



# Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

Spring 2025– March / April / May



## Spring Forward with Vitality

Aquatics Pg 10-11



Day Trips Pg 12-13



Fitness Pg 6-9



Enrichment Pg 14-16



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This season, embrace the energy of renewal and growth with us. From fitness classes and wellness programs to enrichment opportunities and social connections, there's something for everyone to feel invigorated and inspired. Let's move, learn, and thrive together this spring!

# Bloomfield Township Senior Services



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## Bloomfield Twp. Senior Services

4315 Andover Rd.  
Bloomfield Twp., MI 48302

**Phone:** 248-723-3500  
**Fax:** 248-723-3519  
[www.bloomfieldtp.org/seniors](http://www.bloomfieldtp.org/seniors)

**Director,**  
**Christine Tvaroha**

**Deputy Director,**  
**Ruth Frketch**

**Senior Center Hours**  
Monday-Friday  
7 AM - 3:30 PM

**Mark your Calendars!**  
The Center will be closed on  
May 26 - Memorial Day

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

## Christine's Comments

### Friendship Club Adult Day Service is Open!

Our Club is engaging people through art, live music, movement, laughter, and encouragement. We are building new friendships over meals together while providing essential respite for family caregivers.

Please visit our Open House on February 26 or email me to set up a phone call to learn how we might work together to enhance social connection, mood, and even sleep for your loved one experiencing dementia.

Caregivers are also welcome on February 20 to join us for the *Caregiver Connect* program, where you can learn about BBAC caregiver programs, complete an art project, enjoy a meal, and meet others walking a similar journey. Complimentary adult day service may be available with advance registration.

*Companion Café* is another great opportunity for caregivers—please see page 17 for more details.

Caregivers, what would you like to see included in these programs? Email your ideas to [ctvaroha@bloomfieldtp.org](mailto:ctvaroha@bloomfieldtp.org).

Wishing you peace and health,  
**Christine Tvaroha**  
Director of Senior Services



## Special Thank You to our Spring Sponsors:



The printing of our catalog is supported by the advertisers listed on pages 20-23. Please see the businesses who help make this catalog viable. Be sure to let them know that you appreciate their contribution to our programs.

*Sponsors, speakers and advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.*

## Weekly E-Newsletter & Social Media

Subscribe at: [www.bloomfieldtp.org/Seniors](http://www.bloomfieldtp.org/Seniors) All operational updates will be sent via eNews. We will never share your email.

[facebook.com/BTSeniorCenter](https://facebook.com/BTSeniorCenter)





**Eligibility/Registration - Call 248-723-3500 or visit [www.bloomfieldtwp.org/Seniors](http://www.bloomfieldtwp.org/Seniors)**

- ⇒ Full payment is due at registration. Non-sufficient funds checks will incur a fee.
- ⇒ **Registration for BT residents begins 02/03/25, Non-residents registration begins 02/14/25** (Non-Res pay additional \$10 fee per class/trip, unless otherwise noted).
- ⇒ No refunds for circumstances beyond our control (i.e. closure due to power outages/severe weather).
- ⇒ **Cancellations/Transfers for Classes/Programs:** Will incur \$10 cancellation fee for the original program session. No refund 2 business days prior to start of class. No transfer once class has begun. Refunds will be given if classes/programs are cancelled due to low enrollment or if no instructor is available.
- ⇒ **Cancellations for Trips:** Will incur \$10 cancellation fee + any costs already incurred by the Center (i.e. prepaid tickets). No refunds two business days prior to trip.
- ⇒ **Account Credits:** Credits expire within 90 days or on March 31 of each year if not used or refunded.
- ⇒ We reserve the right to substitute instructors to maintain program continuity.
- ⇒ **ID Cards** - An ID card is required for every visit. Please plan to get your photo taken at your first visit. Replacements will be issued at a cost of \$10.
- ⇒ **Travel Policies:** Every effort is made to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs, or uneven terrain. Each traveler must decide if a trip is appropriate and be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct: [www.bloomfieldtwp.org/PDFForms/Senior-Services/CodeOfConduct.aspx](http://www.bloomfieldtwp.org/PDFForms/Senior-Services/CodeOfConduct.aspx) Please register an assistant for the trip if it will ensure your safety; trip fees apply to assistants & are paid with your registration. Please alert staff if a wheelchair will be used.
- ⇒ **Gifts & Gratuities** - 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 & we regularly strive to meet this standard. If someone is inclined, please donate to support the Meals on Wheels, Senior Services, or to a local charity in our name.

**Late Start Registrations:** Although classes start the first week of the month, you may register for a "Late Start" if the class has not reached capacity. Class fees are reduced with each passing week. You may even register for the last class of the month for a one-time visit. This is a great way to try a class without the commitment of a full month. It also helps you stay active after travel, illness recovery or other schedule limitations. *\*Note, Late Starts must be paid in advance and are processed by phone or in person: they are not available online.*

**BECOME A VOLUNTEER!**

Applicants must be at least 18 years of age, a BT resident, and agree to complete a volunteer application & background check. Contact Ruth Frketich, BTSS Deputy Director: [rfrketich@bloomfieldtwp.org](mailto:rfrketich@bloomfieldtwp.org).

**REGISTER EARLY!** Programs fill quickly; program fees are essential to maintain BTSS and help to avoid class cancellations due to low enrollment.

**Donations & Program Fees are essential to maintain BTSS**



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

"Bloomfield Township and BTSS cannot guarantee that a donor's donation will be tax deductible and donors should check with a tax professional as to the deductibility of their donations."

**BTSS T-SHIRTS \$15**



**Buy A Brick Program**

Honor your loved one with a memorial paver brick which will be placed along the BTSS walkways. Your tribute can be in support of Meals on Wheels, Transportation or Senior Services. Bricks available with a \$150 contribution

*In Memory of*





# CELEBRATE NATIONAL FITNESS MONTH WITH US!

May is National Fitness Month, and we're rolling out an exciting lineup of events to help you stay active, engaged, and energized! From unique fitness classes to enrichment opportunities that support your overall wellness, there's something for everyone to enjoy.



National Fitness Month Sponsored by:

## SPRING LINE DANCING

MAY  
01



Thursday  
11:30-1:00 PM  
Res \$10/  
Non-Res \$15

## STRETCH SESH

MAY  
05



**FREE 20 Min. Guided Stretch Session!**  
1-Day Only - appointments available 7:30-12:30 PM  
A revolutionary stretching session using our new TRUE Stretch Cage! Learn and perform multiple beneficial stretches to increase your flexibility.

## DON'T LET STRESS MANAGE YOU

MAY  
21



Wednesday  
10-11:00 AM  
Res FREE/  
Non-Res \$2

## WATER JAM W/JASON

MAY  
16



**FREE 1-Day Aqua Class! - 12:15 - 1:15 PM**  
Increase your heart rate, burn calories and tone your muscles without feeling sweaty in this circuit style aqua class. Let's Jam! Appropriate for all fitness levels.

# Spring FLING

## CONCERT SERIES



**STEVE FLOYD**  
March 27th  
1:30 - 2:30 PM



**MATT BALL**  
April 30th  
1:30 - 2:30 PM



**VANESSA CARR**  
May 29th  
1:30 - 2:30 PM

**RES: FREE /NON-RES: \$2**

## MUSIC THROUGH THE DECADES

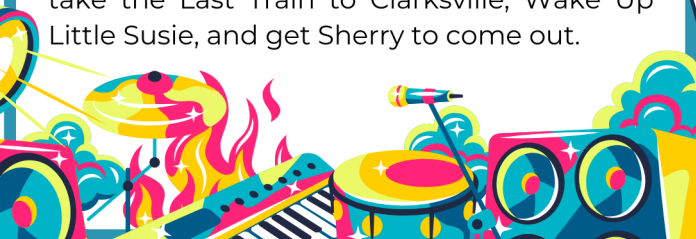
*Multi-Part Series with Stu Johnson!  
Winter, Spring & Summer, Come see them all!*

- Feb 20 The Roaring 20's
- Mar 13 The Depression Era
- Apr 17 Transitional Music: The 30's
- May 15 The Fabulous 40's
- Jun 19 Musical Changes: The 50's
- Jul 17 The 60's (Part 1)

**Thurs 10-11am**

**Res - Free Non-Res \$2**

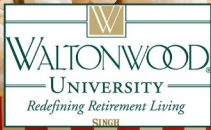
There have been many types of group vocal music through the years, from classic jazz groups, straight forward pop groups, modern jazz groups, doo-wop, and rock n' roll. 21st century vocal successes are proof that, as musical revolutions and styles have come and gone, vocal groups have never lost their popularity. Join Stuart Johnson as we take the Last Train to Clarksville, Wake Up Little Susie, and get Sherry to come out.






**National Popcorn Day**  
**Thursday, March 13**  
**11-1:00 PM**

DROP BY AND CELEBRATE WITH A SNACK & REFRESHMENT. MEET THE WALTONWOOD TEAM AND LEARN ABOUT A WONDERFUL SENIOR LIVING COMMUNITY.



**CELEBRATE SPRING**

**TUESDAY, MARCH 25**  
**11 - 1:00 PM**

Drop by and celebrate with a lovely refreshment and snack and meet the team from American House Stone & Elmwood



**National Paczki Day**  
**Tuesday, March 4**  
**11:00-1:00 PM**

Drop by and celebrate with a snack & refreshment. Meet the Bradford Team and learn about a wonderful Senior Living Community.



