corrective Exercise Specialty

Resident \$75/Non-Res \$85

**Aqua Option** additional \$20

Does not include use of Fitness Open Hours. Cancellations must be 2 business days prior to appointment.

### Small Group Personal Training

New to working out or at a plateau? **SGPT** could improve your results. Personalized attention within a group may help you reach your goals! Limited class size. Does not include fitness equipment use.

**Monday** Maggie **NEW** **3 – 4 PM**

Apr 15 – May 20 6 classes/\$96

Jun 3 - Jul 15 7 classes/\$112

Jul 22 – Aug 26 6 classes/\$96

**Tuesday** Maggie **7:30–8:30 AM**

Apr 16 – May 28 7 classes/\$112

Jun 4 – Jul 16 7 classes/\$112

Jul 23 – Aug 27 6 classes/\$96

**Wednesday** Lola/Maggie **2-3 PM**

Apr 17 – May 29 7 classes/\$112

Jun 5 - Jul 17 7 classes/\$112

Jul 24 – Aug 28 6 classes/\$96

**Thursday** Maggie **7:30–8:30 AM**

Apr 18 – May 30 7 classes/\$112

Jun 6 – Jul 18 no class 7/4 6 classes/\$96

Jul 25 – Aug 29 6 classes/\$96

**Friday** Lola/Maggie **1-2 PM**

Apr 26 – May 31 6 classes/\$96

Jun 7 - Jul 19 no class 7/5 6 classes/\$96

Jul 26 - Aug 30 6 classes/\$96

## Seated

### Chair Yoga

Donna/Karen L.

Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using a chair for support. For standing, wear supportive shoes. No sandals or slippers; bare feet are acceptable.

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

Apr 15 – May 20 6 classes/\$42

Jun 3 – Jul 15 7 classes/\$49

Jul 22 – Aug 26 6 classes/\$42

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

May 1 - May 29 5 classes/\$35

Jun 5 – Jun 26 4 classes/\$28

Jul 3 – Jul 31 5 classes/\$35

Aug 7 – Aug 28 4 classes/\$28

### Drums Alive

MariAnn

### Seated to Standing

Feel and experience the unique workout seated (optional stand-to-seat adaptations)! Class is a powerful tool for hand/eye coordination, stress reduction and balance. Music, rhythm & fun!

**Tuesday** **1:45 – 2:30 PM**

Jun 4 – Jul 16 7 classes/\$49

Jul 23 – Aug 27 6 classes/\$42

## Specialty Fitness

### Core Foundation® Training

Lori  
Redefine your core, conquer back pain and move with more confidence! Training shifts the focus from the front of your body to the back. Strengthens the full posterior chain and corrects poor movement patterns to maximize power, flexibility and endurance! Must feel comfortable kneeling and getting to the floor. Please bring mat. Class taught bare-foot or in socks.

**Thursday** **6:30 – 7:15 PM**

Apr 25 - May 30 6 classes/\$48

Jun 6 – Jul 18 no class 7/4 6 classes/\$48

Jul 25 – Aug 29 6 classes/\$48

### Moving Thru Dance & Parkinson's

Mari Ann

Fun dance class for individuals living with PD or limited mobility. Seated and standing at the barre. Includes ballet, theater and folk. Please inform at registration if a caregiver will accompany participant. Registration required. (Grant funding has expired.)

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

Jun 6 – Jul 18 no class 7/4 6 classes/\$36

Jul 25 – Aug 29 6 classes/\$36

## Fitness Open Hours

Pre-requisite: Equipment Orientation/Refresher.

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

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

**\$96/6 consecutive months** (6 month processed at BTSS only, saves 10%)

## Equipment Orientation/Refresher

Required before registering for Fitness Open Hours. Also a refresher for those who have previously completed a class or Orientation. 1-1/2 hour personalized training on all equipment for safe and effective use. Workout clothing and clean indoor shoes required.

BT Residency required.

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

**Clean sport shoes are required.**



**Bring your water bottle.**

# Land Fitness



## Mat Pilates

Karen O.

Strengthen your core from the inside out: tighten your glutes and strengthen your back and hips. Fun hands-on interactive class. No class 7/6.

**Saturday 11 - 11:45 AM**

Apr 20 – May 18 5 classes/\$35

Jun 1 – Jun 22 4 classes/\$28

Jun 29 – Aug 24 8 classes/\$56

## Mindful Movement

Amy

### Mat Pilates NEW

Improve your mind body connection, re-balance, lengthen, strengthen the body and increase flexibility. Focus is proper alignment, core strength and muscle balance. Please bring your own mat. For beginner to intermediate students. No class 7/5.

**Friday 10:15 – 11:15 AM**

Apr 19 – May 31 7 classes/\$49

Jun 7 - Jul 19 6 classes/\$42

Jul 26 - Aug 30 6 classes/\$42

## Pilates, Strength, & Balance

Karen O.

Build strength, improve balance, and strengthen your core muscles. Exercises will be performed standing, seated, and on the floor using your own body weight, light weights, and bands. Please bring a mat.

**Monday 4:15 - 5:15 PM**

Apr 15 – May 20 6 classes/\$42

Jun 3 – Jun 24 4 classes/\$28

Jul 1 – Jul 29 5 classes/\$35

Aug 5 – Aug 26 4 classes/\$28

**Thursday 5 – 6 PM**

Apr 18 – May 30 7 classes/\$49

Jun 6 – Jun 20 3 classes/\$21

Jun 27 – Jul 25 no class 7/4 4 classes/\$28

Aug 1 – Aug 29 5 classes/\$35

## Tai Chi Chuan

Han

This practice enhances balance and body awareness with slow gentle, graceful & precise movements. No class 8/14.

