



Bloomfield Township Senior Services



Serving 50+ Adults

Summer 2016

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

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Special Events... Especially for you!

Preregistration required.

Blast from the Past Comedy Show

(SEV17-B1603)

Don't miss this hilarious performance by 25 year veteran stand-up comedian, Billy Ray Bauer. Leaves you laughing with his off the wall impressions. *Sponsored by Oakmont.*

Res \$3/Non-Res \$5

Friday, June 3 4:30 – 5:30 PM

Speed Dating

(Men: SEV17-B1604a) (Women:SEV17-B1604b)
Innovative, fun event to meet a variety of new people! Enjoy nonalcoholic bubbly & light refreshments and enjoy the comfortable ambience. *Sponsored by Same Address.*

Preregistration required. BT residents only.

Fee: \$10

Thursday, June 9 5:00 - 7:30 PM

Ice Cream Social

(SEV10-C1601)

Foot tapping music by Tom Bircler & Jimmy Kohan and delicious fun! Complimentary BT Residents only. *Sponsored by Samaritas.*

Tuesday, July 12 1 – 2:30 PM

Supportive Services

BTSS offers a variety of supportive services to assist seniors in the community. See the yellow pages of the newsletter for more details. Services include:

- ✓ Meals on Wheels
- ✓ Medical and Errand Transportation
- ✓ Medicare/Prescription Counseling
- ✓ Loan Closet
- ✓ Adult Day Service
- ✓ Minor Home Repair Program
- ✓ Caregiver Support

Stratford FESTIVAL

September 1 - 2, 2016

(XDAY01-C1601)

Enjoy an overnight stay in quaint Stratford and see "Macbeth" and "A Little Night Music." Trip includes Archives tour, one breakfast & picnic lunch, two dinners, hotel accommodations at Arden Park Hotel and a luxury motor coach. Flyer available at Center.

Please register early for this is a high demand trip. See Page 15 for more details.

Travel insurance is highly recommended for private purchase or through our Trip Leader, Sue Goldstein at (248) 865-0005.

Christine's Comments...

Enrichment Programs are growing!

I am happy to introduce Jean Campbell as our newest team member. She is our Recreation Coordinator and this summer you will see the fruits of her determination and creativity. We have new special events like Speed Dating, an exotic petting zoo and a Comedy Club. Jean has increased Unique Topics with content on genealogy, brain connectivity, historic presidential elections, College for Creative Studies, lost car companies of Detroit, Motown, the real Downton Abbey, and even the history of Better Made Chips. Pages 8-11 are packed with wonderful opportunities to learn and be entertained at the center. Enjoy!

Wishing you peace and good health,

Christine Tvaroha

ctvaroha@bloomfieldtp.org (248) 723-3500

Subscribe to our E-Newsletter

Visit the Township website at
www.bloomfieldtp.org/seniors
and click on the
Mailing List tab at the top of the page.

Thank You for Your Donations ... Lillian & Robert Hoy, Lucille Swanson, Elizabeth Moshier, Josefine Wagner, Letha Kuesel, Padmanabham Cherukuri, St. Hugo of the Hills Church, Charles Pokriefka, Nikolai Rachmaninoff, Jocelyn Pinard, Edward Nol, Arden Licht, Maurice Tyler, Blomfield Republican Women's Club, Bloomfield Historical Society, Liz Palmieri, Marilyn Jane Foundation*

Thank You for Your Donation to the Tree of Life project...
BTSS Paper Dolls*

* 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.

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

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

Christine Tvaroha, Director

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

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

www.bloomfieldtp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

Leo C. Savoie, Supervisor

Janet Roncelli, Clerk Dan Devine, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

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BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

John & Janice Bellefleur, Maxine Davison, Don Foehr,

Marie Gemmel, Victor & Suzanne Goldstein

Elizabeth Mahoney, Tom & Ginnie Richard

BTSS will be closed on:

Saturday, May 28 & Monday, May 30

Saturday, July 2 & Monday, July 4

Eligibility: Adults 50 years and older*

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

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

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

Registration / Cancellation / Refund Policies

- Registration only for confirmed BT profiles now through 5/16; nonresidents begin 5/17.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Emergency Card must be presented at trip check-in.
- Trips depart promptly at posted time; return times are approximate.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes/Programs: no refund within 2 business days of start. No refund once class has begun.
Cancellation fee: 50% of cost if less than \$10; \$5 if cost \$10 or more.
- Trips: nonrefundable within 3 business days.
Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

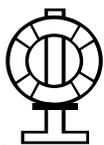
Aquatics: Warm Water Fitness

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

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

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

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



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

Aqua Cardio Core Lisa Chavis
Focuses on high level cardio conditioning paired with strength, movement, and balance that challenges the body's core muscles. Improve your overall functional strength, balance, and coordination.

Thursday 9:30 – 10:30 AM
Jun 2 – Jul 7 (FIT118-B1602) 6 classes/\$42*
Jul 14 – Aug 25 (FIT118-C1601) 7 classes/\$49*

Aqua Cardio Party Maggie Barclay
30-40 minutes of a variety of cardio, including aerobics, HIIT, circuit, boxing, and dance including Aqua Zumba®! 20 – 30 minutes of core training with noodles, buoys and other equipment, along with training vertically for “dry hair abs”!

Thursday 8 - 9 AM
Jun 2 – Jul 14 (FIT131-B1602) 7 classes/\$42*
Jul 21 – Aug 25 (FIT131-C1601) 6 classes/\$36*

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

Tuesday 9:30 – 10:30 AM
May 31 – Jul 12 (FIT133-B1602) 7 classes/\$42*
Jul 19 – Aug 23 (FIT133-C1601) 6 classes/\$36*

Aqua Fit Lori Harbour
Cardio & strength workout that will increase your cardiovascular endurance, strengthen/stretch major muscle groups, improve balance & reduce stress! Noodles, buoys & more used in this moderate intensity, joint gentle class.

Wednesday 9:30 – 10:30 AM
Jun 1 – Jul 13 (FIT96-B1603) 7 classes/\$56*
Jul 20 – Aug 24 (FIT96-C1601) 6 classes/\$48*
Friday 9:30 – 10:30 AM
Jun 3 – Jul 15 (FIT96-B1604) 7 classes/\$56*
Jul 22 – Aug 26 (FIT96-C1602) 6 classes/\$48*

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

Monday 5:45 - 6:45 PM
Jun 6 – Jun 27 (FIT134-B1602) 4 classes/\$32*
Jul 11 – Jul 25 (FIT134-C1601) 3 classes/\$24*
Aug 1 – Aug 22 (FIT134-C1602) 4 classes/\$32*

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

Tuesday 6 – 7 PM
May 31 – June 28 (FIT27b-B1605) 5 classes/\$40*
Jul 5 – Jul 26 (FIT27b-C1601) 4 classes/\$32*
Aug 2 – Aug 23 (FIT27b-C1603) 4 classes/\$32*
Thursday 6 – 7 PM
Jun 2 – Jun 30 (FIT27b-B1606) 5 classes/\$40*
Jul 7 – Jul 28 (FIT27b-C1602) 4 classes/\$32*
Aug 4 – Aug 25 (FIT27b-C1604) 4 classes/\$32*

Aqua Resistance Training (Intermediate) Ernie Thomas
Water workouts offer something land-based workouts can't - built in resistance! 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
May 31 – Jul 12 (FIT146-B1602) 7 classes/\$42*
Jul 19 – Aug 23 (FIT146-C1601) 6 classes/\$36*

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

Monday 11 AM – 12 PM
Jun 6 – Jul 18 (FIT114-B1602) No class 7/4 6 classes/\$48*
Jul 25 – Aug 22 (FIT114-C1601) 5 classes/\$40*

Fluid Moves

Kathy Housey

Warm up, followed by mild aerobic exercises with equipment to raise heart rate and increase circulation. Exercises with noodles, balls, kickboards and buoys. Yoga style stretches to improve balance, strength and concentration. Finish with relaxing floatation. All levels welcome. *Bring water bottle to class.*

