



Senior Services

4315 Andover Rd., Bloomfield Township MI 48302

WINTER 2025-26 - December / January / February

The Holidays Happen Here!

See inside for info on our:

- Holiday Market
- Winter Warm-Up Concert
- Noon Year's Eve Party
- Mardi Gras Murder Mystery
- Valentine's Party

TRY FOR FREE

**JAN
2**

See Pg. 12 for
**FREE Try-It
Fitness
Classes!**



Count Down to Noon Year!

Promoting Wellness ~ Supporting Independence ~ Strengthening Community ~ Cultivating Vitality

www.bloomfieldtwpmi.gov/seniors

248-723-3500

Serving Adults 50+

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.bloomfieldtwpmi.gov/seniors

Senior Center Hours

Monday-Friday

7 AM - 3:30 PM

Bloomfield Township Board

Mike McCready, Supervisor

Martin C. Brook, Clerk

Michael Schostak, Treasurer

Neal J. Barnett, Trustee

Valerie Murray, Trustee

Christopher Kolinski, Trustee

Mark Antakli, Trustee

Weekly E-Newsletter & Social Media

Subscribe at

www.bloomfieldtwpmi.gov/Seniors

All operational updates will be sent via eNews. We will never share your email.



Facebook.com/BTSeniorCenter

Christine's Comments

Learning rewires your brain, sharpens memory and thinking.

Make, Bake, and Create This Holiday Season! Try five hands-on classes where you'll craft gingerbread men, bake traditional Kifli cookies, or design festive wreaths from ribbon, or charcuterie! Create beautiful bars of soap for heartfelt holiday gifts. Plus, travel with us to a glass studio or historic print shop and make your own one-of-a-kind artwork.

Music boosts memory, mood, and mental agility.

Feed your soul—and your brain too! This winter, immerse yourself in six live performances at the center, journey to hear the DSO or explore the rich tapestry of musical history through engaging presentations onsite. Your seat is waiting, and the music is calling.

Novelty through travel activates and rewires brain networks, improving adaptability and cognitive flexibility.

Exploration boosts neuroplasticity.

Our curated day trips blend enjoyment, connection, and discovery. Join us for enriching experiences, fascinating history, and new friendships that make every outing unforgettable.



Christine Tvaroha,
Director of Senior Services

Donations and Program fees are essential to maintain and grow BTSS.

Your donations help fill in the gap and keep us growing! Please consider supporting BTSS!

DONATE



Mark your Calendars, the Senior Center will be closed:

- **November 27 & 28 - Thanksgiving**
- **December 24, 25 & 26 - Christmas**
- **January 1 - New Years**

Special Thank you to our Winter Sponsors:



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



Eligibility/Registration
Call 248-723-3500 or visit
www.bloomfieldtwpmi.gov/Seniors

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

- Full payment is due at registration. Non-sufficient funds checks will incur a fee.
- Registration for BT residents begins 11/03/25, Non-residents registration begins 11/14/25 (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).
- Late Start Registrations: You may register for a "Late Start" if the class has begun and has not reached capacity. Class fees are reduced with each passing week *Note, Late Starts are not available online, they must be processed by phone or in person.
- Cancellations for Classes/Programs: Will incur \$10 cancellation fee for the original program session. No refunds beginning 2 business days prior to start of class.
- Cancellations for Trips: Will incur \$10 cancellation fee + any costs already incurred by the Center (i.e. prepaid tickets). No refunds beginning 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. 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. Please alert staff if a wheelchair will be used.



TRAVELING SALES GALS & BTSS

HOLIDAY MARKET

Join us for a Holiday Market full of cheer and creativity! Browse handmade gifts, seasonal décor, and one-of-a-kind crafts from local artisans. Be sure to visit BTSS's very own Chicks with Sticks along with many other talented vendors.

Monday, December 1st
10:00 AM - 1:00 PM

FREE TO ATTEND & SHOP



NOON Year's EVE

Wed, December 31st
11:00 AM - 12:30 PM
Res: Free / Non-Res: \$2

SILENT BINGO | SNACKS | LIVE MUSIC
FESTIVE ATTIRE ENCOURAGED

Please call 248-723-3500 to register!



Sponsored By:



Village at Bloomfield

Veterans Day Ed Black Jazz Band Performance

**MONDAY,
NOVEMBER 10TH
1:30 - 2:30 PM**

Join us this Veterans Day for a soulful live jazz performance in honor of our veterans. Enjoy smooth melodies and a memorable tribute of music and appreciation!

Res: Free / Non-Res: \$2

Friendsgiving

**WEDNESDAY, NOVEMBER 19TH
12:00 - 2:00 PM
RES: \$20 / NON-RES: \$25**

Join us for a heartwarming Friendsgiving event filled with good food, great company, and festive cheer! Enjoy a traditional Thanksgiving meal with all the classic favorites, followed by live music from The Sirens, who will keep the celebration going with their fun and energetic sound.

Please register by Nov 14th by calling 248-723-3500!

NEW TRIPS W/ BIANCO TOURS



We are excited to be partnering with Bianco tours for some exciting trips in the New Year. More details on page 15.

Learn to Play

**Start the New Year with
fun, friends, and fresh
challenges!**

Join our brand-new classes in:
 Bridge Canasta
 Mah-Jongg Euchre

**Whether you're a total
beginner or just brushing
up on your skills, we'll
help you get in the game.
More details on page 19!**





Music & Mingle

Wednesday, December 10th
10:00 - 11:00 AM
Res: Free / Non-Res: \$2

Enjoy the amazing talent of the
BHHS student choir.
Festive treats provided!

Please call 248-375-3500 to register!

Sponsored By:

American House
SENIOR LIVING COMMUNITIES
Village at Bloomfield

WINTER WARM-UP

Holiday Concert

Friday, December 12th
10:30 - 11:30 AM
Res: Free / Non-Res: \$2

Celebrate the season with piano and violin duo Kelly and Darryl Roenicke. Enjoy a festive mix of seasonal classics and favorites performed with elegance and warmth, perfect for getting into the holiday spirit.



MURDER MYSTERY PARTY

MARDI GRAS GONE WRONG!

Tuesday, Feb 10th
1:00 - 2:30 PM

*Interactive
murder mystery
where everyone is a
suspect! It combines
the excitement of Clue
with the imagination of
theatre!*

*Res: Free / Non-Res: \$5
Spots are limited,
register early!*

Event
Sponsored By:  **THE AVALON**
of Bloomfield Township



Valentines Party

Friday, February 13
11:00 AM - 12:00 PM
Res: Free / Non-Res: \$2

Celebrate love and friendship at our festive Valentine's Party! Enjoy live music by Michael Krieger and a joyful atmosphere perfect for couples and friends alike.

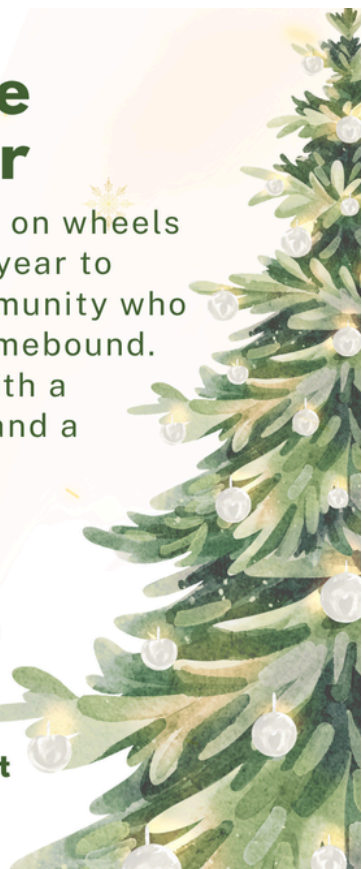
**PLEASE CALL 248-723-3500
TO REGISTER!**



Tree of Life Fundraiser

Nearly 6000 meals on wheels are provided each year to seniors in our community who are frail and/or homebound. The meal comes with a smiling volunteer and a wellness check.

