



Bloomfield Township Senior Services



Serving 50+ Adults – Fall 2018

248-723-3500

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

INDEX (SS = supplement)

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Unique Enrichment Topics

Be inspired and challenged by interesting topics
See pages 9 – 11 for dates and information.



Health Fair & Flu Shot Clinic

Friday, October 19
9 AM – 2 PM

- ◆ Blood Pressure Check
- ◆ Flu Shots – U of M Visiting Nurses
- ◆ BTPD collecting old prescriptions
- ◆ BTFD Senior safety information

Limited flu shots available to Township Residents ages 50+ years. Shots FREE for seniors 65+ w/ Medicare B. All others \$30.

Appointments required. Register by phone or at BTSS beginning September 19 at 9 a.m.

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

Sponsored by:
Woodward Hills
Samaritas
Hinderliter Hearing Services
Cedarbrook
First & Main
American House

Day Trips

Please join us on a wonderful experience.
See details on pages 13-15.

Some wonderful upcoming trips include:

- Detroit Tigers v Minnesota Twins
- 2018 Designers Show House
- Adventures in Dining
- Detroit Princess Riverboat Cruise
- Opera – Eugene Onegin - MOT
- Dancing in the Street - DSO
- The Firebird - DSO
- Cirque De La Symphonie - DSO
- Tour Art House
- Bharatiya Temple Tour
- Elmwood Cemetery Tour
- Arsenic & Old Lace
- Feelin Groovy – Hartland
- The Parade Company
- The Barber of Seville – MOT
- Rust Belt Market
- Nordlie's Flower Demo & Tour
- Royal Oak Historical Society
- Tchaikovsky Symphony No. 4-DSO
- Toledo Art Museum
- Purple Rose Theatre – Diva Royal
- Culinary School

Bloomfield Township Senior Services
4315 Andover Road
Bloomfield Township, MI 48302-2091

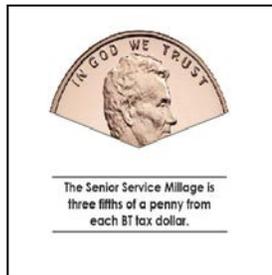
Christine's Comments...

Today I am looking forward to several milestones. In 2019 we will celebrate the 10th anniversary of our new center, May 2020 marks our 15th anniversary as a Bloomfield Township department and then August 2020 will be my 25th anniversary in this organization. There is so much to be thankful for!

These milestones highlight the wonderful accomplishments that can occur when a community works together for an important goal. It also offers a chance to look to the future and plan for continued success. We will be offering a series of conversations this fall called Director's Dialogs. I will provide some foundational information and then open the discussion for your thoughts and suggestions. For those interested please register for Director's Dialog and you will be notified of dates and times available. I look forward to your ideas!

Wishing you health and happiness,

Christine Tvaroha
(248) 723-3500
ctvaroha@bloomfieldtp.org



Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West of 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 Brian E. Kepes, Treasurer

David Buckley, Trustee Neal J. Barnett, Trustee

Michael Schostak, Trustee Dani Walsh, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Don Foehr

Victor & Suzanne Goldstein

Tom & Ginnie Richard

BTSS will be closed on:

Saturday, September 1

Monday, September 3

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 and speakers at BTSS events are not necessarily endorsed by BTSS or Bloomfield Township.

Thank You for Your Donations*...Thank you to all who have donated to support BTSS, your contributions & continued support are most appreciated.

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

Gifts/Gratuities Policy

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

Registration / Cancellation / Refund Policies

- We reserve the right to substitute instructors as needed to maintain continuity of classes.
- Registration for confirmed BT patrons only through 8 /18; nonresidents and prorated registrations begin 8/19.
- 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.
- 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. \$5 Cancellation fee + costs incurred (i.e. prepaid tickets).

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

Aquatics: Warm Water Fitness

* Non-residents pay additional \$10 fee per session. Pool is 4 feet deep.

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

Open Swim (FIT30-varies)

Register monthly for unlimited visits during scheduled times. Shower and check in with lifeguard before entering pool. Calendar available online & at Center. *BT Residency required.*

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

Aqua Burn

Cindy Krizmanich

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

Monday **5:30 – 6:30 PM**

Sept 10 - Oct 15 (FIT168-C1802) **6 classes/\$42***

Oct 22 – Nov 19 (FIT168-D1801) **5 classes/\$35***

Aqua Cardio Core

Lisa Chavis

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

Thursday **9:30 – 10:30 AM**

Sept 13 – Oct 18 (FIT118-C1802) **6 classes/\$42***

Oct 25 – Nov 15 (FIT118-D1801) **4 classes/\$28***

Aqua Endurance, Core & Balance (Intermediate)

E. Thomas

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**

Sept 11 – Oct 16 (FIT133-C1801) **6 classes/\$42***

Oct 23 – Nov 20 (FIT133-D1801) **5 classes/\$35***

Friday **11:00 – 12:00 PM**

Sept 14 – Oct 12 (FIT133-C1802) **5 classes/\$35***

Oct 19 – Nov 16 (FIT133-D1802) **5 classes/\$35***

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**

Sept 12 - Oct 10 (FIT96-C1805) **5 classes/\$40***

Oct 17 - Nov 21 (FIT96-D1801) **6 classes/\$48***

Friday **9:30 – 10:30 AM**

Sept 14 - Oct 12 (FIT96-C1806) **5 classes/\$40***

Oct 19 - Nov 16 (FIT96-D1802) **5 classes/\$40***

Aqua Power Aerobics Level 1

Annie Chi

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

Tuesday **4:45 – 5:45 PM**

Sept 11 – Sept 25 (FIT27a-C1801) **3 classes/\$24***

Oct 2 – Oct 30 (FIT27a-D1801) **5 classes/\$40***

Nov 6 – Nov 20 (FIT27a-D1802) **3 classes/\$24***

Thursday **4:45 – 5:45 PM**

Sept 13 – Sept 27 (FIT27a-C1802) **3 classes/\$24***

Oct 4 – Oct 25 (FIT27a-D1803) **4 classes/\$32***

Nov 1 – Nov 15 (FIT27a-D1804) **3 classes/\$24***

Aqua Power Aerobics Level 2

Annie Chi

Fun, fast-paced water aerobics class emphasizing strength and endurance using a variety of equipment. Advanced level class

Tuesday **6 – 7:00 PM**

Sept 11 – Sept 25 (FIT27b-C1801) **3 classes/\$24***

Oct 2 – Oct 30 (FIT27b-D1801) **5 classes/\$40***

Nov 6 – Nov 20 (FIT27b-D1802) **3 classes/\$24***

Thursday **6 – 7:00 PM**

Sept 13 – Sept 27 (FIT27b-C1802) **3 classes/\$24***

Oct 4 – Oct 25 (FIT27b-D1803) **4 classes/\$32***

Nov 1 – Nov 15 (FIT27b-D1804) **3 classes/\$24***

Aqua Resistance Training (Intermediate)

Ernie Thomas

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

Tuesday **8 – 9 AM**

Sept 11 – Oct 16 (FIT146-C1802) **6 classes/\$42***

Oct 23 – Nov 20 (FIT146-D1801) **5 classes/\$35***

Aqua Strong and Fit

Marci Berlin

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

Thursday **8 AM – 9 AM**

Sept 13 - Oct 25 (FIT170-C1803) **7 classes/\$49***

Nov 1 - Nov 15 (FIT170-D1801) **3 classes/\$21***

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**

Sept 10 - Oct 15 (FIT114-C1802) **6 classes/\$48***

Oct 22 - Nov 19 (FIT114-D1801) **5 classes/\$40***

Transportation to the Center is available for select fitness classes. See yellow Services section for info.

Aquacise

Cindy Krizmanich

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

Monday

Sept 10 - Oct 15 (FIT169-C1802)
Oct 22 - Nov 19 (FIT169-D1801)

4 PM – 5 PM
6 classes/\$42*
5 classes/\$35*

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

Sept 13 - Oct 18 (FIT148-C1804)
Oct 25 - Nov 15 (FIT148-D1802)

11 AM – 12 PM
6 classes/\$42*
4 classes/\$28*

Please pre-register! This aids instructors in planning for class size and prevents cancellations.

Fluid Moves

Kathy Housey

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

Wednesday

Sept 12 - Oct 17 (FIT86-C1802)
Oct 24 - Nov 21 (FIT86-D1801)

11 AM – 12 PM
6 classes/\$48*
5 classes/\$40*

H₂O Boot Camp

Annie Chi

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

Saturday

Sept 15 - Sept 29 (FIT32-C1803)
Oct 6 - Oct 27 (FIT32-D1801)
Nov 3 - Nov 24 (FIT32-D1802)

9 – 10 AM
3 classes/\$24*
4 classes/\$32*
4 classes/\$32*

New! Recreational Swim

Ernie Thomas

Non-instructor program designed for individual lap workouts (walking or swim) or working with the water equipment.

No proration or make-up.

Tuesday

Sept 11 – Oct 16 (FIT182-C1801)
Oct 23 – Nov 20 (FIT182-D1801)

11 AM – 12 PM
6 classes/\$30*
5 classes/\$25*

Ultimate H2O

Lisa Chavis

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

Sept 10 - Oct 15 (FIT95-C1802)
Oct 22 - Nov 19 (FIT95-D1801)

9:30 - 10:30 AM
6 classes/\$42*
5 classes/\$35*

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.