Drop by and celebrate with a snack & refreshment. Meet the Hampton Manor Team and learn about a wonderful Senior Living Community.



**Tuesday, April 1**  
**11:00 - 1:00 pm**

*Meet & Greet*

**Thursday, February 13 11-1:00 PM**

Drop by to celebrate Valentine's Day with a snack & refreshment. Meet the team from American House Village at Bloomfield, and learn about a wonderful Senior Living Community



➤➤♥➤➤  
*Followed by*  
 ➤➤♥➤➤

*Valentine's Day*  
**PARTY**  
**FEB 13**  
**THURSDAY 1:30-2:30 PM**

Celebrate in style with love, live music, light refreshments & unforgettable memories at a party featuring the lively sounds of Kevin Wills!

**Step Into Spring: Line Dancing Fun**

Get ready to move, groove, and have a blast with our Line Dancing Events! Whether you're celebrating the luck of the Irish or stepping into spring, these lively classes are the perfect way to stay active, lift your spirits, and connect with others.

Instructor Judy Baldak will guide you through the moves, making it easy for dancers of all skill levels—beginner to advanced—to get in the groove. Line dancing has been proven to boost both physical and cognitive health, so you'll leave feeling energized, accomplished, and smiling.

Don't miss out on the fun—come dance, laugh, and step your way to wellness!

St. Patty's Line Dancing

**Tuesday, March 11th**  
**1:00 PM - 2:30 PM**  
**Fee: Res \$10/Non-Res \$15**



Spring Line Dancing

**Thursday, May 1st**  
**11:30 AM - 1:00 PM**  
**Fee: Res \$10/Non-Res \$15**



# GROUP FITNESS SCHEDULE

MAR/APR/MAY

## LIVE, VIRTUAL & HYBRID CLASSES!

Registration required before attendance. Instructors, full descriptions, fees and sessions dates follow on pages 7-11. Popular classes fill quickly, so register early! Non-residents are welcome after resident priority registration & will pay additional \$10 fee.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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### LAND

S.G. Strength & Mobility 7:30 am	S.G.P.T. 7:30 am	Strength & Balance Lvl 2 9:00 am	S.G.P.T. 7:30 am	Strength & Balance Lvl 2 9:00 am
LaBlast Dance Fitness 9:00 am	Cardio, Conditioning & Core 9:00 am	Tai Chi Continuing 10:30 am	Cardio Dance Party 9:00 am	Mindful Movement Pilates 10:15 am
Barre Balance 10:30am	Gentle Moves Yoga Lvl 2 10:30 am	Ageless Yoga 11:30 am	Gentle Moves Yoga 10:30 am	S.G.P.T. 11:30 am
Chair Yoga 11:30 am	Mindful Meditation 11:45 am	Barre Balance 12:45 pm	S.G.P.T. 12:00 pm	Yin Yoga 1:00 pm
Drum Happy 1:00 pm	S.E.A.T. 1:30 pm	Stretch & Strength 1:45 pm	S.E.A.T. 1:30 pm	Power Hour 2:00 pm
Tai Chi Beginning 2:00 pm		Zumba LaBlast 5:15 pm (virtual only)		
Zumba LaBlast 5:15 pm (virtual only)				

### AQUA

Lap Swim 7:15 am	Aqua Boot Camp 7:15 am	Lap Swim 7:15 am	Aqua Boot Camp 7:15 am	Lap Swim 7:15 am
Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am
Aqua Interval 9:30 am	Aqua Resistance 10:00 am	Aqua Interval 9:30 am	Aqua Resistance 10:00 am	Endurance Core & Balance 9:30 am
Endurance Core & Balance 11:00 am	Aqua Energy & Flow 12:00 pm	LaBlast Splash 11:00 am	Aqua Energy & Flow 12:00 pm	Water Walking 11:00 am
Water Walking 1:30 pm	Lap Swim 2:00 pm	Aqua Flow 1:30 pm	Lap Swim 2:00 pm	Open Swim 1:30 pm

### BCTV

Cardio Interval 10:00 am	Strength & Balance 10:00 am	Cardio Interval 10:00 am	Strength & Balance 10:00 am	Gentle Moves Yoga 10:00 am
Balance, Stretch & Meditate 1:00 pm	Chair Cardio & Strength 1:00 pm	Gentle Moves Yoga 1:00 pm	Seated Cardio & Strength 1:00 pm	Balance, Stretch & Meditate 1:00 pm
SUNDAY: Balance, Stretch & Meditate 10:00 am		Tune into BCTV on Comcast channel 15 & AT&T channel 99 for daily exercise classes		





**Cardio & Cardio Dance**

**Cardio, Core, Conditioning w/ Dondra**

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. [Live]

<b>Tue. Mar 4-25</b>	<b>9-10 am</b>	<b>4 Classes / \$40</b>
<b>Tue. Apr 1-29</b>	<b>9-10 am</b>	<b>5 Classes / \$50</b>
<b>Tue. May 6-27</b>	<b>9-10 am</b>	<b>4 Classes / \$40</b>

**Cardio Dance Party w/ Teresa**

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 workout experience! [Live] \*No class 5/29

<b>Thu. Mar 6-27</b>	<b>9-10 am</b>	<b>3 Classes / \$27</b>
<b>Thu. Apr 3-24</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>
<b>Thu. May 1-22*</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>

**LaBlast® Dance Fitness w/ Donna**

This program is based on the basic patterns of Ballroom Dancing! Done partner free, it covers every style of dancing, such as waltz, tango, foxtrot, swing dances and more! Weight work is integrated into some dances to give full body, fun workout. Developed by 3x world ballroom champion L. Van Amstel and presented to you by MI Master Trainer Donna Tomassi. [Live]

<b>Mon. Mar 3-31</b>	<b>9-10 am</b>	<b>5 Classes / \$50</b>
<b>Mon. Apr 7-28</b>	<b>9-10 am</b>	<b>4 Classes / \$40</b>
<b>Mon. May 5-19</b>	<b>9-10 am</b>	<b>3 Classes / \$30</b>

**Zumba® / LaBlast® w/ Mari Ann**

Partner-free ballroom dance along with dance moves from around the world! [Virtual only]

**Mondays**

<b>Mon Mar 3-31</b>	<b>5:15-6 pm</b>	<b>5 Classes / \$45</b>
<b>Mon Apr 7-28</b>	<b>5:15-6 pm</b>	<b>4 Classes / \$36</b>
<b>Mon May 5-19</b>	<b>5:15-6 pm</b>	<b>3 Classes / \$27</b>

**Wednesdays**

<b>Wed. Mar 5-26</b>	<b>5:15-6 pm</b>	<b>4 Classes / \$36</b>
<b>Wed. Apr 2-30</b>	<b>5:15-6 pm</b>	<b>5 Classes / \$45</b>
<b>Wed. May 7-28</b>	<b>5:15-6 pm</b>	<b>4 Classes / \$36</b>

**NEW! Power Hour w/ Amanda**

Power hour is a fun filled hour of strength, cardio and Pilates inspired movements, stimulate the brain, speed up tactical reaction and improve visual memory all while burning calories and having fun! [Live]

<b>Fri. Mar 7-28</b>	<b>2-3 pm</b>	<b>4 Classes / \$20</b>
<b>Fri. Apr 4-25</b>	<b>2-3 pm</b>	<b>4 Classes / \$20</b>
<b>Fri. May 2-30</b>	<b>2-3 pm</b>	<b>5 Classes / \$25</b>

**Tai Chi**

**Tai Chi Chuan Beginner w/ Holly**

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

<b>Mon. Mar 3-Apr 28</b>	<b>2-3 pm</b>	<b>9 Classes / \$90</b>
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**Tai Chi Chuan Continuing w/ Han**

A continuation for those experienced in Tai Chi. [Live]

<b>Wed. Apr 2-May 14</b>	<b>10:30-11:15 am</b>	<b>7 Classes / \$70</b>
<b>Wed. May 21-Jun 25</b>	<b>10:30-11:15 am</b>	<b>6 Classes / \$60</b>

**Seated Classes**

**Ageless Yoga w/ Karen**

Find balance, strength & flexibility as we move through standing yoga postures using the support of a chair. New to yoga or not, this is for all levels. Each session will begin and end with seated meditation. [Live]

<b>Wed. Mar 5-26</b>	<b>11:30 -12:20 pm</b>	<b>4 Classes / \$40</b>
<b>Wed. Apr 2-30</b>	<b>11:30 -12:20 pm</b>	<b>5 Classes / \$50</b>
<b>Wed. May 7-28</b>	<b>11:30 -12:20 pm</b>	<b>4 Classes / \$40</b>

**Chair Yoga w/ Donna**

Connect gentle body movement with your breathing as you work to gain more strength, flexibility and balance in seated and optional standing postures, using a chair for support. For standing, wear supportive shoes. No sandals or slip-ons; bare feet are acceptable.

