



# Bloomfield Township Senior Services



Serving 50+ Adults

Winter 2016-17

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

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## TAX ASSISTANCE

Mondays & Tuesdays

February 20 & 21

March 13 & 14      March 27 & 28

AARP trained volunteers provide free tax preparation and filing your Federal, State, and Local returns. Service is available for tax payers with middle/low income. Some restrictions apply.

Registration for appointments begins on Tuesday, January 3<sup>rd</sup> for BT residents and on Monday, February 13<sup>th</sup> for non-residents.

**Appointment required: 248-723-3500**



## "Meals on Wheels" TREE OF LIFE

(FUN05-D1610)

Meals on Wheels are provided to seniors in the community who are frail and/or low-income individuals. Make this holiday season special by sponsoring meals for seniors in our community who are in need.

Purchase a sponsor card for \$8 a meal and decorate our "Tree of Life". Donation cards are available at the Senior Center.

**Thank you for your support.**

## Supportive Services

For information on supportive services see the yellow pages of the newsletter.

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



## Buy a Brick Program

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

Each donor will receive a certificate and be notified when their brick is installed. One size 4" x 8" available for a contribution of \$150. Order forms are available in the center and online at [www.seniorservices.org](http://www.seniorservices.org).

Orders will be collected over the winter and installation will occur Spring 2017.

## Fitness Week

January 3 – 6

It's 2017! Time to set those fitness goals.

For more information, see back page or online at [www.bloomfieldseniors.org](http://www.bloomfieldseniors.org).

## Christine's Comments...

### Friendship Club hits milestone, TEN years of service!

Throughout the evolution of FC, staff has maintained a welcoming environment where compassion and camaraderie are the foundation for all interactions. They create an intimate, engaging and safe experience for members and much needed peace of mind for caregivers. We describe our service with the professional term "Partnership in Care" when it is most often like becoming part of the family. It is clear to me that our staff is truly following their calling. In the past 10 years the Friendship Club team has provided over 100,000 hours of care and I would like to acknowledge them: Program Assistants: Cathy Carey, Lauren Smith, Mary Bergman and Lori Farrow, Administrative Assistant Jodi Hill, Activities Assistant Ruth Frketich and Coordinator Julie GeBott...Thank you so much for all you do!

### Would you like to say "I am a Triathlete!"

Our Fitness team has created an opportunity for you to complete an INDOOR triathlon. You will walk/run the track or treadmill, bike and then swim or water walk in 15 minute intervals for your best time. Training will be available but is not required. Inspiration to vary your fitness activities or straight up bragging rights, there are many reasons to join in. All levels welcome, details on page 16.

Wishing you peace and good health,

**Christine Tvaroha**

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

## Subscribe to our E-Newsletter

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

**Thank You for Your Donations\***... Letha Kuesel, Mary Lynn & Terry Harris, Aftab Farooq, Jerry Craig, Lillian & Robert Hoy, Cheryl Apoian, Susan Chapnick, Mary Jane & Ray Conway, Marjorie Tope, Kay & Joseph McGlynn, Padmanabham Cherukuri, Marie Dwyer, Marilyn Jane Foundatin, Edward Nol, Margarte Robbins, Stephen Eskoff, Diane Leuck, Mary Dahl, Lauren Smith, Julie DoBritt-Linton

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

### Gifts/Gratuities Policy

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

## **Bloomfield Township Senior Services**

**4315 Andover Road**

(South off Long Lake or West off Telegraph)

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

**Christine Tvaroha, Director**

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

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

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

### **BLOOMFIELD TOWNSHIP BOARD**

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

Leo C. Savoie, Supervisor  
Janet Roncelli, Clerk Dan Devine, Treasurer  
David Buckley, Trustee Neal J. Barnett, Trustee  
Corinne Khederian, Trustee Brian E. Kepes, Trustee

### **BTSS ADVISORY COUNCIL**

Steve Eskoff, Chairman  
John & Janice Bellefleur, Maxine Davison  
Don Foehr, Victor & Suzanne Goldstein  
Elizabeth Mahoney, Tom & Ginnie Richard

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

6 PM Wednesday, November 23 thru Friday November 25  
6 PM Thursday, December 22 thru Monday, December 26  
Monday, January 2

**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 11/13; nonresidents begin 11/14.
- Non- residents pay additional \$10 per session or trip, unless otherwise noted.
- Checks with insufficient funds will incur \$30 fee.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval.
- Emergency Card must be presented at trip check-in.
- Trips depart promptly at posted time; return times are approximate.
- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- Classes/Programs: no refund within 2 business days of start. No refund once class has begun.  
Cancellation fee: 50% of cost if less than \$10; \$5 if cost \$10 or more.
- Trips: nonrefundable within 3 business days.  
Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

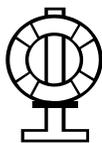
# Aquatics: Warm Water Fitness

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

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

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

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



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

## Aqua Cardio Core

Lisa Chavis

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

**Thursday** 9:30 – 10:30 AM

Dec 1 – Dec 15 (FIT118-D1602) 3 classes/\$21\*

Jan 12 – Feb 23 (FIT118-A1701) 7 classes/\$49\*

## Aqua Cardio Party

Lisa Chavis

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

**Thursday** 8 - 9 AM

Dec 1 – Dec 15 (FIT131-D1602) 3 classes/\$21\*

Jan 12 – Feb 23 (FIT131-A1701) 7 classes/\$49\*

## Aqua Endurance, Core & Balance

Stan Witkowski

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

NO DECEMBER CLASSES

Jan 10 – Feb 21 (FIT133-A1701) 7 classes/\$49\*

## Aqua Fit

Lori Harbour

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

**Wednesday** 9:30 – 10:30 AM

Nov 30 – Dec 14 (FIT96-D1603) 3 classes/\$24\*

Jan 11 – Feb 22 (FIT96-A1701) 7 classes/\$56\*

**Friday** 9:30 – 10:30 AM

Dec 2 – Dec 16 (FIT96-D1604) 3 classes/\$24\*

Jan 13 – Feb 24 (FIT96-A1702) 7 classes/\$56\*

## Aqua Interval

Karen Ockner/Lisa Chavis

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

Nov 28 – Dec 12 (FIT134-D1602) (Ockner) 3 classes/\$24\*

Jan 9 – Jan 30 (FIT134-A1701) (Ockner) 4 classes/\$32\*

Feb 6 – Feb 20 (FIT134-A1702) (Chavis) 3 classes/\$24\*

## Aqua Power Aerobics Level 1

Annie Chi

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

**Tuesday** 4:45 – 5:45 PM

Nov 29 – Dec 13 (FIT27a-D1605) 3 classes/\$24\*

Jan 10 – Jan 31 (FIT27a-A1701) 4 classes/\$32\*

Feb 7 – Feb 21 (FIT27a-A1703) 3 classes/\$24\*

**Thursday** 4:45 – 5:45 PM

Dec 1 – Dec 15 (FIT27a-D1606) 3 classes/\$24\*

Jan 12 – Jan 26 (FIT27a-A1702) 3 classes/\$24\*

Feb 2 – Feb 23 (FIT27a-A1704) 4 classes/\$32\*

## Aqua Power Aerobics Level 2

Annie Chi

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

**Tuesday** 6 – 7 PM

Nov 29 – Dec 13 (FIT27b-D1605) 3 classes/\$24\*

Jan 10 – Jan 31 (FIT27b-A1701) 4 classes/\$32\*

Feb 7 – Feb 21 (FIT27b-A1703) 3 classes/\$24\*

**Thursday** 6 – 7 PM

Dec 1 – Dec 15 (FIT27b-D1606) 3 classes/\$24\*

Jan 12 – Jan 26 (FIT27b-A1702) 3 classes/\$24\*

Feb 2 – Feb 23 (FIT27b-A1704) 4 classes/\$32\*

## Aqua Resistance Training (Intermediate)

Ernie Thomas

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

**Tuesday** 8 – 9 AM

Nov 29 – Dec 13 (FIT146-D1602) 3 classes/\$18\*

Jan 10 - Feb 21 (FIT146-A1701) 7 classes/\$42\*

## Aqua Yoga Flow

Kathy Housey

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

**Monday** 11 AM – 12 PM

Nov 28 – Dec 12 (FIT114-D1602) 3 classes/\$24\*

Jan 9 – Feb 20 (FIT114-A1701) 7 classes/\$56\*

## Open Swim (FIT30-varies)

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

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

### Fluid Moves

Moderate level aerobics class using equipment to raise heart rate & increase circulation. Yoga style stretches improve balance, strength & coordination. End with a relaxing float.