Monday - Level 1

Sept 10 – Oct 15 (FIT99-C1803)
Oct 22 – Nov 19 (FIT99-D1801)

2:30 - 3:15 PM
6 classes/\$42*
5 classes/\$35*

Wednesday - Level 2

Sept 12 - Oct 17 (FIT99-C1804)
Oct 24 - Nov 21 (FIT99-D1802)

2:30 - 3:15 PM
6 classes/\$42*
5 classes/\$35*

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.*

Cardio, Core, Conditioning (Three Cs)

Dondra Elie

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

Tuesday

Sept 11 - Oct 16 (FIT109-C1803)
Oct 23 - Nov 20 (FIT109-D1801)

9 – 10 AM
6 classes/\$42*
5 classes/\$35*

Thursday

Sept 13 – Oct 18 (FIT109-C1804)
Oct 25 – Nov 15 (FIT109-D1802)

9 – 10 AM
6 classes/\$42*
4 classes/\$28*

Cardio Dance Party

Maggie Barclay

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

Friday

Sept 14 – Oct 12 (FIT174-C1802)
Oct 19 – Nov 16 (FIT174-D1801)

7:45 - 8:45 AM
5 classes/\$35*
5 classes/\$35*

Cardio Party & Core

Maggie Barclay

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

Sept 10 – Oct 15 (FIT119-C1802)
Oct 22 – Nov 19 (FIT119-D1801)

9 – 10 AM
6 classes/\$42*
5 classes/\$35

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

Cardio Stretch Blast

Lisa Chavis

This intermediate class will start with a warm up, followed by 20-30 minutes of cardio including HIIT blasts to get the heart pumping, followed by 20-30 minutes of rejuvenating stretch.

Monday

6:30 - 7:30 PM

Sept 10 - Oct 15 (FIT172-C1803)

6 classes/\$42*

Oct 22 - Nov 19 (FIT172-D1802)

5 classes/\$35*

Cardio Strength & Balance Level 1

Rhonda Jean

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

Tuesday

12:45 - 1:30 PM

Sept 11 - Oct 16 (FIT136-C1803)

6 classes/\$42*

Oct 23 - Nov 20 (FIT136-D1801)

5 classes/\$35*

Thursday

12:45 - 1:30 PM

Sept 13 - Oct 18 (FIT136-C1804)

6 classes/\$42*

Oct 25 - Nov 15 (FIT136-D1802)

4 classes/\$28*

Cardio, Strength & Balance Level 2

Rhonda Jean

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

Monday

10:30 - 11:15 AM

Sept 10 - Oct 15 (FIT137-C1802)

6 classes/\$42*

Oct 22 - Nov 19 (FIT137-D1801)

5 classes/\$35*

Drums Alive[®]

Mari Ann Pace

High energy rhythmical workout. Combines simple actions - aerobic movements with the powerful beat of the drum using stability balls & drumsticks! Whole body workout!

Thursday

11:30 AM - 12:15 PM

Sept 13 - Oct 18 (FIT47-C1802)

6 classes/\$42*

Oct 25 - Nov 15 (FIT47-D1801)

4 classes/\$28*

HIIT Bursts (High Intensity Interval Training)

Maggie Barclay

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

Monday *NEW DAY!

3:15 - 4:00 PM

Sept 10 - Oct 15 (FIT166-C1803)

6 classes/\$42*

Oct 22 - Nov 19 (FIT166-D1801)

5 classes/\$35*

Wednesday

3:15 - 4:00 PM

Sept 12 - Oct 17 (FIT166-C1804)

6 classes/\$42*

Oct 24 - Nov 21 (FIT166-D1802)

5 classes/\$35*

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. Workout clothing & *clean indoor shoes required*. *BT Residents Only*. **Two business days' notice required for cancellations or rescheduling.**
1 class/\$35

Zumba[®]

Mari Ann Pace/Karen Ockner

Ditch the workout and join the party! Fuses popular, Latin and international music and rhythms. Dance fitness fun for all!

Bring supportive shoes and a water bottle.

Monday (Mari Ann)

5:30 - 6:15 PM

Sept 10 - Oct 15 (FIT78-C1804)

6 classes/\$42*

Oct 22 - Nov 19 (FIT78-D1801)

5 classes/\$35*

Wednesday (Mari Ann)

5:30 - 6:15 PM

Sept 12 - Oct 17 (FIT78-C1805)

6 classes/\$42*

Oct 24 - Nov 14 (FIT78-D1802)

4 classes/\$28*

Saturday (Karen/Mari Ann)

10 - 10:45 AM

Sept 15 - Oct 13 (FIT78-C1806) (KO)

5 classes/\$35*

Oct 20 - Nov 24 (FIT78-D1803) (MP)

6 classes/\$42*

PERSONAL FITNESS

1 on 1 Personal Training (FIT142-VARIES)

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

*Does not include use of open hours. Cancellations/rescheduling must be done within 2 business days of appointment.

Resident 1 session/\$60 2 people @ same time/\$90

Non-Resident 1 session/\$65 2 people @ same time/\$100

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.

Tuesday (Maggie Barclay)

7:30 - 8:30 AM

Sept 11 - Oct 16 (FIT103-C1806)

6 classes/\$96*

Oct 23 - Nov 20 (FIT103-D1801)

5 classes/\$80*

Wednesday (Lola Faleix)

2 - 3 PM

Sept 12-Oct 17 (FIT103-C1807)

6 classes/\$96*

Oct 24-Nov 21 (FIT103-D1802)

5 classes/\$80*

Thursday (Maggie Barclay)

7:30 - 8:30 AM

Sept 13 - Oct 18 (FIT103-C1808)

6 classes/\$96*

Oct 25 - Nov 15 (FIT103-D1803)

4 classes/\$64*

Friday (Lola Faleix)

1 - 2 PM

Sept 14-Oct 12 (FIT103-C1809)

5 classes/\$80*

Oct 19-Nov 16 (FIT103-D1804)

5 classes/\$80*

Fitness Open Hours (FIT02-VARIES)

Pre-requisite: Equipment Orientation/Refresher.

Self-supervised. Exchange BTSS ID for Open Hours I.D. tag and KEEP VISIBLE during each visit. *BT Residency required.* **\$18/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)

WALKING TRACK DROP IN ★

★ Participants scan in at main level reception. **BT Resident Complimentary/ Guest Non Resident \$2**

TABLE TENNIS DROP IN ★

Wednesdays 4 – 5:15 PM Fridays 2:30 - 4 PM

★ Drop In Program: Participants scan in at main level reception. **BT Resident \$3/\$16 monthly. Non Resident \$5**

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) 3:30 PM – 5:15 PM

Thursday (drop in) 2:45 PM – 4:30 PM

Saturday (reservation) (FIT22-VARIES) 12:00 PM – 1:30 PM

★ Drop In Program: Participants scan in at main level reception. **BT Resident \$3/\$16 monthly.**

Guest/Non Resident \$5

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. *For standing, wear supportive shoe. No thongs, sandals or slip-ons; however, bare feet are acceptable.*

Monday (Donna)

11:30 – 12:30 PM

Sept 10 - Oct 15 (FIT56-C1804)

6 classes/\$42*

Oct 22 – Nov 19 (FIT56-D1801)

5 classes/\$35*

Wednesday (Karen)

11:30 – 12:30 PM

Sept 12 - Sept 26 (FIT56-C1805)

3 classes/\$21*

Oct 3 - Oct 31 (FIT56-D1802)

5 classes/\$35*

Nov 7 - Nov 21 (FIT56-D1803)

3 classes/\$21*

Drums Alive® Seated to Standing

Mari Ann Pace

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

Tuesday

1:45 – 2:30 PM

Sept 11 - Oct 16 (FIT98-C1802)

6 classes/\$42*

Oct 23 - Nov 20 (FIT98-D1801)

5 classes/\$35*

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. Intermediate level. *Please bring a mat to class.*

Monday

12:45 – 1:30 PM

Sept 10 - Oct 15 (FIT101-C1803)

6 classes/\$42*

Oct 22 - Nov 19 (FIT101-D1801)

5 classes/\$35*

Wednesday

12:45 – 1:30 PM

Sept 12 - Oct 17 (FIT101-C1804)

6 classes/\$42*

Oct 24 - Nov 21 (FIT101-D1802)

5 classes/\$35*

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

Sept 17 - Oct 15 (FIT139-C1803)

5 classes/\$35*

Thursday

5 – 6 PM

Sept 13 - Oct 18 (FIT139-C1804)

6 classes/\$42*

Mat Pilates

Amy Kane/Karen Ockner

Strengthen your core from the inside out; tighten your glutes and strengthen your back and hips. Fun hands-on, interactive class!