Purchase a sponsor card for a meal and help us decorate our Tree of Life located in our main level café. You can donate in person at the Senior Center or by phone at 248-723-3500



BLOOMFIELD TOWNSHIP SENIOR SERVICES
FRIENDSHIP CLUB
4315 ANDOVER ROAD, BLOOMFIELD TWP, MI 48302

WHAT ACTIVITIES CAN YOU EXPECT TO SEE WHILE ATTENDING FRIENDSHIP CLUB?

Live music entertainment, pet visits, art projects, exercise, and more!

CONTACT US:

248-723-3531
KDavidson@bloomfieldtwp.org



Caregiver Support Group

Thursdays

10-11 AM

Dec 18 / Jan 15 / Feb 19

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:



Companion Cafe

Wednesdays

1- 2:30 PM

Dec 3 / Jan 7 & 21 / Feb 4 & 18

Join us for welcoming events designed for individuals with memory challenges and their caregivers, offering a meaningful shared experience. Enjoy engaging games, music, art, and the warmth of camaraderie, along with light refreshments!

Advanced Registration Required.





GROUP FITNESS & AQUA SCHEDULE

DEC/JAN/FEB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAND				
Strength & Balance Lvl 1 8:00 am	S.G.P.T. 7:30 am	Body Express-Lower 7:15 am	S.G.P.T. 7:30 am	TRX Express 8:15 am
LaBlast Dance Fitness 9:00 am	Cardio, Conditioning & Core 9:00 am	TRX Express 8:15 am	Zumba + Toning 9:00 am	Strength & Balance Lvl 2 9:00 am
Barre Balance 10:30 am	Gentle Moves Yoga Lvl 2 10:15 am	Strength & Balance Lvl 2 9:00 am	Gentle Moves Yoga Lvl 1 10:15 am	Mindful Movement Pilates 10:15 am
Chair Yoga 11:30 am	Barre Balance 11:30 am	Tai Chi Continuing 10:30 am	Core Conditioning 11:30 am	S.G.P.T. 11:30 am
Drum Happy 1:00 pm	Gentle Stretch 12:30 pm	Ageless Yoga 11:30 am	S.E.A.T. 12:30 pm	Chair Yoga 12:45 pm
Tai Chi Beginning 2:00 pm	S.E.A.T. 1:30 pm	Barre Balance 12:45 pm	Pilates Fusion 1:30 pm	Mindful Meditation 1:45 pm
		Balance & Stability 1:45 pm		
Zumba 5:15 pm (V)		Zumba 5:15 pm (V)		

AQUA

Lap Swim 7:15 am	Aqua Boot Camp 7:15 am	Lap Swim 7:15 am	Aqua Resistance 7:15 am	Lap Swim 7:15 am
Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Aqua Circuit 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am
Aqua Interval 9:45 am	Aqua Therapy 9:45 am	Aqua Interval 9:45 am	ET Workout 9:45 am	Endurance Core & Balance 9:45 am
Endurance Core & Balance 11:00 am	Aqua Circuit 11:00 am	ET Workout 11:00 am	Aqua Boot Camp 11:00 am	Water Walking 11:00 am
Water Walking 12:15 pm	Aqua Energy & Flow 12:15 pm	Endurance Core & Balance 12:15 pm	Aqua Energy & Flow 12:15 pm	Aqua Interval 12:15 pm
Pool Party-Open Swim 1:30 pm	Lap Swim 1:30 pm	Lap Swim 2:00 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		



Land Fitness

Seated Classes

Ageless Yoga

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]

Wednesdays w/Karen 11:30-12:20 pm

Wed Dec 3-17 3 Classes / \$36

Wed Jan 7-28 4 Classes / \$48

Wed Feb 4-25 4 Classes / \$48

Chair Yoga

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 slippers; bare feet are acceptable [Live, Virtual, Hybrid]

Mondays w/Donna 11:30-12:30 pm

Mon Dec 1-29 5 Classes / \$50

Mon Jan 5-26 4 Classes / \$40

Mon Feb 2-23 4 Classes / \$40

Fridays w/Jannan 12:45-1:30 pm

Fri Dec 5-19 3 Classes / \$27

Fri Jan 9-30 4 Classes / \$36

Fri Feb 6-27 4 Classes / \$36

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, Virtual, Hybrid]

Tuesdays w/Eva 1:30-2:15 pm

Tue Dec 2-23 4 Classes / \$36

Tue Jan 6-27 4 Classes / \$36

Tue Feb 3-24 4 Classes / \$36

Thursdays w/Lea 12:30-1:15 pm

Thu Dec 4-18 3 Classes / \$27

Thu Jan 8-29 4 Classes / \$36

Thu Feb 5-26 4 Classes / \$36

Cardio & Dance

Cardio, Core, Conditioning

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]

Tuesdays w/Dondra 9-10:00 am

Tue Dec 2-30 5 Classes / \$50

Tue Jan 6-27 4 Classes / \$40

Tue Feb 3-24 4 Classes / \$40

LaBlast Dance Fitness + Abs

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 3 x world ballroom champion L. Van Amstel and presented to you by MI Master Trainer Donna Tomassi. [Live]

Mondays w/Donna 9:00-10:00 am

Mon Dec 1-29 5 Classes / \$50

Mon Jan 5-26 4 Classes / \$40

Mon Feb 2-23 4 Classes / \$40

Zumba + Zumba Toning **New!**

Get ready to groove to the rhymes from all over the world, including Cha-cha, Salsa, rock, pop and more. Improve balance and strength with low impact moves and light weights that are easy on the joints. Come join the party. [Live]

Thursdays w/Teresa 9-10:00 am

Thu Dec 4-18 3 Classes / \$30

Thu Jan 8-29 4 Classes / \$40

Thu Feb 5-26 4 Classes / \$40

Zumba

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

Mondays w/Mari Ann 5:15-6 pm

Mon Dec 1-15 3 Classes / \$27

Mon Jan 5-26 4 Classes / \$36

Mon Feb 2-23 4 Classes / \$36

Wednesdays w/Mari Ann 5:15-6 pm

Wed Dec 3-17 3 Classes / \$27

Wed Jan 7-28 4 Classes / \$36

Wed Feb 4-25 4 Classes / \$36

Pilates

Mindful Movement Pilates

Fun, effective class that focuses on strengthening & toning your core. Designed to improve posture, balance, and strength. All fitness levels are welcome. [Live]

Fridays w/Amy 10:15-11:15 am

Fri Dec 5-19 3 Classes / \$30

Fri Jan 9-30 4 Classes / \$40

Fri Feb 6-27 4 Classes / \$40

Pilates Fusion **New!**

Strengthen your powerhouse: your deep abdominal muscles, obliques, lower back, and glutes. This class will incorporate the movement and breathwork of Pilates with other traditional fitness elements both standing and on the floor. [Live, Virtual, Hybrid]

Thursdays w/Jannan 1:30-2:15 pm

Thu Dec 4-18 3 Classes / \$27

Thu Jan 8-29 4 Classes / \$36

Thu Feb 5-26 4 Classes / \$36

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]