#### **Wednesday**

Nov 30 – Dec 14 (FIT86-D1603)

Jan 11 – Feb 22 (FIT86-A1701)

#### **Saturday**

Dec 3 – Dec 17 (FIT86-D1604)

Jan 7 – Feb 25 (FIT86-A1702)

Kathy Housey

**11 AM – 12 PM**

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

**7 classes/\$56\***

**10:30 – 11:30 AM**

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

**8 classes/\$64\***

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

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

#### **Saturday**

Dec 3 – Dec 17 (FIT32-D1603)

Jan 7 – Jan 28 (FIT32-A1701)

Feb 4 – Feb 25 (FIT32-A1702)

Annie Chi

**9 – 10 AM**

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

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

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

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

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

#### **Thursday**

Dec 1 – Dec 15 (FIT148-D1602)

Jan 12 – Feb 23 (FIT148-A1701)

Lisa Chavis

**11 AM – 12 PM**

**3 classes/\$21\***

**7 classes/\$49\***

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

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

#### **Friday**

Dec 2 – Dec 16 (FIT128-D1602)

Jan 13 – Feb 24 (FIT128-A1701)

Lisa Chavis

**11 AM – 12 PM**

**3 classes/\$21\***

**7 classes/\$49\***

### Swim Lessons - Beginners

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

#### **Tuesday**

Jan 10 – Jan 24 (FIT48-A1701)

Ernie Thomas

**11 AM – 12 PM**

**3 classes/\$18\***

### Swim Fitness

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

#### **Tuesday**

Jan 31 – Feb 21 (FIT48-A1702)

Ernie Thomas

**11 AM – 12 PM**

**4 classes/\$24\***

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

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**

Nov 28 – Dec 12 (FIT95-D1602)

Jan 9 – Feb 20 (FIT95-A1701)

Lisa Chavis

**9:30 - 10:30 AM**

**3 classes/\$21\***

**7 classes/\$49\***

### Water Walking Workout

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

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

Nov 28 – Dec 12 (FIT99-D1603)

Jan 9 – Feb 20 (FIT99-A1701)

Ernie Thomas

**2:30 - 3:15 PM**

**3 classes/\$18\***

**7 classes/\$42\***

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

Nov 30 – Dec 14 (FIT99-D1604)

Jan 11 – Feb 22 (FIT99-A1702)

**2:30 - 3:15 PM**

**3 classes/\$18\***

**7 classes/\$42\***

## Land Fitness

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

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

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

## **CARDIO**

### Cardio Party & Core

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

#### **Monday**

Nov 28 - Dec 12 (FIT119-D1602)

Jan 9 – Feb 20 (FIT119-A1701)

Maggie Barclay

**9 – 10 AM**

**3 classes/\$18\***

**7 classes/\$42\***

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

Low impact aerobics improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. *Bring hand weights, mat, water.*

#### **Tuesday**

Nov 29 – Dec 13 (FIT109-D1603)

Jan 10 – Feb 21 (FIT109-A1701)

Dondra Elie

**9 – 10 AM**

**3 classes/\$18\***

**7 classes/\$42\***

#### **Thursday**

Dec 1 – Dec 15 (FIT109-D1604)

**9 – 10 AM**

**3 classes/\$18\***

Jan 12 – Feb 23 (FIT109-A1702) 7 classes/\$42\*  
**Cardio, Strength & Balance Level 1** Rhonda Jean  
 See full description on page 6 under STRENGTH.

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

**Monday** 10:30 - 11:15 AM  
 Nov 28 – Dec 12 (FIT137-D1602) 3 classes/\$18\*  
 Jan 9 – Feb 20 (FIT137-A1701) 7 classes/\$49\*

**Creative Cross Training (New instructor & classes)**

Lisa Chavis  
 Avoid workout plateaus by cross training! Unlimited classes taught by Lisa Chavis. Includes: Ultimate H2O, Take A Seat, Strength & Balance 2, Aqua Cardio Core, H2O Gentle Joints, Aqua Cardio Party & H2O HIIT. Not included: Triathlon training. *BT Residency required. (\*\* Special introductory fee!)*

**M/T/W/TH/F** Times Vary  
 Jan 9 – Feb 24 (FIT77-A1701) 49 Sessions/\$110\*\*

**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.

**Thursday (NEW DAY!)** 11:30 – 12:15 AM  
 Jan 12 – Feb 23 (FIT47-A1701) 7 classes/\$42\*

**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  
 Nov 28 – Dec 12 (FIT78-D1605) 3 classes/18\*  
 Jan 9 – Jan 30 (FIT78-A1701) 4 classes/\$24\*  
 Feb 6 – Feb 20 (FIT78-A1704) 3 classes/\$18\*

**Wednesday (Maggie Barclay)** 6:30 – 7:30 PM  
 Nov 30 – Dec 14 (FIT78-D1606) 3 classes/\$18\*  
 Jan 11 – Feb 22 (FIT78-A1702) 7 classes/\$42\*

**Friday (Mari Ann Pace/Maggie Barclay)** 7:45 – 8:45 AM  
 Dec 2 – Dec 16 (FIT78-D1607)(Pace) 3 classes/\$18\*  
 Jan 13 – Feb 24 (FIT78-A1703)(Barclay) 7 classes/\$42\*

**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)**  
 11:45 AM – 1:30 PM

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

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

**TABLE TENNIS DROP IN**

Wednesdays 4 – 5:30 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  
 Nov 28 – Dec 12 (FIT103-D1607) 3 classes/\$45\*  
 Jan 9 – Feb 20 (FIT103-A1701) 7 classes/\$105\*  
**Tuesday (Maggie Barclay)** 7:30 – 8:30 AM  
 Jan 10 – Feb 21 (FIT103-A1702) 7 classes/\$105\*  
**Wednesday (Lola Faleix)** 2 - 3 PM  
 Nov 30 – Dec 14 (FIT103-D1608) 3 classes/\$45\*  
 Jan 11 – Feb 22 (FIT103-A1703) 7 classes/\$105\*  
**Thursday (Maggie Barclay)** 7:30 – 8:30 AM  
 Jan 12 – Feb 23 (FIT103-A1704) 7 classes/\$105\*  
**Friday (Lola Faleix)** 1 - 2 PM  
 Jan 13 – Feb 24 (FIT103-A1705) 7 classes/\$105\*

**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**

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

**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  
 Nov 28 – Dec 12 (FIT56-D1604) 3 classes/\$18\*  
 Jan 9 – Feb 20 (FIT56-A1701) 7 classes/\$42\*  
**Wednesday (Karen Lutz)** 11:30 AM – 12:30 PM  
 Nov 30 – Dec 14 (FIT56-D1605) 3 classes/\$18\*  
 Jan 11 – Jan 25 (FIT56-A1702) 3 classes/\$18\*  
 Feb 1 – Feb 22 (FIT56-A1703) 4 classes/\$24\*

**New! Take a Seat!**

Lisa Chavis

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

**Tuesday** 11:30 AM - 12:15 PM  
Nov 29 – Dec 13 (FIT151-D1602) 3 classes/\$18\*  
Jan 10 – Feb 21 (FIT151-A1701) 7 classes/\$42\*

**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  
Nov 28 – Dec 12 (FIT101-D1603) 3 classes/\$18\*  
Jan 9 – Feb 20 (FIT101-A1701) 7 classes/\$42\*

**Wednesday** 12:45 – 1:30 PM  
Nov 30 – Dec 14 (FIT101-D1604) 3 classes/\$18\*  
Jan 11 – Feb 22 (FIT101-A1702) 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. Class conducted in both seated and standing positions. *Wear supportive shoes. Small hand ball needed for class.*

**Tuesday** 12:45 – 1:30 PM  
Nov 29 – Dec 13 (FIT136-D1603) 3 classes/\$18\*  
Jan 10 – Feb 21 (FIT136-A1701) 7 classes/\$42\*

**Thursday** 12:45 – 1:30 PM  
Dec 1 – Dec 15 (FIT136-D1604) 3 classes/\$18\*  
Jan 12 – Feb 23 (FIT136-A1702) 7 classes/\$42\*

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

**Fitness Open Hours** (FIT02-VARIES)  
Pre-requisite: Class or Orientation. Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.*  
**\$18/mo or \$9/half month** (1<sup>st</sup> - 15<sup>th</sup> or 16<sup>th</sup> - end)  
**\$96/6 consecutive months** (6 month registration must be processed by BTSS staff, not online)

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

**Pilates, Strength, & Balance** Karen Ockner/Beth Berk  
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  
Nov 28 – Dec 12 (FIT139-D1603) (Ockner) 3 classes/\$18\*  
Jan 9 – Jan 30 (FIT139-A1701)(Ockner) 4 classes/\$24\*  
Feb 6 – Feb 20 (FIT139-A1703)(Berk) 3 classes/\$18\*

**Thursday** 5 – 6 PM  
Dec 1 – Dec 15 (FIT139-D1604)(Ockner) 3 classes/\$18\*  
Jan 12 – Jan 26 (FIT139-A1702) (Ockner) 3 classes/\$18\*  
Feb 2 – Feb 23 (FIT139-A1704)(Berk) 4 classes/\$24\*

**New! STOTT® Mat Pilates** Beth Berk  
Increase your strength, flexibility, mobility, balance and body awareness. This contemporary approach to the original exercise of Joseph Pilates will have you walking away from your mat feeling taller, stronger and more connected to yourself. We will work you abs, arms, legs and back. This class is suited for all levels.