### Beginning

**Wednesday 9:40-10:25 AM**

Apr 17 – May 29 7 classes/\$56

Jun 5 – Jul 10 6 classes/\$48

Jul 17 – Aug 21 5 classes/\$40

### Continuing

**Wednesday 10:30 – 11:15 AM**

Apr 17 – May 29 7 classes/\$56

Jun 5 – Jul 10 6 classes/\$48

Jul 17 – Aug 21 5 classes/\$40

## Strength & Balance

Maggie /Lisa

Level 2

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

**Tuesday Lisa 5:30 – 6:30 PM**

Apr 16 - May 28 7 classes/\$49

Jun 4 – Jul 16 no class 7/2 6 classes/\$42

Jul 23 – Aug 27 6 classes/\$42

**Wednesday Maggie 8:30 – 9:30 AM**

Apr 17 - May 29 7 classes/\$49

Jun 5 – Jul 17 7 classes/\$49

Jul 24 – Aug 28 6 classes/\$42

**Friday Maggie 9 – 10 AM**

Apr 19 – May 31 7 classes/\$49

Jun 7 - Jul 19 no class 7/5 6 classes/\$42

Jul 26 - Aug 30 6 classes/\$42

## Barre Balance

Donna

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

**Monday 12:45 – 1:30 PM**

Apr 15 – May 20 6 classes/\$42

Jun 3 – Jul 15 7 classes/\$49

Jul 22 – Aug 26 6 classes/\$42

**Wednesday 12:45 – 1:30 PM**

Apr 17 – May 29 7 classes/\$49

Jun 5 – Jul 17 7 classes/\$49

Jul 24 – Aug 28 6 classes/\$42



## Stretch Break

Maggie/Lisa

Keep your muscles flexible & strong while maintaining range of motion in your joints. 30 min of stretching head to toe using straps, bands, foam roller, barre & more. Techniques used in yoga and PNF stretching will be used. Standing, seated and floor options included. Bring a mat.

**Monday Maggie 8:15 – 8:45 AM**

Apr 15 - May 20 6 classes/\$24

Jun 3 - Jul 15 7 classes/\$28

Jul 22 - Aug 26 6 classes/\$24

**Wednesday Lisa 7:45 - 8:15 AM**

Apr 17 - May 29 7 classes/\$28

Jun 5 – Jul 17 7 classes/\$28

Jul 24 – Aug 28 6 classes/\$24



## Walking Track Drop In

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

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

## Table Tennis Drop In

**Wednesdays 4 – 5:15 PM, Fridays 2:30 - 4 PM No play 7/5**

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

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

## Pickle ball

Court available as a drop in or by reservation. Residents may reserve up to 2x per month. Reserving patron is responsible for set up & clean up.

**Tuesday (drop in) 3:30 – 5:15 PM**

**Thursday (drop in) 2:45 – 4:30 PM**

**Saturday (reservation) 12 – 1:30 PM**

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

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

## Buy A Brick Program

Honor your loved one with a tribute in support of therapeutic activities for Friendship Club, Meals on Wheels or Transportation services. Purchase a memorial paver brick, which will be placed along the BTSS walkways. ([www.bricksrus.com](http://www.bricksrus.com))

One size 4" x 8" available for a contribution of \$150. Order forms are available in the center and online at <https://www.bloomfieldtp.org/Government/Services/Senior-Services/Support-BTSS.aspx>

Orders will be collected over the Spring until June 3 and installation will occur Summer 2019.

## Ask the Trainer Wednesdays

**Maggie Barclay**  
1-2 pm

**Do you have general fitness questions?**

**Are you working out at a level that will best benefit you?**

**Do you have questions about the equipment out on the floor?**

**Our Fitness Coordinator will be available to answer many of your questions. Stop in!**

## Yoga

### Blended Yoga **NEW**

Jan

This class is a blend of postures for all levels. Individuals suffering from knee, shoulder and/or wrist injury and pain. Begin with a relaxation breath on backs, transition to chair poses, followed by standing yoga postures, ending with a traditional savasana. Must be able to move from floor to standing with or without the help of a chair. Please bring a mat & towel.

**Tuesday 11:30-12:30 PM**  
May 7 – May 28 4 classes/\$28  
Jun 4 – Jul 16 7 classes/\$49  
Jul 23 – Aug 27 6 classes/\$42



### Gentle Flow Yoga

Jan

Alignment-based practice for new or experienced, using modifications for each posture. Let your breath guide you through a series of both grounded and flowing postures. Take what you learn on the mat into your daily life. Must be able to move from floor to kneeling, to standing. Bring a yoga mat.

**Wednesday 6:30 - 7:30 PM**  
May 1 – May 29 5 classes/\$35  
Jun 5 – Jul 17 no class 7/3 6 classes/\$42  
Jul 24 – Aug 28 6 classes/\$42

### Gentle Moves Yoga

Maggie

Learn basic yoga poses, strengthen your core, improve balance, and practice simple relaxation/meditation techniques. Must be able to get up and down from floor. Bring yoga mat.

**Thursday 10:15-11:15 AM**  
Apr 18 – May 30 7 classes/\$49  
Jun 6 – Jul 18 no class 7/4 6 classes/\$42  
Jul 25 – Aug 29 6 classes/\$42

### Gentle Moves Yoga Level 2

Maggie

Move forward in your Yoga practice with more advanced poses & flowing asana geared toward strengthening muscles throughout the body with a focus on the core. Yoga experience and ability to move from standing to floor & back. Bring yoga mat.

**Tuesday 10:15-11:15 AM**  
Apr 16 – May 28 7 classes/\$49  
Jun 4 – Jul 16 7 classes/\$49  
Jul 23 – Aug 27 6 classes/\$42

### Yoga Focus Back & Breath

Jan

Begin with a breath practice to bring awareness; then move through sequence of postures focusing on lengthening spine, opening hips and firming the core. End in a rejuvenating posture & short meditation. Must be able to move from floor to standing. Bring a mat & towel. No class 7/4, 8/8.

**Thursday (NEW DAY) 8:30 – 9:30 AM**  
May 7 – May 29 4 classes/\$28  
Jun 6 – Jul 18 no class 7/4 6 classes/\$42  
Jul 25 – Aug 29 no class 8/8 5 classes/\$35

### Yoga Barre Fusion **NEW**

Karen L.

A yoga infused barre class that combines stretching, repetitive movement, and yoga postures to help improve balance. Bring yoga mat.

**Friday 11:30 -12:20 PM**  
May 3 – May 31 5 classes/\$35  
Jun 7 – Jun 28 4 classes/\$28  
Jul 12 – Jul 26 3 classes/\$21  
Aug 2 – Aug 23 4 classes/\$28

### Yoga for Well-Being

Karen L.

