



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

www.bloomfieldtp.org/seniors

248-723-3500

Serving Adults 50+



Save the date!

**10th Anniversary
Celebration**

and

**Active Compassion
5K Walk**

Saturday, September 21

daytrip

Bloomfield Day Trips

Relax and leave the driving to us!

Join us for a wonderful experience.

See pages 10-13 for details.

Come with friends or meet new ones!

In 2018 nearly
700 residents
created profiles
to become active at
BTSS.

Have you
created yours?



**Friday, March 1
10:30 - 11:30 AM**

**Starting Point
New Patron Orientation**

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!

Mission Statement

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

Spring 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.bloomfieldtpw.org/seniors

Christine Tvaroha, Director

Senior Center Hours

Monday-Thursday 7 AM - 8 PM

Friday 7 AM - 6 PM

Saturday 8 AM - 2 PM

Adult Day Service Friendship Club

Monday-Friday 9 AM-4 PM

BTSS will be closed on:

Saturday, May 25

Monday, May 27

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 2/18; non-residents and prorated registrations begin 2/19.
- = 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. Refund fee: \$10.
- = Trips: No refund 3 business days prior to trip. \$10 cancellation fee + costs incurred (ie. 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

Record attendance! With 72,000 scanned visits in 2018 we had our busiest year ever! This news prompted a quick look at the attendance on Monday, January 7, 2019 which was 393; that equals two per minute!

This level of engagement is only possible because of our excellent team. I wish to thank our amazing office assistants for providing strong service and ensuring a welcoming atmosphere. Thanks to our coordinators for managing quality programs and services and also to the support staff that carry them out. Kind and talented people dedicate themselves to our mission, our patrons and each other; they are the foundation of our success.

May 2019 bring you peace, health and happiness,

Christine Tvaroha 248-723-3500
ctvaroha@bloomfieldtpw.org



The Senior Service Millage is three fifths of a penny from each BT tax dollar.

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	YOGA FOCUS 8:30	STRENGTH & BAL 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	MM 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 Fusion 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	WALKING CLUB 2:45	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
AQUA YOGA 11:00	REC SWIM 11:00	FLUID MOVES 11:00	GENTLE JOINTS 11:00	AQUA ENDURANCE 11:00	AQUA DANCE 10:30
WATER WALKING 2:30		WATER WALKING 2:30			
	AQUA AEROBICS(1) 4:45		AQUA AEROBICS(1) 4:45		
AQUA BURN 5:30	AQUA AEROBICS(2) 6:00		AQUA AEROBICS(2) 6:00		

Aqua

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) One size 4" x 8" available for a contribution of \$150. Order forms are available in the center and online at <https://www.bloomfieldtp.org/Government/Services/Senior-Services/Support-BTSS.aspx> Orders will be collected over the Winter and installation will occur Spring 2019.



Spring Program Sponsors



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 Burn Lisa

A total body workout that combines aerobic conditioning with interval training to build muscular endurance and flexibility. Individuals work at their own pace. Class uses noodles, hand bells and bands.

Monday 5:30 – 6:30 PM
Feb 4 - Feb 25 4 classes/\$28

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
Feb 7 - Feb 28 4 classes/\$28
Mar 7 – Apr 11 6 classes/\$42
Apr 18 – May 30 7 classes/\$49

NEW Aqua Dance Dina

Bring your water dancing shoes and let's get jazzed. Get the whole body moving while groovin' to the beat. You'll get your heart rate up while having fun.

Saturday 10:30 – 11:30 AM
Feb 2 - Mar 2 5 classes/\$35
Mar 9 – Mar 30 4 classes/\$28
Apr 6 – Apr 27 4 classes/\$28
May 4 – May 18 3 classes/\$21

Aqua Endurance, Core & Balance Ernie

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

Tuesday 9:30 - 10:30 AM
Feb 5 - Feb 26 4 classes/\$28
Mar 5 – Mar 26 6 classes/\$42
Apr 16 – May 28 7 classes/\$49

Friday 11 – 12 PM
Feb 8 - Mar 1 4 classes/\$28
Mar 8 – Apr 12 6 classes/\$42
Apr 19–May 31 7 classes/\$49

Aqua Fit Lori

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

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

Friday 9:30 – 10:30 AM
Feb 8 - Mar 1 4 classes/\$32
Mar 8 – Mar 29 4 classes/\$32
Apr 5 – Apr 26 4 classes/\$32
May 3 – May 31 5 classes/\$40



Aqua Power Aerobics L1 Annie

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

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

Thursday 4:45 – 5:45 PM
Feb 7 - Feb 28 4 classes/\$32
Mar 7 – Mar 28 4 classes/\$32
Apr 4 – Apr 25 4 classes/\$32
May 2 – May 30 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
Feb 5 - Feb 26 4 classes/\$32
Mar 5 – Mar 26 4 classes/\$32
Apr 2 – Apr 30 5 classes/\$40
May 7 – May 28 4 classes/\$32

Thursday 6 – 7 PM
Feb 7 - Feb 28 4 classes/\$32
Mar 7 – Mar 28 4 classes/\$32
Apr 4 – Apr 25 4 classes/\$32
May 2 – May 30 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
Feb 5 - Feb 26 4 classes/\$28
Mar 5 – Apr 9 6 classes/\$42
Apr 16 – May 28 7 classes/\$49

Aqua Strong and Fit Marcia

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
Feb 7 - Feb 28 4 classes/\$28
Mar 7 – Apr 11 6 classes/\$42
Apr 18 – May 30 7 classes/\$49

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.

Monday 11 – 12 PM
 Jan 7 – Feb 25 8 classes/\$64
 Mar 4 – Apr 8 6 classes/\$48
 Apr 15-May 20 6 classes/\$48

Aquacise Cindy

Have fun while improving balance, posture and building endurance at a low to moderate intensity using water resistance. Class uses noodles, hand bells, balls and kick boards. Participants need to feel comfortable in the water. All levels are welcome.