**Friday** 10:15 - 11:15 AM  
Jan 13 – Feb 24 (FIT155-A1701) 7 Classes/\$42\*  
**Saturday** 10:30 - 11:15 AM  
Jan 14 – Feb 25 (FIT155-A1702) 7 Classes/\$42\*

**Strength & Balance – Level 2** Barclay/Chavis  
Class done standing and on the floor using hand weights, stability balls, foam rollers and your body weight. Advanced level class/must be able to balance on a stability ball. *Bring hand weights, yoga mat, & water bottle.*

**Wednesday** (Lisa Chavis) 8:30 – 9:30 AM  
Nov 30 – Dec 14 (FIT80-D1603) 3 classes/\$18\*  
Jan 11 - Feb 22 (FIT80-A1701) 7 classes/\$42\*  
**Friday** (Maggie Barclay/Lisa Chavis) 9 – 10 AM  
Dec 2 – Dec 16 (FIT80-D1604) Chavis 3 classes/\$18\*  
Jan 13 – Feb 24 (FIT80-A1702) Barclay 7 classes/\$42\*

**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  
Dec 2 – Dec 16 (FIT05-D1602) 3 classes/\$18\*  
Jan 13 – Feb 24 (FIT05-A1701) 7 classes/\$42\*

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

**Saturday** 8:30 – 9:30 AM  
Dec 3 – Dec 17 (FIT152-D1602) 3 classes/\$18\*  
Jan 7 – Jan 28 (FIT152-A1701) 4 classes/\$24\*  
Feb 4 – Feb 25 (FIT152-A1702) 4 classes/\$24\*

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

**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  
Nov 29 – Dec 13 (FIT94-D1603) 3 classes/\$18\*  
Jan 10 – Feb 21 (FIT94-A1701) 7 classes/\$42\*  
**Thursday** 10:15 - 11:15 AM  
Dec 1 – Dec 15 (FIT94-D1604) 3 classes/\$18\*  
Jan 12 – Feb 23 (FIT94-A1702) 7 classes/\$42\*

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

**Beginning Wednesday** 9:40 – 10:25 AM  
Nov 30 – Dec 14 (FIT03-D1603) 3 classes/\$24\*  
Jan 11 – Feb 22 (FIT03-A1701) 7 classes/\$56\*

**Continuing Wednesday** 10:30 – 11:15 AM  
Nov 30 – Dec 14 (FIT03-D1604) 3 classes/\$24\*  
Jan 11 – Feb 22 (FIT03-A1702) 7 classes/\$56\*

**SPECIALTY FITNESS PROGRAMS & EVENTS**

**Indoor Triathlon Training** Lisa Chavis  
Get ready for our 2017 Indoor Triathlon! 25 minutes on the fitness floor (cycling, NuStep, treadmill or walking the track) and 25 minutes in the pool (swim or waterwalk). *BT Residents only.*

**Tuesday** 3:00 PM – 4:00 PM  
Jan 10 – Feb 14 (FIT154-A1701) 6 classes/\$36

**Friday** 3:00 PM – 4:00 PM  
Jan 13 – Feb 17 (FIT154-A1702) 6 classes/\$36

**2017 Indoor Triathlon** Maggie Barclay/ Lisa Chavis  
Cycle (Cycle/Nustep) – Run (Treadmill/Track/Wheelchair) – Swim (Swim/Walk/Rower) 15 minutes each. All levels welcome and encouraged to participate. Includes t-shirt and more! Contact Maggie/Lisa or see main level reception for more info.

**Friday, Feb 24 (FIT154-A1703) 2 PM – 6 PM Fee: \$15\***

**Core Foundation® Training** Lori Harbour  
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 and water. Class taught barefoot or in socks.*

**Monday\* (Level 1)** 6:30 – 7:15 PM  
(\* targeted for people new to the Foundation Training)

Jan 9 – Feb 20 (FIT144-A1701) 7 classes/\$56\*  
**Thursday\*\*\* (Level 2)** 6:30 – 7:15 PM

(\*\*\* targeted for people with previous experience with the Foundation Training & looking to take it to next level)  
Jan 12 – Feb 23 (FIT144-A1702) 7 classes/\$56\*

**Six-Step Balance Training** Sharon Claye  
Designed for individuals who want to improve their balance in order to prevent falls. Copies of exercises and activities that are practiced in class will be distributed to members every week!

**Tuesday** 11:00 AM – 12:00 PM  
Jan 17 – Feb 21 (FIT153-A1701) 6 classes/\$48\*

**Golf Conditioning** Maggie Barclay/Lisa Chavis  
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 comfortable, supportive shoes. Bring your favorite driver!

**Tuesday** 1:45 – 2:30 PM  
Jan 17 – Feb 21 (FIT50-A1701) 6 classes/\$42\*

**Moving thru - Dance & Parkinson's** Mari Ann Pace  
Fun-filled dance class for individuals living with PD or limited mobility. Class uses ballet, theater dance, folk and tap dance. Please inform at registration if a caregiver will accompany participant. **FREE for Township Residents! Preregistration required.** (\*\*Funding through Marilyn J. Scriver Scholarship for Dance Therapy. Info: Stacy Egerton at 248-678-3124 or MarilynJanelInfo@gmail.com.)

**Thursday** 1:45 - 2:30 PM  
Dec 1 – Dec 15 (FIT121-D1602) 3 classes/Non Res \$18\*\*  
Jan 12 – Jan 26 (FIT121-A1701) 3 classes/Non Res \$18\*\*  
Feb 2 – Feb 23 (FIT121-A1702) 4 classes/Non Res \$24\*\*

**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 (seated and standing); 30 minutes of specific brain drills. Ability to stand unassisted is recommended for this class. Take home articles and balance drills are provided.

**Wednesday** 2:30 – 3:45 PM  
Jan 11 – Feb 22 (FIT141-A1701) 7 classes/\$56\*

**Exercise & Nutrition at ANY age!** Maggie Barclay  
BTSS Fitness Coordinator will inspire you to adopt healthy eating and exercise habits for health & weight management. Set some goals and start the New Year off right! Handouts provided.

**Wed, January 4 (EDU56-A1706) 4:00 – 5:30 PM**  
1 class \$2 BT/\$4 Non-resident

**EVENING FITNESS CLASSES**

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

**SATURDAY FITNESS CLASSES**

**Yoga for Well Being!** (pg. 7) Karen Lutz  
**Fluid Moves** (pg. 4) Kathy Housey  
**H<sub>2</sub>O Boot Camp** (pg. 4) Annie Chi  
**STOTT® Mat Pilates** (pg. 6) Beth Berk

# ENRICHMENT

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

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

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

## ART

### Beads, Glass & Friends ☼ Martha McGee

Use rocks, mosaics, gemstones, beads and bobbles to create fun jewelry and art. Informal instruction. Supplies and equipment available. Donations appreciated. \$2 material fee payable to instructor. Drop ins welcome!

*Dates subject to change, please call ahead.*

**Tuesdays/Thursdays 1:00 – 4:00 PM**

### Art Studio (self-guided, drop in)

Watercolor painting, drawing, sketching, scrapbooking, crafts, design time. Venue with a view, comradery and collaboration. Please bring your own supplies (no oils please).

**1<sup>st</sup> & 2<sup>nd</sup> Wednesdays (ART24) 1:30 PM – 3:30 PM**

**Drop In fee per visit. Res \$5 / Non Res \$7**

## CLUBS / GROUPS

### Book Club ☼ Facilitator: Fern Stoffer

**Fridays 10:00 – 11:30 AM**

**December 2** *Where'd You Go, Bernadette?* Maria Semple  
Books and Titles subject to change

### Chicks with Sticks ☼ Facilitator: Karen Ouellette

Join a friendly group that knits and crochets for infants, foster-care teens and chemotherapy patients – gifts from the heart.