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

**Saturday 8:30-9:30 AM**  
May 4 – May 18 3 classes/\$21  
Jun 1 – Jun 29 5 classes/\$35  
Jul 13 – Jul 27 3 classes/\$21  
Aug 3 – Aug 24 4 classes/\$28

### Chair Yoga

Donna/ Karen L

See description under Seated Yoga (p.7)

**Clean sport shoes required.**

**Bring a water bottle.**



# Day Trips



## Registration and Travel Policies

Every effort is made to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs or uneven terrain. Each traveler must decide if a trip is appropriate and be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct.

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

Please register an assistant for the trip if it will ensure your safety; trip fees apply to assistants and are paid with your registration. Please alert staff if a wheelchair will be used.

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

See page 2 for registration/cancellation policies. Unless otherwise noted, all trips depart from the Center on the BTSS bus.

## Trip Schedule

- 5/28 Shopping: Partridge Creek pg. 10
- 5/30 Oklahoma, Stagecrafters pg. 11
- 6/5 Selinsky Farm Museum pg. 11
- 6/6 Standard Bistro & Larder pg. 10
- 6/8 Indian Village Home Tour pg. 13
- 6/11 Packard Proving Grounds pg. 11
- 6/13 Michigan Princess Cruise pg. 13
- 6/14 Music of Oz, DSO pg. 12
- 6/17 North 42, MacRay Harbor pg. 10
- 6/19 IT Girl, Meadow Brook pg. 12
- 6/20 Gibraltar Bay Alpacas pg. 10
- 6/25 Flint - Fashioning Art pg. 12
- 6/26 Great Lakes Culinary pg. 10
- 7/9 Batten Garden Tour pg. 13
- 7/12 Plymouth Art in the Park pg. 12
- 7/17 Purple Rose "Welcome to Paradise" pg. 12
- 7/23 Shinola Tour pg. 10
- 7/30 Felonies and Misdemeanors pg. 11
- 8/13 Historic Food Tour pg. 13
- 8/24 Tipping Point Theatre "Anatomy of a Hug" pg. 12
- 8/26 Pewabic Tour & Hands n Class pg. 12
- 9/5 Afternoon at the DIA pg. 12
- 9/11 Tall Ships in Detroit pg. 13

## Adventures in Dining

### Standard Bistro & Larder

**Thur, June 6 11:30 – 3 PM**  
Discover the range in France's cuisine, and get it all made from scratch in Ann Arbor. Highly labor-intensive partly because that's what French cuisine is - it's the process, the technique. Lunch on your own. **Fee: \$15**

### North 42, MacRay Harbor

**Mon, June 17 11:30 – 3 PM**  
An unforgettable dining experience in Harrison Twp. with a view of the water that can't be duplicated. Come as you are and enjoy lunch on your own. **Fee: \$10**

### Great Lakes Culinary Center

**Wed, June 26 10:45 – 2:30 PM**  
Created to build culinary dreams and fuel food passions. With absolutely everything located under one roof; it is destined to become the favorite new "food place to be." Enjoy a tour of their gardens and kitchen. Includes lunch. Call center for menu. **Fee: \$72**

## Tours

### Gibraltar Bay Alpacas

**Thurs, June 20 10:30 – 3:45 PM**  
Rich & Gail are the friendliest people you'd want to meet, and their passion for their Alpacas is contagious! You can go in the pens and pet some of them. The gift shop has many unique items. Followed by lunch on your own at Lloyd's Bar & Grill. **Fee: \$25**



### Shinola Tour

**Tuesday, July 23 12:30 - 4 PM**  
A luxury design company committed to crafting products built to last—from watches to leather goods, jewelry to audio. Tour the factory in the historic Argonaut Building, where teams of artisans hand assemble premium timepieces and leather straps. Through skilled training, Shinola creates opportunities and supports the local workforce, while preserving the craft and beauty of the industry. Active walking tour; 90 minutes. Short trip; no meal. **Fee: \$20**



## Shopping

### Shopping: Partridge Creek

**Tues, May 28 11 – 3 PM**  
The Mall at Partridge Creek is an open-air shopping center in Clinton Township, hosting nearly 90 distinct stores and restaurants. Lunch on your own. **Fee: \$10**

## History

### Selinsky – Green Farmhouse Museum

**Wed, June 5**

**10:30 – 3:15 PM**

Represents family life typical of the late 19th century settlers. Owned by the City of St. Clair Shores under the direction of its Historical Commission, and meticulously restored over the past years by dedicated volunteers. Followed by lunch on your own at Ardmore Café.

**Fee: \$25**

### Packard Proving Grounds

**Tues, June 11**

**10 – 2:15 PM**

Packard had been founded in Warren, Ohio in 1899 by brothers James Ward Packard and William Doud Packard. The company attracted several investors from Detroit, and by 1903 the Michigan investors had convinced the Packard brothers to let them relocate the young business to the emerging motor capital of Detroit. The Packard automobile quickly evolved into a superbly engineered prestige vehicle. Noted Detroit architect Albert Kahn was retained to design the buildings of the proving grounds. Docent led tour. Followed by lunch on your own at DaFrancesco's. Walking and standing for up to an hour. Wear comfortable shoes. **Fee: \$30**

### Felonies and Misdemeanors Tour

**Tuesday, July 30**

**11 - 4 PM**

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

**Fee: \$57**



### Historic Food Tour

**Tuesday, August 13**

**11- 4 PM**

For a century, these institutions of fairly priced food have fueled Detroiters' work days. From the brown paper bag wrapped Coney's, workers scarfed down on 15-minute factory breaks, to the hamburgers cooked in oblong patties to satiate East-side steelworkers' cravings. Odd, ethnic, icy cold, steaming hot, generationally produced by the families who've owned their shops for decades. Visit 3 of Detroit's "cash only," open 24 hours, diner style, counter service joints. Together we'll sample the steaming hot glazed treats of a late night bakery that uses over 2000 pounds of raisins a year. We'll visit a 90 year old Coney Island for a dog, and sample the unique lunch of choice for the North end and end it all with a sweet treat. Meet the owners, sample the food, and learn why the recipes have endured. Your guides will share the history of iconic Detroit foods, from branding to production, and you'll leave full from a lunch like no other in a city like none other. Your ticket price includes all your food and non-alcoholic drinks. Hop on guide is from Preservation Detroit.

