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PRESS

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# Bloomfield Township Senior Services



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## Expanding Opportunities

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# Join the 'FITNESS FRENZY'

By Jane Peterson

Special to The Oakland Press

The Bloomfield Township Senior Center is a vibrant, active place. Nowhere is that more apparent than in the many fitness classes that are available for people of all skill levels and abilities.

Walk into the center at any time and chances are there is some sort of fitness class going on – aquatics, cardio, strength training, dance, seated exercises and mind and body classes that work the body while soothing the soul.

Fluid Moves, for example, is a basic aquatic aerobic routine designed to elevate the heart rate followed by a series of stretches that utilize various pieces of pool equipment ranging from noodles and buoys to balls and kickboards. Eric Nielsen enjoys this class as well as the Easy Does It Chair class.

He said the classes work out different muscle groups and as a result, he has experienced increased muscle strength.

Strength training is essential for seniors, said Maggie Barclay, Fitness Coordinator for the Bloomfield Township Senior Center. It helps with bone density and strengthens muscles to increase balance and reduce stress on joints. These can lead to better mobility.

"It's never too late to get started," she said.

Many classes at the Bloomfield Township Senior Center are open to people of all abilities as the exercises can be modified for individuals. Zumba Gold®, for example, is a dynamic workout with moves that can easily be modified to its popular Latin and international rhythms.

Barclay said Zumba® is by far the best workout she's ever taught. She likes that the program trains instructors



Special to the Oakland Press/JOSE JUAREZ  
Maggie Barclay, Fitness Coordinator, is leading this class called Ultimate H2O.

to teach the class in a manner that makes everyone feel comfortable and successful. It emphasizes the spirit of giving through fundraising efforts for many charities as well.

Drums Alive® allows members to participate while seated or standing to the powerful beat of a drum. It is so fun people "forget" they are exercising.

There is also a lot of buzz about the new PiYo class. PiYo blends all the best aspects of Pilates, yoga and dance into a unique workout that focuses on sculptured abs, core strength and stability. It is a complete body workout that can be taught at different levels with modifications as needed.

"It is a combination of two popular programs," said Barclay.

Mary Woo and Pat Leon are two longtime Bloomfield Township Senior Center members who enjoy the pool area and participate in water aerobics classes.

Leon said the instructors make the classes fun because they vary the routine, describe the correct way to do the exercises and explain

how the exercise impacts the body and applies to one's overall health.

Woo, who also likes the open swim opportunities, says the pool is a good size, the temperature is always warm and inviting and the staff members and fellow participants are fabulous.

She feels like she's doing something good for body and her mind. Not only does she receive a great workout, but she has met some wonderful friends with whom she has common interests with. They share all kinds of information, tips and stories as well as support each other.

Leon feels the same way about the friendships she has developed at the center. She also appreciates that the pool is clean, the lifeguard is alert, the locker room is clean and that the extended hours allow her some flexibility.

Some people go swimming just for this social interaction and spend most of their time in the pool floating about with friends nearby. Others are more serious about their work outs and get right to work completing laps. Some are recovering from knee or hip replacements and use the

pool for a follow up to rehab. "You can do as much as you want or a little as you

want," said Woo, who can often be found at the pool three to four times a week.

"The center tries to accommodate people and their needs."

Walk with Ease, taught through the Arthritis Foundation, teaches participants how to build and maintain a quality walking program. Walking provides a wealth of health benefits, including increased flexibility, strength and stamina. The class offers safety tips and also provides participants with a book and pedometer to help measure their progress.

"Walking is for everybody," said Barclay. "This class is geared toward getting people up and moving."

Bloomfield Township Senior Center staff members listen to member requests and add new fitness classes to the schedule regularly. Some

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# and take some classes!

new fitness classes that have been recently added include:

- **Small Group Personal Training**, which gives members personalized attention to assist them in achieving their health and wellness goals. Members take a private fitness assessment and individual re-evaluation at the end of class.

- **Barre Balance** incorporates some basic ballet moves at the barre, but mainly focuses on balance and strength training exercises. Participants complete exercises like squats or toe touches while holding on to the barre, said Barclay.

- **Tai Chi**, This popular class will begin an evening session for those who find it more convenient to attend class later in the day. The teacher is a master instructor and is excited be able to introduce more members to this powerful fitness program.