Monday (Amy)

4:15 – 5:15PM

Oct 22 – Nov 19 (FIT155-D1803)

5 classes/\$35*

Thursday (Amy)

5 – 6 PM

Oct 25 – Nov 15 (FIT155-D1804)

4 classes/\$28*

Friday (Amy)

10:15 – 11:15PM

Sept 14 – Oct 12 (FIT155-C1802)

5 classes/\$35*

Oct 19 – Nov 16 (FIT155-D1801)

5 classes/\$35*

Saturday (Amy/Karen)

11 - 11:45 AM

Sept 15 - Oct 13 (FIT155-C1803) (Karen)

5 classes \$35*

Oct 20 – Nov 24 (FIT155-D1802) (Amy)

6 classes/\$42*

Strength & Balance – Level 2

Maggie Barclay

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

Wednesday

8:30 – 9:30 AM

Sept 12 – Oct 17 (FIT80-C1803)

6 classes/\$42*

Oct 24 – Nov 21 (FIT80-D1801)

5 classes/\$35*

Friday

9 AM – 10 AM

Sept 14 – Oct 12 (FIT80-C1804)

5 classes/\$35*

Oct 19 – Nov 16 (FIT80-D1802)

5 classes/\$35*

Stretch Break

Maggie Barclay/Lisa Chavis

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

Monday (Maggie)

8:15 – 8:45 AM

Sept 10 – Oct 15 (FIT163-C1803)

6 classes/\$24*

Oct 22 – Nov 19 (FIT163-D1801)

5 classes/\$20*

Wednesday (Lisa)

7:45 - 8:15 AM

Sept 12 – Oct 17 (FIT163-C1804)

6 classes/\$24*

Oct 24 – Nov 21 (FIT163-D1802)

5 classes/\$20*

ZS3 - Zone, Stretch and Strengthen

Lisa Chavis

Stretching then strengthening muscle groups working all 3 zones; upper, lower and core. Making gains in flexibility, range of motion, balance and strength is our goal. *Please bring mat to class.*

Tuesday

5:30 – 6:20 PM

Sept 11 – Oct 16 (FIT156-C1802)

6 classes/\$42*

Oct 23 – Nov 20 (FIT156-D1801)

5 classes/\$35*

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

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

Wednesday 6:30 - 7:30 PM
Sept 12 - Oct 17 (FIT167-C1802) 6 classes/\$42*
Oct 24 - Nov 14 (FIT167-D1801) 4 classes/\$28*

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 11:30 - 12:30 PM
Sept 11 - Oct 16 (FIT94-C1803) 6 classes/\$42*
Oct 23 - Nov 20 (FIT94-D1801) 5 classes/\$35*

Thursday 10:15 - 11:15 AM
Sept 13 - Oct 11 (FIT94-C1804) 5 classes/\$35*
Oct 18 - Nov 15 (FIT94-D1802) 5 classes/\$35*

Gentle Moves Yoga - Level 2 Maggie Barclay
Move forward in your Yoga practice with more advanced poses & flowing asana geared toward strengthening muscles throughout the body with a focus on the core. Yoga experience and ability to move from standing to floor & back. *Bring yoga mat & water.*

Tuesday 10:15 - 11:15 AM
Sept 11 - Oct 16 (FIT160-C1802) 6 classes/\$42*
Oct 23 - Nov 20 (FIT160-D1801) 5 classes/\$35*

Yoga Focus - Back & Breath Jan Chaney
Begin with a breath practice to bring awareness; then move through sequence of postures focusing on lengthening spine, opening hips and firming the core. End in a rejuvenating posture & short meditation. Must be able to move from floor to standing. *Bring a mat, towel & water. Class held in Community Room B.*

Tuesday 8:30 - 9:30 AM
Sept 11 - Oct 9 (FIT164-C1802) 5 classes/\$35*
Oct 16 - Nov 20 (FIT164-D1801) 6 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.*

Friday 11:30 AM - 12:30 PM
Sept 14 - Sept 28 (FIT152-C1805) 3 classes/\$21*
Oct 5 - Oct 26 (FIT152-D1801) 4 classes/\$28*
Nov 2 - Nov 16 (FIT152-D1803) 3 classes/\$21*

Saturday 8:30 - 9:30 AM
Sept 8 - Sept 29 (FIT152-C1806) 4 classes/\$28*
Oct 6 - Oct 27 (FIT152-D1802) 4 classes/\$28*
Nov 3 - Nov 17 (FIT152-D1804) 3 classes/\$21*

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
Sept 12 - Oct 10 (FIT03-C1803) 5 classes/\$40*
Oct 17 - Nov 14 (FIT03-D1801) 5 classes/\$40*

Continuing Wednesday 10:30 - 11:15 AM
Sept 12 - Oct 10 (FIT03-C1804) 5 classes/\$40*
Oct 17 - Nov 14 (FIT03-D1802) 5 classes/\$40*

SPECIALTY FITNESS PROGRAMS & EVENTS

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.*

Thursday 6:30 - 7:15 PM
Sept 13 - Oct 11 (FIT144-C1803) 5 classes/\$40*
Oct 18 - Nov 15 (FIT144-D1801) 5 classes/\$40*

New! Ernie's Walking Club Ernie Thomas
Walking boosts energy, strengthens muscles and improves health. It's convenient & easy to do, fun on your own or with others. Write down your goals for the "Challenge" and we will keep you focused and motivated to walk. Whether it's losing weight, reducing stress or toning muscles, it's important to make goals. Class will be outside - meet in café.

Tuesday 2:45 - 3:30 PM
Sept 11 - Oct 30 (FIT183-C1801) 8 classes/\$48*

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

Monday 2:00 - 2:45 PM
Sept 10 - Oct 15 (FIT74-C1801) 6 classes/\$36*
Oct 22 - Nov 19 (FIT74-D1801) 5 classes/\$30*

Moving thru - Dance & Parkinson's Mari Ann Pace
Fun dance class for individuals living with PD or limited mobility. Seated and standing at the barre. Includes ballet, theater and folk. Please inform at registration if a caregiver will accompany participant. **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
Sept 13 - Oct 18 (FIT121-C1802) 6 classes/Non Res \$36*
Oct 25 - Nov 15 (FIT121-D1801) 4 classes/Non Res \$24**

We reserve the right to substitute instructors as needed to maintain continuity of classes.

ENRICHMENT

* Non-residents pay additional \$10 fee per session. 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. Unless otherwise noted: Resident \$2. Guest/ Non Resident \$4.

CLUBS / GROUPS

Breakfast Club Facilitator: Ralph Pedersen
Enjoy great speakers, camaraderie and a *light breakfast provided by American House*. All are welcome.

Pre-registration required. **Res \$6/Non-Res \$8**
3rd Wednesday 9:30 - 11:00 AM

Sept 19 (SOC27-C1803) OU Linguistics Spec., K.Sandoval

Oct 17(SOC27-D1801) Booker/Religion in the White House

Nov 21(SOC27-D1802) Chihuly Glass, M Stephens

Chicks with Sticks Facilitator: Chris Muir
Join a friendly group that knits & crochets for infants, foster-care teens & chemotherapy patients – gifts from the heart. At-home knitters needed, too! *Need new or "like new" yarn donations.*
Mondays 1:00 - 3:30 PM

Paper Dolls Facilitator: Arlene Pinkos
Dedicated group designing & selling beautiful repurposed greeting cards. Used greeting card donations are much appreciated. *All proceeds go to Meals on Wheels.*
Thursdays Sept. 13, 27, Oct. 11 1:30 - 4:30 PM

Ancestry Research Club
Self-motivated, inspired, shared genealogy networking. All are welcome. Meets once every three months.

Pre-registration required. **Res \$2/Non-Res \$4**
Tuesday November 13 (SOC46-D1801) **10:30 – 11:30 AM**

BTSS Women's Coffee & Conversation Grace Keane
Enjoy creative conversation and camaraderie.

Pre-registration required. **Res \$2/Non-Res \$4**
4th Thursday 10:30 - 12:00 PM

September 27 (SOC28-C1803)

October 25 (SOC28-D1801)

5th Thursday November 29 (SOC28-D1802)

Book Club Facilitator: Fern Stoffer
1st Friday Books and Leaders subject to change 10:00 –12:00 PM

Pre-registration required. **Res \$2/\$10 Annual/ Non-Res \$4**
September 7 *The Widow, Barton*Rose Obloy

October 5 *The Scent of Saki, Vance*Diana Alexanian

November 2 *The Japanese Lover, Lebra*...Judy Martinek
Books and Leaders subject to change

Gems and Friends Facilitator: Martha McGee
Use rocks, mosaics, gemstones, beads, and bobbles to create fun jewelry and art. Enjoy informal instruction, equipment and supplies available. Donations appreciated and \$2 material fee payable to instructor. Drop-ins welcome!

Tuesdays/Thursdays *No 9/25* **1:00 - 4:00 PM**
Dates subject to change, please call ahead.