[Live, Virtual, Hybrid]

<b>Mon. Mar 3-31</b>	<b>11:30-12:30 pm</b>	<b>5 Classes / \$50</b>
<b>Mon. Apr 7-28</b>	<b>11:30-12:30 pm</b>	<b>4 Classes / \$40</b>
<b>Mon. May 5-19</b>	<b>11:30-12:30 pm</b>	<b>3 Classes / \$30</b>

**S.E.A.T.**

Supported Exercise & Ability Training

Chair-assisted workout encompasses cardio fitness, strength, agility and balance training in a supported, fun, & socially engaging environment. [Live]

**Tuesdays w/ Becca**

<b>Tue. Mar 4-25</b>	<b>1:30-2:15 pm</b>	<b>4 Classes / \$36</b>
<b>Tue. Apr 1-29</b>	<b>1:30-2:15 pm</b>	<b>5 Classes / \$45</b>
<b>Tue. May 6-27</b>	<b>1:30-2:15 pm</b>	<b>4 Classes / \$36</b>

**Thursdays w/ Lea**

<b>Thu. Mar 6-27</b>	<b>1:30-2:15 pm</b>	<b>4 Classes / \$36</b>
<b>Thu. Apr 3-24</b>	<b>1:30-2:15 pm</b>	<b>4 Classes / \$36</b>
<b>Thu. May 1-29</b>	<b>1:30-2:15 pm</b>	<b>5 Classes / \$45</b>

**Discover Your Balance with HUR SmartBalance!**

Enhance your strength, stability, and confidence with our new HUR SmartBalance machine! This cutting-edge technology is perfect for assessing and improving balance with features including:

- **Fall Risk Assessment:** Evaluate your balance with Romberg and Limits of Stability tests.
- **Personalized Progress:** Track your improvements with easy-to-read visuals and customized exercise plans.
- **Interactive Training:** Enjoy fun stabilization games that build core strength and muscle memory.

**Balance Assessments Now Available!**

Book your personalized Balance Assessment today for just \$10 by appointment. Take charge of your stability and start your journey to a safer, more active lifestyle!





## Strength & Balance

### Strength & Balance Lvl 2

Advanced level class focuses on core based movement using body weight, dumbbells, and balance to work through compound and asymmetrical moves, challenging both the body and mind. Bring a mat and water bottle. [Live, Virtual, Hybrid]

#### Wednesdays w/ Amanda

<b>Wed. Mar 5-26</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>
<b>Wed. Apr 2-30</b>	<b>9-10 am</b>	<b>5 Classes / \$45</b>
<b>Wed. May 7-28</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>

#### Fridays w/ Lola

<b>Fri. Mar 7-28</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>
<b>Fri. Apr 4-25</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>
<b>Fri. May 2-30</b>	<b>9-10 am</b>	<b>5 Classes / \$45</b>

### **NEW!** Stretch & Strength w/ Amanda

Provides you with the perfect amount of strength training while focusing on recovery. If you like Strength and Balance, you will LOVE Stretch and stretch.

[Live, Virtual, Hybrid] \*May – new instructor, Eva!

<b>Wed. Mar 5-26</b>	<b>1:45-2:45 pm</b>	<b>4 Classes / \$36</b>
<b>Wed. Apr 2-30</b>	<b>1:45-2:45 pm</b>	<b>5 Classes / \$45</b>
<b>Wed. May 7-28*</b>	<b>1:45-2:45 pm</b>	<b>4 Classes / \$36</b>

### Barre Balance w/ Donna

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

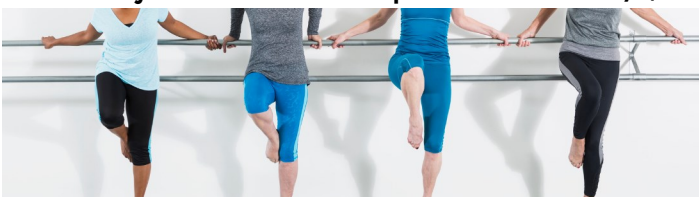
Intermediate Level. [Live]

#### Mondays

<b>Mon. Mar 3-31</b>	<b>10:30-11:15 am</b>	<b>5 Classes / \$50</b>
<b>Mon. Apr 7-28</b>	<b>10:30-11:15 am</b>	<b>4 Classes / \$40</b>
<b>Mon. May 5-19</b>	<b>10:30-11:15 am</b>	<b>3 Classes / \$30</b>

#### Wednesdays

<b>Wed. Mar 5-26</b>	<b>12:45-1:30 pm</b>	<b>4 Classes / \$40</b>
<b>Wed. Apr 2-30</b>	<b>12:45-1:30 pm</b>	<b>5 Classes / \$50</b>
<b>Wed. May 7-28</b>	<b>12:45-1:30 pm</b>	<b>4 Classes / \$40</b>



## Pilates

### Mindful Movement Pilates w/ Amy

Create better mind body connections through the regular practice of Pilates. Exercises focus on lengthening and strengthening the body, and more specifically the core, to create healthier movement patterns and improved balance. [Live]

<b>Fri. Mar 7-28</b>	<b>10:15-11:15 am</b>	<b>4 Classes / \$40</b>
<b>Fri. Apr 4-25</b>	<b>10:15-11:15 am</b>	<b>4 Classes / \$40</b>
<b>Fri. May 2-30</b>	<b>10:15-11:15 am</b>	<b>5 Classes / \$50</b>

## Yoga (Please bring your own mat)

### Gentle Moves Yoga w/ Lea

Learn basic yoga poses to help strengthen your core, improve balance, practice simple relaxation and meditation techniques. Must be able to get up and down from floor. [Live, Virtual, Hybrid]

<b>Thur. Mar 6-27</b>	<b>10:30-11:30 am</b>	<b>4 Classes / \$36</b>
<b>Thur. Apr 3-24</b>	<b>10:30-11:30 am</b>	<b>4 Classes / \$36</b>
<b>Thur. May 1-29</b>	<b>10:30-11:30 am</b>	<b>5 Classes / \$45</b>

### Gentle Moves Yoga Lvl 2 w/ Jannan

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. [Live, Virtual, Hybrid]

<b>Tue. Mar 4-25</b>	<b>10:30-11:30 am</b>	<b>4 Classes / \$36</b>
<b>Tue. Apr 1-29</b>	<b>10:30-11:30 am</b>	<b>5 Classes / \$45</b>
<b>Tue. May 6-27</b>	<b>10:30-11:30 am</b>	<b>4 Classes / \$36</b>

### **NEW!** Yin Yoga w/ Jannan

This slow, gentle form of yoga is the perfect complement to a hectic, fast-paced life or intense workouts. Yin yoga uses gentle, relaxing postures to alleviate tension, enhance breath awareness, and develop mindfulness. [Live, Virtual, Hybrid]

<b>Fri. Mar 7-28</b>	<b>1-1:45 pm</b>	<b>4 Classes / \$36</b>
<b>Fri. Apr 4-25</b>	<b>1-1:45 pm</b>	<b>4 Classes / \$36</b>
<b>Fri. May 2-30</b>	<b>1-1:45 pm</b>	<b>5 Classes / \$45</b>

## Specialty Classes

### Drum Happy w/ Mari Ann

Drum to a variety of music in this unique class & enhance sensory & motor skills. This program will bring joy and fun to everyone who participates! [Live]

<b>Mon. Mar 3-31</b>	<b>1-1:45 pm</b>	<b>5 Classes / \$50</b>
<b>Mon. Apr 7-28</b>	<b>1-1:45 pm</b>	<b>4 Classes / \$40</b>
<b>Mon. May 5-19</b>	<b>1-1:45 pm</b>	<b>3 Classes / \$30</b>

### Mindful Meditation w/ Jannan

Practice mindfulness and relaxation with this meditative class! Class will start with simple and gentle movement to warm the body, then move into an extended meditation. Find your comfort zone standing, seated, or on the floor. Come prepared to let go, relax, and just breathe! [Live, Virtual, Hybrid]

<b>Tue. Mar 4-25</b>	<b>11:45-12:15 pm</b>	<b>4 Classes / \$20</b>
<b>Tue. Apr 1-29</b>	<b>11:45-12:15 pm</b>	<b>5 Classes / \$25</b>
<b>Tue. May 6-27</b>	<b>11:45-12:15 pm</b>	<b>4 Classes / \$20</b>

## Small Group Personal Training

### **NEW!** S.G.P.T.-Strength & Mobility w/ Jason

Functional training for mobility promoting the ability to move freely, safely & comfortably [Live, Virtual, Hybrid]

<b>Mon Mar 3-31</b>	<b>7:30-8:15 am</b>	<b>5 Classes / \$95</b>
<b>Mon Apr 7-28</b>	<b>7:30-8:15 am</b>	<b>4 Classes / \$76</b>
<b>Mon May 5-19</b>	<b>7:30-8:15 am</b>	<b>3 Classes / \$57</b>





## Small Group Personal Training (SGPT)

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

### Tuesdays w/ Jason [Live]

Tue. Mar 4-25	7:30-8:30 am	4 Classes / \$76
Tue. Apr 1-29	7:30-8:30 am	5 Classes / \$95
Tue. May 6-27	7:30-8:30 am	4 Classes / \$76

### Thursdays AM w/ Jason [Live]

Thu. Mar 6-27	7:30-8:30 am	4 Classes / \$76
Thu. Apr 3-24	7:30-8:30 am	4 Classes / \$76
Thu. May 1-29	7:30-8:30 am	5 Classes / \$95

### Thursdays PM w/Lea [Live]

Thu Mar 6-27	12:00-1:00 pm	4 Classes / \$76
Thu Apr 3-24	12:00-1:00 pm	4 Classes / \$76
Thu May 1-29	12:00-1:00 pm	5 Classes / \$95

### Fridays w/ Lola [Live]

Fri. Mar 7-28	11:30-12:30 pm	4 Classes / \$76
Fri. Apr 4-25	11:30-12:30 pm	4 Classes / \$76
Fri. May 2-30	11:30-12:30 pm	5 Classes / \$95

## Personal Training / 1-on-1's

### 1-On-1 Personal Training

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

**1 Hour - \$70 Res/\$80 Non-Res**

### Scolio Pilates Personal Training w/ Amy

Scolio Pilates is a 3-dimensional scoliosis-specific exercise form to assist those living with scoliosis through four strategies of movement: elongation, breathing, corrective positioning and three dimensional strengthening. Amy has trained with Karena Thek, founder of Scolio Pilates.