Wednesday

11 AM – 12 PM

Jun 1 – Jul 13 (FIT86-B1603)

7 classes/\$56*

Jul 20 – Aug 24 (FIT86-C1601)

6 classes/\$48*

Saturday

10:30 – 11:30 AM

Jun 4 – Jul 16 (FIT86-B1604) No class 7/2

6 classes/\$48*

Jul 23 – Aug 27 (FIT86-C1602)

6 classes/\$48*

H₂O Boot Camp

Annie Chi

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

Saturday

9 – 10 AM

Jun 4 – Jun 25 (FIT32-B1603)

4 classes/\$32*

Jul 9 – Jul 30 (FIT32-C1601)

4 classes/\$32*

Aug 6 – Aug 27 (FIT32-C1602)

4 classes/\$32*

New! H₂O Gentle Joints

Lisa Chavis

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

Thursday

11 AM – 12 PM

Jun 2 – Jul 7 (FIT148-B1601)

6 classes/\$42*

Jul 14 – Aug 25 (FIT148-C1601)

7 classes/\$49*

H₂O HIIT

Lisa Chavis

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

Friday

11 AM – 12 PM

Jun 3 – Jul 8 (FIT128-B1602)

6 classes/\$42*

Jul 15 – Aug 26 (FIT128-C1601)

7 classes/\$49*

Open Swim (FIT30-varies)

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

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

Swim Lessons - Beginners

Ernie Thomas

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

Tuesday

11 AM – 12 PM

May 31 – Jul 12 (FIT48-B1601)

7 classes/\$42*

Swim Fitness

Ernie Thomas

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

Tuesday

11 AM – 12 PM

Jul 19 – Aug 23 (FIT130-C1601)

6 classes/\$36*

Ultimate H2O

TBD

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! Options for modifications will be offered.

Monday

9:30 - 10:30 AM

Jun 6 – Jul 18 (FIT95-B1602) No class 7/4

6 classes/\$36*

Jul 25 – Aug 22 (FIT95-C1601)

5 classes/\$30*

Water Walking Workout

Ernie Thomas

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

Monday - Level 1

2:30 - 3:15 PM

Jun 6 – Jul 18 (FIT99-B1603) No class 7/4

6 classes/\$36*

Jul 25 – Aug 22 (FIT99-C1601)

5 classes/\$30*

Wednesday - Level 2

2:30 - 3:15 PM

Jun 1 – Jul 13 (FIT99-B1604)

7 classes/\$42*

Jul 20 – Aug 24 (FIT99-C1602)

6 classes/\$36*



SAFETY FIRST - To avoid creating puddles and a slip risk, please towel off on the pool deck and in the shower. Your assistance is appreciated.

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

Land Fitness

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

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

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

CARDIO

Cardio, Core, Conditioning (Three Cs) Maggie Barclay
Low impact aerobics improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. *Bring hand weights, mat, water.*

Tuesday **9 – 10 AM**

May 31 – Jul 12 (FIT109-B1603) **7 classes/\$42***

Jul 19 - Aug 23 (FIT109-C1601) **6 classes/\$36***

Thursday **9 – 10 AM**

Jun 2 – Jul 14 (FIT109-B1604) **7 classes/\$42***

Jul 21 – Aug 25 (FIT109-C1602) **6 classes/\$36***

Cardio Party & Core Maggie Barclay

Cardio fun (interval training, aerobics, dance fitness & more) followed by core strength and stretching (creative non-traditional standing moves, sit ups, mat Pilates, body weight & more). Intermediate level class. *Wear supportive shoes, bring a mat, & water bottle.*

Monday **9 – 10 AM**

Jun 6 – Jul 18 (FIT119-B1602) No class 7/4 **6 classes/\$36***

Jul 25 – Aug 22 (FIT119-C1601) **5 classes/\$30***

Cardio, Strength & Balance Level 1 Rhonda Jean

See full description on page 6 under STRENGTH.

Cardio, Strength & Balance Level 2 Rhonda Jean

Total body workout in a fun, relaxed environment to improve strength, flexibility, balance and the cardio system. With dance breaks. No seated movement. *Floor Mat & small hand ball are needed. Wear supportive shoes.*

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

Jun 6 – Jul 18 (FIT137-B1602) No class 7/4 **6 classes/\$36***

Jul 25 – Aug 22 (FIT137-C1601) **5 classes/\$30***

Creative Cross training Maggie Barclay

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

M/T/W/TH/F **Times Vary**

May 31 – Jul 1 (FIT77-B1602) **39 sessions/\$117**

Jul 5 – Jul 29 (FIT77-C1601) **31 sessions/\$93**

Aug 1 – Aug 26 (FIT77-C1602) **32 sessions/\$96**

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

Friday (No class 7/15) **10:15 – 11 AM**

Jun 3 – Jul 8 (FIT47-B1602) **6 classes/\$36***

Jul 22 – Aug 26 (FIT47-C1601) **6 classes/\$36***

Zumba® **Instructors/Times Vary**

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

Monday (Andrea Morman) **5:30 - 6:15 PM**

Jun 6 – July 18 (FIT78-B1605) No class 7/4 **6 classes/\$36***

Jul 25 – Aug 22 (FIT78-C1601) **5 classes/\$30***

Wednesday (Maggie Barclay) **6:30 – 7:30 PM**

Jun 1 – Jul 13 (FIT78-B1606) **7 classes/\$42***

Jul 20 – Aug 24 (FIT78-C1602) **6 classes/\$36***

Friday (Maggie Barclay) **7:45 – 8:45 AM**

Jun 3 – Jul 15 (FIT78-B1607) **7 classes/\$42***

Jul 22 – Aug 26 (FIT78-C1603) **6 classes/\$36***

Saturday (Andrea Morman) **9:45 – 10:45 AM**

Jun 4 – Jul 16 (FIT78-B1608) No class 7/2 **6 classes/\$36***

Jul 23 – Aug 27 (FIT78-C1604) **6 classes/\$36***

PICKLEBALL

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

Tuesday (drop in only) **3:30 PM – 5:15 PM**

Thursday (drop in only) **2:45 PM – 4:30 PM**

Saturday (by reservation only) (FIT22-VARIES)

11:15 AM – 1:00 PM

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

TABLE TENNIS DROP IN

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

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

PERSONAL FITNESS

Small Group Personal Training (SGPT)

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

Monday (Lauren Olesiak)	2 - 3 PM
Jun 6 – Aug 1 (FIT103-B1607)	8 classes/\$120*
Aug 8 – Aug 22 (FIT103-C1601)	3 classes/\$45*
Tuesday (Maggie Barclay)	7:30 – 8:30 AM
May 31 – Jul 5 (FIT103-B1608)	6 classes/\$90*
Jul 19 – Aug 23 (FIT103-C1602)	6 classes/\$90*
Wednesday (Lola Faleix)	2 - 3 PM
Jun 1 – Jul 13 (FIT103-B1609)	7 classes/\$105*
Wednesday (Sub TBD)	2 - 3 PM
Jul 20 – Aug 24 (FIT103-C1603)	6 classes/\$90*
Wednesday (Sharon Claye)	5 - 6 PM
Jun 15 – Jul 20 (FIT103-B1610)	6 classes/\$90*
Jul 27 – Aug 24 (FIT103-C1604)	5 classes/\$75*
Friday (Lola Faleix)	1 - 2 PM
Jun 3 – July 15 (FIT103-B1611)	7 classes/\$105*
Friday (Sub TBD)	1 - 2 PM
Jul 22 – Aug 26 (FIT103-C1605)	6 classes/\$90*

1 on 1 Personal Training (FIT142-VARIES)

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

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

SEATED

Chair Yoga

Donna Tomassi/Karen Lutz

Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using the chair for support.