Monday 4 – 5 PM
 Feb 4 – Feb 25 4 classes/\$28

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
 Jan 9 – Feb 27 8 classes/\$64
 Mar 6 – Apr 10 6 classes/\$48
 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
 Feb 2 – Mar 2 5 classes/\$40
 Mar 9 – Mar 30 4 classes/\$32
 Apr 6 – Apr 27 4 classes/\$32
 May 4 – May 18 3 classes/\$24

H2O Gentle Joints Lisa

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

Thursday 11 – 12 PM
 Feb 7 – Feb 28 4 classes/\$28
 Mar 7 – Apr 11 6 classes/\$42
 Apr 18 – May 30 7 classes/\$49

NEW Recreational Swim Ernie

Non-instructor program designed for individual lap workouts (walking or swim) or working with the water equipment. No proration or make-up.

Tuesday 11 – 12 PM
 Feb 5 – Feb 26 4 classes/\$20
 Mar 5 – Apr 9 6 classes/\$30

Open Swim

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

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.
 (Non-residents are eligible for Recreational Swim.)

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
 Feb 4 - Feb 25 4 classes/\$28
 Mar 4 – Apr 8 6 classes/\$42
 Apr 15 – May 20 6 classes/\$42

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
 Feb 4 – Feb 25 classes/\$28
 Mar 4 – Apr 8 6 classes/\$42
 Apr 15 – May 20 6 classes/\$42
Wednesday-Level 2 2:30 - 3:15 PM
 Feb 6 – Feb 27 4 classes/\$28
 Mar 6 – Apr 10 6 classes/\$42
 Apr 17 – May 29 7 classes/\$49



VOLUNTEER REQUIREMENTS

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

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

Thank you volunteers! 1,500 hours in October-December, 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.

Please pre-register to prevent class cancellations.

Land Fitness



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.

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

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.

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

Clean sport shoes are required.

Bring a water bottle.

Cardio

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

Tuesday 9 - 10 AM
Jan 8 - Feb 26 8 classes/\$56
Mar 5 - Apr 9 6 classes/\$42
Apr 16 - May 28 7 classes/\$49

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
Jan 10 - Feb 28 8 classes/\$56
Mar 7 - Apr 11 6 classes/\$42
Apr 18 - May 30 7 classes/\$49

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
Jan 7 - Feb 25 8 classes/\$56
Mar 4 - Apr 8 6 classes/\$42
Apr 15 - May 20 6 classes/\$42



Cardio Strength & Balance Rhonda Level 1

Conducted in both seated and standing positions. Exercise the brain to improve memory & think more clearly, be stronger, maintain or improve balance using hand weights, balls & bands. Tabata Interval Training for a healthy heart. Wear supportive shoes. Small hand ball needed for class.

Tuesday 12:45 - 1:30 PM
Jan 8 - Feb 26 8 classes/\$56
Mar 5 - Apr 9 6 classes/\$42
Apr 16 - May 28 7 classes/\$49

Thursday 12:45-1:30 PM
Jan 10 - Feb 28 8 classes/\$56
Mar 7 - Apr 11 6 classes/\$42
Apr 18 - May 30 7 classes/\$49

Cardio, Strength & Balance Rhonda Level 2

Exercise the brain to improve memory think clearly, be stronger, maintain balance using hand weights, balls & bands. Tabata Interval Training for healthy heart. Be able to sit on floor.

Monday 10:30-11:15 AM
Jan 7 - Feb 25 8 classes/\$56
Mar 4 - Apr 8 6 classes/\$42
Apr 15 - May 20 6 classes/\$42

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
Jan 10 - Feb 28 8 classes/\$56
Mar 7 - Apr 11 6 classes/\$42
Apr 18 - May 30 7 classes/\$49

HIIT Bursts

Maggie

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

Wednesday 3:15-4 PM
Jan 9 - Feb 27 8 classes/\$56
Mar 6 - Apr 10 6 classes/\$42
Apr 17 - May 29 7 classes/\$49

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
Jan 7 - Feb 25 8 classes/\$56
Mar 4 - Apr 8 6 classes/\$42
Apr 15 - May 20 6 classes/\$42

Wednesday Mari Ann 5:30-6:15 PM
Jan 9 - Feb 27 8 classes/\$56
Mar 6 - Apr 10 6 classes/\$42
Apr 17 - May 29 7 classes/\$49

Friday Jenna NEW 7:45-8:45 AM
Jan 11 - Mar 1 8 classes/\$56
Mar 8 - Apr 12 6 classes/\$42
Apr 19 - May 31 7 classes/\$49

Saturday Karen O. 10-10:45 AM
Jan 12 - Mar 2 8 classes/\$56
Mar 9 - Apr 13 6 classes/\$42
Apr 20 - May 18 5 classes/\$35

Line Dancing

Mari Ann

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

Monday 2 - 2:45 PM
Jan 7 - Feb 25 8 classes/\$48
Mar 4 - Apr 8 6 classes/\$36
Apr 15 - May 20 6 classes/\$36

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.

Resident: \$60 or 2 people \$95

Non-Res: \$70 or 2 people \$110

Duos must meet at the same time.

Does not include use of 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**

Jan 7 - Feb 25 8 classes/\$128

Mar 4 – Apr 8 6 classes/\$96

Apr 15 – May 20 6 classes/\$96

Tuesday Maggie **7:30–8:30 AM**

Mar 5 – Apr 9 6 classes/\$96

Apr 16 – May 28 7 classes/\$112

Wednesday Lola **2-3 PM**

Mar 6 – Apr 10 6 classes/\$96

Apr 17 – May 29 7 classes/\$112

Thursday Maggie **7:30–8:30 AM**

Mar 7 – Apr 11 6 classes/\$96

Apr 18 – May 30 7 classes/\$112

Friday Lola **1-2 PM**

Jan 11 - Mar 1 8 classes/\$128

Mar 8 – Apr 12 6 classes/\$96

Apr 26 – May 31 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**

Jan 7 - Feb 25 8 classes/\$56

Mar 4 – Apr 8 6 classes/\$42

Apr 15 – May 20 6 classes/\$42

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

Feb 6 - Feb 27 4 classes/\$28

Mar 6 - Mar 27 4 classes/\$28

Apr 3 - Apr 24 4 classes/\$28

May 1 - May 29 5 classes/\$35

Drums Alive Seated to Standing

Mari Ann

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**

Mar 5 – Apr 9 6 classes/\$42

Apr 16 – May 28 7 classes/\$49

Clean sport shoes required.