- **Golf Conditioning** helps members work on their



Maggie Barclay, Fitness Coordinator with Mary Woo.

functional strength, including core training, in order to increase flexibility, coordination and balance. These are muscles used during golf, so higher golf scores could be a benefit as a result to some extra attention paid to these muscles.

- **Line Dancing**, which promises to be a fun, active class that will make exercising seem like a dance party, is now offered with a new

instructor.

Other fitness classes include yoga, chair yoga and many others. To accommodate varying schedules, evening and Saturday fitness classes are also available. Check out the complete schedule online at [www.bloomfieldtpw.org/seniors](http://www.bloomfieldtpw.org/seniors)

In addition to the numerous classes, both the pool



Lifeguard Ernie Thomas

## Fitness Classes

35 per week

Zumba Gold  
Barre Balance

Pi-Yo  
H2O Interval

Osteoball

## Classes

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# The Friendship Club is full of fun, engaging activities that stimulate the mind

By Jane Peterson

Special to The Oakland Press

Whenever there was music playing at the Friendship Club, chances were Bruce Fisher was up dancing to the rhythm. His wife, June, said he always looked forward to the time he spent there, but music was his personal favorite.

Music is a universal language that everyone can enjoy. It has been said to have a powerful effect on those affected by dementia or Alzheimer's because the melodies strike a chord in the heart and take people back to good memories in their lives.

Bloomfield Township Senior Services' Friendship Club, a day service for older adults with progressive memory disorders, has musical performers visit regularly to play the guitar, sing, play the piano and interact with participants. They make sure everyone is engaged in the process whether that means tapping their feet, swaying to the rhythm or playing a percussion instrument, like drumsticks, a tambourine or maracas.

A former dance teacher, volunteer Judy Stahl is helping to create an exercise experience for Friendship Club members. She is impressed with the way they connect with the music.

"It's what I think dance is all about," she said. "I see the smiles on their faces."

The Friendship Club is a busy place that emphasizes lots of activities designed to engage members. Professional caregiv-

ers provide an upbeat, stimulating environment where participants enjoy art therapy, cooking, conversation, hobbies, exercise, gardening, games, reminiscence and pet visits.

Volunteer Catharine Matti said when the focus is on gardening, several related activities are planned as well. They have members help to plant, pick produce and prepare the fruits and vegetables and then serve for the whole group to enjoy.

Specialty therapies like the music program and art and pet therapies play an important role at Friendship Club. The goal is to continue to mentally stimulate and challenge participants while lifting their spirits and nourishing their souls. These types of activities have been shown to boost memory recall, increase positive changes in mood and reduce boredom.

Steve Shelfoon's mother, Dolores, continues to enjoy the art program. A retired emergency room physician, Dolores is a respected member of the medical community and a pioneer for women in the field. When she graduated in 1958, there was only one other woman in her class, he said.

When she was diagnosed with mild to moderate dementia, Shelfoon knew he needed a resource that would keep his mother engaged. He is grateful he found the Friendship Club and immediately recognized it as a high quality resource that would continue to grant his mother a great degree of independence.

"They care for her in a very loving way. I'm very thankful for this wonderful resource," he said.

Matti said activities are constantly changed and that she has never seen a bored member.

Visits with certified therapy dogs, for example, give members an opportunity to lavish affection on the animals, throw toys for the dogs to catch, talk to them and watch them perform various tricks.

Fisher was using a home care service to help take care of Bruce three hours a day, but said he wasn't getting much social interaction. They started out at the Friendship Club three days a week, but Bruce enjoyed it so much that they increased his time to five days a week. He attended for nearly two years before Fisher decided to care for him at home because of his increased care needs.

While providing their loved one with a nurturing, enriching experience, Friendship Club also allows caregivers some much needed respite time. Fisher would go swimming at the senior center while her husband was at Friendship Club.

"I don't know what I would have done without them," she said.

Jeanne Graham says with her husband, Ralph, safely cared for at the Friendship Club she would run errands, take a walk or just enjoy some quiet time.

She said the Friendship Club is a place people can feel comfortable leaving their loved one because the staff members are warm and friendly and

the building is lovely with stunning views of the property.

Ralph enjoyed many activities at the Friendship Club, including chair yoga, being with other people and the meals.