**Fee: \$71**

**Active Compassion Walk & 10th Anniversary Celebration**

**9/21/19**

**Gather your friends and walk together to support essential services.**

# Day Trips



## Art

### Flint Art Institute Fashioning Art from Paper

**Tues, June 25** 9:45 – 3 PM  
Features the life-size, trompe l'œil paper costumes of Belgian artist Isabelle de Borchgrave. From replicas of Renaissance Italian gowns to recreations of the fantastical modernist costumes of the Ballet Russes. Her work covers 500 years of fashion. Then lunch on your own at Luigi's. **Fee: \$34**

### Plymouth Art in the Park

**Friday, July 12** 11 – 3 PM  
Michigan's 2nd largest art fair will welcome over 400 artists from around the U.S. offering paintings, sculpture, ceramics, jewelry, fiber, glass, woodwork, photography, folk art & much more. Entertainment and cuisine will complement the art exhibitors, creating a sensory filled experience. Lunch on your own. **Fee: \$15**

### Pewabic Tour & Hands-on Workshop

**Monday, August 26** 12 – 4 PM  
Tour this Historic Landmark building, founded in 1903 to see where the clay is made, tiles are pressed and glazed, and the kilns are fired by gifted artisans. Then, get a little messy by hand-building your own tile masterpiece! Once it is fired your tile will be mailed to BTSS. Dress casual; must be able to climb narrow stairs. Short trip; no meal. **Fee: \$34**

### Afternoon at the DIA

**Thursday, September 5** 12 – 3:30 PM  
Select 2 of 3 options for your visit.

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

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

**Option # 3: A guided tour: Detroit's Finest** - Highlights of Artists in the DIA collection. The visit ends with a cookie and coffee reception. Short trip; no meal. **Fee: \$10**

## Performances

### "Oklahoma" – Stagecrafters

**Thursday, May 30** 5:15 – 10:15 PM  
*Oklahoma*, is classic Broadway at its best. The first collaboration of brilliant songwriters Rodgers & Hammerstein, this beloved play set the conventions of musical theatre that are still in use today. The story opens in the Oklahoma territory just after the turn of the century, when farm girl Laurey meets Curly, a handsome cowboy, sparks fly and a rocky road to romance begins. Begin with dinner on your own at Lily's Seafood Grill. **Fee: \$49**

### DSO The Wonderful Music of Oz

**Friday, June 14** 9:30 – 3:30 PM  
Defy gravity and follow the yellow brick road on a musical journey over the rainbow. Frank Baum's classic novel, "The Wonderful Wizard of Oz," took the world by storm, and for over one hundred years has inspired storytellers and composers on Broadway (WICKED, THE WIZ), in Hollywood (The Wizard of Oz, Return to Oz) and on the radio ("Goodbye Yellow Brick Road"). Relive all the Wonderful Music of Oz based on the original tale in one magical concert event. Followed by lunch on your own at Bahama Breeze. **Fee: \$70**

### "The IT Girl" – Meadow Brook

**Wednesday, June 19** 11:30 – 4:45 PM  
A lighthearted tribute to silent movies and Clara Bow that reinvents her 1927 Paramount Picture *IT*. Betty is a sassy department store sales clerk who wins an advertising contest held to find the girl with the elusive, thrilling quality known as "IT". Among those she enchants with sexy charm is the heir to the retail empire that employs her. Begin with lunch on your own at Alfocchino Italian. **Fee: \$58**

### Purple Rose "Welcome to Paradise"

**Wednesday, July 17** 11 – 6:30 PM  
*Welcome to Paradise*, set in the Caribbean, centers around two people, who, despite their age difference, find love and acceptance in each other. With a generation gap (or more) between them, they discover they have more in common with each other than they thought. At what age can one find one's soul mate? Are there boundaries to true friendship and affection? What, exactly, is the meaning and nature of love? Lunch on your own at the Common Grill prior to the show. **Fee: \$59**

### Tipping Point "Anatomy of a Hug"

**Saturday, August 24** 2 – 5:30 PM  
The one constant in Amelia's life has always been TV. Growing up in different foster homes, it was a comfort to know she always had a makeshift family waiting for her on the screen. Now in her 30's, Amelia continues to escape her daily life with the help of TV. When her estranged mother moves in, she is forced to make an actual human connection. *Anatomy of a Hug* is a touching story of finding a way to forgive, even when it seems impossible. No meal stop. **Fee: \$43**



## Cruises

### Michigan Princess Cruise & Lunch

**Thursday, June 13**

**9 – 3:30 PM**

Step back in time to the early days of river cruising. Relax and enjoy lunch while cruising down the beautiful Grand River in Lansing, listening to live music aboard a classic replica of a 19th century steamboat. Lunch included.

**Fee \$68**



### Tall Ships in Detroit

**Wednesday, September 11**

**1:30 - 7 PM**

Meet the Captain and crew as you board the 85 ft. Appledore IV with a 76 ft. mast and over 3,500 square feet of sails. Depart from the Port of Detroit and sail up the river past the Ambassador Bridge while hearing the history of skyscrapers, wars, tall ships on Michigan waters and hiding spots of mischief makers. With the crew you'll raise the mainsail, cut through the waves, glide past Belle Isle and the Livingstone Lighthouse. After a few turning maneuvers on Lake Saint Clair, you'll sail back to port with a set of once in a lifetime memories. The ship sails in all types of weather and we highly recommend a good pair of shoes and weather appropriate clothing, including a jacket or windbreaker. Rain, wind, choppy seas, or invading Canadians will not cancel a sail. Enjoy a light Detroit snack along with water and pop on board the ship.

**Fee: \$104**

## Garden Tours

### Indian Village

#### Home & Garden Tour

**Sat, June 8**

**9:30 – 2:30 PM**

Come celebrate the 124th anniversary of the elegant historic neighborhood. This historic district includes Burns, Iroquois, and Seminole Avenues from East Jefferson running one mile north to Mack Avenue. Although there are features on many homes that fall into a distinct architectural style, Indian Village can best be described as eclectic. Followed by lunch on your own at Jim Brady's.