**1 Hour - \$85 Res/\$95 Non-Res**

**All 1-on-1 Trainings must be registered by phone.**

Cancellations must be **2 business days** prior to appointment. **Please note**—We will share your contact information with the trainer who may reach out to you.

## Complimentary Fitness Open Hours & Track for Residents

Township residents age 65+, with specific UHC Medicare Supplement policies may be eligible for complimentary Fitness Open Hours, Equipment Orientations and Walking Track use. Advance enrollment required. Please call the center for assistance or the number on the back of your insurance card. Benefit requires a safety orientation and scanning with your BTSS ID card with EVERY visit.



## Equipment & Track

### Equipment Orientation

BT residency is required to use the equipment. An orientation is required **before** registering for Fitness Open Hours. Orientations are a 1-hour personalized training session on all the equipment for safe & effective use. A refresher course is also available if needed. Comfortable clothing & clean indoor shoes required. **\*2 business days notice required to cancel or reschedule. 1 class/ \$35**

### Fitness Open Hours

**Pre-requisite:** Equipment Orientation and BT residency. Self-supervised. Includes the fitness equipment and the walking track. Requires a change into clean shoes.

**\$20/month or \$10/half-month (1st -15th or 16th - end)**

### Walking Track

Self-supervised; a change into clean shoes is required. Also available to non-residents for increased fee.

**BT \$10/month \$5 half Non-Res \$15/month \$7.50 half**

## Experience the TRUE Stretch Cage Your Path to Better Flexibility!

Enhance your range of motion and reduce your risk of injury with the innovative TRUE Stretch Cage. This new equipment offers:

- **Full-Body Stretching:** Safely target specific muscle groups or stretch your entire body.
- **Comfortable, Upright Design:** No need to get on the ground—stretch easily while standing.
- **Guided Flexibility Training:** Easy-to-follow guides make it simple to maximize your stretch.

Take the natural approach to flexibility and feel the difference in your movement and mobility. Try the TRUE Stretch Cage today!



**Included in Open Fitness Hours**



**BTSS is now a partner location!**



BT residents with **SilverSneakers** may register for complimentary **Open Hours** and our indoor **Track** opportunities.

Attendance scanning required. Exercise classes are not included. Complimentary orientation is required. Call for an appointment: 248-723-3500



**We look forward to seeing you!**

# Bloomfield Township Senior Services



**Pool Notes:** Lifeguard on duty. You don't need to know how to swim but must be comfortable in water. The pool is 4 feet deep, entry is by ramp or stairs, temperatures average 83 - 88 degrees. Showers are required prior to pool use. For efficiency, please arrive with your suit under your clothes. Water shoes are recommended. Bring water bottle and towel. Lockers are available, or you may use the baskets on pool deck for clothes/personal items.

**Safety:** Consult your doctor before starting any exercise program to ensure your safe participation. Commit to both a warm up and cool down which are vital to safety & effectiveness. Bring a refillable bottle to class to stay hydrated.

## Aqua Boot Camp w/ Ernie

High intensity, interval workout using resistance equipment to increase your strength & endurance. Combines strength training, aerobic conditioning with the resistance from the water to give you an awesome overall body workout.

### Tuesdays

Tue. Mar 4-25	7:15-8:15 am	4 Classes / \$36
Tue. Apr 1-29	7:15-8:15 am	5 Classes / \$45
Tue. May 6-27	7:15-8:15 am	4 Classes / \$36

### Thursdays

Thu. Mar 6-27	7:15-8:15 am	4 Classes / \$36
Thu. Apr 3-24	7:15-8:15 am	4 Classes / \$36
Thu. May 1-29	7:15-8:15 am	5 Classes / \$45

## Aqua Energy & Flow w/ Becca

Intro to functional and circuit training for strength and mobility. Use of a variety of pool equipment for resistance. Includes extended full body stretching.

### Tuesdays

Tue. Mar 4-25	12-1 pm	4 Classes / \$36
Tue. Apr 1-29	12-1 pm	5 Classes / \$45
Tue. May 6-27	12-1 pm	4 Classes / \$36

### Thursdays

Thu. Mar 6-27	12-1 pm	4 Classes / \$36
Thu. Apr 3-24	12-1 pm	4 Classes / \$36
Thu. May 1-29	12-1 pm	5 Classes / \$45

## Aqua Flow w/ Becca

Introduction to functional training for strength and mobility. Includes extended balance and full body stretch. This class will focus on techniques, taking the workout at your own pace and listening to your body.

Wed. Mar 5-26	1:30-2:15 pm	4 Classes / \$36
Wed. Apr 2-30	1:30-2:15 pm	5 Classes / \$45
Wed. May 7-28	1:30-2:15 pm	4 Classes / \$36

## Aqua Interval

Let's improve your endurance and muscle. Using a variety of equipment, you will get a total body workout mixed with bursts of higher intensity movement.

### Mondays w/ Ernie

Mon. Mar 3-31	9:30-10:30 am	5 Classes / \$45
Mon. Apr 7-28	9:30-10:30 am	4 Classes / \$36
Mon. May 5-19	9:30-10:30 am	3 Classes / \$27

### Wednesdays w/ Ona

Wed. Mar 5-26	9:30-10:30 am	4 Classes / \$36
Wed. Apr 2-30	9:30-10:30 am	5 Classes / \$45
Wed. May 7-28	9:30-10:30 am	4 Classes / \$36

## Aqua Resistance Training w/Ernie

Movement in the water creates resistance for a positive effect on cardiovascular fitness and muscle toning. You determine the level of intensity. [\[Intermediate\]](#)

### Tuesdays

Tue. Mar 4-25	10-11 am	4 Classes / \$36
Tue. Apr 1-29	10-11 am	5 Classes / \$45
Tue. May 6-27	10-11 am	4 Classes / \$36

### Thursdays

Thu. Mar 6-27	10-11 am	4 Classes / \$36
Thu. Apr 3-24	10-11 am	4 Classes / \$36
Thu. May 1-29	10-11 am	5 Classes / \$45

## Endurance, Core & Balance w/ Ernie

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

### Mondays

Mon. Mar 3-31	11-12 pm	5 Classes / \$45
Mon. Apr 7-28	11-12 pm	4 Classes / \$36
Mon. May 5-19	11-12 pm	3 Classes / \$27

### Fridays

Fri. Mar 7-28	9:30-10:30 am	4 Classes / \$36
Fri. Apr 4-25	9:30-10:30 am	4 Classes / \$36
Fri. May 2-30	9:30-10:30 am	5 Classes / \$45

# NATIONAL FITNESS MONTH

Celebrate with us & try something new! We're offering two free fitness activities to help you stretch, move, & groove your way to better health. Don't miss these one-day-only classes!

### STRETCH SESH

MAY  
05



#### FREE 20 Min. Guided Stretch Session!

1-Day Only - appts. available 7:30-12:30 PM  
A revolutionary stretching session using our new TRUE Stretch Cage! Learn and perform multiple beneficial stretches to increase your flexibility.

### WATER JAM W/JASON

MAY  
16



#### FREE 1-Day Aqua Class! - 12:15 - 1:15 PM

Increase your heart rate, burn calories and tone your muscles without feeling sweaty in this circuit style aqua class. Let's Jam! Appropriate for all fitness levels.





## LaBlast® Splash w/ Donna

Shallow aqua dance fitness workout based on ballroom dance. Fun moves inspired by TV's DWTS! All levels. Water shoes are required.

Wed. Mar 5-26	11-11:50 am	4 Classes / \$40
Wed. Apr 2-30	11-11:50 am	5 Classes / \$50
Wed. May 7-28	11-11:50 am	4 Classes / \$40

## Lap Swim

Self-paced for lap workouts only. Walk or swim.

BT residency required.

### Mondays

Mon. Mar 3-31	7:15-8 am	5 Classes / \$45
Mon. Apr 7-28	7:15-8 am	4 Classes / \$36
Mon. May 5-19	7:15-8 am	3 Classes / \$27

### Tuesdays

Tue. Mar 4-25	2-2:45 pm	4 Classes / \$36
Tue. Apr 1-29	2-2:45 pm	5 Classes / \$45
Tue. May 6-27	2-2:45 pm	4 Classes / \$36

### Wednesdays

Wed. Mar 5-26	7:15-8 am	4 Classes / \$36
Wed. Apr 2-30	7:15-8 am	5 Classes / \$45
Wed. May 7-28	7:15-8 am	4 Classes / \$36

### Thursdays

Thu. Mar 6-27	2-2:45 pm	4 Classes / \$36
Thu. Apr 3-24	2-2:45 pm	4 Classes / \$36
Thu. May 1-29	2-2:45 pm	5 Classes / \$45

### Fridays

Fri. Mar 7-28	7:15-8 am	4 Classes / \$36
Fri. Apr 4-25	7:15-8 am	4 Classes / \$36
Fri. May 2-30	7:15-8 am	5 Classes / \$45

## Open Swim

Independent program where you decide to walk or exercise with equipment. No lap swim.