CLASSES

Canasta Beginner Class Instructor: Carol Lowen
Beginner or a refresher course with an experienced, fun instructor. *Material fee of \$5 payable to instructor for instruction book & score pad.*

Tuesdays 4 classes/\$80*
Sept. 4,11,18,25 (EDU45-C1801) **10:00 - 12:00 PM**

Canasta Strategy Class Instructor: Carol Lowen
This class is for players who already know the game. Learn strategy, finesse & sharpen your game to be a winner! *\$5 payable to instructor for book & score pad.*

Tuesdays *No class Oct. 16* **4 classes/\$80***
October 2, 9, 23, 30 (EDU46-C1802) **10:00 - 12:00 PM**

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 10:00 – 12 PM 8 classes/\$120*
September 17 – November 5 (EDU12-C1803)

November 12- Jan 14 (EDU13-D1802) *No Class 12/24, 12/31*

Bridge – Advanced & Intermediate J. & C. Bloom
Make your bridge game more fun! Learn skills to be more competitive and techniques to slam more, analyze play, and defend difficult hands. Certified ACBL instructors and silver life masters. *Book fee of \$20 payable to instructor.*

Wednesdays 12:30 – 2:30 PM 8 classes/\$120*
September 12 - Nov 14 (EDU13-C1802) *No class 9/19, 10/31*

November 28 - January 30 (EDU13-D1801) *No class 12/26, 1/2*

GAMES

Billiards (Pool)
Group Play: All levels welcome. **Tues/Thurs. 1:00 - 4 PM**
Other: Wed/Friday 1- 4 PM, Sat. 11 -1 PM. *Call to check availability.* **Res \$2/Res\$14 Monthly/ Non-Res \$4**

Mah-Jongg Play Facilitator: Mary Ann Williams
Tuesdays/Thursdays (*Dates subject to change*) **1:00 – 4:00 PM**
Res \$2/Res\$14 Monthly/ Non-Res \$4

Euchre & Pinochle Facilitator: Joanne Carmichael
All levels welcomed! *No 10/18, 11/15*
Thursdays (*Dates subject to change*) **11:15 - 1:45 PM**
Res \$2/Res\$6 Monthly/ Non-Res \$4

Poker

Wednesdays 12:00 – 3:00 PM

Ladies & gentlemen, enjoy a friendly game of poker. *Please call to confirm play.* Res \$2/Res \$6 Monthly/ Non-Res \$4

Duplicate Bridge

Facilitator: B. Balakrishna

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

Play: 12:30 - 4:00 PM Maximum of 7 tables

Arrival time 12:15 promptly for table assignments.

Duplicate Discussion Bridge

Connie Jaroh

Walk in Group. No Bridge 9/19

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

12:30 - 3:30 PM

Duplicate Discussion Bridge

Judy Mixer

Walk in Group.

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

12:30 - 2:30 PM

Wednesday Evening Duplicate Bridge

Facilitators: Ed Coe 1st & 3rd / Connie Wood 2nd & 4th

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

This is a non-ACBL sanctioned game so no master points are awarded. Every week except the 5th Wednesdays.

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

3:45 - 7:45 PM

MIND UNIVERSITY/AEROBICS (MU/A)

MU/A Overview

Y. Gaydayenko, JFS

Learn how the choices we make can increase brain neuroplasticity and overall cognitive wellness. Following overview, interested participants may register for a complimentary one-on-one assessment to see if this wellness program will be beneficial. Pre-registration required.

Friday, August 24 (EDU68-C1811) 10:00 – 12 PM

MU/A Assessment Appointments

Interested in MU/A? Register for a one-on-one appointment with the MU Coordinator at BTSS. Prerequisite: *Mind University Overview*. Pre-registration required.

Friday August 31 (EDU68-varies) 9:00 – 3:00 PM

Mind University/Aerobics

We make time to go to the gym to strengthen our muscles and keep our bodies healthy and strong. We also need to give our brains regular exercise to optimize our cognitive abilities. The curriculum is based on the concept of neuroplasticity, our brain's ability to create brain connections regardless of age. Focus on activities to target reaction time, visual spatial skills, attention, memory, language and problem solving. Prerequisites: *Overview* and *Assessment*. See schedule.

Monday or Friday & Wednesdays 10:00 – 11 AM

Sept 5 – Nov 21 (EDU68-C1804) 24 Classes/\$240*

BTSS & BTP Library working together..

Thanks to the BTPL for offering great programs at BTSS.

Visit the Library website, www.btpl.org for full offerings.

UNIQUE TOPICS & EVENTS

Unique Topics require preregistration.

Unless otherwise noted: \$ - Res \$3 / Non-Res \$5

For more details please see flyers at Senior Center

Free Downloads from BTPL Facilitator Shayna Houghton
Wi-Fi & hotspot education. Discover free e-book, movies, audiobook, music. Held at BTSS. *Complimentary BT Residents.*

Thursdays 9:30 - 11:00 AM

September 6 (EDU53-C1822) **October 4** (EDU53-D1801)

November 1 (EDU53-D1802)

Expressions Through Language

Karolyn Sandolval

OU Linguistics Specialist

Explore differences in which men & women verbalize.

Gain insight into expressions through language. \$

Thursday, September 6 (EDU53-C1823) 10:30 - 11:30 AM

Patriot Week: Frederick Douglass Judge M. Warren

Through his confidence and words of wisdom he was able to change the national set of values by working to abolish slavery. His actions helped many reach their desired dream of freedom. Frederick's value of determination, balance, expressiveness and freedom encourages others to also learn his values.

Thursday, September 13 (EDU53-C1831) 10:30 – 11:30 AM

Floating Palaces of the Great Lakes Joel Stone, DHS

Steamboats offered amazing comfort, safety & dining experiences over 150 years. Sponsored by Oakmont Rochester, Independent Living Community. \$

Tuesday, September 11 (EDU53-C1824) 10:30 - 11:30 AM

Book Talk w/ BTPL Librarian

Facilitator Karrie Yukon

Learn about some great new titles from one of our expert fiction librarians. *Complimentary BT Resident, at BTSS.*

Wednesday, September 12 (EDU53-C1825) 1:00 - 2:30 PM

DIA Museum Mysteries

Lynne Cookson

Cows at the Opera House? Mystery is defined as something unexplained or inexplicable. Explore mysteries stories, images & newly discovered meanings. Sponsored by Baldwin House. \$

Tuesday, September 18 (EDU53-C1826) 10:30 - 11:30 AM

Pop Up BTPL Librarian

Facilitator Marcia Preston

Get the lowdown on all of the great happenings at the Library, Get reading recommendations, download help and more. *Complimentary, BT Resident, at BTSS.*

Tuesdays, Sept. 18, Oct. 16, Nov.20 1:00 - 2:00 PM

Coffee & Conversation w/ Officer Kelly Marthen

Bloomfield Township Community Relations Officer

Get answers to questions you never thought to ask.

Explore a day in an officer's life and so much more.

Complimentary, BT Resident.

Thursday, September 20 (EDU53-C1827) 10:30 - 11:30 AM

Maiden's Jewelry & Knight's Armor

Maureen Esther, Historian, Story teller - *Special Appearance*
View glorious images of delicate pieces of exquisite self-adornment to gallant metal. Explore the progression of metal-smiths in Europe, AD 500-AD 1603. \$

Monday, September 24 (EDU53-C1828) **10:00 - 11:30 AM**

Polar Bear Capital of the World

M Parent, Photographer
Churchill & Manitoba from a tundra buggy! View migrating polar bear, female's w/cubs and adult males practicing fighting skills. Enjoy great visuals. \$

Tuesday, Sept. 25 (EDU53-C1829) **10:30 - 11:15 AM**

Scottish Bagpipe History

Mike Kahan

This Pipe Major of The Motor City Pipes & Drums, competes in the Highland Games and major events in North America. Live music, visuals, history, and more! \$

Thursday, September 27(EDU53-C1830) **10:30 - 11:30 AM**

AAA Mature Driver Course

Interactive classroom provides tips to help older drivers compensate for changing vision, reflexes and response time. ½ hour break, please bring your lunch.

Pre-registration required. **Res \$20/Non-Res \$30**

Wednesday, October 3 (EDU03-D1801) **10:00 - 2:00 PM**

Senior Moments Book Club

Lisa Ficker, PhD, Geriatric Psychologist WSU

Discover new books and authors with cutting edge ideas to help you age successfully. Open discussion, contact drlisaficker@gmail.com for book list. \$

Wednesday, October 3 (EDU53-D1803) **10:30-11:30 AM**

All About Brain Life-Span

Doctor Naftali Raz, WSU

Age-related brain, heart and mind changes have an impact on cognition, influencing our cardiovascular risk. Learn from an expert. Sponsored by Affordable Home Care. \$

Tuesday, October 9 (EDU53-D1804) **10:30 - 11:30 AM**

Detroit News: Meet Ingrid Jacques

Deputy Editor

There is a lighter side of Ingrid! What's it like to hear the news before it hits the streets? Ingrid is happy to share her many experiences with The Detroit News. \$

Wednesday, October 10 (EDU53-D1805) **10:30-11:30 AM**

Girl in the Red Velvet Swing

Pam Craig

In 1900 Evelyn Nesbit's life was shattered when her millionaire husband murdered her lover, New York architect Stanford White. Explore White's fabulous architecture, and the famous trial. \$

Thursday, October 11 (EDU53-D1806) **10:30 - 11:30 AM**

The Faygo Book

Author Joe Grimm, MSU

Fun nostalgia about Detroit "pop" culture, images, sound tracks & beloved commercials, even have a pop quiz! Book sales & signing. \$

Monday, October 15 (EDU53-D1807) **10:30 - 11:30 AM**

Cutting the Cable Cord

Facilitator Shayna Houghton

Discover how to stream movies and TV shows from popular apps like Netflix, Hulu, and Amazon Video, without cable TV. Complimentary BT Resident, at the Senior Center

Wednesday, October 17(EDU53-D1808) **1:00 - 2:30 PM**

A League of Their Own: Meet Mary Moore

With men in service during WWII, America's pastime continued with the Girls All American Professional Baseball League in 1942. What was it like to be a player? Mary shares photos and treasured stories. \$

1992 Film "League of their Own" follows presentation at 12:00

Thursday, October 18 (EDU53-D1809) **10:30 - 11:30 AM**

Featured Film: A League of Their Own

PG 1992 -2h 8m, Director Penny Marshall also playing the part, Mary Moore. \$ No fee for those who attended the talk.