Bring a water bottle.

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 & effective use. Workout clothing & clean indoor shoes required.

BT Residency required.

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

Specialty Fitness

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**

Jan 10 - Feb 28 8 classes/\$48

Mar 7 – Apr 11 6 classes/\$36

Apr 18 – May 30 7 classes/\$42



Ernie's Walking Club

Walking boosts energy, strengthens muscles and improves health. It's convenient & easy to do, fun on your own or with others. Whether it's losing weight, reducing stress or toning muscles, it's important to make goals. Join the "Challenge" and we will keep you focused and motivated. Meet at track in lower level.

Tuesday **2:45 - 3:30 PM**

Feb 5 - Feb 26 4 classes/\$28

Apr 16 – May 28 7 classes/\$49

Land Fitness



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.

Friday 10:15 – 11:15 AM
Jan 11 - Mar 1 8 classes/\$56
Mar 8 - Apr 12 6 classes/\$42
Apr 19 - May 31 7 classes/\$49

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
Jan 7 - Feb 25 8 classes/\$56
Mar 4 - Apr 8 6 classes/\$42
Apr 15 - May 20 6 classes/\$42
Thursday 5 - 6 PM
Jan 10 - Feb 28 8 classes/\$56
Mar 7 - Apr 11 6 classes/\$42
Apr 18 - May 30 7 classes/\$49

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.

Saturday 11 - 11:45 AM
Jan 12 - Mar 2 8 classes/\$56
Mar 9 - Apr 13 6 classes/\$42
Apr 20 - May 18 5 classes/\$35

Tai Chi Chuan Han

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

Beginning
Wednesday 9:40-10:25 AM
Feb 6 - Feb 27 4 classes/\$32
Mar 6 - Apr 10 5 classes/\$40
Apr 17 - May 29 7 classes/\$56

Continuing
Wednesday 10:30 – 11:15 AM
Feb 6 - Feb 27 4 classes/\$32
Mar 6 - Apr 10 5 classes/\$40
Apr 17 - May 29 7 classes/\$56

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
Feb 5 - Feb 26 4 classes/\$28
Mar 5 - Apr 9 6 classes/\$42
Apr 16 - May 28 7 classes/\$49
Wednesday Maggie 8:30 – 9:30 AM
Jan 9 - Feb 27 8 classes/\$56
Mar 6 - Apr 10 6 classes/\$42
Apr 17 - May 29 7 classes/\$49
Friday Maggie 9 – 10 AM
Jan 11 - Mar 1 8 classes/\$56
Mar 8 - Apr 12 6 classes/\$42
Apr 19 - May 31 7 classes/\$49

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
Jan 7 - Feb 25 8 classes/\$56
Mar 4 - Apr 8 6 classes/\$42
Apr 15 - May 20 6 classes/\$42
Wednesday 12:45 – 1:30 PM
Jan 9 - Feb 27 8 classes/\$56
Mar 6 - Apr 10 6 classes/\$42
Apr 17 - May 29 7 classes/\$49

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

Golf Conditioning Maggie

Focus on golf-specific muscular strength, stability/balance, posture, control & power development. Emphasis on core strength training for a balanced set up & consistent, stabilized swing. Wear supportive shoes. Bring your favorite driver!

Thursday 1:45 – 2:30 PM
Jan 10 - Feb 28 8 classes/\$56

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
Jan 7 - Feb 25 8 classes/\$32
Mar 4 - Apr 8 6 classes/\$24
Apr 15 - May 20 6 classes/\$24
Wednesday Lisa 7:45 - 8:15 AM
Jan 9 - Feb 27 8 classes/\$32
Mar 6 - Apr 10 6 classes/\$24
Apr 17 - May 29 7 classes/\$28

Walking Track Drop In

Participants scan in at main level reception. Change of 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

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

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

Pickleball

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

Tuesday (drop in) 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

Core Foundation® Training

Lori

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

Thursday 6:30 – 7:15 PM

Feb 7 - Feb 28	4 classes/\$32
Mar 7 - Apr 18	6 classes/\$48
Apr 25 - May 30	6 classes/\$48

Ask the Trainer Maggie Barclay
February, March, April Wednesdays 1-2 pm

**Do you have general fitness questions?
Are you working out at a level that will best benefit you?**

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

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

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

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



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

Feb 6 - Feb 27	4 classes/\$28
Mar 6 - Mar 27	4 classes/\$28
Apr 3 - Apr 25	4 classes/\$28
May 1 - May 29	5 classes/\$35

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

Jan 10 - Feb 28	8 classes/\$56
Mar 7 - Apr 11	6 classes/\$42
Apr 18 - May 30	7 classes/\$49

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

Jan 8 - Feb 26	8 classes/\$56
Mar 5 - Apr 9	6 classes/\$42
Apr 16 - May 28	7 classes/\$49

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.

Tuesday 8:30 – 9:30 AM

Feb 5 - Feb 26	4 classes/\$28
Mar 5 - Mar 26	4 classes/\$28
Apr 2 - Apr 30	5 classes/\$35
May 7 - May 29	4 classes/\$28

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

Mar 8 - Mar 29	4 classes/\$28
Apr 5 - Apr 26	4 classes/\$28
May 3 - May 31	5 classes/\$35

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

Feb 1 - Mar 1	5 classes/\$35
Mar 9 - Mar 30	4 classes/\$28
Apr 6 - Apr 27	4 classes/\$28
May 4 - May 18	3 classes/\$21

Chair Yoga

Donna/ Karen L

See description under Seated Yoga (p.7)



Day Trips



Registration and Travel Policies

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

www.bloomfieldtp.org/PDFForms/Senior-Services/CodeOfConduct.aspx

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

Non-residents add \$10 fee per trip.