Fri. Mar 7-28	1:30-2:15 pm	4 Classes / \$36
Fri. Apr 4-25	1:30-2:15 pm	4 Classes / \$36
Fri. May 2-30	1:30-2:15 pm	5 Classes / \$45

## Pool Noodle Workout w/ Ernie

Low impact, high intensity workout with noodles provides the resistance with much less stress to your joints. Improve cardiovascular fitness and stamina while strengthening and toning muscles.

### Mondays

Mon. Mar 3-31	8:30-9:15 am	5 Classes / \$45
Mon. Apr 7-28	8:30-9:15 am	4 Classes / \$36
Mon. May 5-19	8:30-9:15 am	3 Classes / \$27

### Wednesdays

Wed. Mar 5-26	8:30-9:15 am	4 Classes / \$36
Wed. Apr 2-30	8:30-9:15 am	5 Classes / \$45
Wed. May 7-28	8:30-9:15 am	4 Classes / \$36

### Fridays

Fri. Mar 7-28	8:30-9:15 am	4 Classes / \$36
Fri. Apr 4-25	8:30-9:15 am	4 Classes / \$36
Fri. May 2-30	8:30-9:15 am	5 Classes / \$45

## Total Body Aqua w/ Ernie

Intermediate level class with a fun mix of cardio and resistance training, combined with invigorating core work and stretching.

### Tuesdays

Tue. Mar 4-25	8:30-9:30 am	4 Classes / \$36
Tue. Apr 1-29	8:30-9:30 am	5 Classes / \$45
Tue. May 6-27	8:30-9:30 am	4 Classes / \$36

### Thursdays

Thu. Mar 6-27	8:30-9:30 am	4 Classes / \$36
Thu. Apr 3-24	8:30-9:30 am	4 Classes / \$36
Thu. May 1-29	8:30-9:30 am	5 Classes / \$45

## Water Walking Workout w/ Ernie

Fun and simple class helps strengthen muscles, build cardio and balance. Use proper technique and work at your own pace moving to music! Class includes core training and stretching.

### Mondays

Mon. Mar 3-31	1:30-2:15 pm	5 Classes / \$45
Mon. Apr 7-28	1:30-2:15 pm	4 Classes / \$36
Mon. May 5-19	1:30-2:15 pm	3 Classes / \$27

### Fridays

Fri. Mar 7-28	11-11:50 am	4 Classes / \$36
Fri. Apr 4-25	11-11:50 am	4 Classes / \$36
Fri. May 2-30	11-11:50 am	5 Classes / \$45

## Free Swim in our SaltPure Pool!

Experience the difference and come discover the soothing benefits of our all-new SaltPure pool! Enjoy a refreshing swim or soak while experiencing why saltwater pools are making a splash.

**Wednesdays 12:15-1:00 pm**  
**Mar 5 / Apr 2 / May 7**

Residents, 50+, can enjoy their **first visit absolutely free** during our special monthly swimming events. After your first dip, residents can return for just **\$3 per visit**, while non-residents are welcome to join the fun for **\$5 per visit**. Or you may register for one of our 25 aquatic classes! Take the plunge and feel the saltwater difference—your first swim is on us!



# Bloomfield Township Senior Services



2/18	Tue	Michigan Central Station Tour w/Lunch	4/16	Wed	Purple Rose: My Mother & The MI/OH War
3/06	Thu	Birmingham Musicale Performance	4/21	Mon	Detroit Opera House Tour
3/13	Thu	St. Patty's Luncheon/O'Conner's	4/25	Fri	DSO: Women Rock
3/14	Fri	DSO: La Vida Loca	5/7	Wed	Meadowbrook: Ratpack Lounge
3/18	Tue	Michigan Central Station Tour (no lunch)	5/9	Fri	Ford House Tour & Lunch
3/19	Wed	Toldeo Museum of Art	5/14	Wed	Village Club Tour & Lunch
3/21	Fri	Michigan Central Station Tour (no lunch)	5/16	Fri	Smith House Tour (Frank Lloyd Wright)
3/28	Fri	Michigan Design Center	5/20	Tue	Eastern Market Food Tour
4/4	Fri	American House Bloomfield Village	5/22	Thu	Patridge Creek Shopping & Lunch
4/9	Wed	Zingerman's Cheese 101 Class & Lunch	5/23	Fri	National Museum of the Great Lakes

**\*\*THREE DATES AVAILABLE\*\***

## Michigan Central Station Tour

**Tue Feb 18\*\* 10:15-2:45 pm Sold Out-Waitlist Only**

**Tue Mar 18 12:15-3:15 pm Fee: Res \$33/Non-Res \$43**

**Fri Mar 21 1:45-4:45 pm Fee: Res \$33/Non-Res \$43**

Discover the rich history and incredible transformation of Michigan Central Station on this 90-minute guided station tour. First opened in 1913, the iconic Beaux-Arts structure once served as Detroit's bustling railway hub until its closure in 1988. Now, as one of the city's most beloved landmarks, the station is undergoing an ambitious restoration led by Ford Motor Company and Michigan Central. Expert guides will bring to life the station's rich history, sharing stories of its grandeur, decline, and rebirth. Marvel at the work of over 3,100 skilled craftspeople, see how innovative technologies like 3D printing are being used, and learn about what's next for Michigan Central. **\*\*Feb 18 includes lunch at Slows Bar BQ**

## Birmingham Musicale Performance

**Thu Mar 6 12:30-2:45 pm Fee: \$10/Non-Res \$20**

Join us for a delightful outing to experience the Birmingham Musicale's spring performance, "Spring Musical Bouquet," at the Lutheran Church of the Redeemer in Birmingham. The concert will be followed by light snacks and beverages, providing a perfect opportunity to mingle and unwind.

## St. Patty's Luncheon at O' Connor's Public House

**Thu Mar 13 11:30-2 pm Fee: Res \$41/Non-Res \$51**

Named after the best pub in Ireland, O'Connor's brings the best of Ireland to Michigan. Designed and built by the Prairie Pub Company, one of only 5 approved authentic Irish Pub builders in the world, the finished Pub was shipped to the States and assembled in historical downtown Rochester. The floors in the main area date back more than 140 years and the stain glass and wrought iron around the pub was harvested from crumbling churches throughout Ireland. Come join the group, take a peek at this hidden gem and enjoy some delicious Irish food for lunch! Lunch is included in the price of the trip with a limited menu.

## DSO: La Vida Loca

**Fri Mar 14 9:30-1:30 pm Fee: Res \$77/Non-Res \$87**

Get on your feet and let's get loud with the greatest hits of the '90s and '00s Latin pop explosion! Celebrates artists including Enrique Iglesias, Gloria Estefan, Santana, Ricky Martin and more. Lunch on own to follow at Clawson Steakhouse.

## Toledo Museum of Art

**Wed Mar 19 10:30-3:30 pm Fee: Res \$35/Non-Res \$45**

The Toledo Museum of Art's Highlights Tour is a 60-minute docent-led experience that showcases some of the museum's most iconic and celebrated works. From ancient Egyptian artifacts to renowned works spanning centuries and cultures, this tour offers a unique opportunity to explore the depth and diversity of the museum's 30,000-piece collection. This engaging tour provides a compelling introduction to the museum's rich history and artistic treasures. Lunch on your own at the Museum Café.

## Michigan Design Center

**Fri Mar 28 9:30-12:30 pm Fee: Res \$10/Non-Res \$20**

Join us for an hour long, designer-led tour on "Aging in Place". During this tour of MDC, you'll explore various design strategies, resources and practical tips to help you maintain independence and enhance your quality of life. Meal on your own at the MDC Café.

## Senior Housing Tours!



Join us as we take our bus to tour, taste, experience and learn about local Senior Living Communities and their amenities.

### American House Bloomfield Village

**Fri Apr 4 10:30-1:30 pm Fee: Res FREE/Non-Res \$5**

You are invited to tour our community nestled in a wooded area behind local shopping overlooking a scenic wetland. Learn about amenities and enjoy a chef prepared brunch!

**Please register by 3/31**





**Zingerman's Cheese 101 Class & Lunch****Wed Apr 9 9-2 pm Fee: Res \$60/Non-Res \$70**

Join us for an exciting trip to Zingerman's Delicatessen in Ann Arbor, where you'll experience a fascinating 101 class on cheese. Led by an expert host, this immersive session will explore the rich history and diverse world of cheeses. After the class and tasting, enjoy a leisurely lunch at the renowned deli, where you can indulge in its famous offerings.

**Purple Rose Theatre:****My Mother & The Michigan Ohio War****Wed Apr 16 11:15-5:45 pm Fee: \$99/Non-Res \$109**

Izzy's history buff husband Freddy had a dream: a full-scale reenactment of The Michigan-Ohio War. But when a bizarre papier-mâché accident leaves Izzy a widow, she calls on her Wolverine daughter and Buckeye son to see Freddy's vision realized. Historical becomes hysterical in this comedy about family, football and the fight for the Toledo strip. Lunch at Carlyle Grill Ann Arbor included, limited menu.

**Detroit Opera House Tour****Mon Apr 21 9:15-2 pm Fee: \$20/Non-Res \$30**

Join us for a private tour of the magnificently restored Detroit Opera House and learn about its renowned history with a seasoned tour guide. This unique experience will take you backstage areas not accessible to the public. Lunch to follow on own at Buddy's Pizza Downtown.