**Fee \$50**

### Batley Garden Tour

**Tuesday, July 9**

**10:15 - 1 PM**

Experience views and sounds of Chalmers Lake. See spectacular perennials and an ornamental trellis of scrollwork and floral medallions created by artist Carlos Nielbock. Unusual and artistic accents include a thunderbird totem pole from the Yukon, stone sculpture from China, and bronze sculptures from Bali, Indonesia and Thailand. See a myriad of hand-blown glass flowers, designed and blown by renowned artist, April Wagner. A box lunch is included with the tour.

**Fee: \$33**

### Special thanks to our Spring Sponsors

Baldwin House  
Samaritas Senior Living  
Sunrise Senior Living  
American House Senior Living



### VOLUNTEER GUIDELINES

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

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

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

**Thank you volunteers! 1,000 hours in January-March, Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, Meals Drivers, Chicks with Sticks, Paper Dolls, Enrichment Group Coordinators, Trip Leaders & Friendship Club.**

# Enrichment



All participants must scan in or register and pay fee (if applicable) at main level Reception Desk. Advance registration for programs reduces cancellations. Unless otherwise noted: \$ = Res \$3/ Non-Res \$5. For more details, please see flyers at Senior Center.

**Classes: Non-residents pay additional \$10 fee for classes.** See Page 2 for registration and cancellation policies.

Volunteer Facilitators and Speakers needed for new clubs and presentations.

Please contact **Recreation Coordinator Jean Campbell, 248-723-3500.** Calendars are available in the Center and online.

## Starting Point New Patron Meeting

Christine Tvaroha, Director

Come enjoy coffee and camaraderie. Get the most out of our program offerings, meet new faces, make connections and learn tips to navigate through all we have to offer. Your first step to becoming active! Complimentary, pre-registration appreciated.

**Thurs, May 30 10:30 - 11:30 AM**  
**Tues, June 25 10:30 - 11:30 AM**

## Unique Music Topic

### George Gershwin

Stuart Johnson, Music Historian  
Music, images, unknown facts and great songs: Rhapsody in Blue, I got Rhythm, Someone to Watch Over Me, Love Walked In and more!  
Q & A welcomed.

Sponsored by Alliance Senior Care. \$  
**Tuesday, June 18 10:30 - 12 PM**



## Clubs and Groups

### Ancestry Research Club

Facilitator: Marsha Suzan  
Self-motivated, inspired, shared genealogy networking. All are welcome. Pre-registration required.

**Res \$2/Non-Res \$4**  
**1st Wednesday 10:30-12 PM**  
**June 5**  
**July 3**  
**August 7**

### Breakfast Club

Facilitator: Ralph Pedersen  
Come enjoy great speakers, camaraderie and a light breakfast provided by American House. Pre-registration required.

**Res \$6/Non-Res \$8**  
**3rd Wednesday 9:30 - 11 AM**  
**June 19** *DIA, Diego Rivera Murals*  
**July 17** *Detroit Zoo Animal Welfare, Stephanie Allard*  
**August 21** *Harry Truman, Prof. B. Zeller*

### Women's Coffee & Conversation

Facilitator: Grace Keane  
Enjoy creative conversation and camaraderie. Pre-registration required.

**Res \$2/Non-Res \$4**  
**4th Thursday 10:30 - 12 PM**  
**June 27**  
**July 25**

## Unique Topics

5/16 Washington DC: Virtual Tour	pg. 16
5/23 WSU Brain Aging/Cognition	pg. 17
5/30 Starting Point	pg. 14
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## Music

### BTSS Jazz Combo Band

Join the BTSS Swing Band. Looking for players able to read simple arrangements, brass, reeds & rhythm players. Pop music from the 30's on. A great chance to dust off rusty skills. Audiences encouraged and appreciated-come and enjoy our fun and fellowship! Subject to change. \$

**Tuesdays 3 - 5 PM**

### Jazz Band: Cool & Complimentary!

Syncopation and improvisation - enjoy some of the best jazz around! Led by our own Ed Black Stop in for hot coffee and a true American art form.

**Saturdays 11 - 1 PM**

### BTSS Chamber Music

Facilitator: Ed Sturgeon  
Come practice and play fun music and camaraderie. Flutes, oboe, bassoon (double reeds), French horns, piano and clarinet. *No meeting 5/21.* \$

**Tuesdays 1:30 - 3 PM**



## Art and Crafts

### DIA: Vogue

Throughout history humans used fashion, jewelry and body art as a form of personal expression and cultural identity. The DIA's collection will both surprise and inspire. \$

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

### Glass Garden Ornament Class

Welcome Back Instructor: Diane Bert  
Create a unique stacked glass sculpture using plates, beautiful glassware w/ ornate topper, displayed on a rod in your yard or deck. All materials included. No class cutting. Bring a tube of E6000 glue. See sample flyer or check the one outside our BTSS doors!

**Tues, July 16 1 class/\$30 9:30 - 11:30 AM**

### Historic Pewabic Pottery

Cara Catalo, Author *Pewabic Pottery: A History Handcrafted in Detroit*

A Detroit legacy incorporated into countless churches, residences and structures, including Cranbrook, Kirk in the Hills. Today an iconic enterprise, hear the story behind one of the oldest American handcrafted traditions. \$

**Friday, August 16 10:30 - 11:30 AM**

### Paper Dolls

Facilitator: Arlene Pinkos

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

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

**May 23, June 6, June 20, July 18, August 15 & 29**

**Wednesday, July 3 1:30—4:30 PM**

### Chicks with Sticks

Facilitator: Chris Muir

Join a friendly group that knits & crochets for infants, foster-care teens & chemotherapy patients – gifts from the heart. At-home knitters needed, too! Need new or "like new" yarn donations.

**Mondays 1 - 3 PM**

### Gems and Friends

Facilitator: Martha McGee

Use rocks, mosaics, and gemstones, create fun jewelry and art. Enjoy informal instruction, equipment and supplies available. Donations appreciated, \$2 material fee to instructor. Drop-ins welcome! No 5/16, 7/4, 8/8.