Thursdays w/Lea 10:15-11:15 am

Thu Dec 4-18 3 Classes / \$27

Thu Jan 8-29 4 Classes / \$36

Thu Feb 5-26 4 Classes / \$36

Gentle Moves Yoga Lvl 2

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]

Tuesdays w/Jannan 10:15-11:15 am

Tue Dec 2-30 5 Classes / \$45

Tue Jan 6-27 4 Classes / \$36

Tue Feb 3-24 4 Classes / \$36

Strength & Balance

Strength & Balance Lvl 1

Work on overall health seated or standing, with modifications if needed. Strengthen your heart with interval training and work toward total body balance and strength through various training methods using bands, weights, and more. Great alternative to Strength and Balance level 2 [Live, Virtual, Hybrid]

Mondays w/Amanda 8-8:45 am

Mon Dec 1-29 5 Classes / \$45

Mon Jan 5-26 4 Classes / \$36

Mon Feb 2-23 4 Classes / \$36

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 9-10 am

Wed Dec 3-31 4 Classes / \$36

Wed Jan 7-28 4 Classes / \$36

Wed Feb 4-25 4 Classes / \$36

Fridays w/Lola 9-10 am

Fri Dec 5-19 3 Classes / \$27

Fri Jan 9-30 4 Classes / \$36

Fri Feb 6-27 4 Classes / \$36

Barre Balance

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 w/Donna 10:30-11:15 am

Mon Dec 1-29 5 Classes / \$50

Mon Jan 5-26 4 Classes / \$40

Mon Feb 2-23 4 Classes / \$40

Tuesdays w/Eva 11:30-12:15 pm

Tue Dec 2-23 4 Classes / \$36

Tue Jan 6-27 4 Classes / \$36

Tue Feb 3-24 4 Classes / \$36

Wednesdays w/Donna 12:45-1:30 pm

Wed Dec 3-17 3 Classes / \$30

Wed Jan 7-28 4 Classes / \$40

Wed Feb 4-25 4 Classes / \$40

Core Conditioning

Fun, effective class that focuses on strengthening & toning your core. Designed to improve posture, balance, and strength. All fitness levels are welcome. [Live, Virtual, Hybrid]

Thursdays w/Lea 11:30-12:15 pm

Thu Dec 4-18 3 Classes / \$27

Thu Jan 8-29 4 Classes / \$36

Thu Feb 5-26 4 Classes / \$36

Balance & Stability

Move through mindful movements that wake up your stabilizers to help with balance and fall prevention. [Live, Virtual, Hybrid]

Wednesdays w/Amanda 1:45-2:45 pm

Wed Dec 3-31 4 Classes / \$36

Wed Jan 7-28 4 Classes / \$36

Wed Feb 4-25 4 Classes / \$36

Lower Body Express

A dynamic strength training class that targets major muscle groups using free weights, resistance bands and body weight exercises. Designed to improve muscular strength. [Live]

Wednesdays w/Jason 7:15-7:45 am

Wed Dec 3-17 3 Classes / \$15

Wed Jan 7-28 4 Classes / \$20

Wed Feb 4-25 4 Classes / \$20

TRX Express New!

TRX is a form of suspension training that uses your body weight and a system of adjustable straps to build strength, improve balance and increase flexibility. TRX is versatile and low impact. Exercises involve pushing, pulling and balancing against your own body weight.

Wed w/Amanda 8:15-8:45 am

Wed Dec 3-31 4 Classes / \$40

Wed Jan 7-28 4 Classes / \$40

Wed Feb 4-25 4 Classes / \$40

Fridays w/Amanda 8:15-8:45 am

Fri Dec 5-19 3 Classes / \$30

Fri Jan 9-30 4 Classes / \$40

Fri Feb 6-27 4 Classes / \$40

Tai Chi

Tai Chi Chaun Beginner

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

Mondays w/Holly 2:00-3:00pm

Mon Jan 5-Feb 23 8 Classes / \$80

Tai Chi Chuan Continuing

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

Wednesdays w/Han 10:30-11:15 am

Wed Jan 7-Feb 11 6 Classes / \$60

Wed Feb 18-Mar 25 6 Classes / \$60

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]

Mondays w/Mari Ann 1-1:45 pm

Mon Dec 1-15 3 Classes / \$30

Mon Jan 5-26 4 Classes / \$40

Mon Feb 2-23 4 Classes / \$40

Gentle Stretch

Guided stretches designed to release tension, enhance muscle elasticity and improve range of motion. Perfect for all fitness levels. [Live, Virtual, Hybrid]

Tuesdays w/Eva 12:30-1:00pm

Tue Dec 2-23 4 Classes / \$20

Tue Jan 6-27 4 Classes / \$20

Tue Feb 2-24 4 Classes / \$20

Mindful Meditation

A seated guided meditation where we intentionally create feelings of love and acceptance for ourselves and others. This class will begin with a gentle stretch. [Live, Virtual, Hybrid]

Fridays w/Jannan 1:45-2:15 pm

Fri Dec 5-19 3 Classes / \$15

Fri Jan 9-30 4 Classes / \$20

Fri Feb 6-27 4 Classes / \$20

Love your workouts? Take that energy on the road! Check out our Day Trips on Pg. 13

Land Fitness

Small Group Personal Training (SGPT)

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. [Live]

Tuesdays w/Jason

Tue Dec 2-16 7:30-8:30 am 3 Classes / \$57

Tue Jan 6-27 7:30-8:30 am 4 Classes / \$76

Tue Feb 3-24 7:30-8:30 am 4 Classes / \$76

Thursdays w/Jason

Thu Dec 4-18 7:30-8:30 am 3 Classes / \$57

Thu Jan 8-29 7:30-8:30 am 4 Classes / \$76

Thu Feb 5-26 7:30-8:30 am 4 Classes / \$76

Fridays w/Lola

Fri Dec 5-19 11:30-12:30 pm 3 Classes / \$57

Fri Jan 9-30 11:30-12:30 pm 4 Classes / \$76

Fri Feb 6-27 11:30-12:30 pm 4 Classes / \$76

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

All 1-on-1 Training 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.



RenewActive™
by UnitedHealthcare

BT residents with **SilverSneakers** & **United Health Care** Medicare supplement policies may be eligible to register for complimentary **Open Hours** and our indoor **Track** opportunities.

Attendance scanning required. Exercise classes are not included. Complimentary orientation is required. Call for more information 248-723-3500

**Every
workout
counts**

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

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 (1-15 or 16-end)

Walking Track

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

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

STRETCHING CAGE

Cool down, stretch out, and feel better.

You've Got Options!

Guided Stretch Session

Personalized 25 minute stretch with a personal trainer.

BT Res \$20 / NR \$30

Stretch Session 101

10-min general introduction the the cage with a trainer.

BT Res \$10/ NR \$15

SMART BALANCE

Enhance your strength, stability, and confidence with our new HUR SmartBalance machine!

You've got options!

Balance Assessment

25 minute test to measure your balance and analyze the results.

BT Res \$20 / NR \$25

Smart Balance Monthly

A la carte option to play games and challenges to daily improve your core and joint stability and strength.

BT Res \$15 / NR \$20

Please call 248-723-3500 or stop by the desk to book an appointment.

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.

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 Circuit

Take your circuit training to the water! Get a full body workout using a variety of equipment as you move through stations. This class will encompass cardio, strength, balance and core.