Thursday, October 18(EDU53-D1810) **12 - 2:00 PM**

Music & History

Stuart Johnson, Music Historian

"Girl singers", big bands, WWII music, and a tribute to the Armed Forces. Enjoy the sounds of this theatrical event. \$

Monday, October 22 (EDU53-D1811) **10:30 - 12:00 PM**

Woman's Self-Defense Awareness

BT Sgt. B. Pizzuti

An empowering presentation designed to teach skills to avoid and prevent confrontation. Be proactive and enhance your safety. Questions call Sgt. Pizzuti 248-433-7769. \$

Tuesday, October 23 (EDU53-D1812) **10:30 - 12PM**

Wildlife Tour of Kenya

R. Baker, Naturalist Endeavors

Leading wildlife tours for 20 years Randy's hands on experience personalizes this extraordinary presentation. \$ Sponsored by Sunrise Senior Living of Bloomfield.

Wednesday, October 24 (EDU53-D1813) **10:30 - 11:30 AM**

Secret Detroit: Guide to Weird, Wonderful, & Obscure

Author, Karen Dybis. Investigate odd, unexpected & extraordinary Motor City stories & tall tales for urban explorers, history buffs, and travelers. Book sales/signing. \$

Thursday, October 25 (EDU53-D1814) **10:30 - 11:30 AM**

History of Detroit Autoworkers

Professor Daniel Clark, Ph. D Historian & Author

Explore unique perspectives through the oral history of retired autoworkers in our region. \$

Wednesday, October 31 (EDU53-D1815) **10:30 - 11:30 AM**

Bars, Beer & Beat of Hamtramck Greg Kowalski Author
2.1 miles nestled inside Detroit, Hamtramck had more than 200 bars, and more per capita than any other city in the U.S., playing roles in history, politics, and the social scene. Explore the historic fascinating journey and the character of the community. \$
Thursday, November 1 (EDU53-D1816) **10:30 - 11:30 AM**

Men of the SS Edmund Fitzgerald Historian, Lori Feret
The bell rang 29 times as the terrible storm sunk the ship with all hands on deck. We know the story, but do we know the WHOLE story about the ship, the men & that fateful night? Sponsored by Alliance Senior Care. \$
Monday, November 5 (EDU53-D1817) **10:30 - 12:00 PM**

Triumph of Orange
Professor Bruce Zeller, OU Historian
The Navy long-planned an amphibious war against Japan, called Plan Orange. When Japan attacked Pearl Harbor the Navy found itself unprepared. Finally the plan began to unfold and the defeat of Japan became inevitable. \$
Wednesday, November 7 (EDU53-D1818) **10:30 - 11:30 AM**

Building a Better Future for All
Dena Vatalaro, Community Manager
Habitat for Humanity of Oakland Co. Come explore the history, future, and mission of an important organization. \$
Thursday, November 8 (EDU53-D1819) **10:30-11:30 AM**

Veterans Day Tribute: World War II Letters H.Peters
Glenn Husted, Whitfield School Principal wrote to his former students while they served in WW II. His return letters highlight their experiences around the world. \$
Friday, November 9 (EDU53-D1820) **10:30 - 11:30 AM**

Detroit Zoo: Animal Welfare
Stephanie Allard PhD, Director of Animal Welfare
What are the Five Freedoms? Discover recent advances in the exploration of animals living in the care of humans. \$
Monday, November 12 (EDU53-D1821) **10:30 - 11:30 AM**

Wolf Moose Project on Isle Royale
D. Anthony, Education Specialist Belle Isle Nature Center
Learn about the longest running predator prey study in the world based in a Michigan treasure. View images of rugged beauty that changes and challenges all who visit. \$
Tuesday, November 13 (EDU53-D1822) **10:30-11:30AM**

The Mackinac Bridge Then & Now
Kimberly Nowack, Chief Engineer MB Authority
Detailing the history of the straits area transportation, building of the bridge, maintenance, projects, and related current events. Don't miss this great opportunity! \$
Thursday, November 15 (EDU53-D1823) **10:30 - 11:30 AM**

John Wilkes Booth: Women Who Loved Him
WSU Dr. Ernest Abel, Author
J. W. Booth died 12 days after assassinating Lincoln. All that was in his pocket was a compass, a candle, a diary and 5 photographs of women who were beautiful actresses and his wealthy fiancée, but all just the tip of the iceberg. Book sales and signing. \$.
Thursday, November 29 (EDU53-D1824) **10:30 - 11:30 AM**

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

BTSS Chamber Music Facilitator Ed Sturgeon
Interested in becoming part of a new musical group? Come practice and play fun music and camaraderie. Flutes, oboe, bassoon (double reeds), French horns, piano and clarinet. \$
Tuesdays *No meeting No 9/4, 9/25* **1:30 - 3:00 PM**

BTSS Band Facilitator: Ed Black
Join the band! Looking for players able to read simple arrangements, brass, reeds & rhythm players, playing pop music from the 30's and on. A chance to dust off rusty skills. Audiences encouraged & appreciated. *Dates subject to change.* \$
Tuesdays **3:00 - 5:00 PM**
Exceptions - Tuesday 9/25 1:00-3:30 No Band 10/30 - Thurs. 11/1 in lieu of.

Jazz Band: Cool & Complimentary!
Syncopation and improvisation - enjoy some of the best jazz around! Lead by our own Ed Black and now sponsored by a generous, anonymous donor. Stop in for hot coffee and a true American art form. No Jazz Band Oct 13.
Saturdays **11:00 - 1:00 PM**

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

Movie Classics ☆ **Movie begins: 1:00 PM**
September 7 "The Way We Were" 1973 1h 58m
October 5 "The Incredible Mr. Limpet" 1964 1h 39m
November 2 "The Sting " 1946 3h 6m

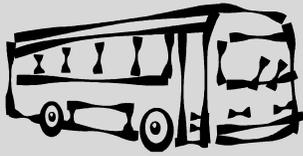
Comedy ☆ **Movie begins: 1:00 PM**
September 14 "Dave" 1993 1h 50m
October 12 "Overboard" 2018" 1993 1h 42m
November 9 "Bruce Almighty" 2003 1h 41m

Movie Mania ☆ **Movie begins: 1:00 PM**
September 21 "Book Club" 2018 1hr 44m
November 16 "Contact" 1997 2h 30m

Documentaries ☆ **Movie begins: 1:00 PM**
September 28 "Mystery of the Flamingos" 2008 1h 40m
October 26 "Mysteries of the Past" 2012 1h

Romantic Comedy
November 30 "It Happened One Night" 1934 1h 45m

"Meals on Wheels"
There are open spots on some of our routes!
Invest in independence and learn more today!
If you, or someone you know, might benefit from receiving a hot meal, please contact:
Donna DeWitte, RN, Nutrition Coordinator, 248-723-3500



BLOOMFIELD TRAVEL

Enjoy the comfort of our new 24-seat coach.
Avoid the stress and fuss; leave the planning and driving to us.

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

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

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

Wicked-Detroit Opera House

Wait List from previous Newsletter

Thursday, August 9 (DAY12-C1801) 9:45 AM – 4:30 PM

Michigan Firehouse Museum - Ypsilanti

Thursday, August 16 (DAY13-C1801) 9:45 AM – 2:00 PM

Docent lead tour of an original 1898 firehouse and modern, multilevel exhibit display area. View a fire engine steamer, early rigs, historic artifacts, memorabilia and the largest collection of fire truck bells in the country. Followed by lunch on your own at Haab's Restaurant. Fee: \$25*

Lunch at the Rattlesnake Club

Tuesday, August 21 (DAY14-C1801) 11:45 AM – 2:45 PM

Have lunch at this River Place treasure. Call for menu options. Fee: \$56*

Windsor River Cruise

Thursday, August 23 (DAY15-C1801) 12:30 PM – 5:00 PM

Enjoy the Canadian and Detroit shoreline, learning about the new Water Retention Plant, History of Hiram Walker, Prohibition Days, the Assassination of Charlie Brooks, the Commemorative Peace Fountain, and the curse of Peche Island. Hear about Windsor's historical connection to Dieppe. Snacks available for sale on the boat. You must have Passport or Enhanced Driver's License. Fee: \$57*

St. Albertus Polish Historic Church

Tuesday, August 28 (DAY16-C1801) 10:30 AM – 2:15 PM

Experience ornately painted ceilings, cross vaults, gilded panels, stained glass windows, & marble communion rails. The twelve lunette panels over the nave arcade, completed about 20 years after the dedication of the church in 1885, depict various churches located in Western Poland. Followed by lunch on your own at Louie's Ham & Corned Beef. Fee: \$25*

The Strand Theatre - Pontiac

Thursday, September 6 (DAY17-C1801) 10:30 AM – 3:15 PM

Following a \$20 million renovation the theatre will now be hosting national and international touring productions in all genres of music, theatrical productions, Broadway, and major comedy acts. Tour the theatre and see a movie. Followed by lunch on your own at Moose Preserve. Fee: \$25*