**Tuesday/Thursday 1 - 4 PM**

## Books and Authors

### MI POW Camps WWII

Welcome back, Gregory Sumner  
Professor of History, U of D

MI became a temporary home to 6,000 German & Italian POWs. Explore the details of this exceptional newly printed book. Book sales & signing. \$

**Tuesday, June 4 10:30-11:30 AM**

### Road to Chickamauga

John Cohassey, Author

Civil war events of the 22nd MI Infantry. Communities were faced with death, disease and starvation on battlefields and in confederate prisons. Book sales & signing, Q&A. \$

**Friday, June 7 10:30 - 11:30 AM**

### BTPL Public Library

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

### Pop Up BTPL

Librarian Marcia Preston

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

**Thurs, June 20, August 15 2 - 4 PM**

### Pop Up BTPL Vitality Kits

Facilitator: Karrie Yukon  
Learn about senior living aids, resources & more, available for check out free at the library.

**Wed, June 26 2 - 3 PM**

### Open Lab with BTPL Librarians

Facilitators: Drew Heuser & Paul Zink  
Empower yourself! Get technology questions answered about Microsoft, web applications, social media, email and personal digital devices. Complimentary BT Residents.

**Tuesday, July 23 2 - 4 PM**

### Book Club

Facilitator: Fern Stoffer

**1st Friday 10–12 PM**

Books & leaders subject to change.

Pre-registration required.

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

**June 7 Discuss 2020 book selection**

**July 12 Other Einstein, Benedict**

**August 2 Flight Attendant, Chris**

### Leisure Travel: Detroit & Beyond

Meet award winning author Amy Eckert, and enjoy her new venture, "How to Travel like a Travel Writer". Learn tips to create interesting and affordable adventures. Q & A, book sales & signing.

Sponsored by Baldwin House. \$

**Wed, July 24 10:30-11:30AM**

### Historic Tales of MI UP North

D. Laurence, Author

Explore historical events including Mackinac Bridge construction, Edmund Fitzgerald, bizarre kidnapping of Gayle Cook and ill-fated attempt to save the Perry Hotel in Petoskey. Book sale & signing.

Sponsored by Pomeroy. \$

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

### Lost Restaurants of Detroit

Paul Vachon, Author

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

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

## Public Safety

### Emergency Preparedness

Samantha Montney, OC Public Health Educator

Empower yourself in a personal emergency and gain knowledge about hazards, vulnerabilities and how to be ready during a crisis. \$

**Tuesday, July 9 10 - 11 AM**

### What is Crime Stoppers?

Mathew Conquest, Director of Law Enforcement

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

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

# Enrichment



## Classes

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

### Beginners

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

**Fridays 9:30 – 11 AM 7 classes/\$105**

**June 21 - August 9** No class 7/5

### Intermediate/Advanced

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

**Wed 12:30 – 2:30 PM 7 classes/\$105**

**June 19 - August 7** No class 7/3

## Travel

### Washington DC: Virtual Tour

Clifford Marko, NASM

Enjoy a big screen photo tour of Washington DC, featuring the National Mall. \$

**Thurs, May 16 10:30 - 11:30 AM**

## Theatre & Dance

### Theatre & Dance at Wayne

Devon Redmond, Manager WSU

Explore 89 years of past, present and future outstanding events at this prestigious theater. Interested in a future trip let us know! \$

**Thursday, June 20 10:30-11:30 AM**

### Stagecrafters: Historical Perspective

Vonnie Miller, Community Development

This historic community theater offers musicals, plays, classes & workshops. Explore the past, present & future of this ever-changing theater. \$

**Friday, June 28 10:30-11:30 AM**

## Police

### Police Dialog

Officer Kelly Marthen,  
BT Community Relations Officer.

Open conversation, literature and future happenings. Drop in. Complimentary BT resident.

**Wed, July 24 10 - 11:45 AM**



## Special Events

### Showcase: Ice Cream Social

Scrumptious with all the fixings. Meet & greet our program facilitators and explore all the fabulous fall programs and trips! Complimentary for BT residents / \$5 for non-residents.

Sponsored by Samaritas.

**Thursday, August 8 1-2 PM**

### National Senior Citizens Day

View 10 Spectacular America's Britain's Seniors Got Talent. Fun spectacular shows that remind us we can do anything at any age! Come see what it's about! Complimentary BT residents.

**Wed, August 21 11:15-12:15 PM**

### Coffee & Conversation

Officer Kelly Marthen,  
BT Community Relations Officer

Explore services & support that make our community secure and informed. Complimentary, BT residents.

**Tues, August 13 10:30 – 11:30 AM**

## Drop-In Games

## Day/Subject to Change

## Time

## Cost

Billiards (Pool) Group Play: All levels welcome  
Call for availability. No 7/4  
Solo one on one

T/W/TH  
Wednesday  
Saturday

1 - 4 PM  
4 - 7 PM  
11 - 1 PM

Res \$2/Non-Res \$4  
Res \$14 Monthly

Duplicate Bridge - Intermediate Walk in.

Mondays

12:30 - 4 PM

Res \$2/Non-Res \$4  
Res \$14 Monthly

Duplicate Bridge No play 7/5  
Maximum 7 tables/arrive 12:15 for table assignments

Mondays/Fridays

12:30 - 4 PM

Res \$2/Non-Res \$4  
Res \$14 Monthly

Evening Duplicate Bridge B Famili, C. Wood  
Tables assigned: 3 PM; play 3:15. Non-ACBL sanctioned no master points. Bring a partner.

Wednesdays  
no 5th Wednesdays

3 - 6 PM

Res \$2/Non-Res \$4  
Res \$14 Monthly

Euchre & Pinochle Facilitator: J. Carmichael  
No 7/4,

Thursdays

11:15-1:45 PM

Res \$2/Non-Res \$4  
Res \$6 Monthly

Evening Euchre & Pinochle  
All levels welcome!

Tuesdays

5:30-7:30 PM

Res \$2/Non-Res \$4  
Res \$6 Monthly

Mah-Jongg Facilitator: M.A. Williams

Tuesdays/Thursdays

1 - 4 PM

Res \$2/Non-Res \$4  
Res \$14 Monthly

Poker Facilitator: A. Rubin. Ladies & gentlemen,  
enjoy a friendly game. Please call to confirm play.

