



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

Fall 2022 Catalog



Special Events

Fall Showcase

Thursday, August 25 12:30–2 PM

Join us!

A chance to check out our exciting new fall programming, enter a drawing for awesome prizes, enjoy some ice cream and find that perfect little gift made by one of our clubs!



Center Transportation will be available for the event!

See Page 13 for details.
Register by August 18.



Flu Shot Clinic

Friday, October 28 9-1 PM

Flu shots provided by U of M. Blood Pressure checks by Americare. Limited shots available for BT residents 50+. FREE for seniors 65+ w/Medicare B. See page 16 for details. Registration required and starts September 28 by phone or in person.

Sponsored by:



Lunch & Learn

Evolution of Senior Housing

Wednesday, Sept 7 11-Noon

A general overview of levels of care to consider, how it works and current estimated costs of senior living environments.

Enjoy a light meal sponsored by:



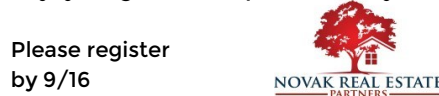
Lunch & Learn

Exploring Home Ownership Later in Life

Thursday, September 22 11–Noon

Explore current real estate markets, aging in place vs aging in the right place, lifestyle choices, how to declutter & organize. Q & A after.

Enjoy a light meal sponsored by:



Lunch & Learn

A SMART Future

Thursday, September 29, 11-Noon

Oakland County Ombudswoman, Madonna Van Fossen, will discuss SMART Transportation as it relates to Bloomfield Township and future transit in Oakland County.

Enjoy a light meal sponsored by:



Lunch & Learn

Joint Pain?

Wednesday, October 5 11-Noon

Meet Dr. Fleischman from Straith Orthopedics! Learn about over the counter medications, non-surgical treatment options and advanced surgical techniques for the hip, knee & shoulder. Please register by 9/30. Enjoy a light meal sponsored by:



Lunch & Learn

Fall Prevention

Thursday, October 13 11–Noon

Learn about the physiological changes within the body that contribute to the risk of falls and the steps that can be taken to reduce those risks.

Please register by 10/7.

Enjoy a light meal sponsored by:



Lunch & Learn

Veterans Memorial Program

Thursday, November 10 11:30 –1 pm

To honor our Veterans, we will focus on educating Veterans & their spouses on their burial benefits and the national VA cemetery.

Please register by 11/4.

Enjoy a light meal sponsored by:



Mission Statement

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



Bloomfield Township Senior Services (BTSS)

4315 Andover Rd.
Bloomfield Township, MI
48302

(South of Long Lake &
West of Telegraph)

Phone: 248-723-3500

Fax: 248-723-3519

Web:

www.bloomfieldtp.org/
seniors

Christine Tvaroha, Director

Senior Center Public Hours

Monday-Thursday

7:30 AM - 3 PM

Friday 7:30 AM - 1 PM

Senior Center Office Hours

Monday-Friday 7 AM - 3:30 PM

BTSS offices will be closed on:

Monday Sep 5

Tuesday Nov 8

Thursday & Friday Nov 24 & 25th

Bloomfield Township

Main Phone: 248-433-7700

Bloomfield Township Board

Dani Walsh, Supervisor

Martin Brook, Clerk

Brian E. Kepes, Treasurer

Neal Barnett, Trustee

Stephanie Fakih, Trustee

Valerie Sayles Murray, Trustee

Michael Schostak, Trustee

BTSS Advisory Council

Don Foehr, Victor & Suzanne

Goldstein, Liz Mahoney and

Tom & Ginnie Richard

Christine's Comments

Enrichment programs are back in full swing and we have a record number of lunch and learn opportunities for you. Madison Bourland has joined our team as Recreation Coordinator to facilitate trips, presentations and drop-in clubs. Be sure to say "hello" at our **Fall Showcase** of programs on Thursday, Aug. 25. Representatives from all clubs will be available for your questions and welcome you to join upcoming events. We will highlight all programs and **YES**, there will be ice cream! Please call or register online for this complimentary event. It is a perfect day to bring a friend!