Matti, who helps serve lunch, likes to sit with members and interact with them at mealtime. She calls her volunteer efforts at the Friendship Club the best two days of her week.

"It has been the most rewarding experience," she said. "I knew I would like it, but I didn't know I would love it."

Caregivers with loved ones in Bloomfield Township strongly believe that they have found a warm, compassionate solution at the Friendship Club. Fisher wants people to know that their loved one would be safe and lovingly cared for there.

"The staff is just wonderful," she said. "They are tender, caring and well organized. He was always happy to go there. I'm very thankful to them."

Members of the



**BTSS Volunteer, Catharine, with a member of The Friendship Club.**

Friendship Club must be Bloomfield Township residents or their primary family caregiver must reside in Bloomfield

Township. Call (248) 723-3530 for more information. The Friendship Club is open from 9 a.m.-4 p.m. weekdays.



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# Incredible instructors



Bloomfield Township Senior Services (BTSS) leaders are always on the lookout for passionate and qualified people to be a part of their team. Those interested in teaching or lifeguarding opportunities are asked to call Maggie Barclay, BTSS Fitness Coordinator, at (248) 723-3500.



Special to the Oakland Press/JOSE JUAREZ

Maggie Barclay, Fitness Coordinator, is leading this class called Ultimate H2O.

By Jane Peterson

Special to The Oakland Press

Completing a fitness class can be a great feeling. There's nothing like working hard through a sequence of exercises and being rewarded with beads of sweat on your brow. You know that your workout is part of a healthy lifestyle – one that makes your body stronger, mind sharper and soul richer.

Then why is it so hard to find the motivation to return to class the following week?

Getting to class is the first – and often hardest step – to continuing a healthy exercise regime. However, consistency is key to seeing results in strength, balance and flexibility, said Maggie Barclay, Fitness Coordinator for the Bloomfield Township Senior Services (BTSS).

That's why she and all the other fitness instructors work hard to keep participants energized, motivated and enthusiastic not only about that day's exercise routine, but also future classes as well. If the energy in the

class is upbeat and inspiring, people will definitely want to come back, she said.

"I'm super excited about our staff," said Barclay. "Their level of knowledge is amazing."

All BTSS fitness instructors are required to have group certifications from well-respected fitness organizations such as the Aerobic and Fitness Association of America or American Council on Exercise. In addition, many instructors have specialty certifications to teach specific exercise programs, like yoga, Pilates and Zumba®. All aqua class instructors are required to have specific aquatic certifications as well.

All instructors also have to take continuing education courses throughout the year in order to stay on top of the latest fitness trends and newest health information.

"The fitness industry changes so quickly," said Barclay, who has been employed in the fitness field for 30 years.

The exercises and fitness

techniques that were thought to be best practices 20 years ago are not necessarily the same ones that fitness professionals recommend today. As medical knowledge increases, exercises evolve as well.

BTSS instructors are not only knowledgeable, but passionate about the fitness classes they teach. Barclay said it is crucial that instructors connect with their class members, so the center's instructors are energetic and personable.

"They have to love what they do," she said. "We have a good team. Because of the

high level of required training finding these instructors take lots of networking. We often learn about quality instructors from our patrons and encourage them to be spread the news about our beautiful facility and the opportunities we have here. Additionally, we compensate on attendance so popular instructors can do very well with us; we attract the best for our customers; it is a win-win-win."

Instructors are warm and friendly to new class participants, encouraging everyone to introduce themselves or asking them to partner up

with someone other than they came to class with.

Like Barclay says, the hardest part about exercise is often getting to class.

However, she has never heard anyone say after a class at BTSS that they regret getting up and coming.

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# BTSS provides transportation

By Jane Peterson  
Special to The Oakland Press

Transportation services help seniors get to where they need to go whether that is the doctor, the grocery store, the bank or even the senior center.

The Bloomfield Township Senior Services (BTSS) transportation program allows residents who are at least 60 years old and unable to drive the opportunity to request a ride to the center so they can take advantage of fitness programs, a variety of trips, social and educational activities.

"It's another way for people to stay active and invest in their wellness," said BTSS Director Christine Tvaroha.

Anjel Yessayan said without the service it would be very difficult for her to get to the center. She explained that it is too short of a trip to hire a driver, so she would have to depend on the kindness of a friend or neighbor for transportation to the center.