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

Adventures in Dining

La Fork

Mon, Feb 11 10:30 – 1 PM

The main dish consists of the authentic Quebec classic Poutine, which is the combination of fresh cut fries, cheese curds & gravy. Enjoy a unique dining experience. Counter service only. Lunch on your own. **Fee: \$10**

Volare Ristorante

Thur, Feb 14 11:15 – 2 PM

Award-winning chef/owner Dino Grossi opened Volare Ristorante in 2004. Located in the heart of the new downtown Wixom city center. The philosophy: use the best ingredients and serve them with joy and passion. Lunch on your own. **Fee: \$10**

Breakfast at Anna's House

Tues, Feb 26 8:40 – 10:45 AM

Anna's House is a "retro diner" style with fresh colors, and a great open layout. The larger-than-life, hand-painted murals are a welcome sight. You need to come and experience it! Breakfast on your own. **Fee: \$10**

Mi Lindo San Blas

Tues, March 5 1:45 – 2:30 PM

San Blas is a port and a popular tourist destination, located north of Puerto Vallarta. The town is famous for the sea food plates. Now in Detroit you can try them. Lunch on your own. **Fee: \$10**

Cantoro Italian Trattoria, Troy

Wed, April 10 12 – 2:30 PM

Mario Fallone founded the highly celebrated Cantoro Italian Market in 1967, and now with his two sons, John and Michael, operates this renowned Italian dining destination. Lunch on your own. **Fee: \$10**

Culinary School – FiftyOne0One

Thurs, April 18 10:45 – 1:30 PM

Welcome to Henry Ford student run restaurant! Join them for gourmet dining at surprisingly affordable prices. Operated by HFC's Hospitality Studies Program. Lunch on your own. **Fee: \$19**

Savannah's Restaurant

Tues, May 7 11:30 – 3 PM

A charming, plantation-like home in Trenton; you will think you are in the Old South. Enjoy lunch in this elegant space. Lunch on your own. **Fee: \$10**

Dakota Inn Rathskeller

Wed, May 22 12 – 2:30 PM

Opened on August 1, 1933 by Karl Kurz, the grandfather of Karl E. Kurz, the present owner. EIGHTY - FIVE years later, the authentic German bar is still going strong! Lunch on your own. **Fee: \$10**

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 that can't be duplicated. Come as you are and enjoy. Lunch on your own. **Fee: \$10**

High Tea – Sweet Afton Tea Room

Thurs, April 25 12:15 – 3 PM

Decorated like an old English tea room with beautiful flowers, table cloths, & gorgeous china! Tea is served in beautiful pots and beautiful mismatched cups & saucers. Come enjoy Plymouth. Lunch included. **Fee: \$41**

Metro Detroit Book & Author Luncheon

Mon, May 20 10 – 3:30 PM

Experience one of the largest, one-day author events in the country in Livonia at Burton Manor, featuring major national authors. Includes lunch. Must register by March 25th. **Fee: \$65**

Michigan Princess Cruise & Lunch

Thur, 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 steam boat. Lunch included. **Fee \$68**

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**



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Tours

Epiphany Glass Studios

Tues, Feb 19 10 – 2 PM

April Wagner has been blowing glass for over 20 years. She has a unique style of glass art that can be seen in public and private collections around the world. See two separate and distinct brands: the epiphany line of functional, semi-functional and decorative objects and the April Wagner line of sculptures in her hot-glass facility in Pontiac. Followed by lunch on your own at Hero's. **Fee: \$25**

National Weather Station

Tues, March 26 9:45 – 2 PM

The NWS station in White Lake collects and reports weather data for most of southeast Michigan. Followed by lunch on your own at Deer Lake Athletic Club. **Fee: \$25**

The Renaissance Center

Thurs, March 28 10 – 2:30 PM

A group of seven interconnected skyscrapers in Downtown Detroit, located on the International Riverfront, and the World Headquarter's of GM. The central tower is the 2nd tallest all-hotel skyscraper in the Western Hemisphere. Docent-led tour. Followed by lunch on your own at Joe Muer's. **Fee: \$23**

NSO Bell Building Tour

April 16 10:45 – 2:45 PM

A groundbreaking effort that provides permanent, supportive housing & services for homeless adults to help them stabilize and turn their lives around. The project has won many awards including the Governor's Award for Historic Preservation. A docent-led tour followed by lunch on your own at Bigalora Wood Fired Cucina. **Fee: \$20**

The Islamic Center of America

Tues, April 23 9:30 – 1:45 PM

In Dearborn, it is the largest mosque in America and the oldest Shia mosque in the USA. Docent-led tour. Followed by lunch on your own at Beirut By Night Restaurant. **Women must bring a scarf to wear in the sanctuary, all must remove shoes.** **Fee: \$25**

Indian Village Home & Garden Tour

Sat, June 8 9:30 – 2:30PM

Come celebrate the 119th anniversary of the elegant historic neighborhood, where you will visit some of the homes open to the public for this tour. Followed by lunch on your own at Jim Brady's. **Fee \$50**

Packard Proving Grounds

Tues, June 11 10 – 2:15 PM

Rich automotive history! Established in 1927, this unique site hosts multiple Albert Kahn designed buildings, located on 17 acres. Docent led tour. Followed by lunch on your own at Da Francesco's. Walking and standing for up to an hour. Wear comfortable shoes. **Fee: \$30**

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**

Enjoy the comfort of our 24 seat coach.