**DSO: Women Rock****Fri Apr 25 9:30-3:15 pm Fee: Res \$77/Non-Res \$87**

This is the set list of legends. The Pops and special guest perform rock hits by Carole King, Janis Joplin, Aretha Franklin, Pat Benatar, Tina Turner, and more. Lunch on your own to follow at Cooper's Hawk Winery & Restaurant.

**Meadowbrook Theatre: Ratpack Lounge****Wed May 7 10:30-5:30pm Fee: Res \$101/Non-Res \$111**

Frank, Dean, and Sammy are up in heaven but God tells them they left some unfinished business back on Earth. It seems Frank made an unfulfilled promise to Vic, the owner of the Rat Pack Lounge. Now he and the boys have one night to make things right. Limited Menu lunch at Meadowbrook Hall included.

**Ford House Tour & Lunch****Fri May 9 10:30-3:15 pm Fee: Res \$20/Non-Res \$30**

At Ford House, you're in for a treat for a guided tour that offers an immersive journey through the historic estate, led by knowledgeable guides who share fascinating stories about the Ford family and the legacy they've left behind. From the elegant interiors of the main house to the breathtaking beauty of the gardens and grounds, this tour unveils the rich history and timeless charm of this iconic property. Lunch on your own following the tour at the Continental at Ford House.

**Village Club Tour & Lunch****Wed May 14 9:45-1:30 pm Fee: Res \$40/Non-Res \$50**

Join us for an exclusive tour and lunch at the prestigious Village Club in Bloomfield Hills. As a private city club, the Village Club offers an exceptional blend of fine dining, cultural experiences, educational programs, social events, and philanthropic opportunities.

**Smith House Tour (Frank Lloyd Wright)****Fri May 16 10:45-2:30 pm Fee: Res \$45/Non-Res \$55**

School teachers Sara Stein Smith and Melvyn Maxwell Smith, undeterred by their modest salaries and guided by a shared love of architecture, met Frank Lloyd Wright at Taliesin in 1941 and commissioned a custom home. The Smith House in Bloomfield Township is an excellent example of Wright's Usonian ideal, which aimed to build quality houses for the American middle class. This tour offers a unique view of this special home, its landscape, and the story of a couple whose vision and determination allowed them to achieve their dream. Lunch on your own to follow at The Social Birmingham.

**Eastern Market Food Tour:****Come Hungry, Leave Happy Strolling Lunch****Tue May 20 9:15-2:45 pm Fee: Res \$90/Non-Res \$100**

Embark on a flavorful journey through Detroit with this guided food and sightseeing tour. Begin with a leisurely stroll and brunch through Eastern Market and Capital Park, where you can indulge in delicious local bites and explore one-of-a-kind shops. The tour also offers scenic views of Downtown Detroit, the International RiverWalk, and the revitalized Michigan Central Train Station in Corktown. Along the way, you'll hear fascinating stories, discover historic neighborhoods, and enjoy public art. This is the perfect experience for food lovers and culture seekers alike!

**Partridge Creek Shopping & Lunch****Thu May 22 11-3:30 pm Fee: Res \$15/Non-Res \$25**

Join us for a delightful afternoon of shopping and dining! We'll begin with a delicious lunch at the New Andiamo Pasta and Chops, followed by a visit to Partridge Creek. This picturesque outdoor shopping center offers a diverse selection of stores, perfect for an enjoyable shopping experience.

**National Museum of the Great Lakes****Fri May 23 8:30-4:30 pm Fee: Res \$45/Non-Res \$55**

Join us for an immersive experience into the rich maritime history of the Great Lakes. The museum features engaging exhibits on the region's naval history, shipwrecks, and the role of the lakes in transportation, trade, and industry. Visitors can explore interactive displays, artifacts, and photographs that highlight the lives of sailors, the significance of the lakes to the economy, and the environmental challenges faced by the region. The tour also includes a visit to the historic SS Col. James M. Schoonmaker, a retired Great Lakes freighter, offering a unique opportunity to explore a working ship from the past. Lunch on your own following the tour at Old Bag of Nails, an old-fashioned neighborhood pub.

# Bloomfield Township Senior Services



## Hospice Fact or Fiction

Thu Feb 20 11-12 pm Fee: Free

An educational talk about what hospice is and what it can offer to caregivers of dementia family members. Presented by Hospice of MI

## Trinity Health Farm

Mon Mar 3 10-11:00 am Fee: Res FREE/Non-Res \$2

Join us for an informative lecture on The Farm at Trinity Health, a 1.3-acre community farm located on the north campus of the Trinity Health hospital in Pontiac. Learn about the farm's sustainable farming practices, volunteer opportunities, and the benefits of its Community Supported Agriculture (CSA) program. Discover how food can be used as medicine to promote health, and gain valuable tips on healthy eating, seasonal recipes, and growing your own nutritious food. This lecture will offer practical insights on how fresh, locally grown food can improve your well-being and support a healthier community.

## Two Women & A Hoe Garden Lecture

Tue Mar 4 10-11:00 am Fee: Res FREE/Non-Res \$2

Gardens should be our love, not our labor of love! Discover how sustainable gardening includes a variety of practices that respond to environmental concerns. These practices are used in every stage of gardening including design, pruning, maintenance and water wise practices. Together we will develop a shift in perspective as we explore how to garden with comfort, ease and simplicity. Jan Bills is the author of Late Bloomer, a national speaker, certified landscape designer, advanced master gardener, and entrepreneur.

## Bladder Health w/Dr. James Ross

Thu Mar 6 10-11:00 am Fee: Res FREE/Non-Res \$2

Say goodbye to embarrassing leaks and learn about bladder health with Dr. James Ross of Trinity Health/IHA Medical group. Dr. Ross is a urogynecologist and specializes in the treatment of pelvic floor disorders and will be speaking about common bladder issues in women and treatment options available. Enjoy refreshments and a light snack.

## Making Your Healthcare Wishes Known

Mon Mar 10 10-11 am Fee: Free

Join us for an important conversation. What if you cannot advocate for yourself in a medical emergency? Attendees will learn: Advanced Care Planning; Advanced Directives: defined and discussed from a regulative and healthcare perspective; Types of Advanced directives including appointing an advocate, power of attorney, living wills and code status determination. Presented by Hospice of MI

## St. Patty Day Line Dancing

Tue Mar 11 1:00-2:30 pm Fee: Res \$10/Non-Res \$15

Join us for a fun afternoon of line dancing with an Irish theme. Line dance has shown to improve both physical and cognitive function. Instructor Judy Baldak teaches the moves and will have you in the groove in no time. Beginner to advanced, all skill levels welcome.



## Peace of Mind

Thu Mar 20 11:30-1 pm Fee: Res FREE/Non-Res \$5

Learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us and learn more about prearrangements, veteran benefits, cremation, burials and more. Event & meal sponsored by A.J. Desmond & Sons. Please register by 3/14.

A.J. DESMOND & SONS  
FUNERAL DIRECTORS

## Lower Back & Extremity Pain

Fri May 16 11-12 pm Fee: Res FREE/Non-Res \$5

We will discuss lower back pain and how it can be influenced from issues not only in the lower back itself but also from issues in the thoracic spine (middle back), hips, knees or ankles. Basic exercises and Q & A Event & Meal sponsored by Foundation Manual PT Please register by 5/12

FOUNDATION  
Manual Physical Therapy and  
Performance PLLC



## Spring Cooking Demonstration:

### Spring Skillet Supper

Wed Mar 12 12-1 pm Fee: Res \$25/Non-Res \$35

Back by popular demand, join us for a culinary demonstration by Mary Spencer where she will be teaching how to make spring skillet suppers! You won't want to miss this wonderful demonstration & tasting!

## Our Recipe Tree

Tue Mar 18 10-11:30 am Fee: Res FREE/Non-Res \$2

Join Annie from Our Recipe Tree for an engaging demonstration on preserving your precious family recipes for future generations. Watch as we show you how simple digital preservation can be, whether you're saving Grandma's handwritten recipe cards or capturing the stories behind your family's traditional holiday dishes. This demonstration will show you practical ways to ensure your family's food heritage lives on.

## Tea Blending Workshop w/Because UR Priceless

Wed Mar 26 10-12 pm Fee: Res \$50/Non-Res \$60

Join us for a cozy afternoon of tea blending with Shannon Cook, owner of Because UR Priceless. Shannon has 10+ years of tea blending experience and is looking forward to guiding you in crafting your own tea blends using a variety of spices and flavors.

## Leader Dogs for The Blind

Mon Apr 7 10-11 am Fee: Res FREE/Non-Res \$2

Join Alyssa Otis and a special canine friend for an insightful presentation about Leader Dogs for the Blind. Discover how their programs are thoughtfully crafted to equip clients with the skills and training needed to restore confidence, safety, and independence in their lives.





## Soap Making Workshop

**Tue Apr 8 1-2 pm Fee: Res \$40/Non-Res \$50**  
Join Wild Daisy Creative for some good clean fun! You will learn the entire cold soap process for making a simple gentle bar soap. You will take your soap, the soap mold and recipe card home. Cost includes all supplies and safety gear if you'd like to use it in class and also includes your own mold to take home. We will make a batch of soap yielding approximately 8 bars. Please bring an old towel and a baking sheet to carry your soap home.