Monday (Donna Tomassi)	11:30 AM – 12:30 PM
Jun 6 – Jul 18 (FIT56-B1604) No class 7/4	6 classes/\$36*
Jul 25 – Aug 22 (FIT56-C1601)	5 classes/\$30*
Wednesday (Karen Lutz)	11:30 AM – 12:30 PM
Jun 1 – Jun 29 (FIT56-A1605)	5 classes/\$30*
Jul 6 – Jul 27 (FIT56-C1602)	4 classes/\$24*
Aug 3 – Aug 24 (FIT56-C1603)	4 classes/\$24*

Seated Fitness Conditioning

Lori Harbour

Basic strengthening, balance, coordination and movement techniques addressed using chairs for support while seated & standing. Light weights & resistance bands provided.

Tuesday	11:30 - 12:15 PM
May 31 – Jun 28 (FIT143-B1602)	5 classes/\$30*
Jul 12 – Aug 16 (FIT143-C1601)	6 classes/\$36*

STRENGTH

Barre Balance

Donna Tomassi

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

Monday	12:45 – 1:30 PM
Jun 6 – Jul 18 (FIT101-B1603) No class 7/4	6 classes/\$36*
Jul 25 – Aug 22 (FIT101-C1601)	5 classes/\$30*
Wednesday	12:45 – 1:30 PM
Jun 1 – Jul 6 (FIT101-B1604)	6 classes/\$36*
Jul 13 – Aug 24 (FIT101-C1602)	7 classes/\$42*

Cardio, Strength & Balance Level 1

Rhonda Jean

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

Tuesday	1:45 – 2:30 PM
May 31 – Jul 12 (FIT136-B1603)	7 classes/\$42*
Jul 19 – Aug 23 (FIT136-C1601)	6 classes/\$36*
Thursday	12:45 – 1:30 PM
Jun 2 – Jul 14 (FIT136-B1604)	7 classes/\$42*
Jul 21 – Aug 25 (FIT136-C1602)	6 classes/\$36*

Equipment Orientation/Refresher (FIT33-VARIES)

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

Fitness Open Hours (FIT02-VARIES)

Pre-requisite: Class or Orientation. Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.*
\$18/mo or \$9/half month (1st - 15th or 16th - end)
\$96/6 consecutive months (6 month registration must be processed by BTSS staff, not online)

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

New! Healthy Back & Core Foundation Fusion

Lori Harbour

Gain strength, stability and flexibility in the core muscle group using weights, bands and your body weight for a healthier back. Foundation Training® method is also used to strengthen the back muscles to correct poor movement patterns and maximize athletic performance. *Please bring mat, water and supportive shoes.*

Tuesday 12:30 – 1:30 PM
May 31 – Jun 28 (FIT149-B1601) 5 classes/\$50*
Jul 12 – Aug 16 (FIT149-C1601) 6 classes/\$60*

Pilates, Strength, & Balance

Karen Ockner

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

Monday 4:15 - 5:15 PM
Jun 6 – Jun 27 (FIT139-B1603) 4 classes/\$24*
Jul 11 – Jul 25 (FIT139-C1601) 3 classes/\$18*
Aug 1 – Aug 22 (FIT139-C1603) 4 classes/\$24*

Thursday 5 – 6 PM
Jun 2 – Jul 7 (FIT139-B1604) 6 classes/\$36*
Jul 14 – Aug 25 (FIT139-C1602) 7 classes/\$42*

Strength & Balance – Level 2

Maggie Barclay

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

Friday 9 – 10 AM
Jun 3 – Jul 15 (FIT80-B1602) 7 classes/\$42*
Jul 22 – Aug 26 (FIT80-C1601) 6 classes/\$36*

MIND BODY

Beginning Yoga

Kathy Housey

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

Friday 11:30 AM – 12:30 PM
Jun 3 – Jul 15 (FIT05-B1602) 7 classes/\$42*
Jul 22 – Aug 26 (FIT05-C1601) 6 classes/\$36*

Chair Yoga

Donna Tomassi/Karen Lutz

See full description on page 6 under SEATED.

It's a New Day Yoga!

Karen Lutz

Learn sun salutations at your own pace along with gentle flows bringing the body and soul together. Need to transition from mat to standing and back. *Bring your yoga mat.*

Saturday 8:30 – 9:30 AM
Jun 4 – Jun 25 (FIT113-B1602) 4 classes/\$24*
Jul 9 – Jul 30 (FIT113-C1601) 4 classes/\$24*
Aug 6 – Aug 27 (FIT113-C1602) 4 classes/\$24*

Gentle Moves Yoga

Maggie Barclay

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

Tuesday 10:15 - 11:15 AM
May 31 – Jul 12 (FIT94-B1603) 7 classes/\$42*
Jul 19 – Aug 23 (FIT94-C1601) 6 classes/\$36*

Thursday 10:15 - 11:15 AM
Jun 2 – Jul 14 (FIT94-B1604) 7 classes/\$42*
Jul 21 – Aug 25 (FIT94-C1602) 6 classes/\$36*

Tai Chi Chuan

Han Hoong Wang

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

Beginning Wednesday 9:30 – 10:15 AM
Jun 15 – Jul 20 (FIT03-B1603) 6 classes/\$48*

Continuing Wednesday 10:20 – 11:10 AM
Jun 15 – July 20 (FIT03-B1604) 6 classes/\$48*

SPECIALTY FITNESS PROGRAMS & EVENTS

Core Foundation® Training

Lori Harbour

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

Thursday 6:30 – 7:15 PM
Jun 16 – Jun 30 (FIT144-B1603) 3 classes/\$24*
Jul 14 – Aug 18 (FIT144-C1601) 6 classes/\$48*

Brains & Balance

Lori Harbour/Kathy Housey

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

Tuesday 2 – 3:15 PM
Jun 14 – Jul 19 (FIT141-B1601) No class 7/5 5 classes/\$50*
Jul 26 – Aug 23 (FIT141-C1601) 5 classes/\$50*

Fall Prevention-Balance Series

Sharon Claye

Older adults and caregivers can learn and practice various balance and strengthening strategies in this empowering class proven to reduce the risk of falling. Taught by a Fall Prevention Master Trainer. \$17 materials fee payable to instructor first day of class. No late enrollment. Must be fully mobile or attend with caregiver. No fee for caregiver.

Tuesday 10:30 AM – 11:30 PM
Jun 21 – Jul 26 (EDU59-B1602) 6 classes/\$50*
Aug 2 – Sep 6 (EDU59-C1601) 6 classes/\$50*

Moving Thru – Dance & Parkinson's Terrye Mock
 For individuals living with Parkinson's Disease. A fun filled class using ballet, thea either seated or standing. One hour of movement in the studio, followed by optional ½ hour of socializing in café. *Please inform us if a caregiver will accompany participant at time of registration. Free for Township Residents. Preregistration required.*

Thursdays 1:45 - 2:30 PM
 June 2 – June 30 (FIT121-B1603) 5 classes/Non Res \$30
 Jul 7 – Aug 4 (FIT121-C1601) 5 classes/Non Res \$30

Outdoor Hike & Yoga Maggie Barclay
 Meet in the café and hike to a serene location where we'll do a ½ hour gentle meditative Yoga class then a hike, total distance approximately 2-1/2 miles out and back. *Wear comfortable clothes, supportive shoes & bring water. Sunglasses, hats & sunscreen recommended. Preregistration required.*

Wednesdays 8:25 – 10:00 AM
 June 22 (FIT150-B1601) 1 class/Res \$8 Non Res \$13
 July 20 (FIT150-C1601) 1 class/Res \$8 Non Res \$13
 August 17 (FIT150-C1602) 1 class/Res \$8 Non Res \$13

EVENING FITNESS CLASSES

Aqua Power Aerobics Lev 2 (pg. 3) Annie Chi
Zumba® (pg. 5) Andrea Morman/Maggie Barclay
Aqua Intervals (pg. 3) Karen Ockner
Small Group Personal Train (pg. 6) Sharon Claye
Pilates, Strength & Balance (pg. 6) Karen Ockner
Core Foundation® Training (pg. 7) Lori Harbour

SATURDAY FITNESS CLASSES

It's a New Day Yoga! (pg. 7) Karen Lutz
Fluid Moves (pg. 4) Kathy Housey
H₂O Boot Camp (pg. 4) Annie Chi
Zumba® (pg. 5) Andrea Morman