At-home knitters are needed, too! *In need of new or "like new" yarn donations.*

**Mondays (no 1/16, 12/26, 1/2, 2/20) 1:00 – 3:30 PM**

### Senior Men's Club Facilitator: Ralph Pedersen

Enjoy great speakers, camaraderie and a light breakfast, provided by American House. Speakers and topics to be announced. Pre-registration required.

**Res \$6 / Non-Res \$8**

**3<sup>rd</sup> Wednesday 9:30 – 11:30 AM**

**December 21 (SOC27-D1603)**

**January 18 (SOC27-A1701)**

**February 15 (SOC27-A1702)**

## 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**

## 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**

**Play: 12:30 – 4:00 PM Res \$2/Non-Res \$4**

*Arrival time 12:15 promptly for table assignments.*

*Maximum of 7 tables. (No bridge 12/19, 12/23, 12/26, 1/2, 2/20)*

### Duplicate Discussion Bridge ☼ Connie Jaroh

**Monday & Friday 12:30 - 3:30 PM**

*(No 12/12, 12/23, 12/26, 1/2, 1/9, 2/13)*

**Effective 12/1 - Res \$2/Non-Res \$4**

### Duplicate Bridge Play & Discussion w/ Judy ☼

**Mondays (No bridge 12/26, 1/2) 12:30 - 3:30 PM**

**Effective 12/1 - Res \$2/Non-Res \$4**

### Evening Duplicate Bridge Facilitator: Ed Coe

**1<sup>st</sup> & 3<sup>rd</sup> Wednesday**

**3:45 – 7:45 PM Res \$2/Non-Res \$4**

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

*Non-ACBL sanctioned game, no master points awarded.*

**December 7, 21 January 4, 18 February 1, 15**

### Bridge - Beginner James & Cheryl Bloom

Learn the basics of bridge including bidding and declarer play. No prior experience needed or 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\***

**January 30 – March 27 (EDU12-A1701) (No class 2/20)**

### Bridge - Intermediate 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 10:00 AM – 12:00 PM 8 classes/\$120\***

**January 11 – March 8 (EDU13-A1701) (No class 2/22)**

**Let's Start a  
Bloomfield Township  
Women's Club**

**For questions and support,  
call Jean Campbell, Recreation Coordinator  
248-723-3500**

**Register your interest: SOC28-INTEREST**

### 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\***  
**January 11 – March 8 (EDU14-A1701) (No class 2/22)**

### Euchre & Pinochle ✪

Facilitator: Joanne Carmichael

**Thursdays (Subject to change) 11:00 AM – 1:30 PM**

### Mah-jongg Play ✪

**Tuesdays/Thursdays (Subject to change) 1:30 PM – 4:30 PM**

### Poker ✪

Facilitator: Joann Capoccia

**Wednesdays Noon – 3:00 PM**

Ladies and gents, enjoy a friendly game of poker. *New players desired and welcome! Call Joann - 248-681-8533.*

## MUSIC

**\$ - Unless otherwise noted, all Music offerings require preregistration with payment. Res \$3 / Non-Res \$5**

### Accordion Duo: Bloom & O'Rourke

Accordionists Barbara Bloom and Pat O'Rourke, both members of the Michigan Accordion Society, present a program of old world folk songs, standards from the Great American Songbook. traditional waltzes, film music, tangos and more. \$

**Thursday, December 1 (EDU53-D1614) 2:00 – 3:15 PM**

### Michigan Opera Theatre Presents - Meet The Artist

#### Behind the Opera, Music to Your Ears

Enjoy selections from the American Songbook, featuring two singers and an accompanist. A musical stroll down memory lane with selections from George Gershwin, Lerner & Loewe and more. \$

**Thursday, January 12 (EDU53-A1705) 10:30 - 11:30 AM**

### Michigan Opera Theatre - "Little Women" Opera

#### Performance Presentation

Austin Stewart

A masterly and often poetic distillation, *Little Women* does everything an opera should do. Not least, it leaves an audience moved. Come enjoy an informative presentation on this opera. Sponsored by Woodward Hills. \$

**Thursday, February 16 (EDU53-A1715) 10:30 - 11:30 AM**

### 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. Visitors welcome.

**Tuesdays (No band 12/6 & 1/2) 3:00 - 5:00 PM**

## SPECIAL EVENTS

**\$ - Unless otherwise noted, all Special Events require preregistration with payment. Res \$3 / Non-Res \$5**

### Fundraising Extravaganza

Cline Classics

Over 1,000 items all at only \$10.00. Personal accessories, jewelry, men's and woman's gifts and more at up to 80% off retail. Proceeds support Senior Center Meals on Wheels. *No fee to attend.*

**Tuesday, December 13**

**8:00 AM – 4:00 PM**

### When Hollywood Went to War

Al & David Eicher

Real life stories of nearly 90 celebrities whom served in the United States Military during World War II. Photographs, films and interviews from the entertainment world. Learn where these 1940's celebrities served and what battlefields they experienced. Sponsored by Woodward Hills. \$

**Thursday, January 26 (SEV17-A1701) 10:30 - 11:30 AM**

## MOVIES

*Movies provided by Bloomfield Township Public Library.*

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

#### Adventure ✪

**4th Wednesday**

**Movie begins: 1:30 PM**

**December 28 "Secret Yellowstone"**

**January 25 "Lucy Collection"**

**February 22 "Africa"**

### Movie Classics ✪

**1st Friday**

**Movie begins: 1:00 PM**

**December 2 "It's a Wonderful Life"**

An angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed. James Stewart & Donna Reed. PG 1947 / Drama / 2h 12m

**January 6 "Forest Gump"**

Forrest Gump, while not intelligent, has accidentally been present at many historic moments, but his true love, Jenny Curran, eludes him. Tom Hanks & Sally Fields. PG 1994 / Drama / 2h 25m

**February 3 "The Magnificent Seven"**

Desperate townspeople hire seven mercenaries to battle a ruthless industrialist in the Old West. Denzel Washington, Chris Pratt, Ethan Hawke. PG-13 / 1960 / Action / 2h 13 min

### Movie Musicals ✪

**2nd Friday**

**Movie begins: 1:00 PM**

**December 9 "Seven Brides for Seven Brothers"**

In 1850 Oregon, when a backwoodsman brings a wife home to his farm, his six brothers decide that they want to get married too. Jane Powell & Howard Keel G 1954 / Drama / 1h 45m

**January 13 "My Fair Lady"**

A snobbish phonetics professor agrees to a wager that he can take a flower girl and make her presentable in high society. Audrey Hepburn & Rex Harrison G 1964 / Drama / 2h 55m

**February 10 "A Chorus Line"**

Hopefuls try out before a demanding director for a part in a new musical. Michael Douglas, Terrence Mann, Michael Blevins. PG13 / 1985 / Musical / 1h 58m

**Movie Mania** ✪

3<sup>rd</sup> Friday

Movie begins: 1:00 PM

**December 16 "K-PAX "**

PROT is a patient at a mental hospital who claims to be from a faraway planet. His psychiatrist tries to help him, only to begin to doubt his own explanations. Jeff Bridges & Kevin Spacey. PG 13 / 2001 / Drama, Science fiction/ 2hrs

**January 20 "The Great Gatsby"**

Midwest natives arrive in 1922 New York in search of the American dream. Nick, a would-be writer, moves in next-door to millionaire Jay Gatsby. Toby Maguire, Nick Carraway, Leonardo DiCaprio. PG / 2013 / Drama, Romance / 2h 23m

**February 17 "Grumpy Old Men"**

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street. Jack Lemmon, Ann Margaret, Walter Matthau. PG 13 / 1993 / Drama Romance / 1h 44m

**Documentaries & Adventure Science Fiction** ✪

4<sup>th</sup> & 5<sup>th</sup> Friday

Movie begins: 1:00 PM

**December 30 "March of the Penguins"**

At the end of an Antarctic summer, the emperor penguins journey to their traditional breeding grounds. View a fascinating mating ritual that is captured in this documentary by intrepid filmmaker Luc Jacquet. G / 2005 / Documentary / 1h 26 min

**January 27 "Hummingbirds - Magic in the Air" (PBS)**

Hummingbirds are the tiniest of birds, yet they are some of the toughest, most energetic creatures on the planet, with unique flying abilities give them unmatched maneuverability. G / 2009 / Documentary / 73 min.

**February 24 "Disney Nature Monkey Kingdom"**

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

**UNIQUE TOPICS**

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

For more details please see flyers at Senior Center.