## FDR & The Art of Presidential Leadership

**Thu April 10 10-11 am Fee: Res FREE/Non-Res \$2**  
FDR was President in the most extraordinary times! First there was the great Depression and then there was WWII. Through it all he retained the support of the American people.

## Art Talks: The Art of Flowers

**Mon April 14 10-11 am Fee: Res FREE/Non-Res \$2**  
Artists over the centuries and across cultures have depicted flowers for a number of reasons, not least their inherent beauty. Georgia O'Keeffe painted flowers close up and large to get even busy people to notice them. Flowers can speak of love, transience or death. This presentation looks at a wide variety of flowers in art.

## From Faith to Flakes: Fetzer, Kellogg & other

### Western Michigan Iconoclasts

**Tue April 29 1-2 pm Fee: Res FREE/Non-Res \$2**  
The early 20th century midwest was a hotbed of spiritual activity including pioneering beliefs in metaphysics, Seventh Day Adventism and a branch of Mormonism all swirling in Western Michigan. We'll look at some of the most fascinating players whose impact is felt from Battle Creek to Kalamazoo to what was once The Kingdom of Beaver Island!

## Spring Line Dancing

**Thu May 1 11:30-1 pm Fee: Res \$10/Non-Res \$15**  
Join us for a fun afternoon of line dancing! Line dance has shown to improve both physical and cognitive function. Instructor Judy Baldak teaches the moves and will have you in the groove in no time. Beginner to advanced, all skill levels welcome.

## Managing Changing Needs As We Age (JFS)

**Thu Apr 17 11-12 pm Fee: Res FREE/Non-Res \$2**  
Join Evie Lynn Breuer, LMSW, CDP for a discussion about some of the common areas in which our needs change as we age. Evie will also share information about the many resources available in our local community to support us as our needs change over time. The program also includes an in-depth look at lesser known but very helpful supports such as geriatric care management and ways to keep our cognition strong.

## DIA: Diego Rivera & The Detroit Industry Murals

**Mon May 5 10-11 am Fee: Res FREE/Non-Res \$2**  
Learn the complex and intriguing story behind Diego Rivera and his Detroit Industry Murals, now a National Historical Landmark. Let's explore this exciting topic with our friend and expert docent, Carlene VanVoorhies.

## Hear Better, Live Better: Hearing Loss & Brain Health

**Tue May 6 10-11 am Fee: Res FREE/Non-Res \$5**  
Hearing health & your quality of life are closely related to many common medical conditions including, diabetes, dementia, cognitive decline, vision loss, heart disease, risk of falls and tinnitus. Learn about different types of hearing loss, comorbidities seen with hearing loss and how hearing aids can help quality of life. Lecture along with a light snack and refreshments. Sponsored by Hinderliter.

## Finding Meaning & Purpose in Life as We Age

**Thu May 8 10-11 am Fee: Res FREE/Non-Res \$2**  
Are we ever too old to wonder about purpose? Hear the answer from the deathbed of Albert Einstein. Learn the secrets of Greek philosophers and modern scientific evidence on the topic. Aging may leave us searching for meaning and purpose in life. It is important that we find both. Learn the process for rediscovering meaning and purpose and living your best life possible with Garry Cole.

## CPR Refresh w/ BTFD

**Mon May 12 9-11 am Fee: Res FREE (Residents Only)**  
Join the Bloomfield Township Fire Department for a CPR Review and refresher course held at the senior center. BT residents only.

## Don't Let Stress Manage You (JFS)

**Wed May 21 10-11 am Fee: Res FREE/Non-Res \$2**  
Navigating through the many challenges can cause an increase in stress for everyone. And no matter how many times we've read books or heard presentations on this topic, we can all learn how to manage our stress better. This workshop focuses on helping people recognize the stress process and learn to interrupt it early in the cycle, before it escalates.

## AARP Smart Driver Course (2-DAY COURSE)

**Thu May 22 & Fri May 23 10-2:30 pm**  
**Fee: AARP \$20/Non-AARP \$25**  
When you take the AARP Smart Driver course, you *could* be eligible for a multi-year discount on your auto insurance.\* Plus, safer driving can save you more than just money. The course teaches proven driving techniques to help keep you and your loved ones safe on the road. \*Please check with your insurance for discount details.



Thursdays  
10-11am

## MUSIC THROUGH THE DECADES

Multi-Part Lecture Series with Stu Johnson!  
Winter, Spring & Summer, Come see them all!

See Pg 4  
for details!



# CLUBS / GROUPS / GAMES

Drop-In Game/Clubs Fee: Res \$3/Non-Res \$5

<b>Billiards</b>	Facilitator: B. Haw Group play, all levels welcome. Call for availability.	Tue & Thu 1:00-3:00
<b>Duplicate Bridge</b>	Facilitator: C. Wood Maximum 7 tables. <b>Arrive at 11:30 for table assignments.</b>	Tue 12-3:00
<b>Mah-Jong</b>	Facilitator: M.A.Williams Promotes brain health & memory skills.	Tue & Thu 12-3:00
<b>Poker</b>	Facilitator: A. Rubin Ladies & Gents, enjoy a friendly game.	Wed 11-3:00
<b>Crafts &amp; Conversation</b>	Bring your projects to enjoy camaraderie with other crafty people. Casual group that shares ideas, conversation and fun.	Tue 12:30-2:30
<b>Book Club</b>	Facilitator: Fern Stoffer Registration required. <b>Limited Space!</b>	1st Fri 10-11:30

Mar 7: Heaven & Earth Grocery Store by James McBride  
Apr 4: The Last Thing He Told Me by Laura Dave  
May 2: Remarkable Bright Creatures by Shelly Van Pelt

## Bridge Class–Beginner Part 3–Defense

**Fri Mar 7-May 2 1-3 pm Fee: Res \$160/NR \$170**

We will work on developing and improving defense techniques as well as improving bidding and play.

**\$25 Book Fee paid 1st week to instructor. \*No class 3/21**

## Bridge Class–Advance Bidding

**Fri Mar 7-May 2 10-12 pm Fee: Res \$160/NR \$170**

We will work on what bids are forcing, how to better describe your hand together to the best contract. We will also develop & improve play & defense techniques.

**\$25 Book Fee paid 1st week to instructor. \*No class 3/21**

## Bridge Class–Beginner - Bidding

**Fri May 9-Jun 27 1-3 pm Fee: Res \$160/NR \$170**

Learn to play bridge. No experience required.

**\$25 Book Fee paid 1st week to instructor.**

## Bridge Class–Advance Bidding

**Fri May 9-Jun 27 10-12 pm Fee: Res \$160/NR \$170**

We will work on bidding to get to the best contract. Continue working on play and defense

**\$25 Book Fee paid 1st week to instructor.**



**Pop-Up Librarian** **Wednesday, Mar 12, 10:00-11:00am**  
Talk with one of your local librarians about books, movies & tech.

**Book Talk** **Wednesday, Apr 9, 10:00-11:00am**  
Hear about popular new books and find your next read!

**Lecture** **Wednesday, May 14, 10:00-11:00am**  
Did you know having a Gmail account gets you access to more than just email? This account can connect you to shared documents, cloud storage, entertainment, and more. Learn about all the features available to you that come from your Google account.

**PAPER DOLLS** Facilitator: Arlene Pinkos  
**Returning May 22nd!** Join this dedicated group that designs and sells beautiful, repurposed greeting cards. Used greeting card donations appreciated—please leave inside greeting intact. All proceeds go towards Meals on Wheels.



**CHICKS W/ STICKS** Facilitator: Chris Muir  
Join a friendly group that knits and crochets warm and cozy items for donation to a variety of worthwhile organizations. At-home knitters needed too! Also, need new or "like new" yarn donations.



## Coffee & Crime Statistics

Enjoy a cup of coffee with Bloomfield Township's Community Liaison Officer in our café! Learn about the latest neighborhood crime trends, ask questions, and connect with your local police dept. in a relaxed & friendly setting.

**Tuesday, March 11**  
**10-11:00 am**  
**Res/Free, Non-Res \$2**





LIVE MUSIC

Jazz Band

Mondays 1:00-2:30PM

Complimentary

Syncopation and improvisation, enjoy some of the best jazz around! Stop in for hot coffee & a true American art form.





**FRIENDLY CALLERS PROGRAM**

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 on selected days, Monday-Friday between 9-11AM for a friendly conversation and to check on the welfare of the person. You may choose 1-5 days for a call.



**MEDICAL EQUIPMENT LOAN CLOSET**

We collect donations of wheelchairs/transport chairs, walkers and shower benches. We have limited storage and varied stock so please call to confirm a need for your item in advance. Once confirmed, you may drop it off at the senior center's front door. Items must be clean, gently used and in good condition. This equipment is available for free, short term use by BT residents. Please call to confirm availability of item and schedule pickup at the center.

**Caregiver Connect**

Thursdays, 10-2pm  
Feb 20/ Mar 20  
Apr 17 / May 15

Program for caregivers offering respite, information, & programs while their care receiver is engaged in complimentary adult day service in our Friendship Club.



*Companion Cafe* is an opportunity for caregivers and receivers to participate in something creative, social and enjoyable together in a safe, positive and supportive setting. It provides camaraderie with peers, fail-free activities like crafts and games, as well as professional entertainment.

Residency & Advanced Registration Required.