Since she can easily schedule rides through the BTSS transportation program, Yessayan often attends wellness and enrichment activities, such as the Italian Club, White Horse Society meetings and special events.

She said she enjoys the opportunity to learn more about the topics that interest her and to meet more people.

Yessayan spoke very highly about the BTSS drivers, calling them very professional, accommodating and polite. She also had high praise for Denise, who schedules the transportation and for all BTSS staff.

"The people at the center are wonderful," said Yessayan.

Scheduling a ride is simple. Once seniors browse through the quarterly senior center newsletter or view it online, they can decide which activities they want to register for and request transportation at the same time. The center offers a wide spectrum of choices from exercises programs and men's clubs to open swim and movie showings. Which programs transportation will be available for will be based on customer input, said Tvaroha.

The van returns seniors to their homes afterwards. The center has a cozy café area stocked with complimentary coffee and tea and vending machines for those waiting to make the trip home.

To take advantage of the new transportation service, seniors must complete an application, provide proof of Bloomfield Township residency and meet a few other eligibility requirements. There are no fees for this service because SMART funding is available.

Medical transportation and errand assistance is also offered to Bloomfield Township residents age 60 and older who are unable to drive.

Gena Gizzarelli loves the transportation services at BTSS. She utilizes them for doctor appointments, grocery shopping trips and to programs at the senior center. She moved to the area from Florida three years ago and says without the service she wouldn't get out of her home nearly as much. While her family is willing to take her where she needs to go, she said they work during the day.

She described the drivers as gentle and kind. She said they will help carry packages and assist her up the stairs when it is snowing outside.

"I can't say enough about them," said Gizzarelli. For other transportation needs, SMART Community Transit is available from seniors' homes to many destinations. Service hours are 6 a.m.-7 p.m. Monday-Friday.

For more information about any transportation service, call Denise Kolkmeier at (248) 723-3500.



Angel Y. and one of our drivers, Deborah Hale.

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# Do what you love

## with BTSS enrichment activities



Facilitators for our men's club.



Special to the Oakland Press/JOSE JUAREZ

By Jane Peterson

Special to The Oakland Press

Sometimes so much focus is put on finishing work, completing volunteer duties, taking care of family members and working toward health and fitness goals that it can be easy to forget about doing an activity that is just for you.

The Bloomfield Township Senior Center has the perfect answer: Enrichment activities and classes. These allow patrons to explore their personal interests, re-visit an old passion, learn a new skill or simply enjoy time with friends.

Research has proven that social connections are important for people of all ages. Friends offer support, lively conversation and ties to the community – all items that are ben-

eficial to a high quality of life. There are many opportunities for seniors to make these connections at the Bloomfield Township Senior Center.

The center continues to offer new enrichment activities each quarter based on comments from patrons on what they would like to see on the schedule. From art classes, clubs, computer courses, music, movies and more, there is truly something for everyone.

Bloomfield Township Senior Services (BTSS) will offer 34 professionally instructed classes this spring quarter, 135 opportunities to attend a drop-in club meeting, game or other activity and 11 special events.

Computer classes are always popular and the senior center offers a full slate of choices. In fact, BTSS offers

eight different computer classes. Each has a daytime session as well as evening session. With the center's expanded hours, volunteer computer lab hours have also increased by 9.5 hours a week.

Members can start with computer basics, learning how to create folders, save files and edit photos. Check out what Facebook is all about with five different classes that cover everything from setting up an account and uploading a profile picture to posting status updates and creating photo albums.

Everyone loves a good game with friends, so visit the senior center for billiards, bridge, canasta, euchre, pinochle, mah-jongg, poker and Scrabble. Laughter, strategy and game play go hand-in-hand at these

gatherings. Check the center's newsletter for specific times and dates of activities.

A good movie is always appreciated. The Bloomfield Township Senior Center has two different movie activities: Movie Classics features classic cinema while Movie Mania highlights contemporary releases. Both are shown at 2 p.m. Fridays. Upcoming films include the 1955 feature "Guys and Dolls" with Marlon Brando, Jean Simmons and Frank Sinatra on April 5; new drama "Beasts of the Southern Wild," on April 12; the 1955 classic "Rebel without a Cause" with James Dean and Natalie Wood on May 3 and the new historical drama "Lincoln" starring Daniel Day-Lewis and Sally Field on May 10.