**Apollo11: An In-Depth Look**

Clifford Marko

Former Smithsonian National Air & Space Museum docent gives an up close look at the people, machines, technology and artifacts that took people to the moon. \$

**Thursday, December 1 (EDU53-D1615) 10:30 - 11:30 AM**

**WSU Connect Lab: Connectivity** J. Hayes & C.Temali  
Researchers will present new information about changes in the brain and memory that accompany aging and how genetics can influence predisposition to Alzheimer's. Also what WSU's doing to identify Alzheimer's at an earlier stage and helpful memory strategies. Sponsored by Villa Healthcare of Green Lake. \$

**Monday, December 5 (EDU56-D1603) 10:30 - 11:30 AM**

**Famous Detroiters You Never Heard Of** Joel Stone  
Detroit Historical Society shows 20 Detroiters lost to time. When alive, everyone in town knew their names - heroes, drunks, geniuses, teachers, merchants and scoundrels. Each played a notable role that was recognized locally, nationally, and even around the world. Sponsored by Woodward Hills. \$

**Wed, December 7 (EDU53-D1615) 10:30 - 11:30 AM**

**Consumer Protection Education: Online Safety Tips**  
Staying connected is important; however, it also opens users up to scammers, hackers, and identity thieves. Learn how to make the informed decisions.

**Complimentary for BTS Resident . Non Residents \$2.00**  
**Friday, December 9 (EDU53-D1616) 10:30 - 11:30 AM**

**Historic Preservation: Train Depots**  
Ron Campbell, OC Preservationist  
Take an engaging look at one of America's most recognizable and endearing building types, the local train station "Lighthouses Along the River of Steel." For most cities the depot was the center of commerce, information and transportation. \$

**Wed, December 14 (EDU53-D1617) 10:30 - 11:30 AM**

**Brain Health - It's All Good News** Kathy Housey  
Blasting the myths about cognitive decline with the latest findings. Dispel theories about genetic predisposition to cognitive decline and Alzheimer's. Specially designed brain drills and demos to encourage healthy brain function. Brains and Balance after Sixty™ extension program. Sponsored by Health Quest. \$

**Thursday, January 5 (EDU56-A1701) 10:30 - 11:30 AM**

**Consumer Protection: Home Care/Senior Living**  
Decisions about long-term care are complicated and emotional. Be prepared to make informed decision. Complimentary for BT Resident . Non Residents \$2.00

**Friday, January 6 (EDU53-A1701) 10:30 - 11:30 AM**

**Historic Homes in Bloomfield** John Marshall  
The 1920's was a most active period for the building of elegant estate houses for people who wished a more rural setting than was available in Detroit. Learn the backgrounds on several of these houses. Sponsored by Alliance Senior Care. \$

**Monday, January 9 (EDU53-A1702) 10:30 - 11:30 AM**

**Peter the Great** Maureen Esther, History Storyteller  
The founder of modern Russia and late emperor was a power house of energy, opening a window to the west by building St. Petersburg. Come meet Peter the Great through this come to life presentation. Sponsored by Brookdale Troy Memory Care. \$  
**Tuesday, January 10 (EDU53-A1703) 10:00 – 11:30 AM**

**Historic Preservation: House Histories & Genealogy**  
Ron Campbell, OC Preservationist  
Tips and techniques to help you trace the history of your house and the people who lived there. Learn a wide range of methods including style dating, building construction, scholarly research practices and documentation. \$  
**Wed, January 11 (EDU53-A1704) 10:30 - 11:30 AM**

**"Saginaw Trail"** Mike West  
Oakland County Pioneer and Historical Society presentation on the "Saginaw Trail", now known as Woodward Avenue. This roadway was a major contributor to the early development of Oakland County. Items presented that identify events along the Trail that lead to the area becoming a major player in the growth of the automotive industry. \$  
**Tuesday, January 17(EDU53-A1706) 10:30 - 11:30 AM**

**Dessert & the DIA: Bittersweet**  
Coffee, tea, and chocolate were strongly associated with eighteenth-century Europe as the fashionable beverages of the day, revolutionizing drinking habits, social customs and creating a demand for coffeepots, tea canisters and chocolate pots. Sponsored by Baldwin House. \$  
**Tuesday, January 24 (EDU34-A1701) 10:30 - 11:30 AM**

**Eat a Rainbow Everyday** Robin Danto, M.S.  
Learn the importance of getting all the colors of the rainbow through fruits and vegetables in your diet at MSU Extension presentation. **Complimentary for BT Resident. Non Residents \$2.00**  
**Tuesday, January 24 (EDU53-A1707) 2:00 - 3:00 PM**

**Introduction to the Art of Beading** Sue Fraser  
Introduction to the art of bead working and creating beautiful jewelry. Stitches, techniques, bead types and patterns will be presented as well as samples of potential projects. Based on interest, future classes may be offered. \$  
**Tuesday, January 31 (EDU53-A1709) 10:30 AM - 12:00 PM**

**This Planet's Petals Painted** Julie Dawson  
Julie, a career artist, photographer, author and speaker, gives a power point presentation of her watercolor paintings of flowers, tells stories about the flowers and paintings, a fun happy talk. Sponsored by Samaritas Senior Living. \$  
**Wed, February 1 (EDU53-A1710) 10:30 - 11:30 AM**

**Neurons Fire Together-Work Together** Kathy Housey  
"Use it or lose it" brain drills. Brains and Balance After Sixty™ demonstrated for a challenging, fun learning experience. Sponsored by Assisted Living Locators. \$  
**Thursday, February 2 (EDU56-A1703) 10:30 – 11:30 AM**

**Consumer Protection Education: Investment Fraud**  
It's no surprise that fraudsters target people with money - which means targeting older Americans at or near retirement. The best thing you can do is ask questions.  
**Complimentary for BT Resident . Non Residents \$2.00**  
**Friday, February 3 (EDU53-A1711) 10:30 – 11:30 AM**

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

**Little Known Stories: 19<sup>th</sup> Century** Jim Glenn  
Look at odd, unusual, sometimes funny, sad, frightening, inspiring, eerie or awesome, but always interesting events from 1820-1890. Topics include a broad range of American people & events including military, political figures, transportation, music, musicians, state boundaries, sports, Broadway, architecture, attempted assassinations and other mayhem. Sponsored by Affordable Home Care. \$  
**Monday, February 6 (EDU53-A1712) 10:30 – 11:30 AM**

**Historic Preservation: This Place Matters & Quiz Show**  
Ron Campbell, OU Preservationist  
What is the value of the preservation of future historic destinations? Historic preservation has a dynamic impact of life in every community. It's sure to connect with everyone, followed with a fun quiz! \$  
**Wed, February 8 (EDU53-A1713) 10:30 - 11:30 AM**

**Exercise = Cognitive Brain Candy** Kathy Housey  
Study the latest findings on "neuroplasticity", the vital connection between exercise & increased brain capacity. Brains and Balance After Sixty™ exercises are demonstrated with unique brain drills. \$  
**Thursday, February 9 (EDU56-A1704) 10:30 – 11:30 AM**

**Meadow Brook Hall History** M. Rzadkowski, Director  
This National Historic Landmark was home to one of the automotive aristocracy's most remarkable women, Matilda Dodge Wilson, husband Alfred Wilson and their four children. It exists as an indirect product of the achievements and good fortune of John F. Dodge. \$  
**Tuesday, February 14 (EDU53-A1714) 10:30 - 11:30 AM**

**Greater West Bloomfield 1938** G.Gregory, Pres. WBHS  
What was life like when the middle class came out to enjoy lake living before the Metro-Detroit population knew true suburbia? \$  
**Wed, February 22 (EDU53-A1716) 10:30 - 11:00 AM**

### Historic Preservation: Mail Order Homes

Ron Campbell, OC Preservationist

The history and preservation of mail order homes. Everything you never knew. How these homes impacted our community and inspire preservation. \$

**Thursday, February 23 (EDU53-A1717) 10:30 - 11:30 AM**

### Lost Towns of Michigan

Alan Naldrett

Many of Michigan's old boomtowns and sleepy villages are faded memories. Nature reclaimed the ruins of some while progress paved over the rest. Discover the stories of lost communities hidden in plain sight or just off the beaten track. Sponsored by Sunrise Senior Living. \$

**Monday, February 27 (EDU53-A1718) 10:30 - 11:30 AM**

### Philippine's Birds Worldwide Preservation

Donald Burlett, Audubon Society

An impactful presentation promoting an interest in native birds, wildlife, other animals and plants while advocating preservation of all wildlife habitats worldwide. See the world come to life through the big screen and presented by an eye witness. \$

**Tuesday, February 28 (EDU53-A1719) 10:30 - 11:30 AM**

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

## VOLUNTEERING



*Volunteering is important to long and healthful lives.*

Call Joan for more information 248-723-3500.