Ford Rouge Factory Tour –from previous Newsletter

Tuesday, September 11 (DAY18-C1801) 9:30 AM – 3:15 PM

A model of 21st-century sustainable design that showcases how community, business, and environment can thrive together. The Ford Rouge Factory Tour offers awe-inspiring encounters with America's celebrated manufacturing past, present, and future. Followed by lunch on your own at Edison's (Dearborn Inn). Fee: \$38*

Detroit Revitalization Tour

Thursday, September 13 (DAY19-C1801) 8:30 AM – 3:30 PM

Enjoy narrated updates of current and future revitalization, including Downtown's Capitol Park, Hudson site, Q-line, Riverwalk and Waterfront, Southwest Detroit Area: Corktown, Mexicantown, Old Tiger Stadium and more. Followed by lunch on your own at Farmers Restaurant. Fee: \$57*

Tour Little Caesars Arena

Monday, September 17 (DAY20-C1801) 9:00 AM – 2:00 PM

Come tour the new arena and see what's it's all about. Followed by lunch on your own at Sports & Social. Fee: \$41*

Detroit Tigers v Minnesota Twins

Wednesday, Sept19 (DAY21-C1801) 11:30AM–5:00 PM

Senior day at the ball park. Enjoy free hot dog and pop while cheering the tigers on. Tickets are in section 112 on 1st base line. Dress for the weather and lots of walking. Fee: \$49*

2018 Designers Show House

Thursday, September 20 (DAY22-C1801) 8:45 AM – 2:00 PM

The Fisher Mansion built in 1922, is the largest home in the Historic Boston Edison Neighborhood in the heart of Detroit. The three story English Tudor-style mansion features the finest materials and best craftsmanship. Nationally recognized local interior designers will bring this magnificent home into the twenty-first century style and luxury while talented landscapers transform the gardens. Lunch on your own at Town Tavern. Fee: \$57*

Adventures in Dining – Cantoro Trattoria

Tuesday, September 25 (DAY23-C1801) 12:00 PM – 3:30 PM

Italian dining & shopping refined, with its rich and distinct menu. Lunch on your own. Fee: \$19*

BLOOMFIELD TRAVEL

Detroit Princess Riverboat Cruise with Lunch

Thursday, September 27 (DAY24-C1801) 10:15 AM – 3:15 PM
The Detroit Princess is a 5 story riverboat located in downtown Detroit. The two and a half hour cruise takes in the scenery of both Detroit and Windsor, cruising past Belle Isle and up to the mouth of Lake Saint Clair. Fee: \$62*

Mariners' Church

Friday, September 28 (DAY25-C1801) 10:15 AM – 2:30 PM
The 175-year-old church is known around the world from those famous lines in Gordon Lightfoot's ballad "The Wreck of the Edmund Fitzgerald". Old Mariners' was founded by Julia Anderson, who established Mariners' in 1842 and specified a stone church (built for the ages) with "forever free" pews. It's now listed in the National Register of Historic Places. Followed by lunch on your own at Pegasus Tavern. Fee: \$25*

Adventures in Dining – Amore da Roma

Friday, October 5, (DAY01-D1801) 11:45 AM - 2:30 PM
It is an exciting time in Detroit! Chef Guy Pelino has been a part of the Italian cuisine culture here for over 25 years. He is thrilled to contribute to the revitalization of Eastern Market, while maintaining the history of the original Roma Cafe in both recipes and atmosphere. Lunch on your own. Fee: \$10*

Opera – Eugene Onegin MOT Dress Rehearsal

Thursday, October 11 (DAY 02-D1801) 9:45 AM – 4:30 PM
Pyotr Ilyich Tchaikovsky
Tchaikovsky's story of love and loss, known for its rich orchestration and beautiful melodies. Followed by lunch on your own at the Jolly Pumpkin. Fee: \$52*

DSO Dancing in the Street

Friday, October 12 (DAY03-D1801) 9:30 AM – 3:30 PM
It was the music made in Detroit that called out as an invitation across the nation. Celebrate Motown and artists like Marvin Gaye, The Four Tops, Martha Reeves, Diana Ross and The Temptations with a program of smash hits, including "Ain't No Mountain High Enough," "Dancing In The Street," "My Girl," and more. Followed by lunch on your own at Santorini. Fee: \$70*

Tour Art House

Tuesday, October 16 (DAY04-D1801) 9:45 AM – 2:45 PM
Originally the Elisha Taylor home, a Gothic Revival completed in 1872. It is located in the historic Brush Park neighborhood just north of downtown Detroit. Its' original interiors have been preserved, and served as a center for art and architectural study and a tour destination for those wanting to relive an era of graciousness that was once found in the city of Detroit when it was known as the "Paris of the Midwest". View period furnishings, artworks, and artifacts spanning 2000 years. Followed by lunch on your own at Ottava Via. Be prepared for walking, stairs & standing. Fee: \$47*

Bharatiya Temple Tour

Thursday, October 18 (DAY05-D1801) 10:30 AM – 2:30 PM
This will be a docent lead tour of a Hindu Temple.
A Hindu temple or mandir is a structure designed to bring human beings and gods together, using symbolism to express the ideas and beliefs of Hinduism. The symbolism and structure of a Hindu temple are rooted in Vedic traditions. Followed by lunch on your own at Bahama Breeze. Fee: \$30*

DSO The Firebird

Friday, October 19 (DAY06-D1801) 9:30 AM – 3:30 PM
Fabien Gabel, Conductor, Tomasi, concerto for Trumpet
TCHAIKOVSKY "Tempest", TOMASI "Concerto for Trumpet"
STRAVINSKY "Song of the Nightingale", STRAVINSKY "The Firebird Suite" (1919) Followed by lunch on your own at Café Muse. Fee: \$56*

Elmwood Cemetery Tour

Monday, October 22 (DAY07-D1801) 9:30 AM – 2:45 PM
Explore the oldest non-denominational, continuously operating cemetery in Michigan that began in 1846, whose design was, inspired by Mount Auburn in Cambridge, Mass. by a prominent landscape architect, Frederick Law Olmsted, who contributed to Elmwood's 2015 arboretum certification – Detroit's first certified arboretum. Followed by lunch on your own at Sindbads. Fee: \$25*

Oakmont Rochester Tour

Tuesday, October 23 (DAY27-D1801) 10:45AM – 2:00 PM
Tour of Oakmont Rochester, Rochester Hill's Independent Living Community. Enjoy a walking tour and an opportunity to meet residents followed by lunch at Oakmont. Transportation on Oakmont bus. *Pre-registration required.* No fee*

Arsenic & Old Lace – Meadowbrook

Wednesday, October 24 (DAY08-D1801) 11:25 AM – 4:45 PM
This classic comedy involves two spinster sisters who have taken to murdering lonely old men by poisoning them with elderberry wine laced with arsenic. When their nephew Mortimer discovers their latest dead body in the window seat, he fears he may have to break off his engagement to protect his fiancée from his crazy family. Begin with lunch on your own at Loccino Italian Grille.
Please register by September 24. Fee: \$53*

Feelin Groovy – Hartland

Thursday, October 25 (DAY09-D1801) 10:30 AM – 4:00 PM
Sing and dance your way through the 60's. Presented by the Sage performers. Begin with lunch on your own at Mackle's. Fee: \$36*

BLOOMFIELD TRAVEL

The Parade Company

Thursday, November 1 (DAY10-D1801) 9:45 AM – 2:45 PM
America's Thanksgiving Parade is one of the largest and most spectacular Parades in the United States! Every November, something magical happens on Detroit's historic Woodward Avenue, a holiday tradition that dates back to 1924. Come see how it all comes together. Lunch on your own at Union Street Station. **Fee: \$39***

DSO Cirque De La Symphonie

Friday, November 2 (DAY11-D1801) 9:30 AM – 3:30 PM
Back by popular demand, it's Cirque de la Symphonie! Orchestra Hall will once again be the setting for aerial acrobats, gravity-defying feats, contortionists, strong men, jugglers and more! Choreographed to live music performed by the DSO. Followed by lunch on your own at Lockhardt's. **Fee: \$70***

The Barber of Seville – MOT

Thursday, November 8 (DAY12-D1801) 9:45 AM – 4:15 PM
Rossini's perfectly honed treasure survived a famously disastrous opening night (caused by factions and local politics more than any reaction to the work itself) to become what may be the world's most popular comic opera. Several of its most recognizable melodies have entered the general musical unconscious, most notably the introductory patter song of the swaggering Figaro, the barber of the title. The opera offers superb opportunities for all the vocalists, exciting ensemble composition, and a natural flair for breezy comedy that has scarcely been equaled since. Followed by lunch on your own at Small Plates. *Register by Oct 8.* **Fee: \$52***

Shopping at the Rust Belt Market

Friday, November 9 (DAY13-D1801) 11:15 AM – 3:30 PM
This is a great place for those looking for unique hand-crafted items and gifts in Ferndale. Packed full of unique shops. You can find treasures around each corner. Begin with lunch on your own at Green Space Café. **Fee: \$20***

Flower Demonstration & Tour – Nordlie's

Monday, November 12 (DAY14-D1801) 9:00 AM – 2:15 PM
For over 80 years, Nordlie's has been providing fresh flowers & plants as well as floral supplies and other interior design goods to retailers. They are not open to the public, so this is your chance to get inspiration from one of the best! Enjoy a floral arranging demonstration and a tour of their facility; also you will be able to purchase some goodies. Lunch on your own at Master's. **Fee: \$30***