# Music makes memories



By Jane Peterson  
Special to The Oakland Press

**N**otes are just symbols on a page until a musician brings them to life. Members of Bloomfield Township Senior Services (BTSS) are treated to musical performances from some of the top musicians in the Midwest right in their own backyard.

BTSS has formed strong partnerships with the Birmingham-Bloomfield Symphony Orchestra (BBSO) and the Detroit Symphony Orchestra (DSO). Each offer BTSS members special seasonal opportu-

nities to attend events at the senior center. BTSS also offers day trips to a number of musical performances across southeast Michigan.

Coffee & Classics is a popular program at BTSS. Members enjoy complimentary coffee and pastries while listening to a performance by members of the BBSO. Last December a brass quintet shared some holiday favorites while for Valentine's Day a string quintet performed sweet songs. On May 8, a performance is scheduled of patriotic songs in honor of Memorial Day at 10:30 a.m.

A special part of this program is

that BTSS members get to visit with the musicians during intermission and participate in a question and answer session after the concert performance.

A new program called Meet the DSO Musician gives participants a behind the scenes look at the life of a musician. Hart Hollman, a violist with the Detroit Symphony will visit from 7-8 p.m. on April 15 to discuss his inspiration, demonstrate viola techniques and answer questions from the audience.

BTSS also has its own band that meets from 3-5 p.m. on Tuesday. Led by

Vance Genzlinger, all interested persons are invited to participate regardless of their skill level. The band gives periodic performances at the senior, such as when the group performed a holiday sing-a-long in December.

The BTSS Band's spring performance is scheduled for 3:30 p.m. April 16. Join the group for a Spring Swing performance.

Those who want to learn how to play an instrument can join the Evola Music Keyboarding class. The class includes eight weeks of instruction at the center and two private lessons at Evola Music in Bloomfield Township.

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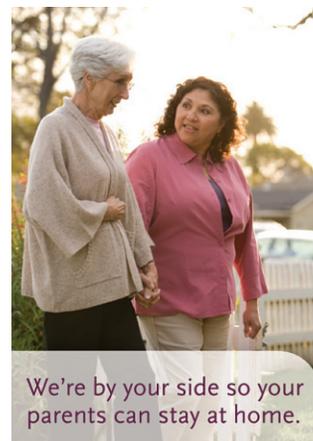
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# Friendship can form at H2O BOOT CAMP

By Jane Peterson  
Special to The Oakland Press

Kathy Stroh signed up for Bloomfield Township Senior Services' H2O Boot Camp a couple of years ago thinking that it would be a great way to stay fit. While she has increased her strength and stamina thanks to the exercises, the class has also offered an unexpected benefit – meaningful friendships.

Through the activities in class, Stroh has met and formed strong bonds with several women. Polite small talk developed into richer conversations about families, work and life experiences. Today, a tight-knit group of ladies continue to catch-up during H2O Boot Camp and join each other for lunch, holidays and other activities outside of the center as well.

"It has turned into friendships that are really special," said Stroh.

It can be difficult later in life to make new friends, said member Gail Warren. She signed up for the H2O Boot Camp class with her friend, Jacquie Stephenson, but their group of friends has expanded to about eight women who share their lives with each other. They discuss the joys of grandchildren, travelling and planning weddings as

well as the challenges of health issues, dealing with older children and work stress.

They all have varying life experiences, range in age between mid-50s and early 70s and have different religious backgrounds, but they embrace and respect each other for who they are and continue to bond through their commitment to exercise.

Warren said they also have a competitive nature and will often have races or tug-o-war events with each other for bragging rights. People looking through the large window at the pool area may think they are a bunch of 60 year olds acting like 5 year olds, said Warren with a chuckle.

"It's like a coffee klatch in the water, but we work out really hard," said Warren. "We all look forward to it."

Her friend Jacquie Stephenson agreed.

"It's fun, not drudgery," she said.

Instructor Annie K. Chi often pairs participants up in two-person teams so they can support each other's exercise efforts and have a few minutes to talk. She writes that day's routine on a whiteboard so everyone knows the next steps. As the group proceeds through numer-

ous water exercises and the laughter continues to ring through the pool area, before they know it, the hour is up.