### VOLUNTEER REQUIREMENTS

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

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

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

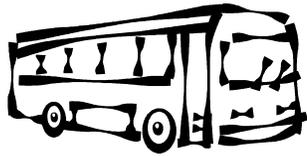
### Thank you to our Meals on Wheels Volunteers!

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

### Thank you volunteers! 2500 + Hours in July-September

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 \* Ed Coe \* Peggy Cohen \* Cathy Cory \* Jerry Craig \* Jo Creek \* Sarah Davis \* Marquerite Davidson \* Maxine Davison \* Vivian Dezur \* Barbara Dinneweth \* Corrinne Dowell \* Janet Enguehard \* Steve Eskoff \* Nancy Exner \* Shirley Franklin \* Judy Geppert \* Klaren Gerhart \* Mona Gibson \* Barbara Glotzhofer \* Carol Goldstein \* Irene Grady \* Sangeeta Grewal \* Rosie Gumbleton \* Pat Hamburg \* Joyce Hancock \* Lorraine Hannah \* Dan Hess \* Kathleen Holleran \* Shirley Horvath \* Sharon Houghtby \* Connie Jaroh \* Sandy Jeffries \* Beth Johnson \* Barbara Joiner \* Pat Joyner \* Lois Kafarski \* Connie Kenty \* Young Kim \* Tony Klemmer \* Sunny Kohli \* Rowena Kolde \* Lisa Kraus \* Patricia Kubik \* Elaine Lamb \* Marge Lazarou \* Christie Lehmann \* Jenny Lenzi \* Paulette Lerman \* Keith Lewis \* Linda Lewis \* Jo Lincoln \* Jill Lopez \* Ludmilla Livshiz \* Gail MacInnes \* Liz Mahoney \* Gretchen Mako \* Michael Martin \* Janet Mathews \* Catherine Matti \* Martha McGee \* Alice & Frank McIntyre \* Gerald McKelvey \* Donald Meier \* Violet Mercado \* Judy Michau \* Karen Miller \* Pat Miller \* David Mitchell \* Richard Moxley \* Chris Muir \* Vara Navaluri \* Joan Nedeljkovic \* Lucille Noraian \* Jo Nott \* Karen Oulette \* Lois Page \* Kay Patel \* Ralph Pedersen \* Mike Peters \* Arlene Pinkos \* Deanna Ralston \* Rama Reddy \* Judy Reichelt \* Renate Reimer \* Tom Richard \* Dawn Roth \* Pat Schleif \* Kathy Schultz \* Reenie Shannon \* Theresa & Mike Shea \* Mary Shelly \* Judy Simony \* Susan Smith \* Francisca Soliven \* Judy Stahl \* Bernard Stuecheli \* Teresa Sun \* Marcia Suszan \* Nancy Tanke \* Valerie Timmis \* Linda Tithill \* 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.  
Unless otherwise noted, all trips depart from  
the Center on the BTSS bus.*

### Traveler Safety

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

(<http://www.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.

Boeing Boeing, The Players Club of Detroit WAIT LIST  
Friday, November 4 (DAY10-D1601) 4:45 PM – 10:30 PM

Do The Bloomfield Trail with John Marshall WAIT LIST  
Thursday, Nov 10 (DAY11-D1601) 9:30 AM – 2:15 PM

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

The Parade Company WAIT LIST  
Thursday, Nov 17 (DAY13-D1601) 8:45 AM – 1:45 PM

Tony Orlando – Macomb Center WAIT LIST  
Saturday, Nov 19 (DAY14-D1601) 4:15 PM – 10:00 PM

DSO Popera: Opera's Greatest Hits WAIT LIST  
Wednesday, Nov 23 (DAY15-D1601) 9:30 AM – 3:30 PM

Adventures in Dining – White Horse Inn WAIT LIST  
Wednesday, Nov 30 (DAY16-D1601) 11:30 AM – 3:30 PM

Holiday Walk – Meadow Brook WAIT LIST  
Thursday, Dec 1 (DAY23-D1601) 10:45 AM – 3:15 PM

Twas A Girls Night Before Christmas WAIT LIST  
Saturday, Dec 3 (DAY17-D1601) 12:15 PM – 5:30 PM

### Bead Haven – Frankenmuth

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

### Too Hot To Handel – MOT

Friday, December 9 (DAY25-D1601) 9:45 AM – 4:15 PM  
Dress rehearsal for this Detroit-flavored version of Handel's Messiah is the perfect jazz, gospel, blues and soul celebration for the Motor City. Orchestra and Rackham Symphony Choir create a vibrant celebration and fusion of classical and contemporary styles. Must register by November 18. Followed by lunch on your own at **Mudgie's Restaurant**. Fee: \$52\*

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

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

### Tour Masonic Temple

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

### DSO Home for the Holidays WAIT LIST

Friday, December 16 (DAY21-D1601) 9:30 AM – 3:15 PM

### Adventures in Dining – Haney's

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

### Power of Knowing Exhibit & Charles Wright Museum Tour

Wed, January 4 (DAY01-A1701) 10:00 AM – 3:15 PM  
Docent led tour of the entire museum along with special exhibit, Power of Knowing. Exhibit honors art collectors who have preserved and shown us works we may not have seen on our own, especially art from the continent of Africa. Works show evidence of our creativity from the distant past to our current times. Followed by lunch on your own at **La Feria**. Fee: \$37\*

### DSO Love is All You Need

Friday, January 6 (DAY02-A1701) 9:30 AM – 3:30 PM  
More than a dozen solid gold musical memories of the 60s sensational chart-toppers. "I Hear it Through the Grapevine," "It's My Party," "Jumpin' Jack Flash," and so many others. Followed by lunch on your own at **Grand Truck Pub**. Fee: \$67\*

### Federal Reserve Bank Tour

**Wed, January 11 (DAY03-A1701) 10:00 AM – 2:45 PM**  
Don't miss this very popular tour of the Federal Reserve Bank. Our visit will include a discussion of the Federal Reserve System and will end with a one hour tour of the facility. Followed by lunch on your own at **Triple Nickel**. Fee: \$27\*

### The Phantom of the Opera – Detroit Opera House

**Thursday, January 12 (DAY04-A1701) 10:15 AM – 4:30 PM**  
Award winning musical about a beautiful soprano, Christine Daaé, who becomes the obsession of a mysterious, disfigured musical genius. Based on French novel *Le Fantôme de l'Opéra* by Gaston Leroux. Begin with lunch on your own at **Cadillac Café**. Registration closes 11/13. Fee: \$80\*

### 1860 Historical House – Ypsilanti

**Tuesday, January 17 (DAY05-A1701) 9:45 AM – 3:15 PM**  
Each time a locomotive rolled into Ypsilanti from Detroit during the mid-1860s, passengers regarded with awe a stunning, towering home that now houses the Ypsilanti Historical Museum. *Walking and Stairs*. Followed by lunch on your own at **Sidetrack Bar & Grill**. Fee: \$28\*

### DSO Mozart Fest: Concertante

**Friday, January 20 (DAY06-A1701) 9:30 AM – 3:30 PM**  
Leonard Slatkin conducts Overture to The Marriage of Figaro, Oboe Concerto, Horn Concerto No. 1 and Sinfonia Concertante. Followed by lunch on your own at **Union Street**. Fee: \$54\*

### Adventures in Dining – Alexander's Land & Surf

**Tuesday, January 24 (DAY07-A1701) 12:00 PM – 3:30 PM**  
Long time Brighton area establishment known for American menu, friendly staff, nice ambiance and great food. Tuesday is their special Surf & Turf day. Lunch on your own. Fee: \$20\*

### Shinola Tour

**Thursday, January 26 (DAY08-A1701) 11:00 AM – 4:30 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 **Shangri-La Restaurant**. Fee: \$27\*

### Tour Polish Hamtramck

**Tuesday, January 31 (DAY09-A1701) 10:30 AM – 3:30 PM**  
Bus tour which includes many of the city's famous locations such as the Polish Art Center, a Polish bakery, St. Florian's and the Hamtramck Historical Museum. There will be some walking on part of this tour. Begin with lunch on your own at **Polonia Polish Restaurant**. Fee: \$29\*

### Lion King – Detroit Opera House

**Thursday, February 2 (DAY10-A1701) 10:00 AM – 4:00 PM**  
Award winning musical based on the 1994 Disney animated film with music by Elton John and lyrics by Tim Rice. Features actors in animal costumes as well as giant, hollow puppets. Begin with lunch on your own at **Cadillac Café**. Registration closes December 16. Fee: \$91\*