ENRICHMENT

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

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

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

ART

Geranium Wall Hanging Project Diane Bert
 Anyone can paint a wall hanging of a geranium to decorate your home. A fabric placemat forms the background for this creative project. *\$20 material fee payable to instructor.*
Tuesday 10:00 AM - 12:30 PM
 June 21 (ART15-B1603) 1 class/\$15*

Watercolor Studio (self-guided)
 Practice watercolor painting skills, color and design principles, as they apply to a variety of subjects.
Wednesdays 1:30 PM – 3:30 PM
 June 22 – August 17 (ART24-B1601) 9 dates/\$65*

Lapidary & Recycled Jewelry Creative Fun☼ Martha McGee
 Use rocks, gemstones, recycle jewelry to create art and jewelry. Informal instruction in beading & stained glass. Supplies & equipment available. Jewelry and glass donations appreciated. *\$2 material fee payable to instructor. Drop ins welcome!*
Tuesdays/Thursdays 1 – 4 PM

CLUBS / GROUPS

Book Club☼ Facilitator: Fern Stoffer
Fridays 10:00 – 11:30 AM
 June 3 Discuss your favorites (F. Stoffer)
 July 8* Brown, David James, Boys in the Boat (J. Bellefleur)
 Aug. 5 Trigiani, Adriana, The Shoemaker's Wife (C. Haesler)
Book titles subject to change.
 *First Friday moves to second Friday if it is a holiday weekend.

Chicks with Sticks : "Knitting Gifts from the Heart" ☼
 Facilitator: Karen Ouellette (248) 408-2083
 Join a warm, friendly group that knits and crochets for infants, foster-care teens, and chemotherapy patients. At-home knitters are needed, too! New knitters, please call Karen. *In need of new or "like new" yarn donations.*
Mondays (see exceptions*) (no 7/4) 1:00 – 3:30 PM
 *Mondays June 13, July 18, Aug. 15 10:30 AM - 1:30 PM

Senior Men's Club Facilitator: Ralph Pedersen
 Enjoy great speakers, camaraderie and a *light breakfast provided by American House. Speakers & topics to be announced.* Pre-registration required. Res \$6 / Non-Res \$8
3rd Wednesday 9:30 – 11:30 AM
 June 15 (SOC27-B1603)
 July 20 (SOC27-C1601)
 August 17 (SOC27-C1602)

Paper Dolls

Facilitator: Arlene Pinkos

Join a fun loving group who design and sell beautiful repurposed greeting cards. Proceeds to Meals on Wheels.

Saturday, June 11 10 AM - 1:00 PM
Thursdays, July 7 & 21 1:30 - 4:30 PM
Thursdays, August 4 & 18 1:30 - 4:30 PM

COMPUTER EDUCATION

Computer Lab – Open Hours ☼

Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.

Tuesdays 3:00 - 5:00 PM
Saturdays 10:00 AM – Noon

Exploring Your Android & iPhone Lindsey Schweickert
Confused by your phone? Learn how to do everything from basic tasks to things you never knew.

Tuesday 9:00 – 11:00 AM
May 24 (COM50-B1601) 1 class \$12*

Get started w/ Library eBooks

Linda Hart

With basic internet skills, you can be using eBooks. Learn how they work, offerings available through the Bloomfield Twp. Library. Bring your library card, charged iPad, Kindle or Tablet. Apple ID or Amazon password for Kindle reqd.

Preregistration required. **No fee – BT residency required**
Look forward to future events in cooperation with our BTPL

Monday June 27 (EDU53-B1617) 9:00 AM - 12:30 PM

GAMES

Billiards (Pool) ☼

Group Play: All levels welcome. **Tues. & Thurs.** 1-4 PM

Solo/One on One: **Monday** 1-4 PM, **Wednesday** 4-7 PM

Friday 1-4 PM, **Saturday** 11 AM-1 PM

Duplicate Bridge

Facilitator: B. Balakrishna

Monday & Friday (no meeting 7/4) Res \$2/Non-Res \$4

Tables assigned: 12:30 Play: 12:45 – 4:00 PM

First come, first serve. *Maximum of 7 tables*

Evening Duplicate Bridge

Facilitator: Ed Coe

1st & 3rd Wednesday 3:45 – 7:45 PM

Tables assigned at 3:45. Play begins promptly at 4:00

This is a non-ACBL sanctioned game so no master points are awarded. Res \$2/Non-Res \$4

June 1 & 15 **July 6 & 20** **August 3 & 17**

Bridge - Beginner

James & Cheryl Bloom

Learn the basics of bridge including bidding and declarer play. No prior experience needed. Also for those with some bridge skill. Two certified ACBL instructors and silver life masters. *Book fee \$20 payable to instructor.*

Mondays 5:45 - 7:45 PM 8 classes/\$120*
July 11 – Sept 12 (EDU12-C1601) (no class 8/15, 9/5)

Bridge - Intermediate

James & Cheryl Bloom

Learn ways to analyze play, defend & further knowledge of bidding. For those experienced playing bridge. Concentration on play/defense of the hand. Certified ACBL instructors & silver life masters. \$20 *book fee payable to instructor.*

Wednesdays 10:00 AM – Noon 8 classes/\$120*
July 13 – Sept 7 (EDU13-C1601)(no class 8/17)

Bridge - Advanced

James & Cheryl Bloom

Make your bridge game more fun. Learn skills to be more competitive and techniques to get to slam more, analyze play and defend difficult hands. Certified ACBL instructors and silver life masters. *Book fee of \$20 payable to instructor.*

Wednesdays 12:30 – 2:30 PM 8 classes/\$120*
July 13 – Sept. 7 (EDU14-C1601)(no class 8/17)

Duplicate Bridge Play & Discussion ☼

Walk in groups. Meeting dates subject to change. Please call to confirm.

Mondays & Fridays 12:30 - 3:30 PM

Facilitator: Pricilla Pettengill

Monday 12:30 - 3:30 PM

Facilitator: Judy

Canasta – Beginner

Lenore Gorosh

Class is for beginners or a refresher course. Lots of fun, great for the memory and making new friends.

Material fee of \$7 payable to instructor.

Tuesdays 10:00 AM – Noon
June 7, 14, 21 (EDU45-B1601) 3 classes/\$65*

Canasta – Strategy

Lenore Gorosh

This class is for players who already know the game. Learn strategy, finesse and sharpen your game to be a winner!

Material fee of \$7 payable to instructor.

Tuesdays 1:30 – 3:30 PM
June 7, 14, 21 (EDU46-B1601) 3 classes/\$65*

Euchre & Pinochle ☼

Facilitator: Joanne Carmichael

Thursdays 11:00 AM – 1:30 PM

Mah-Jongg

Nancy Baker

Learn the basics of this ancient, addictive game. You will need an official 2016 National Mah Jongg League playing card. First class will discuss where to find them.

Thursdays 2:00 - 4:00 PM
June 9 – June 30 (EDU36-B1601) 4 classes/\$65*

Mah-Jongg Beginner Basics Class

Sharon Houghtby

Class includes identification of tiles, how to create hands and play the game, doesn't include strategy or how to win. \$10.00 fee payable to instructor for official 2016 National Mah Jongg League playing card.

Thursdays 10:00 – 12:00 AM
July 7 – July 28 (EDU36-C1601) 4 classes/\$12*

Mah-jongg Play ★

Tuesdays & Thursdays 1:30 – 4:30 PM

Poker ★

Facilitator: Joann Capoccia

Ladies & gentleman, enjoy a friendly game of Poker.

The more the merrier. *New players desired & welcome!*

Call Joann at 248-681-8533

Wednesdays Noon – 3:00 PM

MOVIES

Movies provided by Bloomfield Township Public Library.

Movie Classics: Oscar Winning Pictures ★

1st Friday Movie begins: 1:00 PM

June 3 "Goldfinger"

Roger Moore as James Bond, armed with his specially equipped accessories must overcome outrageous adversaries.