Would you like a ride to the event? Transportation from your home is available that day when you apply and make a reservation with Transportation Coordinator Jeff Howes. Details are found on page 17 of this catalog.

Meals on Wheels returns to daily delivery of a hot meal in September. Given the preference of some customers we will also continue to deliver frozen entrees once weekly. It is great to have choices! MOW details on page 16.

Another chance to bring a friend is for **Free Demo Days** on Sept. 1 & 2. Your invitation might start them on a path of greater vitality, wellness & connection!

Join in the festivities on September 24, 2022! The **Compassion Walk & BBQ**, the Ed Black Jazz Combo and a community garage sale offers something for everyone. Your participation will make it a great day!

Wishing You Peace and Health,
Christine Tvaroha, Director
ctvaroha@bloomfieldtp.org

Center hours

**M-Th 7:30 - 3 PM,
F 7:30 - 1 PM**

In-person & virtual options
available.

Masks Optional

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All items subject to change.

Special thank you to our Fall Sponsors:



You can make a difference in many ways!

There are so many available options to donate and support BTSS!

- Online through the registration program - choose general donation.
- Call us and request we process your donation by credit card.
- Mail a donation check & specify your choice of program to support.

Ways to donate!

**Meals on Wheels Holiday Meals General Donation
Transportation Buy a Brick Program Curbside Meals**

We are grateful for this kind consideration.
Please call if you would like to donate.

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.

Order forms are available online at:

<https://www.bloomfieldtwp.org/Services/Senior-Services/Get-Involved.aspx>

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

Donations and program fees are essential to maintain BTSS.

Hot Meals option is returning!

Not only will we have our frozen meal offerings but daily hot meals will be returning in September!

Customers may schedule 1 to 5 days of nutritious home delivered meals.

Check out page 16 for more details!



Your donations help fill in the gap and keep us open and growing!

Please consider supporting BTSS!



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

Support Curbside Meal Fundraisers

September 24 11-12 PM

Come and enjoy a delicious BBQ meal served outdoors. Seating will be available or you can take it to go!

\$15 per meal - Order by Sept 16

Meal sponsored by American House Stone!

November 24 - Thanksgiving Curbside

Pickup between 10-11 AM

Two wonderful meals; breakfast and Turkey & with all the trimmings to go!

\$20 per meal - Order by Nov 17

Call the Senior Center to reserve your meal!

100% of the proceeds go to BTSS!

The printing of our catalog is supported by the advertisers listed on pages 19-23. Please see the businesses who help make this catalog viable. Be sure to let them know that you appreciate their contribution to our department. Thank you! Sponsors, speakers and advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.

VOLUNTEER GUIDELINES

We are in need of "Meals on Wheels" drivers.

Applicants must be at least 18 years of age, a BT resident, and agree to complete a volunteer application and background check.

Forms are available online at:

<https://www.bloomfieldtwp.org/Services/Senior-Services/Get-Involved.aspx>

Contact Ruth Frketich, BTSS Deputy Director;
248-723-3500 or rfrketich@bloomfieldtwp.org.

Thank you volunteers!

Friendly Callers, Meals Drivers, Walk Support, Paper Dolls, Chicks with Sticks & Gems

Thank You

for Your Donation!

Thanks to all who have supported BTSS; your contributions and continued support are most appreciated.

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



Eligibility/Registration

Eligibility - Adults 50+

To create your profile, call or visit the center.

Age/Residency will be confirmed with ID with an in-person visit.

Registration:

BT Residents - all programs open for participation with completed profile.

Non-Residents - many programs open for participation for additional fee; completed profile required.

Become Active

Once your profile is complete you may register in the following ways:

- Via phone with charge card.
- Visit the center.
- Mail a check.
- Online with charge card.

Programs fill quickly so phone register early!

ID Cards

An ID card is required for every visit. Please plan to get your photo taken at your first visit. Replacement ID cards will be issued at a cost of \$10.

Gifts & Gratuities Policy

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

Registration/Refund Policies

No refunds for circumstances beyond our control, for example, building closure due to power outages or severe weather. Unusual circumstances for consideration require a doctor's note.