### DSO Mozart Fest: Nachtuski

**Friday, February 3 (DAY11-A1701) 9:30 AM – 3:30 PM**  
Leonard Slatkin, conductor. Playing Eine Kleine Nachtmusik, Symphony No. 35, "Haffner", Andanti for Flute and Strings, Symphony No. 36, "Linz" Followed by lunch on your own at **Bird and the Bread**. Fee: \$54\*

### Tour Temple Beth El

**Tuesday, February 7 (DAY12-A1701) 10:30 AM – 2:00 PM**  
Tour of a reformed synagogue founded in 1850 and is the oldest Jewish Congregation in Michigan. Followed by lunch on your own at **Beau's**. Fee: \$29\*

### Chi Town Union Station

**Friday, February 10 (DAY13-A1701) 10:30 AM – 2:30 PM**  
The world's largest O-Scale model railroad and home of the world's longest model train – 10,000 feet of track stacked many layers deep from floor to the nine foot level. At any given time computers may be operating 30 to 35 trains with perhaps another dozen operated manually. Followed by lunch on your own at **It's a Matter of Taste**. Fee: \$32\*

### The Holler Sessions – Detroit Public Theatre

**Wed, February 15 (DAY14-A1701) 11:15 AM – 4:00 PM**  
Staged as a live radio show, play centers around DJ Ray's burning obsession for American jazz. Ray's maniacal rants, razor-sharp insights and mildly scatological humor are interspersed with truly spectacular music. Begin with lunch on your own at **Rusted Crow Detroit**. Fee: \$57\*

### DSO Gershwin Rarities

**Friday, February 17 (DAY15-A1701) 9:30 AM – 3:30 PM**  
Michelle Merrill, conductor. Sara Davis Buechner, piano. Shostakovich playing Ballet Suite No. 1. Gershwin/ Got Rhythm Variations, Second Rhapsody and Shostakovich Symphony No. 1. Followed by lunch on your own at **Hudson Café**. Fee: \$54\*

### Buhl Estate –Addison Oaks and Lunch

**Tuesday, February 21 (DAY16-A1701) 10:30 AM – 2:30 PM**  
In 1927, Lawrence D. and Cora Peck Buhl bought land in northern Oakland County and hired Robert O. Derrick to design their summer home. The finest materials, including hardwood floors, marble fireplaces, pewter sconces and imported stones were used in its construction. Come tour the house and have lunch in this beautiful place. Fee: \$67\*

### DSO A Night at the Academy Awards

**Friday, February 24 (DAY17-A1701) 9:30 AM – 3:30 PM**  
Music from some of Hollywood's most enduring scores from Academy Award-winning films such as Avatar, Rocky, Star Wars, Titanic and more! Followed by lunch on your own at the **London Chop House**. Fee: \$67\*

### Adventures in Dining – Beale Street

**Tuesday, February 28 (DAY18-A1701) 11:30 AM – 3:00 PM**  
Beale Street Smokehouse BBQ in Fenton. Enjoy this hidden gem. Won best BBQ in Genesee County. Memphis Style Barbecue, slow smoked pork, brisket, ribs and chicken. Enjoy lunch on your own. Fee: \$20\*

**Adventures in Dining – Pars Restaurant**

**Tuesday, March 7 (DAY19-A1701) 12:45 PM – 2:45 PM**  
A plethora of diverse, distinctive and unique Persian dishes to suit the palette of many discerning food enthusiasts. Lunch on your own. Fee: \$20\*

**Shakespeare's Twelfth Night – Hilberry**

**Wednesday, March 8 (DAY20-A1701) 11:15 AM – 5:00 PM**  
Twelfth Night, or What You Will, is a comedy by William Shakespeare, as a Twelfth Night's entertainment for the close of the Christmas season. Begin with lunch on your own at Jim Brady's Detroit. Fee: \$52\*

**MOT's Opera – Little Women @ Macomb Center**

**Friday, March 10 (DAY21-A1701) 9:45 AM – 4:15 PM**  
Dress Rehearsal performance of musical by American composer Mark Adamo based on Louisa May Alcott's tale of growing up after the civil war. Followed by lunch on your own at Brio Tuscan Grille. Fee: \$62\*

**Behind the Scenes – Pewabic Tile**

**Thursday, March 16 (DAY23-A1701) 10:00 AM – 2:45 PM**  
Founded in 1903, still operational and designated a National Historic Landmark in 1991, the pottery has distinctive qualities as Detroit's contribution to the International Arts and Crafts movement and American Craftsman Style. Followed by lunch on your own at Seldon Standard. Fee: \$39\*

**Arab American National Museum with Lunch**

**Wednesday, March 22 (DAY24-A1701) 10:00 AM – 2:00 PM**  
First and only U.S. museum devoted to Arab American history and culture. Brings to light the shared experiences of immigrants and ethnic groups. Lunch includes appetizer (hummus, pita bread, tabbouli salad, vegetarian rolled grape leaves), entrée (beef or chicken shawerma or vegetarian falafel) & baklava dessert. Select entrée when registering. Fee: \$56\*

**DSO Branford Marsalis**

**Friday, March 24 (DAY25-A1701) 9:30 AM – 3:30 PM**  
Andrey Boreyko, conductor, Branford Marsalis, alto saxophone, playing Berlioz "Love Scene" from Romeo and Juliet. Gabriel Prokofiev, Saxophone Concerto and Prokofiev, Suite from Romeo and Juliet. Followed by lunch on your own at Steel House Tavern. Fee: \$54\*

**Ford Piquette Model T Plant**

**Thursday, March 30 (DAY26-A1701) 10:15 AM – 2:45 PM**  
Located in Detroit, the Plant is a museum and oldest factory building in the world open to the public. It was the second home of Ford Motor Company automobile production and is best known as the birthplace of the Ford Model T. Followed by lunch on your own at Dakota Inn. Fee: \$37\*

**DSO Cirque de la Symphonic**

**Friday, March 31 (DAY27-A1701) 9:30 AM – 3:30 PM**  
Aerial acrobats literally drop into Orchestra Hall – each gravity-defying feat choreographed to live music. Acrobats – aerialists – contortionist – strongmen – jugglers. Followed by lunch on your own at Sweet Lorraine's Café. Fee: \$67\*

**Special thanks to our Winter 16-17 sponsors:**



**BALDWIN HOUSE**



**CEDARBROOK  
SENIOR LIVING  
— BLOOMFIELD HILLS —  
www.CedarbrookofBloomfieldHills.com**



**Special thanks to our Fall 2016 sponsors:**

- Arden Courts      Woodward Hills Nursing Center
- Mt. Elliott Cemetery Association      101 Mobility
- Brookdale Troy      Samaritas Senior Living
- St. Joseph Mercy Oakland      SameAddress
- American House      Assisted Living Locators
- Cedarbrook of Bloomfield Hills      Baldwin House
- Oakmont Senior Communities

*Complimentary\* & Friendship Club Charity\*\* Classes*  
 (\* 50+ Township Residents only, max of 6)  
 (\*\* \$5 nonrefundable donation, open to ALL 50+)