Wednesdays

12 - 3 PM

Res \$2/Non-Res \$4  
Res \$6 Monthly

Scrabble

Tuesdays

12 - 3 PM

Res \$2/Non-Res \$4  
Res \$6 Monthly

## History

### Detroit: Where the Money Lived

Arnold Collens, Artist Photographer  
History comes alive through amazing photographs of Indian Village, Palmer Park, Boston Edison, The Siegel and Kresge Houses, Russell Wood and more!

Sponsored by Samaritas. \$

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

### US in Vietnam

Professor Bruce Zeller, OU Historian  
A long controversial conflict pitting the North and South against each other. Explore documented details of this intense struggle that was intensified by the Cold War. \$

**Friday, June 21 10:30-11:30**

### The Gift of the Nile

Professor D. Fiems, OCC  
An explosion of historical images and facts about pharaohs, pyramids and more in this overview of ancient Egyptian culture. \$

**Wednesday, June 12 10:30-11:30 AM**

### Italians in Detroit

Armando Delicato, Author  
Permanent residents of Haverhill in the 1870s, the original Genoese first drew their relatives and friends from their home area to join them. Families from the central province of Abruzzi and towns and villages around Naples joined them. \$

**Friday, August 9 10:30 - 11:30 AM**

## Nature & Science

### WSU: Fate of the Universe

David Cinabro Prof. Chair of WSU Physics & Astronomy will enlighten you on modern views of the origin and fate of the universe. \$

**Monday, June 24 10:30-11:30 AM**

### Wildlife Revealed

David Anthony, Belle Isle Nature Center / Det. Zoo  
More than 125 acres of naturalistic habitats exploding with spectacular wildlife. Enjoy a blend of humor while exploring natural history and revealing a better understanding of our animals. Sponsored by Samaritas. \$

**Wednesday, June 26 10:30-11:30AM**

### WSU Stem Cell Biology

Dr. J. Roche Physiotherapist, Regenerative Muscle Biologist  
Gain insight on facts & research. What impact does preserving muscle mass and an active lifestyle have on aging? What is a stem cell and how can it help prevent a disease? Let's find out! Sponsored by Samaritas. \$

**Thursday, July 25 10:30-11:30 AM**

### Tiny Homes Detroit

Rev. Faith Fowler, Director  
Charming, unique homes with personality, a mecca for architecturally curious tourists, their purpose goes far deeper than a trend. \$

**Wednesday, August 14 10:30-11:30 AM**



### Autism Alliance of MI

Jill Matson, Clinical Specialist & Navigator Manager  
Learn to navigate through the Autism journey. Educational collaborative efforts are being made to improve the quality of life for individuals and families. Discover comprehensive services and community awareness to benefit all. \$

**Monday, August 19 10:30-11:30 AM**

## Education & Awareness

### Women's Self-Defense Awareness

Lt. Bryan Pizzuti BTPD. Welcome back to another empowering presentation for all, designed to teach skills to avoid and prevent confrontation. Be proactive; become aware of your surroundings to enhance your safety. Questions call Lt. Pizzuti 248-433-7769. Complimentary BT residents.

**Thursday, June 13 10:30-12 PM**

### The Van Andel Institute

Brett Holleman, Chief Development Officer  
Through cutting edge biomedical research and education, this organization is dedicated to improving lives of future generations directly related to Parkinson's and Cancers. \$

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

### New: Phone, Mail & E Scams

Michigan Consumer Protection  
Hang up on phone fraud & emergency scams. Millions of people are being cleverly targeted, don't be one of them! \$

**Friday, July 19 10:30 -11:30 AM**

## Brain Health

### WSU Brain Aging & Cognition: Longitudinal Study

Explore factors and interventions that precede brain declines. The study consists of MRI of the brain, cognitive testing and blood samples analyses. MRI and blood draws necessitate visit to WSU campus, cognitive testing can be in a convenient location. If interested, this is an opportunity to sign up for participation. \$

**Thurs, May 23 10 - 12 PM**

# Services



## Transportation Services

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

**Rides to the Senior Center:** Available for classes, events, clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 10 days in advance of the date of service. Application and eligibility required.

**Rides to Medical Appointments:** Available to 60+ senior residents of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required.

**Errand Assistance:** Volunteer drivers provide rides for errands or grocery shopping with a maximum of 2 appointments per month and flexibility between client and driver. Subject to availability.

**SMART Community Transit:** Curb-to-curb service in Bloomfield and surrounding communities. Service hours are 6 AM to 7 PM Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours : 7 AM to 4 PM  
Monday - Friday 866-962-5515.



## Telephone Reassurance

If you or someone you know lives alone and would like to receive a daily wellness call, we would be happy to include you in our program. Volunteers call Monday - Friday between 9 -11 AM for a friendly conversation and to check on the welfare of the person.

## Nutrition Services

For seniors age 62 years and older within our service area. There is a cost for each program and financial support may be available for residents with documented low income. For information and/or application materials on either program, contact **Donna DeWitte, RN, Nutrition Coordinator, 248-723-3500.**

**Meals on Wheels:** Meals are available for seniors who have considerable difficulty shopping for and preparing complete meals independently, and are delivered by volunteers Monday - Friday between 10 AM and Noon. Seniors may choose to receive meals one to five days weekly. With each delivery, a safety check occurs when our wonderful volunteers meet seniors at their door. (Referrals from the community are handled in a very confidential way.)

**Nutritional Supplements:** With medical necessity, Ensure® products may be ordered monthly at a reduced cost from retail prices. A physician's order is required and must include: diagnosis, recipient's weight, type of product (Regular or Plus), and number of 8 oz. cans to be consumed daily. The order must be renewed annually.



## Loan Closet

Durable medical devices such as wheelchairs, walkers, canes and shower benches may be available for free, short term use by BT residents. Please call to confirm availability of item before picking up. Clean, gently used items may be donated. Due to storage limits please call prior to bringing items.

## Friendship Club Adult Day Service

This social model Adult Day Service is for people impacted by dementia. The stimulating, caring environment is person-centered and provides much needed respite and support for family caregivers. Therapeutic activities such as art, music, gardening, exercise and socialization meet the strengths and needs of people with dementia. Monthly activities calendars are available in the office or online [www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors).