PG 1964 / Thriller/Action / 1h 52m

July 1 "Mighty Joe Young"

A fifteen-foot gorilla in an animal sanctuary in California is sought by a poacher seeking vengeance. Stars Terry Moore & Ben Johnson. 1998 PG /Action, Adventure, Family / 1h 54min

August 5 "Cocoon"

Oscar-winning fantasy, seniors get a new lease of life when they stumble on a "fountain of youth". Stars Brian Dennehy.

PG- 13 1985 PG-13/| Family, Fiction / 1h 57min

Movie Musicals ★

2nd Friday Movie begins: 1:00 PM

June 10 "The Muppets Movie"

Kermit the Frog pursues a movie career & starts his cross-country trip from Florida to California. G 1979/Comedy Music Drama /1h 37m

July 8 "Funny Girl"

Fanny Brice, a NYC vaudeville stage bit player, rises to stardom on Broadway. Stars Barbra Streisand. G 1968 /Comedy Music Drama /2h 35m

August 12 "Easter Parade"

A nightclub performer hires a naive chorus girl to become his new dance partner. Stars Judy Garland. G 1948 /Comedy Music/Romance / 1h 48m

Movie Mania ★

3rd Friday Movie begins: 1:00 PM

June 17 "The Notebook"

A poor, passionate young man falls in love with a rich young woman & gives her a sense of freedom. They soon are separated by their social differences. Stars Ryan Gosling

PG-13 2004 / Drama, Romance/ 2h 4m

July 15 "Enchanted"

Princess Giselle from a fairy-tale world lands in modern Manhattan, where music, magic and "happily ever after" are sorely lacking. Stars Amy Adams. PG 2007, Comedy /1h 49m

August 19 "Heaven Can Wait"

Quarterback killed in an auto accident discovers he was taken prematurely & due more years on earth. Stars Warren Beatty, PG 1978 /Fantasy, Sport /1h 41m

Documentaries & Adventure Science Fiction ★

4th & 5th Friday Movie begins: 1:00 PM

June 24 "PBS The White Lions"

The story of two remarkable and rare white lion cubs on their journey to adulthood in South Africa's Kruger National Park.

G. 2012 / Documentary / 53:10

July 22 "Cave of Forgotten Dreams"

A rare film from inside France's Chauvet Cave, where walls are covered with the oldest surviving paintings. G 2010/ Historical Documentary/1h 35m

July 29 "Captain America" *The First Avenger*

A feud between Captain America & Iron Man leaves the Avengers in turmoil. Staring Chris Evans & Robert Downey Jr

PG-13 2011 /Science fiction film, thriller / 2h 5m

August 26 "Contact"

Race to interpret a possible message originating from the Vega star system. Starring Jodie Foster. PG 1997 Drama /2h 30m

MUSIC

BTSS Band ★

Facilitator: Ed Black

Join the BTSS Swing Band! Players able to read orchestrations needed: drummer, sax, trombone and pianist. Pop and ballads from the 30s, 40s & 50s. Visit our rehearsals.

Tuesdays 3:00 - 5:00 PM

Detroit Symphony Orchestra - Meet the Musician

Enjoy an hour with a DSO musician, demos on their instrument, talking about their history, Q&A with the audience and playing for a portion of the hour. *Sponsored by All Seasons.*

Pre-registration required.

Res \$3/Non-Res \$5

Friday, June 17 (EDU53-B1612)

10:30 - 11:30 AM

Classical Volunteer Music Event

Enjoy a musical delight! Enjoy the talents of three charming students playing piano and classical instruments for you.

Pre-registration required.

Res \$3/Non-Res \$5

Saturday, June 25 (EDU53-B1615)

10:00 - 11:00 AM

UNIQUE TOPICS

All Unique Topics require preregistration with payment. Res \$3/Non-Res \$5

Armed Forces Day

Honorable Judge Fred Mester

History of the Armed Forces, which raises awareness of the domestic and international contributions.

Friday, May 20 (EDU53-B1604)

10:00 - 11:00 AM

Genealogical Research Cecile Wendt Jensen, MA, PARI Polonica Americana Research Institute presents documents that will lead you to your ancestral villages overseas. *Honoring the past, present and future.*
Wednesday, June 1 (EDU53-B1605) **10:30 – 11:30 AM**

Little Known Stories from American History Jim Glenn Odd, unusual, funny, sad, frightening, inspiring, awesome, but always interesting, events of American people & events from the late 1700s-mid-1900s. *Sponsored by Oakmont.*
Thursday, June 2 (EDU53-B1606) **10:00 – 11:30 AM**

19TH Century Presidential Elections Prof. B. Zeller, OU During the First Party System (1796-1824), ordinary citizens and candidates played a limited role in presidential elections. In the Age of Jackson, politicians invited citizens to join them & elections became a national passion.
Tuesday, June 7 (EDU53-B1607) **10:30 – 11:30 AM**

The Real Downton Abbey & More Wendy Evans Truth is stranger & every bit as salacious as fiction as we explore the stories, art and landscaping from Highclere Castle, location and inspiration for Downton Abbey & other stately homes. *Sponsored by Samaritas Senior Living.*
Wednesday, June 8 (EDU53-B1608) **10:00 – 11:00 AM**

Treasures of the DIA Maureen Ester, History Teller Tremendous treasures of the DIA are discussed, including precious pieces with historical artistic information from their each period. *Sponsored by Brookdale.*
Wednesday, June 15 (EDU53-B1609) **10:00 - 11:30 AM**
Thursday, June 16 (EDU53-B1610) **6:00 – 7:30 PM**

Lost Car Companies of Detroit Alan Naldrett Humorous stories surrounding the Dodge Brothers and the man responsible for the failure of four car companies! Video presentation. *Sponsored by Samaritas.*
Thursday, June 16 (EDU53-B1611) **10:00 – 11:00 AM**

College for Creative Studies Terese Nehra Learn the history of this major supplier of talent to industries of transportation, film, advertising & more.
Monday, June 20 (EDU53-B1613) **10:30 AM – 11:30 AM**

Cranbrook House & Garden Coleen Smith The oldest manor home in southeastern Michigan offers a distinctive glimpse into a time when décor, artistry & nature merged. Held at Senior Center. *Sponsored by Samaritas.*
Thursday, June 23 (EDU53-B1614) **10:30 – 11:30 AM**

The Salty Story of Detroit's Best Chips Karen Dybis, More than forty local chip companies fed the Motor City's never-ending appetite for salty snacks, only one remains. Discover Better Made today and yesteryear. Flavor taste test too! *Sponsored by Woodward Hills.*
Tuesday, June 28 (EDU53-B1616) **10:00 – 11:00 AM**

Connect Lab: Brain Connectivity and Aging WSU's Institute of Gerontology presentation on neurological & cognitive changes that occur during normal & abnormal aging. *Sponsored by Helping Hand.*
Wednesday, June 29 (EDU56-B1602) **10:30 – 11:30 AM**

Food Safety Facts Oakland County MSU Extension Food-borne illness is no picnic. Learn the basics of food safety, including leftovers and shopping tips. Be food safe all year. *Sponsored by Woodward Hills.*
Monday, July 11 (EDU56-C1601) **10:30 - 11:30 AM**

Roots of the Music: Origins of the Motown Sound This Detroit Historical Society presentation delves into the city's history of music making, and the elements that contributed to the unique stylings of Motown Records. *Sponsored by Woodward Hills.*
Thursday, July 14 (EDU53-C1601) **10:00 – 11:00 AM**

Dessert & the DIA: "To Die upon a Kiss" Scientists prove when experiencing "love," brain cells release dopamine, a natural stimulant, to many regions of the brain. Explore a variety of behaviors associated with "love." *Graciously sponsored by Baldwin House.*
Monday, July 18 (EDU34-C1601) **10:00 - 11:00 AM**