# Fitness Week

## January 3 - 6

### TUESDAY 1/3

**Cardio Party & Core\*\***  
 9:00 a.m.-10:00 a.m.  
 (GO4IT17-01)

**Billiards Class**  
 9:00 a.m.-11:00 a.m.  
 (GO4IT17-02)

**Gentle Moves Yoga\*\***  
 10:15-11:15 a.m.  
 (GO4IT17-03)

**Six-Step Balance Training**  
 11:00 a.m.-12:00 p.m.  
 (GO4IT17-04)

**Take a Seat!**  
 11:30 a.m.-12:30 p.m.  
 (GO4IT17-05)

**Triathlon Info Meeting**  
 1:30 p.m.-2:30 p.m.  
 (GO4IT17-06)

**Brains & Balance**  
 2:45-3:15 p.m.  
 (GO4IT17-07)

**Pickleball Demo**  
 3:30-5:15 p.m.  
 (GO4IT17-08)

**AQUA**  
**Aqua Resistance Training**  
 8:00 a.m.-9:00 a.m.  
 (GO4IT17-09)

**Swim Lessons/Fitness**  
 11:00 a.m.-12:00 p.m.  
 (GO4IT17-34)

### WEDNESDAY 1/4

**Strength & Balance Level 2**  
 8:00-9:00 a.m.  
 (GO4IT17-10)

**Tai Chi-Beginners**  
 9:30-10:15 a.m.  
 (GO4IT17-11)

**Chair Yoga\*\***  
 11:30 a.m.-12:15 p.m.  
 (GO4IT17-12)

**Barre Balance\*\***  
 12:45-1:30 p.m.  
 (GO4IT17-13)

**Small Group Personal Training (Presentation)**  
 2:00-2:45 p.m.  
 (GO4IT17-14)

**Table Tennis Class**  
 4:00 - 5:30 p.m.  
 (GO4IT17-15)

**Zumba®\*\***  
 6:30-7:30 p.m.  
 (GO4IT17-16)

**AQUA**  
**Aqua Party in the Pool\*\***  
 11:00-12:00 p.m.  
 (GO4IT17-17)

**Water Walking Level 2**  
 2:30 p.m.-3:15 p.m.  
 (GO4IT17-18)

### THURSDAY 1/5

**Cardio Party & Core\*\***  
 9:00 a.m.-10:00 a.m.  
 (GO4IT17-19)

**Billiards Class**  
 9:00 a.m.-11:00 a.m.  
 (GO4IT17-20)

**Gentle Moves Yoga\*\***  
 10:15-11:15 a.m.  
 (GO4IT17-21)

**Drums Alive**  
 11:30-12:15 p.m.  
 (GO4IT17-22)

**Moving Thru-Dance & Parkinson's**  
 1:45-2:30 p.m.  
 (GO4IT17-23)

**Pickleball Demo**  
 2:45-4:30 p.m.  
 (GO4IT17-24)

**Pilates, Strength, & Balance \*\***  
 5:00-6:00 p.m.  
 (GO4IT17-25)

### FRIDAY 1/6

**Zumba®\*\***  
 7:45-8:45 a.m.  
 (GO4IT17-26)

**Strength & Balance Level 2\*\***  
 9:00-10:00 a.m.  
 (GO4IT17-27)

**STOTT® Mat Pilates**  
 10:15 a.m.-11:00 a.m.  
 (GO4IT17-28)

**Beginning Yoga**  
 11:30 a.m.-12:30 p.m.  
 (GO4IT17-29)

**Small Group Personal Training (Presentation)**  
 1:00-1:45 p.m.  
 (GO4IT17-30)

**Table Tennis Class**  
 2:30-4:00 p.m.  
 (GO4IT17-31)

**AQUA**  
**H2O HIIT**  
 11:00 a.m.-12:00 p.m.  
 (GO4IT17-32)

### SATURDAY 1/7

**STOTT® Mat Pilates**  
 10:30 a.m.-11:15 a.m.  
 (GO4IT17-33)

Preregistration required. Classes fill quickly! See pages 3-7 for details.

Sponsored by:



**Exercise & Nutrition at ANY age!** Maggie Barclay BTSS Fitness Coordinator will inspire you to adopt healthy eating and exercise habits for health & weight management. Set some goals and start the New Year off right! Handouts provided.  
**Wed, January 4 (EDU56-A1706) 4:00 - 5:30 PM**

### Unique Topics...uniquely for you!

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

### Special Events for Everyone

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

### Indoor Triathlon Training

Lisa Chavis  
 Get ready for our 2017 Indoor Triathlon! 25 minutes on the fitness floor (cycling, NuStep, treadmill or walking the track) and 25 minutes in the pool (swim or waterwalk). *BT Residents only.* (Register for info meeting during Fitness Week GO4IT17-06)

**Tuesday 3:00 PM - 4:00 PM**  
 Jan 10 - Feb 14 (FIT154-A1701) **6 classes/\$36**

**Friday 3:00 PM - 4:00 PM**  
 Jan 13 - Feb 17 (FIT154-A1702) **6 classes/\$36**



### 2017 Indoor Triathlon

Maggie Barclay/ Lisa Chavis  
 Cycle (Cycle/Nustep) - Run (Treadmill/Track/Wheelchair) - Swim (Swim/Walk/Rower) 15 minutes each. All levels are welcome and encouraged to participate. Includes t-shirt and more! Contact Maggie/Lisa or flyers for more information. (Register for info meeting during Fitness Week GO4IT17-06).  
**Friday, Feb 24 (FIT154-A1703) 2 - 6 PM Fee: \$15\***



# Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield Township, MI 48302-2091

Phone: 248-723-3500

Fax: 248-723-3519

Web: [www.bloomfieldtpw.org/Seniors](http://www.bloomfieldtpw.org/Seniors)

**Winter 2016-2017**

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## **TAX ASSISTANCE**

**Mondays & Tuesdays**

**February 20 & 21**

**March 13 & 14      March 27 & 28**

**Appointment required: 248-723-3500**

**See newsletter cover for more info**

## **Do you have the best Medicare Plan?**

(SVC15-VARIES)

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

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

**Mondays and Tuesdays    10 AM – 3 PM**

**Nov. 7 & 8                  Nov. 21 & 22**

## Caregivers' Forum

2<sup>nd</sup> Monday of Month      2:00 – 3:30 PM

Learn about programs and services available to caregivers whose loved ones are experiencing dementia. Gain support and an opportunity for sharing experiences. Respite care is included for current members of the *Friendship Club*. Sponsored by Alzheimer's Association. To register, call 248-723-3530.

## Younger Onset Caregivers

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

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

## Creating Confident Caregivers

**Thursdays, May 18 – June 22**

**10 AM – 12 PM**

(EDU62-A1701)

Creating Confident Caregivers is a special grant-funded program for families caring for someone with memory loss. AAA1b and BTSS are offering this six-week series, a university-tested program designed to increase caregiver skills, knowledge and outlook.

Program is held at the BT Senior Center.

Registration required for program and handled directly through AAA1b in January. BT Residents register now to receive reminder call when registration is open.

## **Medicare Basics 101**

(EDU56-A1703)

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.

**Tuesday, January 17<sup>th</sup> 1 - 2:30 pm**



"Meals on Wheels"

**TREE  
OF LIFE**

(FUN05-D1601)

Approximately 8,000 meals are provided to seniors in the community who are frail and/or homebound individuals. Make this holiday season special by sponsoring meals for seniors in need.

Purchase a sponsor card for \$8 a meal and decorate our "Tree of Life". Donation cards are available at the Senior Center.

**Thank you for your support.**

## 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**

## Low Vision Support Group

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

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

3<sup>rd</sup> Monday 2 - 3:30 pm  
November 21 January 16 February 20

## 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 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 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 (Regular or Plus)
- number of 8 oz. cans to be consumed daily

The order must be renewed annually.



## TELEPHONE REASSURANCE

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

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



## Blood Pressure Checks

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

December 21 January 18 February 15 March 15

## Loan Closet Available

A loan closet of wheelchairs, walkers, canes and shower benches is available free for short term use by Bloomfield Twp. residents. Please call Center (248-723-3500) to confirm availability of item before picking up.

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and shower chairs. Due to storage limitations, please call Center prior to bringing in item(s).



## HOLIDAY CANDY COLLECTION

Share the holidays with our home-bound meals clients by donating small individually wrapped candies. Drop off candy at BTSS on or before Dec. 16. Join us on Dec. 19 at 1:30 PM to package for distribution. To help, please call Denise at 723-3500.

### Oakland County Dental Program

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



### MINOR HOME REPAIR

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

# in Household	Max. Household Income
1	\$37,450
2	\$42,800

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

### Housing Counseling Services

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

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

### FILE OF LIFE CARDS

The FILE OF LIFE card enables medics to obtain a quick medical history when a patient is unable to offer one. The card, kept in a red plastic pocket, is held with a magnet to the outside of the refrigerator. A small version is available for your purse or wallet. It lists your name, emergency contact, insurance info, S.S. #, health and medical information. Cards are available to Township residents at the Senior Center or through the BT Fire Department.



### KNOX BOX SAFETY PROGRAM

The Bloomfield Township Fire Department offers a new initiative to enhance resident safety. Mounted outdoors, the Knox Box gives the Fire Department quick access to a home in an emergency or when the homeowner is not home. It is completely secure - only the Fire Department or EMS can open your door. It eliminates the need for forced entry and/or dependence upon family or neighbors who may not be available.

The cost of the Knox Box and installation are paid by the homeowner. For more information, call the Bloomfield Township Fire Dept, 248-433-7745.

### When in doubt, call us out

One question the Bloomfield Township Fire Department is asked is "what do I do if I need help but it's not a 'real' emergency?" The answer is: *when in doubt, call us out.*

From assisting someone who is uninjured up off the floor to helping with issues involving smoke and carbon monoxide detectors, the BTFD is available to assist residents.

The non-emergency Fire Department number is 248-433-7745, or you can simply dial 9-1-1 and the dispatcher will assist you with getting the information to the BTFD. For more information, call 248-433-7745 or go to [www.btfdfire.org](http://www.btfdfire.org)

### 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

### SENIOR REACH®

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

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

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

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

# Friendship Club

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

## What is Adult Day Service

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

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

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



## Services for Families

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

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



## Admission and Enrollment

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

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

## Activities Programming

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

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

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

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



## Location

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



## Eligibility Criteria

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

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