Located within the Senior Center in a beautiful and secure suite. Families inquiring about service may request a tour. For information on eligibility and enrollment please contact coordinator **Julie GeBott, 248-723-3530 or [jgebott@bloomfieldtwp.org](mailto:jgebott@bloomfieldtwp.org).**

Non-residents may be eligible as capacity allows.

Caregiver: *"I cannot thank you enough for making certain my mother was safe and valued for who she is at all times. The rest of the world should take lessons from you."*

# Supportive Services

## Grief & Loss Support Group

Facilitator: Claudia Been MA, Hospice of MI

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

Visit to express feelings & experiences related to loss in a supportive & caring environment. Practical handouts will be provided. Call center for information. Provided for BT Residents. **Registration required.**

**May 16 June 20 July 18 August 15 September 19**

## Low Vision Support Group

Facilitator: Anjel Yessayan

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

BT residents may learn about the latest advances in technology. Opportunities to share ideas, feelings and solutions to assist with daily challenges.

Call Denise for information.

**Registration required for limited spaces.**

Transportation to the Senior Center is available.

**May 15 September 18 No meeting June - August**

## Caregivers' Forum

**2nd Monday 2 - 3:30 PM**

Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Respite care is included for current members of the Friendship Club.

Sponsor: Alzheimer's Assn. To Register call **248-723-3530**.

## Alzheimer's Assn. Younger Onset Caregivers

**3rd Wednesday 5:30 - 7 PM**

Early-onset Alzheimer's disease affects people who are under 65. This support group is for caregivers of persons with early stage memory loss.

To register call **248-996-1058**.

## Blood Pressure Checks

Volunteers

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

**June 19 July 17 August 21 September 18**



# Care Patrol

Safer Senior Living, Your Goal, Our Mission

## Ask the Advisor

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

**Mondays July 15 September 16 October 7**

Services are offered to assist township residents with independence & well being for aging in place. For information or inquiries:

**Please call 248-723-3500**  
unless otherwise noted.

## Minor Home Repair

Community Development Block Grant funds are available to assist low income, Bloomfield Township seniors aged 60+ with minor home repair. Income guidelines: for a one - person household, the maximum income is \$39,700, and for 2 persons, \$45,400. If you believe you may qualify, please contact Denise.

## Housing Counseling Services

Get FREE confidential advice about: Preventing Foreclosure, Reverse Mortgages, Credit and Budget issues from Certified Oakland County advisors who offer housing information, education and referrals in a confidential setting. For more info call: **248-858-5402**.

## Medicare & Prescription Drug Plans Counseling

**3rd Friday 12 - 4 PM**

**May 17 June 21 July 12 August 16**

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

## Medicare Basics 101

**Tuesday September 17 12:30 - 2:30 PM**

An informative presentation by AAA 1-b certified representative, Diana Wise. If you are new to Medicare or approaching 65, this is a must attend! BT residents. Registration required.

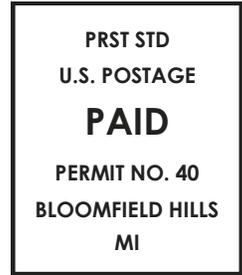
## Community Resources

### Legal Questions and Assistance

Lakeshore Legal Aid offers free consultations through the Council & Advocacy Law Line at (888) 783-8190. Also seek free advice on the *Legal Hotline for Michigan Seniors* at (800) 347-5297.

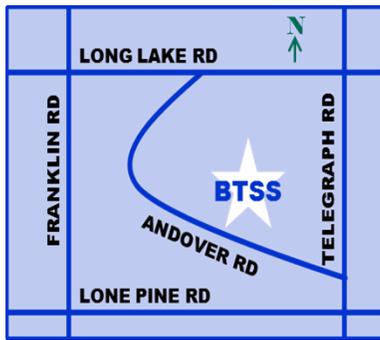
### Financial Help For Adults 60+

Help for seniors and caregivers struggling to make ends meet through the Legal Hotline for Michigan Seniors Benefits Enrollment Center. Call (800) 347-5297 for help finding programs and services they can apply for that could ease their financial situation.



**Senior Services**  
**4315 Andover Road**  
**Bloomfield Twp. MI**

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



## Special Programs

### Township Departments Q & A

Leaders will be available at BTSS to share materials and informally answer your questions from **8:30 – 10:30 AM** on the following dates:

- Tuesday, May 7**      **Environmental & Engineering**
- Tuesday, May 21**   **Planning, Building & Ordinance**
- Tuesday, May 28**   **Clerk**
- Monday, June 3**     **Fire Department**
- Thursday, June 6**   **Treasury**
- Wednesday, June 12** **Cable**
- Tuesday, June 18**   **Assessing**
- Wednesday, June 19** **Public Works**

### Special Assessment District (SAD)

**Forum at BTSS**  
**Leo Savoie, Supervisor**

**Thursday, May 16 1:30 PM**  
**Monday, June 17 9:30 AM**

Join Leo to discuss the SAD question to be considered by voters on the ballot August 6 2019.

The presentation will cover:

- A new MI law that changes retirement funding.
- What is a Special Assessment?
- What are the impacts if it passes? If it doesn't?
- Cost cutting measures implemented since 2005.
- 2/3 of taxpayers would pay less than \$219.

This event will include time for questions. Additional community forums will be offered this summer for all residents.

Detailed information is available on the township website [www.bloomfieldtwp.org](http://www.bloomfieldtwp.org) under "Government" and "Funding the Budget Deficit."

You will also find a calculator which provides the potential SAD cost by address.

Registration encouraged.

### Enrichment Showcase & Ice Cream Social

**Thursday, August 8      1-2 PM**

What is Enrichment? At BTSS it includes our presentations and drop in clubs that add knowledge, social connections and fun to each week.

See the vast array of programs and meet the leaders to learn what might appeal to you. Unique Topics and Day Trips will be previewed.

- Enjoy scrumptious sundaes with all the fixings.
- Complimentary for BT residents; \$5 for non-residents.
- Pre-registration is helpful for planning.
- Sponsored by Samaritas Senior Living.