SPECIAL EVENTS

AAA Mature Driver Course Interactive classroom experience provides tips to help older drivers compensate for changing vision, reflexes and response time. Half hour break. Bring your own food. Pre-registration required. **\$20 Res/\$30 Non-Res**
Tuesday, May 17 (EDU03-B1601) **10:00 AM - 2:00 PM**

Blast from the Past Comedy Show Billy Ray Bauer Don't miss this hilarious performance by 25 year veteran stand-up comedian, Billy Ray Bauer. Leaves you laughing with his off the wall impressions. *Sponsored by Oakmont.* Preregistration required. **Res \$3/Non-Res \$5**
Friday June 3 (SEV17-B1603) **4:30 – 5:30 PM**

Speed Dating Innovative, fun event to meet a variety of new people! Enjoy nonalcoholic bubbly & light refreshments and enjoy the comfortable ambience. *Sponsored by Same Address.* Preregistration required. BT residents only.
Thursday, June 9 **5:00 - 7:30 PM** **Fee: \$10**
Men (SEV17-B1604a) Women (SEV17-B1604b)

Ice Cream Social Foot tapping music by Tom Bircler & Jimmy Kohan and delicious fun! *Sponsored by Samaritas.* Complimentary BT Residents only. Preregistration required.
Tuesday July 12 (SEV10-C1601) **1:00 - 2:30 PM**

VOLUNTEERING

VOLUNTEER REQUIREMENTS

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

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

Please contact Joan Patzelt, BTSS Deputy Director at 248-723-3500 or jpatzelt@bloomfieldtp.org.

Special thanks to our Summer 2016 sponsors:



OAKMONT™

Senior Communities



Elder Assistance, Inc.

(248) 330-9949



SameAddress



Special thanks to our Spring 2016 sponsors:

Baldwin House American House Brookdale Troy

101 Mobility Samaritas Senior Living

Woodward Hills Nursing Center St. Anne's Mead

Helping Hands Same Address

Thank you to our Meals on Wheels Volunteers!

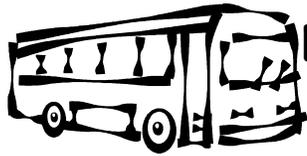
Rob Alvin * Kerstin Baumann * Susan Bellefleur * Molly Beresford * Leroy Bliven * Don & Camile Breen * Reg Campbell * Su Chuang * Cindy Clement * Greg Coatsworth * Jerry Craig * Patricia Dalton * Judy Dennis * Judy Dixon * Mike Dunigan * Carole & Ted Elder * Lori Farrow * John Feeney * Ed Francis * Judy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



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

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

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



BLOOMFIELD TRAVEL

** Non-residents add \$10 fee per trip.
See page 2 for registration/cancellation policies.*

Traveler Safety

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

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

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

Junior League Designer Show House

Thursday, May 12 (DAY14-B1601) 9:45 AM – 3:00 PM

The house, located at 15500 Windmill Pointe Drive in Grosse Pointe Park, was designed by architects Benjamin and Straight in 1927. The 5,256 sq ft English Tudor home features a canal that runs from Lake St. Clair to a dry dock under the living room. Followed by lunch on your own at Red Crown. Fee: \$47*

The Magic Flute – MOT WAIT LIST

Friday, May 13 (DAY15-B1601) 9:45 AM – 4:15 PM

Tour the New Bloomfield Hills High School WAIT LIST

Thursday, May 19 (DAY16-B1601) 9:15 AM – 11:30 AM

South Pacific – Village Players

Friday, May 20 (DAY17-B1601) 5:35 PM - 10:45 PM

Love, passion, and prejudice are the timeless themes of this play. Set on a Pacific Island during WWII, the musical centers on two love stories, both between people of different cultures. Begin with dinner on your own at Peabody's. Fee: \$48*

Tour Masonic Temple WAIT LIST

Tuesday, May 24 (DAY18-B1601) 11:20 AM - 5:00 PM

The Walk from the Garden – Opera

Thursday, May 26 (DAY19-B1601) 5:20 PM – 11:20 PM

Jonathan Dove's opera explores the banishment of Adam and Eve from the Garden of Eden. Two soloists, Rackham Choir, a string quartet, organ and timpani will come together to blossom Dove's one-act opera in 12 scenes, in an intimate church setting. Begin with dinner on your own at Café ML. Fee: 52*

Nine To Five – Avon Players

Friday, May 27 (DAY20-B1601) 5:00 PM – 10:30 PM

Three co-workers pushed to the boiling point and concoct a plan to get even with their sexist, egotistical, lying bigot boss. They live out their wildest fantasy on how to give him the boot. Begin with dinner on your own at The Meeting House. Fee: \$47*

Tollgate Gardens – MSU Education Center & Farms

Wednesday, June 1 (DAY21-B1601) 10:15 AM – 2:15 PM

Roy Prentice, Farm Manager, will be the docent of the garden tour of nearly twenty specifically planned and maintained garden sites. Wear your walking shoes. Followed by lunch on your own at Steve & Rocky's. Fee: \$40*

Detroit Institute of Arts

Thursday, June 2 (DAY22-B1601) 12:00 PM – 3:30 PM

Enjoy the afternoon at the museum. Cookies and coffee served. Must have minimum of 30 people to run trip. Fee: \$5*

Great Lakes Culinary Center

Tuesday, June 7 (DAY23-B1601) 10:30 AM – 2:00 PM

The Center was created to build culinary dreams and fuel food passions. Destined to become the "food place to be". Enjoy a tour of the gardens & kitchen. Includes lunch. Fee \$54*

Tour Mexicantown WAIT LIST

Thursday, June 9 (DAY24-B1601) 10:00 AM - 3:00 PM

DSO John Williams Favorites WAIT LIST

Friday, June 10 (DAY25-B1601) 9:30 AM – 3:30 PM

Celadon Gardens

Tuesday, June 14 (DAY26-B1601) 10:00 AM – 2:45 PM

Celadon contains many lovely gardens and architectural features in a park like setting. Donna McDonald, Master Gardener with over 29 years' experience, will be your docent. Light refreshments served. Will go rain or shine. Fee: \$39*

Stella & Lou – Tipping Point Theatre

Wednesday, June 15 (DAY27-B1601) 12:10 PM – 5:30 PM

An intimate exploration of friendship, forgiveness & longing for companionship that grows with the passage of time. Lou and Stella are kindred spirits with differing ideas of romance but deep down know that they need each other. Begin with lunch on your own at Deadwood Bar & Grill. Fee: \$57*

Palmer Woods – Blues to Broadway, Jazz and Beyond

Saturday, June 18 (DAY28-B1601) 5:45 PM – 11:00 PM

Garden Concert – partial house tour prior to concert. In case of severe weather, concert will be moved to Detroit Unity Temple. No Jeans or sweat clothes. Bring jacket – wear shoes that are safe for walking on grass and patios. Dinner, beverage, dessert (included) served during intermission included. Fee: \$77*

Frank Lloyd Wright House Tour and Lecture

Thursday, June 30 (DAY29-B1601) 9:30 AM – 2:15 PM

Diane K. Bert, Ph.D., shares insights into the controversial life, relationships & architectural accomplishments of Frank Lloyd Wright. We'll also visit the PonValley Road house. Followed by lunch on your own at Moose Preserve Bar & Grill. Fee: \$47*

Adventures in Dining Toasted Oak Grill & Market

Friday, July 8 (DAY01-C1601) 12:00 PM – 2:30 PM

This is a combination retail wine store/marketplace/restaurant modeled after bistro and wine shop hybrids in San Diego and Las Vegas. A unique market-style concept that includes housemade charcuterie, local artisanal cheeses, a bakery, to-go items, and specialty foods. Located in the Baronette Renaissance Hotel but has easy street access. Fee: \$20*

The Bharatiya Temple Tour

Tuesday, July 12 (DAY02-C1601) 10:30 AM – 2:30 PM

Docent lead tour of a Hindu temple or mandir, a structure designed to bring human beings and gods together, using symbolism to express the ideas and beliefs of Hinduism. Followed by lunch on your own at **Touch of India**. Fee: \$35*