Sometimes Stroh says she doesn't even realize how much exercising she is getting done because she is having such a good time.

"They are a really nice group of ladies," she said.

Their experience is echoed throughout the center. The atmosphere there is friendly and casual. New patrons are often drawn to the center because of its schedule of interesting programs, day trips and activities. However, it's the welcoming environment that often keeps them coming back.

"You can definitely make friends," said Warren.

As Catharine Hemmert, another member of the H2O Boot Camp class, put it: A person is only a newcomer they first day they step into the center. Patrons are not shy about introducing themselves and inviting new faces to join them for a cup coffee, to read the newspaper or work on a crossword puzzle. The building was designed with plenty of gathering areas where old and new friends can sit, chat, relax and enjoy each



The Bloomfield Senior Center H2O Bootcamp class poses for a group picture.

other's company.

After returning from a month-long trip, Hemmert said she stepped into the center and was greeted with applause and a bunch of friendly hellos.

"Everybody knows your name," she said. "It's a fun place to go."

New people are welcomed into the classes, said Chi. In the water aerobics classes she teaches she makes sure to explain the exercises so everyone knows what to expect and when they pair up for a specific exercise, members always make sure the new person has a partner.

"You won't feel like a stranger when you're there," she said.

Hemmert described the center as a wonderful place filled with youthful seniors. While the center serves those ages 50 and older, most of them are very young at heart and

love to discuss current events, the latest movies, their favorite places to travel and more – much, much more.

They also complimented the staff, describing how they know everyone's name and greet them upon arrival.

"The staff is great," said Stephenson, "and Annie is delightful."

Chi said teaching the H2O Boot Camp class is a wonderful experience. She said the group is all about the exercises, but the social part is what really makes the class fun.

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# New hours, more members



Special to the Oakland Press/JOSE JUAREZ

By Jane Peterson

Special to The Oakland Press

Some people can't wait until they turn 50 years old just so they can join Bloomfield Township Senior Services (BTSS). With its multitude of programs, activities and fitness equipment, being eligible for participation is a privilege that many do not take for granted. Others claim that they will "never" be moving out of the Township because they love the center's opportunities.

With continued support from taxpayers, BTSS expanded its hours this year. Now open six days and 75 hours a week, with additional hours in the evening and on Saturdays, the center is more accessible to seniors who are unavailable to utilize the facility during the day. This decision has boosted both the registration rolls and daily attendance numbers.

Diana Freeburg enjoys using the equipment in

the fitness center. Since she works during the day, she likes the flexibility of being able to come in during the morning or evening. She joined BTSS last December.

"The new hours definitely attracted me," she said.

Thanks to a new software program, BTSS Director Christine Tvaroha can better track attendance numbers. What she discovered surprised even her: An average of 3,000 people are visiting the senior center every day.

"I always knew that it was busy here, but I was pleasantly surprised to see these numbers," she said.

Those daily statistics translate into 60,000-70,000 visitors to the center a year – and membership continues to grow.

Tvaroha said BTSS has over 9,000 profiles in its database. Profiles represent people 50 years and better who have registered for a program,



attended a fitness class or visited for a special event or club. They continue to average an additional 100 new profiles every month.

"This clearly demon-

strates the value of our service; that the investment our taxpayers have made in the center is benefiting the community," said Tvaroha.

**We Congratulate the Bloomfield Twp. Senior Center and thank them for their excellence!**



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# Check out our new hours

By Jane Peterson  
Special to The Oakland Press

Sally Blinder is a huge supporter of Bloomfield Township Senior Services' new hours. Since she still works full-time, she no longer needs to rush so much to get out of work. Instead, she can get what she needs to get done, run a few necessary errands and still get to the center with enough time to spare for a healthy workout.

"It's been a great benefit," she said.

Diana Freeburg enjoys

the flexibility of the added hours. She likes to use the fitness equipment in the morning, but if she doesn't make it in, appreciates the ability to be able to pop in during evening hours as well.

Both Blinder and Freeburg joined in December, just shortly before the center expanded its hours to be open 75 hours a week. Now the facility is available to patrons from 7 a.m.-9 p.m. Monday-Thursday; 7 a.m.-7 p.m. Friday; and 8 a.m.-3

p.m. Saturday.

Blinder was a member at another gym, but wasn't really happy with her experiences and no longer looked forward to going there anymore. A friend suggested she check out the Bloomfield Township Senior Center.