- ⇒ Full payment is required at registration.
- ⇒ Registration for all programs is reserved for confirmed BT residents through 8/17/2022; non-resident registration begins 8/18/2022.
- ⇒ Non-residents pay additional \$10 per class or trip, unless otherwise noted.
- ⇒ Checks with insufficient funds incur a \$30 fee.
- ⇒ Classes/Programs: No refund 5 business days prior to start. No refund once class has begun. Cancellation fee: \$10 except for low class enrollment or class cancellation.
- ⇒ Trips: No refund five business days prior to trip. \$10 cancellation fee + costs incurred (i.e. prepaid tickets).
- ⇒ We reserve the right to substitute instructors to maintain program continuity.
- ⇒ If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.
- ⇒ Sponsors, speakers and advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.

Fitness classes are now

Virtual, In-person, or our new *HYBRID* option!!

Hybrid gives you an option to participate either in person or ZOOM! See page 6 for details



(Additional fee of \$10 per class)

Fitness Coordinator Maggie Barclay has taped fitness classes at Bloomfield Community Television, which you can find on demand from the website:

<https://www.bloomfieldtwp.org/Services/Cable-and-Community-Relations/Watch-BCTV-Live/Video-on-Demand/2020-New/Senior-Services.aspx>

These programs also air:

Monday - Friday 10 AM & 1 PM on BCTV (Comcast Channel 15 and AT&T Channel 99)

To view the schedule go to <https://www.bloomfieldtwp.org/Services/Cable-and-Community-Relations/Watch-BCTV-Live/Program-Schedule.aspx>

We hope you take advantage of some of these fitness options from home or where ever you may be.

Senior eNewsletter

Stay up to date with the Weekly Seniors eNewsletter!

Call or email us to "opt in" to receive the Senior weekly e-news.

All operational updates will be sent through eNews.

Resources include safety information, fraud prevention, BTSS service and fitness options, various other enrichment programs, and resources.

We will never share your email.

BTSS offices will be closed:

Monday Sept 5 in observance of Labor Day,
 Tuesday Nov 8 Election Day,
 Thurs & Fri Nov 24 & 25 for Thanksgiving.





Group Fitness Schedules - In-Person, Virtual and now HYBRID!

Group fitness classes require advance registration prior to attendance. Below you will see the abbreviated schedule for in-person and virtual classes by day of the week. Instructors, full descriptions, fees and session dates follow on pages 6-10. Popular classes fill quickly!

Non-residents are welcome, after BT resident priority registration & pay an additional \$10 fee per session.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MINDFUL MEDITATE 8	SMALL GRP PT 7:30	SMALL GRP PT 7:30	SMALL GRP PT 7:30	SMALL GRP PT 7:30	Details on pg. 6-8
CARDIO PARTY 9	CARDIO CORE C 9	STRENGTH & BAL 9	CARDIO DANCE 9	STRENGTH & BAL 9	Subject to change
LA BLAST 10:30	GM YOGA L2 10:30	TAI CHI 10:30	GM YOGA 10:30	HAVE A BALL YOGA 10:15	
CHAIR YOGA 11:30	FLOW STRETCH 12	AGELESS YOGA 11:30	SMALL GRP PT 12	SMALL GRP PT 11:30	
BARRE BALANCE 12:45	S.E.A.T. 1:30	BARRE BALANCE 12:45	S.E.A.T. 1:30		<div style="border: 2px solid blue; padding: 5px; text-align: center;"> Land Classes are now Virtual, In-Person or HYBRID! </div>
PILATES S&B 4		SMALL GRP PT 1:45	PILATES S & B 4		
ZUMBA® 5:15		ZUMBA® 5:15			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Subject to change
LAP SWIM 7:30	AQUA RESIST 7:30	LAP SWIM 7:30	AQUA RESIST 7:30	LAP SWIM 7:30	Details on pg. 10
STRONG FIT 9:30	TOTAL BODY 9:15	STRONG FIT 9:30	TOTAL BODY 9:15	STRONG FIT 9:30	<div style="border: 2px solid blue; padding: 5px; text-align: center;"> Aqua </div>
ENDURANCE CORE BALANCE 11	AQUA BOOT CAMP 11	ENDURANCE CORE BALANCE 11	AQUA BOOT CAMP 11	WATER WALKING 11	
WATER WALKING 1:30	LAP SWIM 1:30	HYDRO EXERCISE 1:30	LAP SWIM 1:30		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
CARDIO INTERVAL 10	STRENGTH & BALANCE 10	CARDIO INTERVAL 10	STRENGTH & BALANCE 10	GENTLE MOVES YOGA 10	BALANCE STRETCH MEDITATE 10
BALANCE STRETCH MEDITATE 1	CHAIR CARDIO & STRENGTH 1	GENTLE MOVES YOGA 1	CHAIR CARDIO & STRENGTH 1	BALANCE STRETCH MEDITATE 1	
BCTV Channel 15	Subject to change	<div style="border: 2px solid blue; padding: 5px; display: inline-block;"> BCTV Television </div>			