Belle Isle Aquarium/Lunch at Detroit Yacht Club

Thursday, July 14 (DAY03-C1601) 9:45 AM – 3:00 PM

Spend the day on Belle Isle. Start with a docent lead tour of the aquarium, designed by architect Albert Kahn. Enjoy lunch at the historic Detroit Yacht Club. Lunch selections to be made at the time of reservation. Choice of DYC Burger, Maurice Salad or Frisco Chicken Wrap. Drink & dessert included. Fee: \$59*

Guardian Building Tour

Saturday, July 16 (DAY04-C1601) 10:00 AM – 2:15 PM

Tour this elaborate building with exquisite interiors and exteriors and a 150' long main lobby with a three story vaulted ceiling, Aztec design with multicolor interlocking hexagons of Rookwood pottery and Pewabic Tile and more. Followed by lunch on your own at **Grand Truck Pub**. Fee: \$27*

Detroit Tigers v Minnesota Twins

Wednesday, July 20 (DAY05-C1601) 11:30 AM – 4:45 PM

Enjoy a beautiful day at the ballpark as you cheer on the Tigers. Seating in the shade, but bring a hat. **Lunch of hot dog & pop included**. Fee: \$69*

David Klein Downtown Gallery

Thursday, July 21 (DAY06-C1601) 10:45 AM – 3:15 PM

This nationally known Gallery has opened a 4,000 square foot space. It will be the gallery's flagship location with room for more elaborate showings and programs and a larger inventory of art. It focuses on post-World War II American art and contemporary painting, sculpture and work on paper. Begin with lunch on your own at the **Hard Rock Café**. Fee: \$27*

Oakland Hills Country Club Lunch

Tuesday, July 26 (DAY07-C1601) 12:15 PM – 2:45 PM

The 110,000 square foot majestic clubhouse is amazing. The halls are filled with almost 100 years of memorabilia and history. Since 1926, the world's top golfers have all tested their games at this incredible club. The 75 yard long porch is also the second largest porch in Michigan with only the Grand Hotel on Mackinac Island superseding it. Lunch of Chicken Piccata with Artichoke & Mushroom Ragout, Lemon Caper Sauce, Whipped Potatoes & Veg. Roll and Butter, Coffee, Iced Tea & Hot Tea. Mini Assorted Pastries included. Fee: \$69*

Recycled Rockettes' Christmas in July – Hartland Performing Arts Center

Friday, July 29 (DAY08-C1601) 10:00 AM – 3:45 PM

The Recycled Rockettes and Rockers of The Hartland Senior Center present Christmas In July. Enjoy tap and jazz dances to favorite Christmas songs. Dancers will also entertain with some of their non-Christmas dances like Puttin' On The Ritz, Steppin' Out and a Michael Jackson Mix! Enjoy a holiday bizarre and bake sale in the lobby! Begin with lunch on your own at **Red Olive Restaurant**. Fee: \$37*

Detroit Tigers v Chicago White Sox

Thursday, August 4 (DAY09-C1601) 11:30 AM – 4:45 PM

And it's long gone! Enjoy a beautiful day at the ballpark as you cheer on the Tigers to a winning game. Seating in the shade. **Lunch of hot dog & pop included**. Fee: \$69*

American Wee Pie – Tipping Point Theatre

Wednesday, August 10 (DAY10-C1601) 12:15 PM – 5:30 PM

A middle-aged textbook editor, Zed, finds himself back in his sleepy, Midwestern hometown of Gardensend to tidy up his deceased mother's affairs. A chance encounter with a long forgotten high school classmate and a brush with death makes him re-think his big city job, setting him off on a culinary and personal journey. Begin with lunch on your own at **Rocky's of Northville**. Fee: \$57*

Julie Dawson's Art & Garden Tour

Friday, August 12 (DAY11-C1601) 11:15 AM – 4:45 PM

Birmingham watercolor artist, photographer and writer, Julie Dawson, invites you into her world of art, travels and flowers. She uses her home and gardens as her studio and gallery. Julie and her husband, Peter, traveled extensively and independently in 97 countries. After their trips, Julie painted her favorite memories of animals, flowers, and children. Begin with lunch on your own at **Au Cochon**. Fee: \$34*

Maritime History Tour – Dossin Museum

Tuesday, August 16 (DAY12-C1601) 9:00 AM – 2:00 PM

The Dossin Great Lakes Museum on Belle Isle is the perfect setting to learn about the geographic, economic, social and cultural developments of the Detroit River and the Great Lakes waterways. 90-minute guided tour. Followed by lunch on your own at **Detroit Seafood Market**. Fee: \$37*

Shinola Tour

Wednesday, August 17 (DAY13-C1601) 11:20 AM – 3:30 PM

With the belief that products should be made by hand and built to last, Shinola is committed to creating community and reclaiming pride in American quality. Makers of men's and women's watches and more, they stand for skill at scale, preservation of craft and the beauty of industry. Begin with lunch on your own at **Traffic Jam and Snug**. Fee: \$32*

Windsor River Cruise

Thursday, August 18 (DAY14-C1601) 12:15 PM – 5:00 PM
Enjoy a comprehensive, informative cruise of the Canadian and Detroit shorelines. Hear the history of Hiram Walker, Prohibition Days, assassination of Charlie Brooks, Commemorative Peace Fountain and more. See Belle Isle, River Walk, Cobo Hall, Joe Louis Arena and other historical sights. Snacks available for sale on the boat. *Passport or Enhanced Driver's License* required. **Fee: \$57***

Morley-Sanders Tour

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

Rattlesnake Club Luncheon

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

Glass Pavilion – Toledo Museum of Art

Thursday, September 8 (DAY17-C1601) 9:45 AM – 4:30 PM
Some of the most stunning works of art in glass from private collections have been assembled for this celebratory exhibition. The exhibition shows a wide variety of contemporary objects, many never before exhibited publicly. Begin with lunch on your own in the **Museum Café**. **Fee: \$37***

Chocolates by Renee – Making Candy

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

Darwin's Stained Glass & Old Time Slots

~~**Thursday, September 15 (DAY19-C1601) 9:30 AM – 2:45 PM**~~
CANCELLED BY VENUE AFTER NEWSLETTER WENT TO PRINT.

Eleanor & Edsel Ford House & Grounds Tour

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

Adventures in Dining – Diamond Jim Brady's Bistro

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

Detroit Tigers v Cleveland Indians

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

Col. James M. Schoonmaker, Cargo Ship – Toledo

Wednesday, October 5 (DAY01-D1601) 8:30 AM – 3:45 PM
Tour this great ship that once broke records for carrying iron ore, grain and coal on the great lakes. She now has a permanent berth at the site of the National Museum of the Great Lakes on the banks of the Maumee River in Toledo. Followed by lunch on your own at **Tony Packo's Café**. **Fee: \$47***

Stratford
FESTIVAL

September 1 – 2, 2016
(XDAY01-C1601)

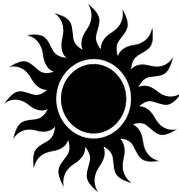
Enjoy an overnight stay in quaint Stratford and see "Macbeth" (One man's spellbinding descent from brave soldier to corrupt king. Surrender to a haunting story of ambition and its dark consequences, as a military hero and his wife conspire to seize the throne of Scotland.) and "A Little Night Music" (A dance of longing and loss – Sondheim at his most sublime. On a magical midsummer night, lovers old and new are swept up in a dizzying whirl of romance. "Send in the Clowns" is just one irresistible highlight of this beautiful musical.)

Trip includes Archives tour, one breakfast & picnic lunch, two dinners, hotel accommodations at Arden Park Hotel and a luxury motor coach. Flyer available at Center.

Please register early for this is a high demand trip. Full payment due with registration, no refunds after July 18 and partial refunds less costs incurred prior to July 18.

Travel insurance is highly recommended for private purchase or through our Trip Leader, Sue Goldstein at (248) 865-0005.

Fee: Double Occupancy \$393
Non Residents add \$25
Single Supplement add \$75



Summertime!

It's a great time to...