Royal Oak Historical Society Museum

Wednesday, Nov 14 (DAY15-D1801) 10:00 AM – 1:30 PM
Founded in 1939, look back in the history of Royal Oak and you may be surprised by what you find. Followed by lunch on your own at Jim Brady's Detroit. **Fee: \$23***

DSO Tchaikovsky Symphony No. 4

Friday, November 16 (DAY16-D1801) 9:30 AM – 3:30 PM
John Storgårds, conductor Pekka Kuusisto, violin ANTHEIL "Over the Plains", DANIEL BJARNASON "Violin Concerto" TCHAIKOVSKY "Symphony No. 4". Followed by lunch on your own at Town Tavern. **Fee: \$56***

Libbey Glass 1818 – 2018 Toledo Art Museum

Tuesday, November 20 (DAY17-D1801) 9:00 AM – 4:00 PM
To commemorate the 200th anniversary of the Libbey Glass Company and its tradition of excellence in glassmaking, the TMA has organized this major exhibition of glass that shares the story of American ingenuity in glass making. View more than 175 outstanding examples of glass from TMA's renowned collection, as well as objects and materials from the Libbey Inc. archives, including pressed glass tableware, Amberina art glass, Libbey's world-renowned "brilliant" cut glass (including TMA's glorious Libbey Punch Bowl), mid-century modern barware and examples of more recent "premium give-away" glasses for companies like Pizza Hut and McDonalds. Throughout its history, Libbey Glass Company has created a great variety of decorative and useful blown and pressed objects in both colorless and richly colored glass, at times decorated with cutting and engraving. Its success helped to brand Toledo as "The Glass City." The Libbey family co-founded TMA in 1901 and their generous endowment continues to sustain the Museum. Followed by lunch on your own at Manos Greek Restaurant. **Fee: \$35***

Van Hoosen House, Railroad & Quilt Exhibits

Tuesday, November 27 (DAY18-D1801) 10:00 AM – 3:15 PM
The Rochester Hills Museum at Van Hoosen Farm is surrounded by sixteen acres of rolling park grounds. Stoney Creek, once was the power source for five mills in this area. Come see these Great exhibits. Followed by lunch on your own at Bigalone Wood Fired Cucina. **Fee: \$28***

Diva Royal – Purple Rose Theatre

Wednesday, Nov 28 (DAY20-D1801) 11:15 AM – 6:15 PM
Diva Royale is a spectacular farce, brought to us by the author of such comedies as Escanaba in da Moonlight, The Tropical Pickle and Norma & Wanda. The play follows the exploits of three midwestern stay-at-home moms who plan a last minute trip to NYC to see their favorite star, Celine Dion, perform and maybe experience a bit of the romance lacking in their lives. As soon as they get on the plane, things go very wrong, resulting in an evening of side-splitting hilarity. *Contains adult language & content. Start with lunch on your own at Smokehouse 52. Please register by November 12. **Fee: \$56***

BLOOMFIELD TRAVEL

Bugs Bunny at the Symphony – DSO

Friday, November 30 (DAY19-D1801) 9:30AM – 3:30 PM
Bugs Bunny at the Symphony II celebrates the world's most beloved Looney Tunes and their legendary stars projected on the big screen with original scores played LIVE by the DSO. Conducted by George Daugherty and created by Daugherty and David Ka Lik Wong, this new concert (and its predecessors Bugs Bunny on Broadway and Bugs Bunny at the Symphony II has delighted millions of concertgoers around the world, with acclaimed classics like *What's Opera, Doc?*, *The Rabbit of Seville*, and *Rhapsody Rabbit*, alongside eye-popping brand new Warner Bros. 3D theatrical shorts *Rabid Rider* and *Coyote Falls*, plus special guest stars Tom and Jerry! Followed by lunch on your own at Inn Season Café. Fee: \$70*

Christmas Wild Lights at the Zoo

Monday, December 3 (DAY21-D1801) 4:30 PM – 8:00 PM
The Detroit Zoo will light up the night again this holiday season with Wild Lights, a spectacular light display. More than five million LED lights will illuminate trees, buildings and more than 230 animal sculptures throughout the front half of the Zoo. Experience the magic of the Detroit Zoo in winter as you take in the lights and the sights. Begin with dinner on your own at Cork Wine Pub. *Walking*. Fee: \$31*

The Detroit Club

Tuesday, December 4 (DAY22-D1801) 12:00 PM – 3:00 PM
This historic clubhouse in downtown Detroit had extensive renovations and is now open! New owners invested in updating the four-story, 1892 Detroit Club building. Lunch on your own. Fee: \$19*

Culinary School – Fifty-One 0 One Restaurant

Tuesday, December 11 (DAY23-D1801) 10:45 AM – 1:30 PM
Welcome to Henry Ford College's student run restaurant! Join them for a gourmet dining experience at surprisingly affordable prices. The restaurant is operated by the students and staff of HFC's Hospitality Studies Program. The individuals you see working are students learning to be future hotel and restaurant managers, chefs, dining room personnel, and other hospitality industry professionals. Lunch on your own. Fee: \$19*

DaVinci Machines & Robotics – Cranbrook

Thursday, December 13 (DAY24-D1801) 10:00 AM – 2:30 PM
Created by The Artisans of Florence International in collaboration with The Niccolai Group, this exhibition consists of over 75 exhibits, reconstructed from the manuscripts (Codices) and drawings of 15th century Renaissance Man Leonardo da Vinci. Exploring and connecting his studies in nature, anatomy, mechanics, flight, and robotics. This exhibition demonstrates how Leonardo's work is more relevant in today's scientific world than 500 years ago when he first conceived his amazing ideas. Features include Leonardo's amazing flying machines, nautical, hydraulic and architectural innovations, groundbreaking applications of civil engineering, artwork, and incredible war machines. Followed by lunch on your own at Bill's. Fee: \$34*

DSO Strass: Der Rosenkavalier

Friday, December 14 (DAY25-D1801) 9:30 AM – 3:30 PM
Nikolaj Znaider, conductor Jean-Guihen Queyras, cello
R. STRAUSS "Suite from Der Rosenkavalier"
R. STRAUSS "Dance of the Seven Veils" from Salome
Followed by lunch on your own at Meriwether's. Fee: \$56*

Home for the Holidays – DSO

Friday, December 21 (DAY26-D1801) 9:30 AM – 3:30 PM
Share Detroit's favorite holiday musical tradition and thrill to the spectacle of the season. Lawrence Loh leads a sparkling celebration with carols and classics that sells out each year, and "Yes, Virginia, there will be a Santa Claus"! Followed by lunch on your own at Duggan's Irish Pub. Fee: \$70*

Buy A Brick Program

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

One size 4" x 8" available for a contribution of \$150. Order forms are available in the center and online at www.seniorservices.org.

Orders will be collected over the Summer and installation will occur Fall 2018.

Special thanks to our Summer 2018 Sponsors:

Samaritas Senior Living	First & Main
Baldwin House	Sunrise Senior Living
Alliance Senior Care	Woodward Hills
Cedarbrook Senior Living	American House
BrightStar Care	St. Anne's Mead

Special Pricing - all classes!
Residents \$3 Non-Residents \$5

Fitness Spotlight Week

Sept 4th - 7th

TUESDAY 9/4

Yoga Focus: Back & Breath
8:30-9:30 a.m.
(TRYIT18-65)

Seated Drums Alive
1:45-2:30 p.m.
(TRYIT18-66)

Ernie's Walking Club
2:45-3:30 p.m.
(TRYIT18-67)

AQUA
Recreational Swim
11:00-12:00 p.m.
(TRYIT18-68)

WEDNESDAY 9/5

**Strength & Balance
Level 2**
8:30-9:30 a.m.
(TRYIT18-69)

Chair Yoga
11:30-12:30 p.m.
(TRYIT18-70)

HIIT Bursts
3:15-4:00 p.m.
(TRYIT18-71)

Gentle Flow Yoga
6:30-7:30 p.m.
(TRYIT18-72)

AQUA
Aqua Fit
9:30-10:30 a.m.
(TRYIT18-73)

THURSDAY 9/6

Cardio Dance Party
9:00-10:00 a.m.
(TRYIT18-74)

AQUA
Aqua Strong & Fit
8:00-9:00 a.m.
(TRYIT18-75)

FRIDAY 9/7

Mat Pilates
10:15-11:15 a.m.
(TRYIT18-76)

Yoga for Well Being
11:30-12:30 p.m.
(TRYIT18-77)

AQUA
Aqua Fit
9:30-10:30 a.m.
(TRYIT18-78)

**Aqua Endurance,
Core, & Balance**
11:00 a.m.-12:00 p.m.
(TRYIT18-79)

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

Instructor Spotlight!

Karen Lutz Lori Harbour
Amy Kane Jan Chaney
Andrew Tallman

Sponsored by



Special thanks to our Fall 2018 sponsors:

Woodward Hills

A **Beaumont** Affiliated
Health & Rehabilitation Center



Samaritas
Senior Living



BALDWIN HOUSE



CEDARBROOK
SENIOR LIVING
— BLOOMFIELD HILLS —



**American
House** 
SENIOR LIVING COMMUNITIES

first&main.