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

Trip Schedule

- 2/11 La Fork
- 2/14 Volare Ristorante
- 2/19 Epiphany Glass Studios
- 2/21 Dossin Museum
- 2/26 Breakfast at Anna's House
- 3/1 DSO Heroes and Villains
- 3/5 Mi Lindo San Blas
- 3/14 Detroit Institute of Arts
- 3/22 DSO Violin Concerto
- 3/26 National Weather Station
- 3/28 Renaissance Center Tour
- 4/3 Popcorn Falls
- 4/5 Hansel & Gretel—MOT
- 4/10 Cantoro Italian Trattoria
- 4/12 Beethoven's Piano Concerto
- 4/16 NSO Bell Building Tour
- 4/18 Fifty One O One
- 4/23 Islamic Center of America
- 4/25 Sweet Afton Tea Room
- 5/3 Tchaikovsky's Concerto
- 5/7 Savannah's Restaurant
- 5/10 Grapes of Wrath, MOT
- 5/15 Marvelous Wonderettes
- 5/17 The Beatles, DSO
- 5/20 Book & Author Luncheon
- 5/22 Dakota Inn Rathskeller
- 5/28 Partridge Creek Shopping
- 5/30 Oklahoma, Stagecrafters
- 5/31 Brahms No. 4, DSO
- 6/5 Selinsky Farm Museum
- 6/6 Standard Bistro & Larder
- 6/8 Indian Village Home Tour
- 6/11 Packard Proving Grounds
- 6/13 Michigan Princess Cruise
- 6/14 Music of Oz, DSO
- 6/17 North 42, MacRay Harbor
- 6/19 IT Girl, Meadow Brook
- 6/20 Gibraltar Bay Alpacas
- 6/25 Flint - Fashioning Art
- 6/26 Great Lakes Culinary

Day Trips



Museums

Exquisite Maritime Dining – Dossin Great Lakes Museum

Thur, Feb 21, 9 – 2 PM

This new exhibit explores the particular culinary elegance experienced by those who travelled the inland seas. Hundreds of exquisite artifacts from maritime dining rooms. Most pieces were collected by the late Daniel C. Krummes. First exhibit of these unique artifacts with models of significant ships and striking furnishings from the steamers. Followed by lunch on your own at Sindbad's. **Fee: \$29**

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**

Detroit Institute of Arts

Thurs, Mar 14 12 PM – 3:30 PM

Enjoy an Art Talk, self-guided tour and cookie/coffee reception. Joint trip with SOAR. Bus furnished by DIA. No meal stop. **Fee: \$10**

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. See a sculpture based on a painting by Justus Sustermans in the FIA's permanent collection. Followed by lunch on your own at Luigi's. **Fee: \$34**

Theatre

Popcorn Falls - Tipping Pointe

Wed, April 3 12:15 – 5:30 PM

The citizens of Popcorn Falls, better known as kernels, are in danger of having their town turned into a waste management site and theatre is the only way to save it! With only a week to work with, the Mayor must bring the city together to put on the performance of a lifetime. A high stakes, rollercoaster of a performance. Begin with lunch on your own at Garage Grill & Fuel Bar. **Fee: \$56**

Hansel & Gretel Opera – MOT

Fri, April 5 9:30 – 4:30 PM

Premiere! The classic Brothers Grimm fairytale with award-winning puppetry by Basil Twist. Enjoy a lavish production featuring flying angels, dancing gingerbread and a larger-than-life witch. Humperdinck's rich, lyrical score complete's the magic! Followed by lunch on your own at Downtown Louie's Lounge. **Fee: \$52**

The Grapes of Wrath – MOT

Fri, May 10 9:30 – 4:30 PM

This heart-wrenching opera, based on the classic novel by John Steinbeck, tells the story of the Joad family on their quest for survival during the 1930s Dust Bowl. Featuring folksy, jazz-inspired music by Ricky Ian Gordon. Opera in two acts: Ricky Ian Gordon, composer, and Michael Korie, librettist. Followed by lunch on your own at Calexico Detroit. **Fee: \$52**

The Marvelous Wonderettes Meadow Brook

Wed, May 15 11:15 – 4:45 PM

Journey to the 1958 Springfield High School prom where we meet four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives, the girls serenade us with classic '50s hits. When the girls reunite to take the stage and perform at their ten-year reunion we learn about the past decade's highs and lows. Begin with lunch on your own at Romano's Macaroni Grill. **Fee: \$58**

Oklahoma – Stagecrafters

Thurs, 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 & Brewery. **Fee: \$49**

The IT Girl – Meadow Brook

Wed, 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 Alfoccino Italian. **Fee: \$58**

Special thanks to our Winter Sponsors



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



DSO

DSO Heroes and Villains

Friday, March 1 **9:30 – 3:30 PM**
 From Superman to Batman, Robin Hood to Zorro, or King Kong to Jaws: in film, every noble hero and evil villain has the same trusty sidekick. Great music featuring hits from the golden age of cinema to today's blockbusters. Enjoy breathtaking scores that have brought timeless characters to life. Followed by lunch on your own at The Apparatus Room. **Fee: \$70**

DSO Sibelius Violin Concerto

Friday, March 22 **9:30 – 3:30 PM**
 Simone Lamsma's playing is "absolutely stunning," and her "fine technique and impeccable intonation with mature musical intelligence." See Ms. Lamsma play Sibelius' breathtaking Violin Concerto – the composer's only concerto, and Mark Wigglesworth conducts Ralph Vaughan-Williams tender Fifth Symphony, a vision of tranquility composed in the darkest days of England's battle in 1943. Followed by lunch on your own at Meriwether's. **Fee: \$56**

DSO Beethoven's Piano Concerto

Friday, April 12 **9:30 – 3:30 PM**
 It took Beethoven four years to compose, and yet the Fourth Piano Concerto remains one of his most seamless, most poetic works. Ludovic Morlot, conductor, Hélène Grimaud on piano. Followed by lunch on your own at Chartreuse. **Fee: \$56**

DSO Tchaikovsky's Piano Concerto #2

Friday, May 3 **9:30 – 3:30 PM**
 Tchaikovsky's Second Piano Concerto has lived too long in the shadow of the immortal first. Its passions surge, and its beauty melts the heart, including a slow movement that is an exquisite triple concerto for piano, cello, and violin. Kirill Gerstein plays Tchaikovsky's Second, led by Ben Glassner, who also conducts Dvorak's lyrical Eighth Symphony, and Sir William Walton's music for Shakespeare – and Laurence Olivier's film – Henry V. Lunch on your own at Woodbridge Pub. **Fee: \$56**