Tune into BCTV on Comcast channel 15 and AT&T channel 99 to view the daily exercise classes at 10 AM & 1 PM. If you would like to access Video On Demand pre-recorded complimentary exercise programs, go to: www.bloomfieldtwp.org and select: Services / Senior Services / Activities / Fitness Class-Videos

Or find videos at this address: <https://www.bloomfieldtwp.org/Services/Senior-Services/Activities/Fitness-Class-Videos.aspx>



Land Fitness



Fitness Demo Days!

Come try a new class without the commitment

Complimentary for BT residents—Non-Residents \$5 per class—Call to register

Thursday 9/1

9:00 Cardio Dance Party
 10:30 Flow Stretch & Mobility
 1:30 S.E.A.T. (Supported Exercise & Ability Training! Chair-assisted workout encompassing cardio fitness, strength, agility & balance.)

See page 6-8 for class descriptions
Registration Required

Friday 9/2

7:30 SGPT/PFT (Small Group Personal Training)
 9:00 Strength & Balance
 10:15 Have a Ball Yoga
 See page 7-8 for class descriptions
 11:00 Water Walking

See page 10 for class descriptions
Registration Required

Virtual Zoom Tips

Download the free Zoom Application. <https://zoom.us>
 Once registered you will receive an email 1 - 2 days before the class starts with the link to the class. Save that email for the duration of your monthly session. 10 minutes before class click on the link from the email or copy the link into a browser:

- ⇒ Close other pages and applications.
- ⇒ You will need a strong WIFI connection.
- ⇒ Plan on plenty of open space for your workout.
- ⇒ Enter meeting ID# if prompted. (Same for the entire session)
- ⇒ Enter password if prompted. (Same for the entire session)
- ⇒ Join with computer audio if prompted.
- ⇒ Enable video by clicking on video camera icon if needed.
- ⇒ Enable sound by clicking on microphone icon; check audio/mute to ON.
- ⇒ Place your device so that your instructor can see you.

Technology Support: BTPL

Are you using Zoom or other technologies to connect with others? Do you have questions about these technologies?

For information email AskTech@btpl.org
 or call 248-642-1084



ASK THE TRAINER

Need workout advice, have a question about your routine or just want to talk fitness?

Ask the Trainer Hours
 September - October - November
Wednesday 1-2 PM

Safety: Please 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 and effectiveness.

Stay hydrated during class.
Bring a refillable bottle.

We reserve the right to substitute instructors to maintain program continuity.

Barre

Barre Balance Donna
In-Person

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

Monday 12:45 - 1:30 PM
 Sept 12 - Sept 26 3 classes/\$30
 Oct 3 - Oct 31 5 classes/\$50
 Nov 7 - Nov 28 4 classes/\$40

Wednesday 12:45 - 1:30 PM
 Sept 7 - Sept 28 4 classes/\$40
 Oct 5 - Oct 26 4 classes/\$40
 Nov 2 - Nov 30 5 classes/\$50

Cardio

Cardio, Core, Conditioning Dondra
In-Person

(CCC) 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.