...take a dip in the pool!

- Swim Lessons (pg. 4)
- H2O Circuit (pg. 4)
- Water Walking Workout (p. 4)
- H2O Gentle Joints (pg. 4)

...expand your mind!

- Unique Topic Presentations (pages 10 & 11)
 - Genealogical Research
 - Little Known Stories from American History
 - Treasures of the DIA
 - Lost Car Companies of Detroit
 - Brain Connectivity and Aging
 - Roots of Music: Motown
 - 19th Century Presidential Elections
 - Food Safety Facts
 - Cranbrook House & Gardens
- Men's Club (pg. 9)
- Documentary Films (pg. 10)
- Mah-Jongg, Canasta & Bridge Classes
- eBook and Android/iPhone Classes

...add a little music to your day!

- Meet the DSO Musician (pg.10)
- Ice Cream Social (pg. 11)
- BTSS Senior Band (pg. 10)
- Classical Volunteer Music Event (pg. 11)
- Movie Musicals (pg. 10)

...move it, shake it, balance it, stretch it!

- Cardio classes (pg. 5)
- Personal Fitness Classes (pg. 6)
- Seated Exercise (pg. 6)
- Yoga and Tai Chi (pg. 7)
- Brains & Balance or Falls Prevention (pg. 7)

...something for you after your workday!

- Evening Fitness Classes (pg. 8)
- Evening Duplicate Bridge (pg. 9)
- Beginner Bridge (pg. 9)
- Speed Dating (pg. 11)
- Treasures of the DIA (pg. 11)

Special Events, especially for you!

Don't miss these exciting special events coming up this summer. See page 11 for more details. Preregistration required.



Blast from the Past Comedy Show

Friday, June 3
4:30 – 5:30 PM

Speed Dating

Thursday, June 9
5 - 7:30 PM



Ice Cream Social

Tuesday, July 12
1 – 2:30 PM

Subscribe to our E-Newsletter

Visit the Township website at www.bloomfieldtwp.org/seniors and click on the *Mailing List* tab at the top of the page.



Hit the Road!

Check out our *staycation* day trips for your summertime enjoyment. Details on pages 13-15.

- Great Lakes Culinary Center (6/7)
- Adventures in Dining (7/8, 9/27)
- Palmer Woods Concert (6/18)
- Toledo Museum of Art (9/8)
- House and Garden Tours (6/1, 6/14, 6/30, 8/12, 9/21)
- Detroit Tiger Games (7/20, 8/4, 9/29)
- Shinola Tour (8/17)
- Chocolate Tours (7/23 & 9/13)
- Maritime Tours (8/16, 8/18, 10/5)
- Detroit Yacht Club Lunch (7/14)
- Christmas in July, Hartland (7/29)



AAA MATURE DRIVER COURSE

Tuesday, May 17
10 AM – 2 PM
(EDU03-B1601)

See page 11 for more details on this valuable program.

Thank you...

Special thanks to our many sponsors, mentioned throughout the newsletter and on page 12. Their generous support enables us to provide many of our wonderful offerings at little or no cost to you!



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield Township, MI 48302-2091

Phone: 248-723-3500 Fax: 248-723-3519

Web: www.bloomfieldtpw.org/Seniors

Summer 2016

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Caregivers' Forum

2nd Monday of Month 2:00 – 3:30 PM

Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. This program sponsored by Alzheimer's Association. Respite care is included for current members of the *Friendship Club*.

To register, call 248-723-3530.

Younger Onset Caregivers

3rd Wednesday of Month 5:30 – 7:00 PM

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

Housing Counseling Services

3rd Tuesday April-June
(SVC16-VARIES)

Get FREE and confidential advice about:

Preventing Mortgage or Property Tax Foreclosure, Reverse Mortgages, Credit and Budget Issues, Subsidized Housing and Rental Assistance for Low/Moderate Income Households, Receive advice and coaching on financial matters

Certified advisors from Oakland County offer information, education and referrals in a free and confidential setting. Registration required. BT Residents only.

Medicare Assistance Program

This fall BTSS will be an Open Enrollment Site for Medicare Medicaid Assistance Program (MMAP). MMAP is a free service that can help you make more informed health benefit decisions. Trained counselors will assist with:

- Understanding Medicare
- Explaining Medicare prescription drug coverage
- Review Medicare supplemental insurance needs
- Understanding Medicare health plans
- Application for Medicare Savings Programs

Trained counselors will be on site to serve Township residents aged 60+. Individual appointments will be available Details will be published in the fall newsletter.

MEDICARE BASICS 101

Informative presentation by AAA 1-B certified representative. If you are new to Medicare or approaching 65, this is a must attend! BT Residents only. Registration required.

Tuesday, June 28th
1:00 – 2:30 PM
(EDU56-B1601)

LOW VISION SUPPORT GROUP

Informal monthly gatherings for BT residents. Preregistration required. Though on hiatus for the summer months it will resume in September. Details will be available in the fall Newsletter.

A special thank you to our group leader, *Anjel Yessayan*, for her valuable service to the community.

TRANSPORTATION SERVICES



Please call
(248) 723-3500
for more
information

≈ Transportation to Senior Center

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

≈ Medical Transportation Services

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

≈ Volunteer Driver Transportation

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

≈ SMART Community Transit

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



BLOOD PRESSURE CHECKS

Certified volunteers, led by Irene Grady, RN, are available on the 3rd Wednesday of each month from 11:00 AM until 12:30 PM. Stop by!

May 18th

June 15th

July 20st

NUTRITION SERVICES

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



"MEALS ON WHEELS"

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



NUTRITIONAL SUPPLEMENTS

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

A physician's order is required and must include:

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

The order must be renewed annually.



TELEPHONE REASSURANCE

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

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

Loan Closet Available

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

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

Financial Help For Adults 60+

Many seniors and caregivers are struggling to make ends meet. Help is available through the Legal Hotline for Michigan Seniors Benefits Enrollment Center. Qualified people can call the Hotline for help finding programs and services they can apply for that could ease their financial situation. Screening for a variety of programs including tax credit assistance, food assistance, utility payment programs, home improvement services, help with medical premiums and prescription costs.

Call the Legal Hotline at (800) 347-5297.

Legal Questions and Assistance

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

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



MINOR HOME REPAIR

BTSS received funds from CDBG allocated to assist low income Bloomfield Township seniors aged 60+ with minor home repair. Income guidelines:

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

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



Medicare Coverage & Prescription Drug Plans Counseling (SVC14-VARIES)

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

SameAddress One-Source Solutions

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

SameAddress provides more than 30 services across four key categories:

- Daily Living Support
- Home Health Care
- Home Safety, Security & Repair
- Professional Services

All of these services are available with just one phone call or push of a button through **SameAddress**. One-Source Solutions focuses on senior lifestyles and can be personalized to match individual needs and preferences. To learn more, contact them at 248-262-9999; Customercare@sameaddress.com

SameAddress is a service of the Area Agency on Aging 1B.

BenefitsCheckUp

BenefitsCheckUp is free service of the National Council on Aging (NCOA), a nonprofit service and advocacy organization in Washington, DC.

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

BenefitsCheckUp asks a series of questions to help identify benefits that could save you money and cover the costs of everyday expenses.

After answering the questions, you will get a report created just for you that describes the programs you may get help from. You can apply for many of the programs online or you can print an application form.

Area Agency on Aging 1-B

The Area Agency on Aging 1-B has certified Resources Specialists available from 8 a.m. to 5 p.m. Monday through Friday to answer questions and provide information on local services for seniors, persons with disabilities and family caregivers. Call 1-800-852-7795 to speak with a Resource Specialist.

Friendship Club

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

What is Adult Day Service

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

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

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



Services for Families

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

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



Admission and Enrollment

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

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

Activities Programming

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

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

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

Monthly activities calendars are available in the office or online www.bloomfieldtwp.org/seniors.



Location

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



Eligibility Criteria

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

For more information, please contact Julie GeBott, Coordinator at 248-723-3530 or jgebott@bloomfieldtwp.org.