Tuesdays w/Ernie 11-11:45 am	
Tue Dec 2-30	5 Classes / \$45
Tue Jan 6-27	4 Classes / \$36
Tue Feb 3-24	4 Classes / \$36
Wednesdays w/Ernie 8:30-9:15 am	
Wed Dec 3-17	3 Classes / \$27
Wed Jan 7-28	4 Classes / \$36
Wed Feb 4-25	4 Classes / \$36

Aqua Boot Camp

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 w/Ernie 7:15-8:00 am	
Tue Dec 2-30	5 Classes / \$45
Tue Jan 6-27	4 Classes / \$36
Tue Feb 3-24	4 Classes / \$36
Thursdays w/Ernie 11:00-11:45 am	
Thu Dec 4-18	3 Classes / \$27
Thu Jan 8-29	4 Classes / \$36
Thu Feb 5-26	4 Classes / \$36

ET Workout New!

This class will use a variety of equipment, along with the resistance of the water to help in the journey of enhancing muscle, endurance, and strength

Wednesday w/Ernie 11-11:45am	
Wed Dec 3-17	3 Classes / \$27
Wed Jan 7-28	4 Classes / \$36
Web Feb 4-25	4 Classes / \$36
Thursdays w/Ernie 9:45-10:30 am	
Thu Dec 4-18	3 Classes / \$27
Thu Jan 8-29	4 Classes / \$36
Thu Feb 5-26	4 Classes / \$36

Pool Noodle Workout

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 w/Ernie 8:30-9:15 am	
Mon Dec 1-29	5 Classes / \$45
Mon Jan 5-26	4 Classes / \$36
Mon Feb 2-23	4 Classes / \$36
Fridays w/Ernie 8:30-9:15 am	
Fri Dec 5-19	3 Classes / \$27
Fri Jan 9-30	4 Classes / \$36
Fri Feb 6-27	4 Classes / \$36

Pool Party (Open Swim)

Pool party is a fitness class that combines fun, high energy vibe of a party with water-based games. It's a unique and engaging way to stay active. *Lap swimming is not permitted during Open Swim.*

Mondays w/Ernie 1:30-2:15 pm	
Mon Dec 1-29	5 Classes / \$45
Mon Jan 5-26	4 Classes / \$36
Mon Feb 2-23	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 9:45-10:30 am	
Mon Dec 1-29	5 Classes / \$45
Mon Jan 5-26	4 Classes / \$36
Mon Feb 2-23	4 Classes / \$36
Wednesdays w/Ernie 9:45-10:30 am	
Wed Dec 3-17	3 Classes / \$27
Wed Jan 7-28	4 Classes / \$36
Wed Feb 4-25	4 Classes / \$36
Fridays w/Amanda 12:15-1:00 pm	
Fri Dec 5-19	3 Classes / \$27
Fri Jan 9-30	4 Classes / \$36
Fri Feb 6-27	4 Classes / \$36

Aqua Therapy w/Brent

A gentle low impact aquatic class designed to support rehabilitation, relieve joint pain, and improve mobility.

Tuesdays w/Brent 9:45-10:30 am	
Tue Dec 2-30	5 Classes / \$45
Tue Jan 6-27	4 Classes / \$36
Tue Feb 3-24	4 Classes / \$36

Water Walking Workout

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

Mondays w/Amanda 12:15-1:00 pm	
Mon Dec 1-29	5 Classes / \$45
Mon Jan 5-26	4 Classes / \$36
Mon Feb 2-23	4 Classes / \$36
Fridays w/Ernie 11:00-11:45 am	
Fri Dec 5-19	3 Classes / \$27
Fri Jan 9-30	4 Classes / \$36
Fri Feb 6-27	4 Classes / \$36

Endurance, Core & Balance

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 w/Ernie 11:00-11:45 am	
Mon Dec 1-29	5 Classes / \$45
Mon Jan 5-26	4 Classes / \$36
Mon Feb 2-23	4 Classes / \$36
Wednesdays w/Ernie 12:15-1:00pm	
Wed Dec 3-17	3 Classes / \$27
Wed Jan 7-28	4 Classes / \$36
Wed Feb 4-25	4 Classes / \$36
Fridays w/Ernie 9:45-10:30 am	
Fri Dec 5-19	3 Classes / \$27
Fri Jan 9-30	4 Classes / \$36
Fri Feb 6-27	4 Classes / \$36

Aquatics



Total Body Aqua

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

Tuesdays w/Brent	8:30-9:15 am
Tue Dec 2-30	5 Classes / \$45
Tue Jan 6-27	4 Classes / \$36
Tue Feb 3-24	4 Classes / \$36
Thursdays w/Ernie	8:30-9:15 am
Thu Dec 4-18	3 Classes / \$27
Thu Jan 8-29	4 Classes / \$36
Thu Feb 5-26	4 Classes / \$36

Aqua Resistance Training

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

Thursdays w/Amanda	7:15-8:00 am
Thu Dec 4-18	3 Classes / \$27
Thu Jan 8-29	4 Classes / \$36
Thu Feb 5-26	4 Classes / \$36

Aqua Energy & Flow

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

Tuesday w/Becca	12:15-1:00 pm
Tue Dec 2-23	4 Classes / \$36
Tue Jan 6-27	4 Classes / \$36
Tue Feb 3-24	4 Classes / \$36
Thursday w/Becca	12:15-1:00 pm
Thu Dec 4-18	3 Classes / \$27
Thu Jan 8-29	4 Classes / \$45
Thu Feb 5-26	4 Classes / \$45

Open Swim

Relax and enjoy unstructured time in the pool! Open Swim is perfect for water walking, gentle movement, or simply having fun and enjoying the water. *Lap swimming is not permitted during Open Swim.*

Fridays w/Ernie	1:30-2:15 pm
Fri Dec 5-19	3 Classes / \$27
Fri Jan 9-30	4 Classes / \$36
Fri Feb 6-27	4 Classes / \$36

Lap Swim

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

BT Residency Required.

Mondays w/Ernie	7:15-8:00 am
Mon Dec 1-29	5 Classes / \$45
Mon Jan 5-26	4 Classes / \$36
Mon Feb 2-23	4 Classes / \$36
Tuesdays w/Jason	1:30-2:15 pm
Tue Dec 2-16	3 Classes / \$27
Tue Jan 6-27	4 Classes / \$36
Tue Feb 3-24	4 Classes / \$36
Wednesdays w/Ernie	7:15-8:00 am
Wed Dec 3-17	3 Classes / \$27
Wed Jan 7-28	4 Classes / \$36
Wed Feb 4-25	4 Classes / \$36
Wednesdays w/Ernie	2-2:45pm
Wed Dec 3-17	3 Classes / \$27
Wed Jan 7-28	4 Classes / \$36
Wed Feb 4-25	4 Classes / \$36
Thursdays w/Ernie	2:00-2:45 pm
Thu Dec 4-18	3 Classes / \$27
Thu Jan 8-29	4 Classes / \$36
Thu Feb 5-26	4 Classes / \$36
Fridays w/Ernie	7:15-8:00 am
Fri Dec 5-19	3 Classes / \$27
Fri Jan 2-30	5 Classes / \$45
Fri Feb 6-27	4 Classes / \$36

Try Something New in the New Year!