DSO Revolution: The Beatles

Friday, May 17 **9:30 AM – 3:30 PM**
 A symphonic journey through the history of The Beatles at Abbey Road told through the Fab Four's #1 Hits and Jeff Tyzik's restorative arrangements of the original recordings for singers and orchestra. Followed by lunch on your own at London Chop House. **Fee: \$70**

DSO Brahms Symphony No. 4

Friday, May 31 **9:30 – 3:30 PM**
 The great strength and nobility of Brahms' Fourth, and final, Symphony, places it among his supreme masterworks. Conductor Simone Young, making her Detroit Symphony debut, has been internationally praised for her Brahms performances. The DSO's Karl Pituch and Johanna Yarbrough perform Haydn's delightful Concerto for Two Horns. These concerts begin with Webern's early, romantic Passacaglia. Followed by lunch on your own at Union Street. **Fee: \$56**



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**

Shopping

Shopping at 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**



Did you know that 38% of Township households have someone over the age of 65?
A personal invitation to visit BTSS is a great way to encourage all who are eligible!

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.



Music

Swingin' Sounds of Cole Porter

Stuart Johnson, Music Historian
Explore his life with song & images. Includes Night & Day (Al Hibbler), Begin the Beguine (T. Bennett.), All of You (J. Desmond,) and so much more! Q & A welcomed. \$
Wednesday, May 8 10:30-12 PM

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 No Band 4/9 3 - 5 PM

Jazz Band: Cool & Complimentary!

Syncopation and improvisation - enjoy some of the best jazz around! Led by our own Ed Black and now sponsored by a generous, anonymous donor. Stop in for hot coffee and a true American art form. No fee.
Saturdays 11 - 1 PM

BTSS Chamber Music

Facilitator: Ed Sturgeon
Interested in becoming part of a new musical group? Come practice and play fun music and camaraderie. Flutes, oboe, bassoon (double reeds), French horns, piano and clarinet. No meeting 4/30, 5/7, 5/21
Tuesdays 1:30 - 3 PM

Clubs and Groups

Breakfast Club

Facilitator: Ralph Pedersen
Come enjoy great speakers, camaraderie and a light breakfast provided by American House. Pre-registration required.
Res \$6/Non-Res \$8
3rd Wednesday 9:30 - 11 AM
March 20 *Polar Bears, Marvin Parent*
April 17 *Det. News, Ingrid Jacques*
May 15 *Detroit Zoo Animal Welfare, Stephanie Allard*

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
March 28
April 25
May 23

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
March 6
April 3
May 1

Please prevent class cancellation and pre-register.

Travel

Best Kept Secrets: Copper Harbor

Ron Rademacher, Author
Explore Brockway Mountain Drive, breathtaking views of Lake Superior, Ft. Wilkins, the Jam Pot, Estivant Pines, the mysterious Keweenaw Wall and so much more. Sponsored by Samaritas. \$
Fri, March 22 10:30 - 12 PM

Mongolia: Land of Nomads

Jim & Py Wolfe
Join world travelers and educators on their adventures to the land of Genghis Khan, the Gobi Desert. Learn about yurts, the rare Takhi horses, and the Naadam Festival. \$
Tues, March 26 10:30 - 11:30 AM

Close Up Look: South Africa

R. Beyerlein
Learn interesting facts about the geography, government, culture and view imagery of wild animals at this intriguing presentation. \$
Tues, April 9 10:30-11:30 AM

Eureka: Costa Rica

Randy Baker, Naturalist Endeavors
Fascinating tropics approx. the size of MI's UP. View magnificent wildlife in this exciting program. \$
Mon, May 6 10:30-11:30 AM

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



Art

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.
Thur, May 23 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, gemstones, beads, and bobbles to create fun jewelry and art. Enjoy informal instruction, equipment and supplies available. Donations appreciated and \$2 material fee to instructor. Drop-ins welcome! No 5/7, 5/16
Tues/Thur 1 - 4 PM

Swedish Weaving

Instructor, Marian Ericson
Large or small projects. Choose a pattern, using cotton monk's cloth as a base, add a needle, a small amount of yarn, and you're ready to go; easy & fun. 4 instructional classes & two follow up support meetings. \$10 material fee to instructor. See samples on flyer.
Fri, March 1 - April 5 1 - 3:30 PM
6 classes/\$30

Wood Painting Party

Join acrylic painter Dana Blust as she guides you in your very own “Forest Walk”. All materials provided. Wear clothes that may get messy and/or bring a paint smock & table protection. Perfect for a get together or just time to create cozy home décor. See samples on flyer.
Wed, April 3, 10 AM -12 PM
2 classes/\$70

DIA: Art Pride

Learn the significant contributions by LGBT artists and their impact on the art world. Leaders of contemporary art, shattering stereotypes and defying prejudice on their path. \$
Fri, March 15 10:30-11:30 AM

Books and Authors

BTPL Public Library

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

Pop Up BTPL Librarian

Facilitator: Karrie Yukon
Learn about senior living aids, resources & more, available for check out free at the library.
Conducted at the Senior Center.
Wed, March 27 2 - 3 PM

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, March 7, May 2 2 - 4 PM

Cutting the Cable Cord

Facilitator: Drew Heuser
Discover how to stream movies, TV shows from popular apps like Netflix, Hulu and Amazon Video without cable TV.
Tues, April 9 2-3:30 PM

Pop Up BTPL: Caregiver Resources

Karrie Yukon, Librarian
Learn about senior living aids and resources for caregivers, available for free check out at the library.
Conducted at the Senior Center. Drop in, no registration required.
Wed, April 24 2-3 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
March 1 *Warlight*, (2018), Ondaatje
April 5 *Forty Autumns*, Willner
May 3 *Stars Are Fire* (2017), Shreve

The Witch of Delray

Author Karen Dybis
Rose Veres, Detroit's infamous 1930s murder mystery. Political scandals, rumrunners & mobs lurked in the shadows. One lawyer, determined to seek justice, took on this shocking case. Book sales and signing. \$
Thur, April 11 10:30 -1:30 AM