"I'm glad I did," she said.

According to Blinder, the center is clean, reasonably priced and in a great location. She likes to use the cardio equipment, such as the rowing and elliptical

machines and stationary bikes. She appreciates that the weight machines work on air compression, making them operate very smoothly.

Many people enjoy this feature of the strength training machines, said Maggie Barclay, Fitness Coordinator for the center. They are less noisy, very comfortable to use and create less stress on joints than traditional weight machines.

Blinder also likes that the center is a peaceful,

Yes WE'RE  
OPEN

quiet place to work out.

Freeburg mainly uses the fitness equipment, but has also taken a class and said it was a good experience. At first, the center wasn't that busy during the new hours, but that

didn't last for long. Freeburg said she has noticed an increase in usage during the new hours.

"I'm glad it's available," she said.

## Want to know about all the programs and services Bloomfield Township Senior Services (BTSS) offers?

### Here is a quick reference list to hang on your refrigerator:

- **Travel.** Nearly a dozen day trips are offered through BTSS every month. They include a variety of theatre, culinary and tour experiences at venues all around metro Detroit.

- **Fitness.** Many different types of land and aquatic fitness classes are available for all levels as well as open swim and fitness center hours; more than 30 weekly.

- **Computers.** Classes cover everything from computer basics to how to edit photos and how to communicate via social media sites like Facebook.

- **Clubs and activities.** These cover a range of interests. Among them are the Senior Men's Club, BTSS White Horse Society, Italian Group and Book Club.

- **Movies.** Both classics and contemporary films are among the selections that are served along with popcorn.

- **Musical opportunities.** Whether you wish to play in the BTSS Band or just want to listen to high quality performances by members of the Birmingham-Bloomfield Symphony Orchestra or Detroit Symphony Orchestra, there are lots of opportunities

available at the center.

- **Games.** Play card games like canasta, bridge, euchre, pinochle, mah-jongg and poker, or join in a game of billiards.

- **Art classes.** Learn to paint, create stained glass projects and more.

- **Friendship Club,** an adult day service program that serves those with Alzheimer's and other memory disorders.

- **Health information,** such as the Flu Shot Clinic, assistance for Medicare Part B, Medicare coverage and prescription drug plan counseling and blood pressure checks.

- **Nutrition services** like Meals on Wheels for homebound seniors and liquid nutrition.

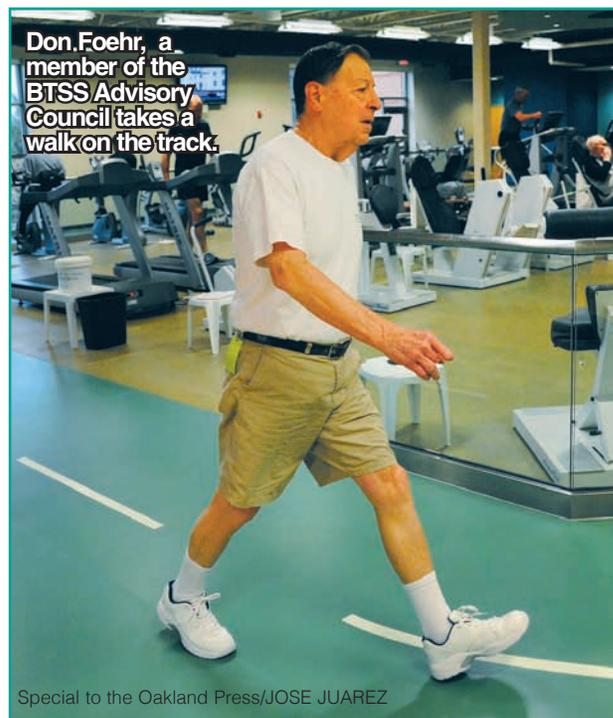
- **Transportation services** to the senior center, local grocery stores and medical appointments and other locations in the area.

- **Loan closet.** This is stocked with wheelchairs, walkers and canes that people may need for short-term use.

- **Minor home repair and county home improvement loan programs** for eligible seniors.

- **Tax assistance** with AARP trained volunteers who provide free preparation and filing of federal and state returns.

Don Foehr, a member of the BTSS Advisory Council takes a walk on the track.



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