Start those New Year's Resolutions off right! Join us on Friday, January 2nd for **FREE Try-It classes!**

TRY FOR FREE*

TRX Express	Step into the New Year	ET Workout (Pool)	Balance & Stability	Endurance Core & Balance (Pool)	ET Workout (Pool)
7:30-8:30am	9:00-9:50am	9:30-10:15am	10:30-10:45am	10:45-11:30am	1:00-1:45pm

* Non-Res \$5/class





11/21	Fri	DSO: Billy Joel Songbook
12/5	Fri	Downtown Detroit Bakery Bus Tour
12/10	Wed	Stocking Stuffer Tour
12/11	Thu	Purple Rose: Norma & Wanda
12/12	Fri	DSO: Home for the Holidays
12/16	Tue	Historic Trinity Church Holiday Tour
12/18	Thu	Meadowbrook Holiday Tea & Tour
1/7	Wed	White Horse Inn
1/14	Wed	Meadowbrook: All Shook Up
1/15	Thu	Zekelman Holocaust Center Tour
1/30	Fri	DSO: Epic Film Scores
2/11	Wed	Flint Institute of Arts
2/18	Wed	Senior Housing Tour - Autumn House
2/20	Fri	Fire & Fused Workshop
2/26	Thu	Purple Rose: The Classic King
2/27	Fri	Signal Return Press Tour



DSO: Billy Joel Songbook

Fri Nov 21 9:30-1:30 pm Fee: Res \$67/Non-Res \$77

Join the DSO and vocalist-pianist Tony DeSare for a dynamic tribute to Billy Joel's greatest hits. With full orchestral arrangements conducted by Enrico Lopez-Yañez, enjoy classics like "Piano Man," "New York State of Mind," "Just the Way You Are," and more in this unforgettable celebration of the Piano Man's legendary music.



Downtown Detroit Bakery Bus Tour

Fri Dec 5 8:30-12:30pm Fee: Res \$89/Non-Res \$99

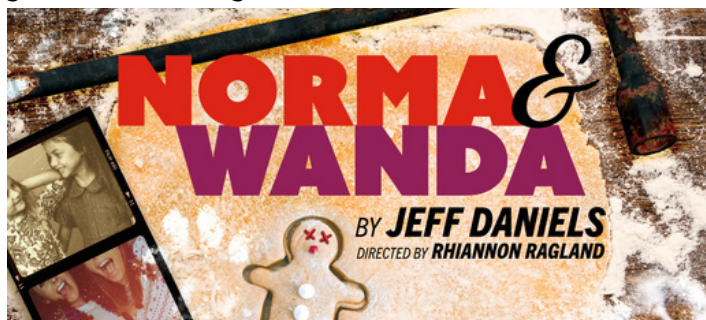
Hop on the Christmas Bakery Bus Tour for a joyful ride through Detroit's best ethnic bakeries, featuring holiday treats from German, Polish, Greek, Mexican, and Filipino traditions. Enjoy a festive mix of cookies, pastries, and cultural delights—plus twinkling city sights along the way. Wear your holiday best and bring your sweet tooth for this merry, mouthwatering experience!



Stocking Stuffer Tour

Wed Dec 10 8:30-5:30pm Fee: Res \$109/Non-Res \$119

Celebrate the season with a festive day of shopping, treats, and surprises! Start at Kristi's Hallmark Shop, then visit English Gardens to learn about Poinsettias and add a plant to your stocking. Enjoy lunch at Aspen Restaurant before touring Sanders Chocolate & Ice Cream Shoppe and Hefling's Amish Farm Market for sweet and savory stocking treats. End at Vito's Bakery with your final holiday gift and baked delights



Purple Rose Theatre: Norma & Wanda

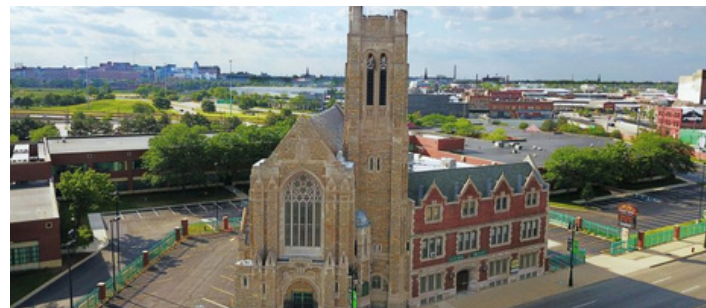
Thur Dec 11 1:30-6:00pm Fee: Res \$74/Non-Res \$84

Spend a delightful afternoon at the Purple Rose Theatre enjoying Norma and Wanda. Two very different sisters get themselves into an outrageous pickle with an old high school boyfriend, a chaotic church social, and a secret family recipe for Christmas sausage. Laugh, relax, and enjoy this charming holiday comedy in an intimate theater setting.

DSO: Home for the Holidays

Fri Dec 12 9:30-3:45pm Fee: Res \$67/Non-Res \$77

Celebrate the season with the Detroit Symphony Orchestra in their festive Home for the Holidays performance! Enjoy an afternoon of holiday music, with lunch on your own at Kruse & Muer on Woodward.



Historic Trinity Church Holiday Tour

Tue Dec 16 9:15-2:45pm Fee: Res \$55/Non-Res \$65

Experience the beauty of Detroit's Historic Trinity Church on a special holiday tour showcasing its stunning architecture and festive décor. Afterward, enjoy a delicious barbecue lunch at the city's iconic Slows Bar BQ, known for its slow-smoked flavors and welcoming atmosphere.



Meadowbrook Holiday Tea & Tour

Thur Dec 18 11:45-4:00pm Fee: Res \$105/Non-Res \$115

Take a break from the bustle of holiday preparations and enjoy a festive outing with friends. Delight in a classic Holiday Tea in the magnificent Christopher Wren Dining Room, featuring elegant savories and sweets in a setting that captures old-world enchantment. Your ticket also includes access to the Holiday Walk, a daytime experience showcasing the historic mansion beautifully decorated in shimmering seasonal splendor.



White Horse Inn

Wed Jan 7 11:00-3:15pm Fee: Res \$47/Non-Res \$57

Visit the charming village of Metamora and enjoy lunch at the historic White Horse Inn, Michigan's oldest continually operating restaurant. A limited menu is included, featuring hearty favorites served in a warm, rustic setting. Afterward, explore the Metamora General Store, a beloved local landmark filled with nostalgic charm and unique finds.



Meadowbrook Theatre: All Shook Up

Wed Jan 14 11:00-5:00pm Fee: Res \$93/Non-Res \$103

Get ready for a rockin' good time at Meadow Brook Theatre with All Shook Up, the crowd-pleasing musical inspired by the songs of Elvis Presley. Set in 1955, this hip-swiveling, lip-curling fantasy tells the story of a guitar-playing young man who shakes up a small town with classics like Heartbreak Hotel, Jailhouse Rock, and Don't Be Cruel. Lunch included at Alfoccino's Italian Restaurant, limited menu.



Zekelman Holocaust Center Tour

Thur Jan 15 9:45-3:00pm Fee: Res \$20/Non-Res \$30

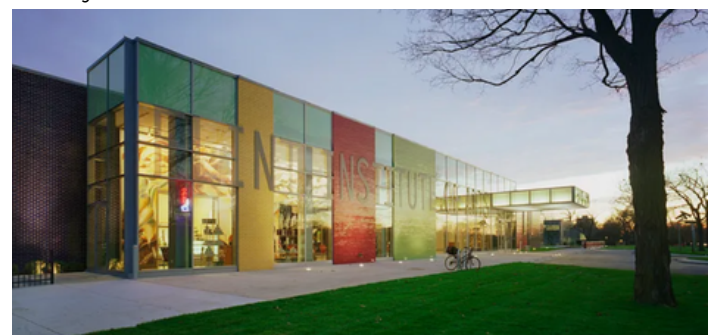
Discover powerful exhibits and moving stories during a guided visit to the Zekelman Holocaust Center, Michigan's premier museum dedicated to Holocaust education and remembrance. After the tour, enjoy lunch on your own at Jagged Fork.