ASSISTED LIVING | MEMORY CARE



Hinderliter
HEARING SERVICES



OAKMONT.
Rochester



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

FALL 2018

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Grief & Loss Support Group

Facilitator: Claudia Been MA, Hospice of MI

The focus of the group is to express feelings & experiences related to loss in a supportive & caring environment. Practical handouts will be provided. Call Claudia at 248-334-1323 for more information. Provided for BT Residents.

Pre-registration required at 248-723-3500.
September 26 (EDU68-C1803) 2:30-3:30 PM
October 18 (EDU68-D1801) 2:30-3:30 PM
November 15 (EDU68-D1802) 2:30-3:30 PM

Medicare Coverage & Prescription Drug Plans Counseling

(SVC14-VARIES)

BTSS, in cooperation with the Area Agency on Aging, offers counseling to residents regarding Medicare coverage and prescription drug plans. Register for private consultation with a certified Medicare counselor. **12 - 4 PM**

Third Friday of each month
9/21, 10/19, 11/16

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. 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

3rd Wednesday of Month 5:30 – 7:00 PM

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

To register call 248-996-1058.



MINOR HOME REPAIR

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

<u># in Household</u>	<u>Max. Household Income</u>
1	\$39,700
2	\$45,400

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

Housing Counseling Services

Oakland County Community & Home Improvement

Get **FREE** confidential advice about:

- *Preventing Foreclosure
- *Reverse Mortgages
- *Credit and Budget issues
- *Benefits check up

Certified County advisors offer housing information, education and referrals in a free, confidential setting. Serving Oakland County for over 40 years.

For more information call: **248-858-5402**

Medicare Assistance Program

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

- Understanding Medicare
- Explaining Prescription drug coverage
- Review supplemental insurance needs
- Understanding Medicare health plans
- Application to Medicare Saving Programs

Counselors will be on site to serve Township residents aged 62+ on **October 30th, 9AM-4PM**
Pre-registration required. 248-723-3500

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.

3rd Wednesday 2 - 3:30 PM
Sept. 19th, October 17th, November 21st

NUTRITION SERVICES

For seniors age 62 years and older within our service area. 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"

Home delivered meals are available for seniors who have considerable difficulty shopping for and preparing complete meals independently. Meals are delivered by volunteers Monday - Friday between 10 AM and Noon. Seniors may choose to receive meals one to five days weekly. There is a cost for this program and support for low income residents. In addition to a nutritious meal, "Meals on Wheels" also acts as a safety net for seniors by providing a pleasant contact with our wonderful volunteers with each meal. (Referrals from the community are handled in a very confidential way.)

NUTRITIONAL SUPPLEMENTS

With medical necessity Ensure[®] products may be ordered monthly at a reduced cost from retail prices. A physician's order is required and must include:

- 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 3rd Wednesday of each month from 11 AM - 12:30 PM.

9/19, 11/21

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).

Community Resources

Legal Questions and Assistance

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

Oakland County Dental Program

Program serves the basic dental needs of low-income OC residents who lack dental insurance. Not insurance plan. Call (248) 858-1306 or toll free (888) 350-0900 ext. 81306.

Financial Help For Adults 60+

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

Medicare Basics 101

(EDU56-C1801)

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

Registration required.

Tuesday, September 4th 12-2:30 pm

"Meals on Wheels"

**There are open spots on some of our routes!
Invest in independence and learn more today!**

If you, or someone you know, might benefit from receiving a hot meal, please contact:

Donna DeWitte, RN, Nutrition Coordinator, 248-723-3500



Fall Candy Collection



Share Halloween with our "Meals on Wheels" clients by donating small individually wrapped candies. Drop off candy at BTSS before October 25th. Join us October 26 at 1:30 PM to pack for distribution. Call Denise (248-723-3500) if you are available to help package.

VOLUNTEERING



Volunteering is important to long and healthful lives.

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.

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Susan Bellefleur * Molly Beresford * Leroy Bliven * Reg Campbell * Cindy Clement * Jerry Craig * Emily Day * Judy Dennis * Judy Dixon * James Doyle * Mike Dunigan * Ed Francis * Judy Geppert * Barbara Glotzhober * Carol Goldstein * Nancy Haddad * Lorna Hall * Rob Heeren * Cindy Herzberg * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Jean Ivory * Pat Jacoby * Janet & John Kaczmarek * Lisa Kraus * Linda Lin * Marcie Lloyd * Lisa Longe * Anders Lundberg * Darcy MacKenzie * Doug & Joan Mann * Frank Maple * Kathy May-Abler * Richard May * Carlos Mazzorin * Kelly McGinnis * Jim Mellow * Beth Mergel * Claire Michelini * Debbie Mitchell * Judith & Richard Moxley * Walter Oehrlein * Linda Palmer * Lee Ann Pantalone * Christine Peterson * Chuck Pokriefka * Curtis Pope * Marie Pryce * Kathy Reese * Renate Reimer * Tom Richard * Krishna & Ranjit Roy * Gerald Schmidt * Karen Sharp * Theresa & Mike Shea * Mary Shepline * Tom Storen * Connie Szymczak * Steven Unruh * Mary Van Dagens * Patricia Wagner * Lynn & Corey Wert * Kathleen Wilson * Jim Wolfe * Rasheeda Zafar

Thank you volunteers! 1500 + Hours in April-June

Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appointment Drivers, 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 * William Brownfield * Doreen Bull * Sharon Butler * Virginia Bennett * Pat Caplin * Joanne Carmichael * Valerie Carrick * Janet Cassise * Anneliese Champion * Ann Christ * Spring Clarke * Ed Coe * Cathy Cory * Jerry Craig * Sarah Davis * Marquerite Davidson * Vivian Dezur * Barbara Dinneweth * Corrinne Dowell Dawn Dykema * Janet Enguehard * Steve Eskoff * Nancy Exner * Ed Figura * June Fisher * Shirley Franklin * Judy Geppert * Klaren Gerhart * Mona Gibson * Barbara Glotzhober * Carol Goldstein * Irene Grady * Sangeeta Grewal * Daena Grifka * Pat Hamburg * Joyce Hancock * Lorraine Hannah * Kathleen Holleran * Shirley Horvath * Sharon Houghtby * Connie Jaroh * Sandy Jeffries * Beth Johnson * Barbara Joiner * Pat Joyner * Lois Kafarski * Grace Keane * Connie Kenty * Young Kim * Tony Klemmer * Sunny Kohli * Lisa Kraus * Patricia Kubik * Elaine Lamb * Marge Lazarou * Christie Lehmann * Jenny Lenzi * Paulette Lerman * Keith Lewis * Linda Lewis * Anita Linet * Jill Lopez * Gail MacInnes * Liz Mahoney * Gretchen Mako * Mentha Manning * Michael Martin * Vani Manyam * Janet Mathews * Catherine Matti * Martha McGee * Judy Michau * Karen Miller * Pat Miller * David Mitchell * Richard Moxley * Chris Muir * Debbie Mullins * Vara Navaluri * Joan Nedeljkovic * Lucille Noraian * Jo Nott * Lois Page * Kay Patel * Ralph Pedersen * Mike Peters * Christine Peterson * Arlene Pinkos * Deanna Ralston * Rama Reddy * Judy Reichelt * Renate Reimer * Tom Richard * LuAnn Rooney * Dawn Roth * Pat Schleif * Kathy Schultz * Reenie Shannon * Theresa & Mike Shea * Mary Shelly * Judy Simony * Carol Sipsock * Francisca Soliven * Judy Stahl * Bernard Stuecheli * Marcia Suszan * Nancy Tanke * Valerie Timmis * Linda Tithill * Steven Unruh * Anjali Vale * Mary Van Dagens * Peggy Walker * Stanton Walker * Martha Wells * Patricia Whittedge * Suzanne Winn * Diana Wise * Jessica Wollan * Laura Wooton * James Worley * Anjel Yessayan * Jean Young * Rasheeda Zafar * Janice Zehnder *

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 Social Model ADS?

Adult day service is a unique opportunity for older adults experiencing dementia. Social model ADS provides non-medical supervision in a safe and engaging setting to those living in their homes who do not need 24-hour care*. The service allows them to remain connected to their community and engage in meaningful friendships.

Adult Day Service also provides family caregivers respite and compassionate staff create a partnership in care. Caring encouragement from a well trained staff go hand in hand with the welcoming camaraderie between club members.

* Medical model ADS has medical professionals on staff and offers care to those with higher levels of need. Friendship Club is not a medical model ADS.



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:

- ♦ Coordination of the participants' care plan
- ♦ Monthly caregiver support meetings
- ♦ Supportive counseling for participants and family members



Admission and Enrollment

An intake 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.

Transportation options may be added with enrollment if staffing capacity is available.

Activities Programming

We provide therapeutic activities and structured socialization to meet the strengths and needs of people with dementia. A diverse selection of activities include: creative arts and crafts, board and card games, baking, gardening, reminiscence therapy, pet visits, exercise programs and group discussions. Music providers visit several times a week.

Nutrition includes 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.



Eligibility Criteria

ADS is not a guaranteed service and enrollment includes consideration of the person's abilities and needs in light of our abilities to maintain our therapeutic setting. The program may enroll people 50 years of age or older who are living with dementia, which has been diagnosed by a physician. The person would benefit from a structured activities program, based on the assessment by our Social Worker and a Health Screening Summary completed by their physician. The 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.