Brain Health

MIND University—Overview

L. Breuer & M. Martella
Learn how the choices we make can increase brain neuroplasticity and overall cognitive wellness. Interested participants may register for a complimentary one-on-one assessment. Pre-registration required. No fee.
Thurs, Mar 7 10-12 PM

Assessment Appointments

One-on-one appointment with MU staff at BTSS. Prerequisite: MU Overview. Pre-registration required. No fee.
Thurs, Mar 14 9 - 1 PM
Tues, Mar 19 12 - 5 PM

Mind University Aerobics

We need to give our brains regular exercise to optimize cognitive abilities. Curriculum includes the concept of neuroplasticity, brain's ability to create connections regardless of age. Classes focus on reaction time, visual skills, attention, memory, language and problem solving. Prerequisites: Overview and Assessment
Tues & Thurs 10 - 11 AM
Mar 26 - Jun 13 24 Classes/\$240

WSU Brain Connectivity

J. Hayes, Researcher, WSU Connect Lab
Explore new research on genetics and predisposition to Alzheimer's. Learn new ways to identify early age related brain disorders. Memory strategies with Q & A welcomed. \$
Wed, Mar 6 10:30 - 11:30 AM

WSU Brain Aging & Cognition

Doctor Naftali, Raz Director, Cognitive, Neuroscience of Aging Lab
Learn from an expert and explore research opportunities. \$
Thur, May 9 10:30 - 11:30 AM

WSU Brain Aging & Cognition: Longitudinal Study

Explore factors & 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

Enrichment

Classes



Canasta Beginner Class

Instructor Carol Lowen

Perfect for beginners or a refresher course with an experienced fun instructor.

\$5 payable to instructor for instruction book & score pad.

Tues, 10 - 12 PM **4 classes/\$80.00**
March 5 - 26

Canasta Strategy Class

Instructor, Carol Lowen

For players who already know the game.

Learn strategy, finesse and sharpen your game to be a winner! \$5 payable to instructor for instruction book & score pad.

Tues, 10 - 12 PM **4 classes/\$80.00**
April 2- 23

Mah-Jongg Beginner Basics Class

Sharon Houghtby, Instructor

\$10 to instructor for cards. Students will be able to name the tiles, create hands and play according to National League rules. Strategy and playing for money are not included.

Pre-registration required.

Thurs 10-12 PM **4 classes/\$20**
May 2 - 23

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 10– 12 PM **8 classes/\$120**
March 22 - May 10
June 21 - Aug 9

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 **8 classes/\$120**
April 3 - May 22
May 29 - July 31

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.

Thurs, May 16 **10 AM - 2 PM**
Res \$20/Non-Res \$30

- 3/1 Starting Point
- 3/5 Therapy Dogs
- 3/7 Mind University
- 3/6 Brain Connect
- 3/12 BTPD Canine Unit
- 3/14 Officer K. Marthen
- 3/15 DIA: Art Pride
- 3/18 Kinesiology
- 3/22 Copper Harbor
- 3/26 Mongolia
- 3/28 Immigration
- 4/3 Wife of Henry Ford
- 4/4 Paleontology
- 4/5 GM Heritage
- 4/9 Africa
- 4/9 Cutting Cable Cord
- 4/11 Witch of Delray
- 4/12 Underground Rail
- 4/15 WWII Italy
- 4/18 Detroit Riverfront
- 4/23 Detroit Salt
- 4/26 Time Forgotten
- 4/29 Dollar Princesses
- 5/2 MI Black Bears
- 5/3 ID Theft
- 5/6 Costa Rica
- 5/8 Cole Porter
- 5/9 Brain & Aging
- 5/14 Historic US-16
- 5/16 Washington DC
- 5/16 AAA Driving
- 5/20 Corktown
- 5/21 Band Concert
- 5/22 WSU Study

Drop-In Games	Day Subject to Change	Time	Cost
Billiards (Pool) Group Play: All levels welcome Call for availability	T/W/TH/F Saturdays	1:00-4:00 PM 11:00-1:00 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Duplicate Discussion Bridge Walk in	Mondays/Fridays	12:30-3:30 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Duplicate Bridge Maximum 7 tables/arrive 12:15 for table assignments	Mondays/Fridays	12:30-4:00 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Evening Duplicate Bridge B Famili, C. Wood Tables assigned 3:00; play 3:15. Non-ACBL sanctioned no master points. Bring a partner. No game 6/19	Wednesdays no game 5th Wednesdays	3:00-6:00 PM	Res \$2/Non-Res \$4 Res \$14 Monthly
Euchre & Pinochle Facilitator: J. Carmichael No 4/18, 5/16	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	1:00-4:00 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	12:00-3:00 PM	Res \$2/Non-Res \$4 Res \$6 Monthly

Nature & Science

Goldman Therapy Dogs

Christina Campbell, Volunteer Director,
Henry Ford Health System

Warm, fuzzy friends can lower blood pressure, reduce feelings of loneliness & minimize stress. Learn how the love of an animal can change lives. Come meet K9 companions Benson & Hope. \$

Tues, March 5 10:30-11:30 AM

U of M Kinesiology Experts

Dr. Ryan Perkins

Bioenergetics focuses on nutrition, exercise, diabetes, cardiovascular and cognitive diseases. Explore ways to stay healthy in body, mind and environment. \$

Mon, March 18 10:30 - 11:30 AM

Amazing Paleontology

M. Cherney, PhD: U of M Museum of Paleontology
Explore crazy-exciting results from advanced, modern methods of research. It's so much more than just looking at bones! Back by popular demand! \$

Thur, April 4 10:30-11:30 AM

Detroit Riverfront Conservancy M. Pasco, Director
Explore millions of dollars of improvements covering the land between the Belle Isle and the Ambassador Bridge. Become well informed about this valued endeavor. \$

Thurs April 18 10:30-11:30 AM

DNR: MI Black Bears

Holly Vaughn, Wildlife Outreach Coordinator

Explore biology, behaviors and how the DNR manages a healthy black bear population while preventing conflicts. \$