DSO: Epic Film Scores

Fri Jan 30 9:30-3:45pm Fee: Res \$67/Non-Res \$77

Join the Detroit Symphony Orchestra and conductor Steve Reineke for an unforgettable morning of Epic Film Scores, featuring cinematic favorites from Hollywood's golden age to today's blockbusters. Experience thrilling classics, epic fanfares, and iconic moments in film brought to life on stage. Lunch is on your own at Crispelli's Bakery & Pizzeria.



Flint Institute of Arts

Wed Feb 11 8:45-3:00pm Fee: Res \$17/Non-Res \$27

Explore inspiring exhibitions and collections at the Flint Institute of Arts, featuring works from around the world and across centuries. After your visit, enjoy lunch on your own at Italia Gardens, known for its authentic Italian cuisine.



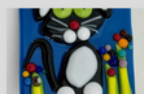
Senior Housing Tour

Autumn House Senior Living

Wednesday, February 18th 10:30 AM - 1:30 PM

Res: Free / Non-Res: \$5

Join us, as we travel as a group on the Senior Center bus, for a wonderful opportunity to tour, taste, experience and learn about Autumn House & their amenities. Lunch included.



Fire & Fused Workshop

Fri Feb 20 9:30-1:00pm Fee: Res \$50/Non-Res \$60

Join us for a hands-on experience at Fire & Fused! During the workshop, you'll dive into the art of glass fusion, learning to create beautiful and unique pieces. The talented instructors will guide you through each step, making it a fun and interactive way to explore your creativity. Perfect for all skill levels, this workshop is a great opportunity to unleash your artistic side in a relaxed, welcoming environment.

Purple Rose Theatre: The Classic King

Thu Feb 26 1:30-6:00pm Fee: Res \$74/Non-Res \$84

Enjoy a compelling stage experience with The Classic King, a comic and heartfelt story of three veteran used-car salesmen navigating a changing industry. When a sharp Gen Z salesman joins the team, he proposes a daring plan to save the dealership — and its "dinosaur" salesmen — from extinction, blending humor, heart, and a tribute to timeless automobiles.



Signal Return Press Tour

Fri Feb 27 11:15-2:45pm Fee: Res \$50/Non-Res \$60

Step into Detroit's vibrant Eastern Market district for a hands-on journey into the world of traditional printing at Signal-Return Press. This guided tour offers an in-depth look at the studio's historic presses and type collection. Following the tour, enjoy a one-hour typesetting and printing demonstration, where each participant will create and take home a unique printed piece.

NEW PARTNERSHIP w/ Bianco Tours

*Round-trip
transportation by
deluxe motorcoach
with reclining
seats, overhead
storage, and
onboard restroom.*



Historic Marshall

**Thurs, April 30th
7:00 AM - 6:15 PM**

**Res: \$120 /
Non-Res: \$135**

*Travel to Marshall,
MI to tour the city and
visit the Honolulu
House, Governor's
Mansion Museum, and
U.S. Postal Museum.
Enjoy lunch at the
beloved Schuler's
Restaurant & Pub.*



Kellogg Manor

**Wed, May 20th
6:45 AM - 7:30 PM**

**Res: \$129 /
Non-Res: \$144**

*Travel to Hickory
Corners for a guided
tour and lunch at the
W.K. Kellogg Manor
House, then enjoy a
wine tasting at Cherry
Creek Cellars in
Brooklyn, Michigan.*

*Please call 248-723-3500 to
register or for more information!*

Unique Topics



Holiday Craft Show

Mon Dec 1 10-1:00pm

Fee: FREE

Get into the holiday spirit at our festive craft show! Shop unique, handmade treasures from the ever-popular Traveling Sales Gals and cozy knit creations from our very own Chicks w/Sticks. Perfect for finding one-of-a-kind gifts or treating yourself this season!



The Detroit Lions: In Illustrated Timeline

Thu Dec 4 10-11:00am

Fee: Res \$3/Non-Res \$5

Join us as we welcome Dave Birkett of the Detroit Free Press to discuss his book and share his personal history of covering the Detroit Lions. A three-time Michigan Sportswriter of the Year, Birkett has reported on the Lions for over 15 years. Show your spirit—wear your Lions gear!

DIA: Contemporary Native American Artists

Mon Dec 8 10-11:00am

Fee: Res Free/Non-Res \$2

Join Carlene VanVoorhies for a look at this groundbreaking DIA exhibition featuring nearly 60 U.S.-based Anishinaabe artists. With around 100 works—from beadwork to sculpture—the show highlights centuries of creativity and challenges perceptions of Native American art.



Winter Warm-Up Holiday Concert

Fri Dec 12 10:30-11:30am

Fee: Res Free/Non-Res \$2

Celebrate the season with the Winter Warm-Up: Holiday Concert featuring piano and violin duo Kelly and Darryl Roenicke. Enjoy a festive mix of seasonal classics and favorites performed with elegance and warmth, perfect for getting into the holiday spirit. Sponsored by American House - Village at Bloomfield



Behind the Scenes: Detroit Zoo

Mon Dec 15 10:00-11:00am

Fee: Res \$3/Non-Res \$5

Dr. Grace Fuller, Ph.D., Senior Director of Animal Welfare and Research at the DZS, will share a behind-the-scenes look at the Zoo's global leadership in animal welfare. Learn how the Detroit Zoo enriches the lives of its animals, provides sanctuary to wildlife in need, and sets the standard for care and conservation worldwide.



Stu Johnson: Irving Berlin

Thu Dec 18 10-11:30 am

Fee: Res Free/Non-Res \$2

Few songwriters have shaped American popular music like Irving Berlin. This presentation explores his remarkable life and legacy, featuring iconic performances of his songs by legends such as Patsy Cline, Bing Crosby, Frank Sinatra, and Johnny Mathis through videos and slides

Noon Year's Eve

Wed Dec 31 11-12:30pm

Fee: Res Free/Non-Res \$2

Celebrate Noon Year's Eve with music and fun! Enjoy live tunes from Steve Floyd and test your luck with Silent Bingo as we ring in the holiday spirit at midday. Bring your friends and festive cheer for a lively, entertaining celebration.



Saving Michigan Central Station

Thu Jan 8 1-2:00pm

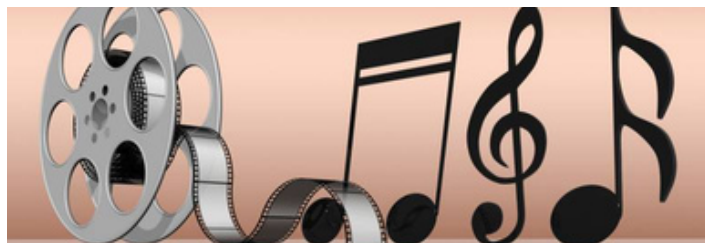
Fee: Res Free/Non-Res \$2

Michigan Central Station stood abandoned for 30 years. The landmark is now undergoing an extraordinary restoration. Join Angela Wyrembelski, Senior Associate and Architect with Quinn Evans, to learn how adaptive reuse is preserving its historic character while reimagining the station as a hub for innovation and a bridge between Detroit's past and future.

Pathways to a Fulfilling & Healthy Aging Experience

Fri Jan 9 10-11:30am Fee: Res Free/Non-Res \$2

Distinguished Professor of Psychology and Gerontology at Wayne State University, Dr. Peter A. Lichtenberg is a nationally recognized expert in aging, financial capacity, and the prevention of exploitation of older adults. Join Peter as he shares evidence-based strategies for aging successfully—staying healthy, finding fulfillment, and thriving in later life.