Wednesdays  
1:00 - 3:00 pm  
Mar 5 / Apr 2 / May 7



**Feb 20th**

**Presentation and Art Project**  
- BBAC Art Center

**Mar 20th**

**Sound Healing Meditation**  
- Jordan Ceresnie

**Apr 17th**

**Managing Changing Needs As We Age** - Evie Lynn Breuer

**Caregiver Support Group**



Thursdays  
10-11:00 am

Mar 20 / Apr 17 / May 15  
Complimentary

**Together, we can support one another.**

If you are caring for someone with dementia, who is caring for you? You are not alone. This supportive group for caregivers will help you to learn more about the disease as well as understand feelings about the changes dementia has made in daily life.

Sponsored By:



**Hearing Screening**  
Tue, May 13, 9-11:00 AM

Get your free hearing screening onsite at the Senior Center. Call for an appointment.

*\*Residents Only\**

Why get a hearing test? One in every 3 people over the age of 65 have hearing loss, which often progresses quite slowly, making any deterioration easy to miss until the damage is irreversible. Hearing tests help track your hearing over time and catch hearing loss early. Screenings provided by:



**Hinderlitter**  
HEARING SERVICES

**MEDICARE & YOU**

Understanding Your Medicare Choices

**Free Medicare Counseling**

Wednesdays, 11-3:00 pm  
Apr 23 / May 28

(Private, 1-hour appointments)

Join AgeWays counselor, Susan Gibbs, who will assist you with understanding Medicare & Medicare Advantage health plans, explain prescription drug coverage, review supplemental insurance needs and provide applications for the Medicare Savings Program. Residents only, aged 65+. Registration and appointment required. Must bring photo ID, Medicare (& Medicaid card if applicable) to scheduled, 1-hour appointment.



## NUTRITION SERVICES



Here in BT the Meals on Wheels program is not just for low-income residents. Anyone 62 years or older living in the service area is eligible for home delivered meals. We offer hot meals, a frozen meal with side items such as bread, fruit and a beverage or the very popular frozen entree-only meals. Meals can be requested as an on-going service or ordered as you need them. They are prepared with a higher grade of ingredient than most MOW programs and offer a variety of menus. If you are not cooking much anymore, the service offers a great way to have nutritious meals delivered right to your door. There is a cost for the service but financial support may be available for residents in need. For information or to request an application, contact **Mary Osborne MSW, Nutrition Coordinator at 248-723-3500.**



**MEALS ON WHEELS  
AMERICA 2025 MEMBER**

Meals are available either in frozen bulk pack (3 or 5 meals) or can be delivered hot and ready to eat. Frozen options are delivered on Mondays only, but hot meals can be received daily or as many or few times a week as needed. The meals are prepared to provide 1/3 of the USDA recommended daily nutrition for older adults. They are delivered between 10:30 AM and noon by one of our BTSS volunteers. See the current menu for what is being prepared each day.

### SAMPLE WEEKLY MENU—HOT MEALS

Pineapple Glazed Ham -#11 Lyonnaise Potatoes Mixed Greens Pears Corn Muffin & Margarine	Chicken Alfredo Casserole -#12 Penne Noodles Steamed Broccoli Applesauce French Bread & Margarine	Cubed Steak -#13 w/ Brown Gravy Rosemary Roasted Potatoes Glazed Carrots Mandarin Oranges Corn Muffin & Margarine	Oven Fried Chicken -#14 AuGratin Potatoes Steamed Cabbage Mixed Fruit Dinner Roll & Margarine	BBQ Meatballs -#15 Macaroni & Cheese Spinach Fruit Cup Corn Muffin & Margarine
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### On-The-Go Senior Meals:

We now have nutritious frozen meals available for purchase. Prepared with the nutritional needs of an older person in mind, they are lower in salt than other frozen meals and are low fat and have no added sugar. They come frozen in a bulk pack of 3 or 5 meals. Easy to just stick in your freezer for when you need them, or when you don't feel like cooking. Just pop them into the microwave and reheat. Meals are available on Monday mornings for pickup or then can be delivered to your home. They are \$5.35 each meal and must be ordered a week in advance.

### Nutritional Supplements:



With medical necessity, Ensure® Plus is available for purchase at a reduced cost. A physician's order or letter is recommended and should be faxed (248-723-3519) to the Nutrition Coordinator. Nutritional supplements come in cases of 24 and can be delivered to your home or picked up from the Senior Center.

## TRANSPORTATION SERVICES

### Transportation is available Monday thru Friday!

Contact Jeff Howes, Transportation Coordinator—248-723-3512

#### Center Transportation:

Rides are available to qualified candidates to and from the Senior Center Monday through Friday at no charge. Available to senior residents 60+ of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required.

#### Rides to Medical Appointments:

BTSS offers subsidized, low cost transportation for BT seniors for medical appointments. Non-Ambulatory and wheelchair transportation is available Monday-Friday 8 a.m. to 4 p.m. 3 - 5 business days' notice needed. We contract with Jewish Family Services who provide transportation with vetted and trained drivers.

#### Community Transit:

Curb-to-curb advance registration transportation service in Bloomfield and surrounding communities. Service area is within a 10 mile radius of your beginning destination. Service hours are 6 AM to 6 PM, Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hrs:



Mon-Fri 7AM to 4PM \*Subsidy possible for those eligible.  
To reserve call **866-962-5515.**





# HOME REPAIR & FINANCIAL ASSISTANCE PRO-



BTSS facilitates the Minor Home Repair Program (MHR) with funding from Community Development Block Grant (CDBG) funds. The program is designed to help low to moderate income households complete more complicated home maintenance.

**To Qualify:** Residents must be 60 years of age or older and a resident of Bloomfield Township. The gross annual 2024 household income per household is \$53,700 (or below) with one person. The maximum household income for two residents is \$61,400 (please call for additional income limits). The maximum home value is \$420,000 and the maximum in financial assets is \$50,000 per household member. Financial documents, proof of

income and an application are required. There are no fees to homeowners for repairs facilitated in this program.

Repairs must fit the MHR criteria and may not exceed \$5,000 in a program calendar year. Repairs are subject to federal lead-based paint regulations. The application form is available on the Township website (Application for MCL 211.7u Poverty Exemption) or by calling Senior Services at **248-723-3500**. BTSS Program staff are available to help residents through the application process and to administer projects through completion.

**MHR project examples may include but are not limited to:**

**Repairs to:** Furnace, chimney, porch, stairs, electrical, plumbing, gutters, water lines.

**Replacement of:** Water heater, garbage disposal, toilet, faucets, shower, light fixtures, locks, handrails, driveways, furnace/AC and ADA compliant ramps.

**Removal:** Dangerous trees/limbs, structural barriers & large items around the home.

**Corrections of:** Single code violations.



## Oakland County Home Improvement Loan Program

Qualified homeowners may receive interest-free loans of up to \$23,000 to make needed home repairs, including barrier free access and energy saving upgrades. There are no monthly payments and the total loan is due and payable only when you sell your home. Oakland County staff are with you all the way from helping you apply for the loan to overseeing all repair work and paying pre-screened contractors. This can be in addition to BTSS Minor Home Repair program. **248-858-5401 CHI@OakGov.com**

## Financial Assistance - For Property Taxes and/or Solid Waste Fees

If you are in need of financial aid please complete **one form** to request a hardship exemption for property taxes and waiver of solid waste fees. Those over age 60 who meet guidelines can request minor home repair assistance with funding from the Community Development Block Grant program.

For more info. go to: <https://www.bloomfieldtp.org/Resources/Forms/Assessing.aspx>

## NEW SERVICES! – SENIOR CHORE PROGRAM



- **Snow Removal**
- **Lawn Mowing**
- **Yard Cleanup**
- **Gutter Cleaning**
- **Bush Trimming**

Announcing the new **Senior Chore Program!** With funding provided through a grant from Oakland County, residents aged 62 and older with an income at/under \$53,700 for one person; \$61,400 for two people are eligible. Individuals 50-61 years of age with a disability may also be eligible. Through contractors, Senior Services will provide some or all of the following yard services: snow removal, lawn mowing, leaf clean up, bush trimming, and gutter cleaning. For more information, contact Jeff Howes at 248-723-3512

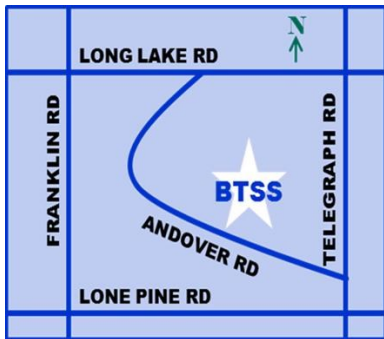




Senior Services  
4315 Andover Road  
Bloomfield Twp. MI


Monday-Friday: 7 AM - 3:30 PM

PRST STD  
U.S. POSTAGE  
**PAID**  
PERMIT NO. 40  
BLOOMFIELD HILLS  
MI



# FRIENDSHIP CLUB ADULT DAY SERVICE

Friendship Club (FC) is a social model Adult Day Service offering engaging, fail-free and safe programming for older adults experiencing dementia or memory challenges. FC is dedicated to assisting people maintain their highest level of ability through social connection in an encouraging environment. Research indicates early intervention is important and positively impacts mood, sleep patterns and family relationships. This partnership in caregiving also provides much needed respite and support.

 Call Us For More Info  
**248-723-3500**

**Wed. Feb. 26  
1-2:30 pm**

## Open House

Visit our beautiful space and learn about how Friendship Club might work for your loved one.