Thurs, May 2 10:30 - 11:30 AM

History

Hamtramck: Immigration

Greg Kowalski, Community Relations Director, BT
A ground-level look from the perspective of diverse Hamtramck, the first city in America to have a Muslim majority city council and so much more! \$

Thurs, March 28 10:30-11:30 AM

The Influencing Wife of Henry Ford

M. Campbell, Henry Ford Heritage Association
Clara Bryant Ford, "the believer." Mark has a direct family connection. Explore insight into the "woman behind the man" and her impact on his life and The Ford Motor Company. Sponsored by Samaritas. \$

Wed, April 3 10:30-11:30 AM

Preserving the History of General Motors

C. Datini, Archivist, GM Heritage Center
Explore invaluable history, the corporation, the culture and interesting archival stories. \$

Fri, April 5 10:30-11:30 AM

The Underground Railroad in Detroit

R. E. Finkenbine, Professor of History U of D Mercy
Before the Civil War, the Detroit River borderland was the foremost crossing point for fugitive slaves seeking freedom in Canada. Explore how and why the borderland came to be. Sponsored by Baldwin House. \$

Fri, April 12 10:30-11:30 AM

Ernie Pyle & Bill Mauldin: WWII Italy

G. Sumner, Professor of History, U of D Mercy
Follow these two iconic journalists on the Italian Campaign from the landings in Sicily to the liberation of Rome. \$

Mon, April 15 10:30-11:30 AM

Detroit Salt Company

G. Davis, Public Affairs & Safety Manager
MI's great marvel; beneath our feet is more salt than is imaginable. View samples, learn amazing facts and take a piece home! \$

Tues, April 23 10:30-11:30 AM

Time Forgotten

R. Campbell, OC Preservation Architect
Explore 3000 year old trails. Take a horseback ride down Main Street and view magnificence mansions of the roaring 20's. \$

Fri, April 26 10:30 - 11:30 AM

Dollar Princesses Pam Craig

Gilded Age American heiresses whose fathers bought them titled European husband, to gain social status, from Churchill's mother to Consuelo Vanderbilt. What happened to their fairy tale lives? \$

Mon, April 29 10:30-11:30 AM

Historic US-16

Grand River Avenue: Detroit to Lake Michigan:
Jon Milan & Co - Author Gail Offen

A 1000 year ancient path; a Native American trail from Detroit to MI's eastern shores, serving as a footpath, horse trail, wagon rut, stagecoach route, and ultimately a two-lane highway giving motorists their first taste of long-distance automobile travel. Sponsored by Samaritas. \$

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

Corktown

Armando Delicato, Author & Educator
From Irish immigrants to urban pioneers, this community has beckoned to the restless of spirit and the adventurous seeking escape from poverty & oppression. Today the epicenter of Detroit's revival. \$

Mon, May 20 10:30 - 11:15 AM

Services



Transportation Services

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

Rides to the Senior Center: Available for classes, events, clubs and some day trips. Residents aged 60+ who are unable to drive may request transportation a minimum of 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.

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.**

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."*

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.**

March 21 April 18 May 16 June 20

Low Vision Support Group

Facilitator: Anjel Yessayan

3rd Wednesday 2 - 3:30 PM

March 20 April 17 May 15 June 19

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.

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

March 20 April 17 May 15 June 19



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.

AARP TAX ASSISTANCE

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

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: 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

March 15 April 19 May 17 June 21

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 May 7 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.

Live Healthy Oakland

This new program aims to help residents save on the rising cost of healthcare services.

Residents have the option of purchasing a dental and/or health benefits discount card for an annual or monthly fee ranging from \$6.95 to \$9.95/month and \$69 to \$79/year. The prescription drug discount card is available at no cost.

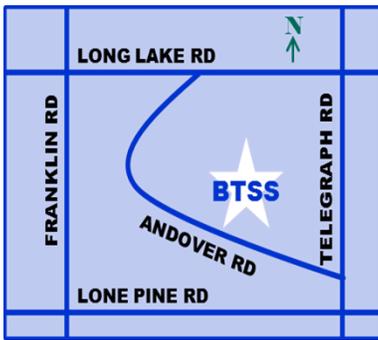
The program is open to all residents regardless of income and will help save on average 24% off retail price on RX drugs and 15-50% on dental and health checkups including cleanings, fillings, vision services, hearing aids, diabetes supplies and more.

For more information, call **877-573-2395.**



Senior Services
4315 Andover Road
Bloomfield Twp. MI

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



Public Safety

BT Police Department: Identify Theft

Detectives Barker & Huizdos
Learn the many forms identity theft takes, how to reduce your risk, recognize it, and what to do if you become a victim. Learn about a crime that affects millions of Americans every year. Pre-registration encouraged. Complimentary, BT residents. Non-residents \$5.

Wed, March 6 1 PM – 2 PM

BTPD Canine Unit

Officer Angela Carlson, BTPD
Meet K9 Kody and the officer that trained him to serve in law enforcement. Pre-registration encouraged. BT residents complimentary. Non-residents \$5.

Tues, March 12 10:30 – 11:30 AM

Coffee & Conversation

Officer Kelly Marthen, BT Community Relations Officer
Explore services & ongoing support that make our community secure and informed. Pre-registration encouraged. Complimentary, BT residents, non-residents \$5.

Thur, March 14 10:30 – 11:30 AM

MI Consumer Protection: Identity Theft

Protect your life, your credit, and learn about medical identity theft. Pre-registration encouraged. Complimentary, BT residents. Non-residents \$5.

Fri, May 3 10:30 – 11:30 AM

Pop up Police Dialog

Officer Kelly Marthen
Covers topics of your choice. Get answers to questions you never knew to ask. What is it like in the day and the life of an officer? Join this very informative casual conversation. Drop in. Complimentary BT resident. Non-resident \$4.

Tues, April 30 and Wed, May 29



10- 11 AM

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 or 248-433-7745 and call us out.