Stu Johnson: American Film Institute

Thu Jan 15 10-11:30am Fee: Res Free/Non-Res \$2

Celebrate a century of cinematic music with the American Film Institute's 100 Years, 100 Songs Survey. Explore the history, artistry, and cultural impact of the most iconic songs in American film, from timeless classics to unforgettable modern hits. This presentation highlights how music shapes storytelling, evokes emotion, and defines generations of movies.



DIA: Cows at the Opera House

Fri Jan 16 10-11:00am Fee: Res Free/Non-Res \$2

Join Carlene VanVoorhies as we explore the many mysteries of the Detroit Institute of Arts (DIA), from intriguing stories and hidden images to newly discovered meanings and questions of authenticity. Discover the secrets and surprises that continue to spark curiosity and speculation.

The Brain & Body Connection

Thu Jan 22 10-11:00am Fee: Res Free/Non-Res \$2

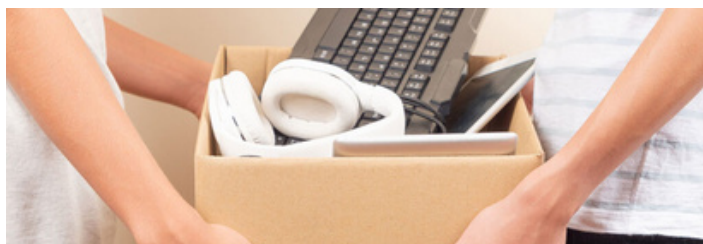
Join Joe Sheena, author of Mindset: 12 Steps to Health, Happiness, and Longevity, to explore how the mind and body influence each other. Learn practical strategies to improve both mental and physical well-being, enhance resilience, and support long-term health.



Keep Moving: Being Active to Manage Type 2 Diabetes

Thu Jan 29 10-11:00am Fee: Res Free/Non-Res \$2

We all know physical activity is important for our health, but barriers can make it challenging. Join Lisa Tams from MSU Extension to learn strategies for overcoming these obstacles, explore different types of physical activity, and discover options to help you reach your health goals. The session will also include a short chair yoga practice.



Human IT - Bridging the Digital Divide

Mon Feb 2 10-11:00am Fee: Res Free/Non-Res \$2

Join Richard McCall from Human-I-T to learn how this nonprofit turns donated technology into refurbished devices and internet access for underserved communities. By repurposing e-waste, providing digital training, and empowering individuals and nonprofits, Human-I-T promotes digital inclusion and transforms technology into opportunity.



Benefits of Plant-Based Living

Thu Feb 5 10-11:00am Fee: Res Free/Non-Res \$2

What if one simple change could boost your health, help the planet, and improve animal welfare? VegMichigan will share how eating more plant-forward does all that and more! They will share easy tips and inspire you with tasty, practical ideas to get started.

Grim Paradise: The Mackinac Island Killer

Wed Feb 11 1:00-2:00pm Fee: Res Free/Non-Res \$2

Retired Mid-Michigan police officer Rod Sadler brings his 30 years of law enforcement experience to his Michigan-based true crime stories. In this presentation, he will focus on his book Grim Paradise: The Cold Case Search for the Mackinac Island Killer, sharing the chilling investigation, meticulous research, and behind-the-scenes insights that earned the book a UP Notable Award.

Unique Topics

Historic Presidential Greatness

Thu Feb 12 1-2:00pm Fee: Res Free/Non-Res \$2

What does it mean to be a great president? Who are the men who have earned this title since the creation of the United States? What criteria do we judge them by? And what are the myths and facts that surround this designation of "greatness"? Join lecturer Bruce Zellers as he explores this topic and answers these questions.



Valentine's Party w/Music by Michael Krieger

Fri Feb 13 11-12:00pm Fee: Res Free/Non-Res \$2

Celebrate love and friendship at our festive Valentine's Party! Enjoy live music by Michael Krieger, dancing, and a joyful atmosphere perfect for couples and friends alike.

Towns Along the Saginaw Road

Wed Feb 18 1:00-2:00pm Fee: Res Free/Non-Res \$2

Join Carol Bacak-Egbo to explore how a Native American trail between Pontiac and the Genesee County border evolved into a road, shaping the development of the towns along its route. Learn the stories of the communities and discover how transportation and settlement transformed the region over time.

Stu Johnson: A Great Day in Harlem

Thu Feb 19 10-11:30am Fee: Res Free/Non-Res \$2

Celebrate the rich legacy of Harlem's jazz scene in this engaging music presentation. Explore the artists, history, and cultural impact behind one of jazz's most iconic eras, and discover why Harlem became a hub for musical innovation and creativity.

Handwriting: Landscape of the Mind

Wed Feb 25 1:00-2:00pm Fee: Res Free/Non-Res \$2

Unique as fingerprints, handwriting is energy captured on paper. Interpreted, it is an important projective technique used by individuals, therapists, teachers and businesses to recognize talents and abilities. Documented with remarkable examples, this lecture explores the origins of handwriting revealing many insights into personality.

Unique Classes & Workshops!



HOLIDAY RIBBON WREATH WORKSHOP

Wed Dec 3 10-12:00pm \$25/Non-Res \$30

Get into the holiday spirit! Perfect for beginners and experienced crafters alike, you'll create a beautiful wreath with ribbons and seasonal accents under expert guidance. All materials are provided.



GINGERBREAD SNOWMAN COOKIE CLASS

Tue Dec 9 1-3:00pm \$43/Non-Res \$48

Get festive in our Cookie Class! Use a snowman mold and an embossed rolling pin to decorate 12 adorable gingerbread cookies. Bring a baking sheet to take your creations home, the snowman mold is yours to keep!



SOAP MAKING WORKSHOP

Tue Dec 16 11-1:00pm \$40/Non-Res \$45

Join Wild Daisy Creative for some good clean fun! You will learn the entire cold soap process for making a simple gentle bar soap. Please bring an old towel and baking sheet to carry your soap (8 bars!) home.



HOLIDAY WREATH CHARCUTERIE CLASS

Fri Dec 19 1-2:00pm \$65/Non-Res \$70

Get ready to build the ultimate holiday snack wreath! Join Board Babez for a festive, hands-on class to learn how to craft a beautiful & delicious wreath-shaped board. Perfect for holiday entertaining or treating yourself!

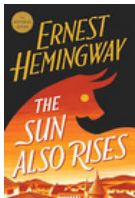
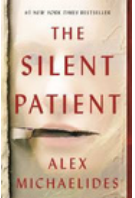


HUNGARIAN KIFLI COOKIE CLASS

Thu Feb 5 1-3:00pm \$43/Non-Res \$48

Hands-on baking fun! In this class, you'll mix, roll and cut your dough, then fill each cook with delicious nut and apricot fillings. You'll make 24-30 cookies to take home and bake! You'll receive pastry edging rollers to take home as well!

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

Billiards	Facilitator: B. Haw Group play, all levels welcome. Call for availability.	Tue & Thu 1:00-3:00
Duplicate Bridge	Facilitator: C. Wood Max 7 tables. Arrive at 11:30 for table assignments.	Tue 12-3:00
Mah-Jong	Facilitator: M.A.Williams For brain health & memory skills.	Tue & Thu 12-3:00
Poker	Facilitator: A. Rubin Enjoy a friendly game.	Wed 11-3:00
Craft Circle	Facilitator: K. Neher Crafting projects & fun conversations!	Tue 12:30-2:30
Book Club	Facilitator: Fern Stoffer Registration required. Limited Space!	1st Fri 10-11:30
No Dec Meeting	 Jan 9th  Feb 6th	

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.

MONDAYS
12:30-2:30PM

Paper Dolls

Facilitator: Arlene Pinkos

Our dolls are on their winter hiatus. Keep your eye out for their return in the spring!

LEARN TO PLAY!

Bridge - Advanced & Play

Fri Jan 9-Feb 27 10-12:00pm Fee: Res \$200/NR \$210

For players looking to deepen their understanding of key bridge conventions and strategies. Each session focuses on a different convention, with practical insights and real-game applications to refine your bidding and improve your play. **\$25 Book Fee paid 1st week to instructor.**

Bridge - Defense - Beginner Part 2

Fri Jan 9-Feb 27 1:00-3:00pm Fee: Res \$200/NR \$210

For players who know the basics and want to refine their skills. You'll strengthen your strategy in bidding, play, and defense. Emphasis is placed on defense.

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

Learn to Play Canasta

Mon Jan 5-Jan 26 9-11:00am Fee: Res \$80/NR \$90

Join us for a fun introduction to Canasta, the classic card game of strategy and teamwork! In this beginner class, you'll learn the rules, scoring, and basic strategies, then practice through guided play. No experience needed—\$10 materials fee paid to instructor.

Learn to Play Euchre

Fri Feb 6-Feb 27 10-11:00am Fee: Res \$60/NR \$70

New to Euchre or need a refresher? Join us for a fun, hands-on class where you'll learn the basics of this classic Midwest card game. No experience necessary, just bring your curiosity and love of games!

Learn to Play Mah-Jong

Tue Jan 6-Jan 27 9:30-11:30am Fee: Res \$40/NR \$50

Tue Feb 3-Feb 24 9:30-11:30am Fee: Res \$40/NR \$50

This beginner-level class is for learning basic rules, tile identification and game setup. Each session includes guided play and plenty of practice to help you build confidence and enjoy the game. *Cards can be purchased from the instructor for \$15.



Bloomfield Township Public Library at BTSS

Pop-Up Librarian

Wed, Dec 3rd 10-11:00am
Complimentary

Talk with one of your local librarians about books, movies & technology.

Book Talk

Wed, Jan 7th 10-11:00am
Complimentary

Hear about popular new books and find your next read!

Lecture

Wed, Feb 4th 10-11:00am
Complimentary

Avoid Scammers!
Join BTPL for an informative talk on the common signs of a scam & how to protect yourself.





BLOOMFIELD TOWNSHIP SENIOR SERVICES

FRIENDSHIP CLUB

The Adult Day Service Friendship Club is a social model offering engaging, fail-free and safe programming for older adults experiencing dementia or memory challenges. 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. This partnership in caregiving also enables families to keep their loved ones at home by providing much needed respite and support.

**CURRENTLY
OFFERING
TOURS AND
TRIAL VISITS!**



FRIENDSHIP CLUB OPEN HOUSE

1:00 - 2:30 PM

December 10 February 11

January 14 March 11

Hours of Operation

**Monday & Thursdays
10:00 AM - 2:00 PM**

**4315 Andover Road
Bloomfield Twp, MI
48302**



Contact Us

248-723-3531

KDavidson@bloomfieldtwp.org

Enrichment Activities Sponsored By:

The **BRADFORD**
SENIOR LIVING

Caregiver Support Group

Thursdays

10-11 AM

Dec 18 / Jan 15 / Feb 19

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:



Companion Cafe

Wednesdays

1- 2:30 PM

Dec 3 / Jan 7 & 21 / Feb 4 & 18

Join us for welcoming events designed for individuals with memory challenges and their caregivers, offering a meaningful shared experience. Enjoy engaging games, music, art, and the warmth of camaraderie, along with light refreshments!

Advanced Registration Required.





BLOOMFIELD TOWNSHIP
SENIOR SERVICES

Home Delivered Meals

Meal service is available to residents of Bloomfield Township who are 62 years of age or older.

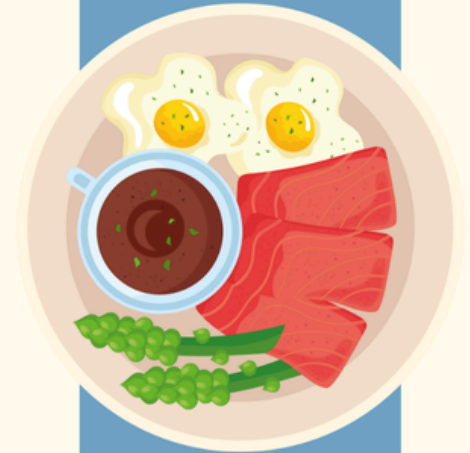
Both frozen and hot meals are available for home delivery or be picked up at the Senior Center.

- Frozen meals come in a bulk pack (3 meals or 5 meals) and are delivered on Monday mornings only.
- Hot meals are available for delivery Monday through Friday.

Request Information

Mary Osborne
Nutrition Coordinator

Phone Number
248-723-3500 Ext. 3513



UPCOMING SERVICES

@ THE SENIOR CENTER

Please call 248-723-3500
to schedule an appointment!



MICHIGAN SECRETARY OF STATE
MOBILE OFFICE
IS COMING TO YOU

Mobile SOS
Thursday, Dec 11th
10 AM - 2 PM



Medicare Counseling
Wednesday 11 - 3 PM
Dec 17/ Jan 21 / Feb 18

Home Repair & Financial Assistance Programs



Minor Home Repair Program

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.

BTSS Program staff are available to help residents through the application process and to administer projects through completion. Please call 248-723-3512.

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. You can find the form by visiting: www.bloomfieldtwp.org/resources/forms/assessing.aspx

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

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.



MEDICAL EQUIP. 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.



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.



In Memory of

BLOOMFIELD TOWNSHIP
SENIOR SERVICES
BRICK CAMPAIGN
www.brickerus.com

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.

One size (4" x 8") available for a contribution of \$150. Forms are available at the center or call 248-723-3500

You will be notified when the Installation of your brick occurs.

Thanksgiving Curbside Meal

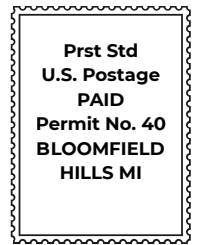
THURSDAY, NOV 27
10:00 - 10:30 AM

**\$20
MEAL**

Breakfast: Western Omelet, sausage, hash brown potatoes, biscuit & jelly, juice and
Dinner: Roast Turkey & gravy, cornbread stuffing, green peas with red peppers, garden salad with dressing, cranberry sauce, roll, pumpkin pie.

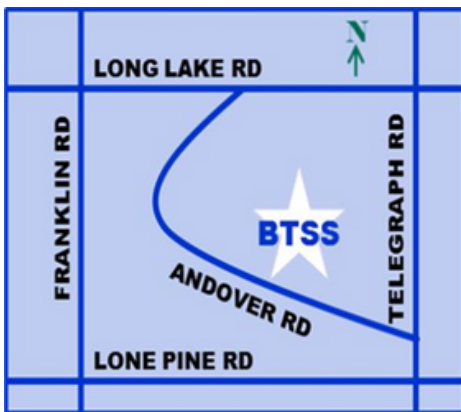
Register by 11/20





Senior Services
4315 Andover Rd.
Bloomfield Twp., MI

Monday - Friday: 7:00am - 3:30pm



New Year, New Skills!

A new year means new adventures — in the classroom, the kitchen, and the craft room! Whether you're mixing, molding, or mastering a new skill, it's the perfect time to dive in and learn something just for fun.

See all of our special workshop offerings on pg. 18 for making ribbon wreaths, charcuterie boards, soap and more. Also see all of our great 'Learn to Play' classes on pg. 19 for Mahjong, Canasta and more!

Try something new. Meet new friends. Discover what you can do.