Tuesday 9 - 10 AM
 Sept 6 - Sept 27 4 classes/\$36
 Oct 4 - Oct 25 4 classes/\$36
 Nov 1 - Nov 29 4 classes/\$36

Cardio Party & Core Annie
In-Person, Virtual and HYBRID

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

Monday 9 - 10 AM
 Sept 12 - Sept 26 3 classes/\$27
 Oct 3 - Oct 31 5 classes/\$45
 Nov 7 - Nov 28 4 classes/\$36



Cardio Dance

Cardio Dance Party Maggie
In-Person, Virtual and HYBRID

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!

Thursday 9 - 10 AM
 Sept 8- Sept 29 4 classes/\$36
 Oct 6 - Oct 27 4 classes/\$36
 Nov 3 - Nov 17 3 classes/\$27

LaBlast Dance Fitness Donna
In-Person

This dance fitness 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 time world ballroom champion Louis Van Amstel and presented to you by Michigan Master Trainer Donna Tomassi.

Monday 10:30 - 11:15 AM
 Sept 12 - Sept 26 3 classes/\$30
 Oct 3 - Oct 31 5 classes/\$50
 Nov 7 - Nov 28 4 classes/\$40

Zumba® Mari Ann
Virtual Only

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

Monday Virtual 5:15 - 6 PM
 Sept 12 - Sept 26 3 classes/\$27
 Oct 3 - Oct 31 5 classes/\$45
 Nov 7 - Nov 28 4 classes/\$36

Wednesday Virtual 5:15 - 6PM
 Sept 7 - Sept 28 4 classes/\$36
 Oct 5 - Oct 26 4 classes/\$36
 Nov 2- Nov 30* 4 classes/\$36

* No class November 23

Register early!
Program fees are essential to maintain BTSS.

Pilates Virtual Only

Pilates, Strength & Balance Karen O.
Virtual Only

Build strength, improve balance, and strengthen your core muscles. Exercises will be performed standing, seated, and on the floor using your own body weight, light weights, and bands.

Monday Virtual 4 - 5 PM
 Sept 12 - Sept 26 2 classes/\$18
 Oct 3 - Oct 31 5 classes/\$45
 Nov 7 - Nov 28 4 classes/\$36

Thursday Virtual 4 - 5 PM
 Sept 8- Sept 29 4 classes/\$36
 Oct 6 - Oct 27 4 classes/\$36
 Nov 3 - Nov 17 3 classes/\$27



Tai Chi - In person

Tai Chi Chuan Han

This practice enhances balance and body awareness with slow, gentle, graceful and precise movements.

Wednesday 10:30 - 11:15 AM
 Sept 14 - Oct 26 7 classes/\$63
 Nov 2 - Dec 14 *6 classes/\$54
 *No class Nov 23rd

Personal Training

1 on 1 Personal Training

In-Person or Virtual

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

Standard Resident \$65/Non-Res: \$75

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.

Small Group Personal Training

Small Group Personal Training

In-Person, Virtual and HYBRID

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.

Tuesday Maggie 7:30 - 8:30 AM
 Sept 6 - Sept 27 4 classes/\$68
 Oct 4 - Oct 25 4 classes/\$68
 Nov 1 - Nov 29 4 classes/\$68

Wednesday Annie 7:30 - 8:30 AM
 Sept 7 - Sept 28 4 classes/\$68
 Oct 5 - Oct 26 4 classes/\$68
 Nov 2- Nov 30 5 classes/\$85

Wednesday Lola 1:45 - 2:45 PM
 Sept 7 - Sept 28 4 classes/\$68
 Oct 5 - Oct 26 4 classes/\$68
 Nov 2- Nov 30 5 classes/\$85

Thursday Maggie 7:30 - 8:30 AM
 Sept 8- Sept 29 4 classes/\$68
 Oct 6 - Oct 27 4 classes/\$68
 Nov 3 - Nov 17 3 classes/\$51

Thursday Lea 12-1 PM
 Sept 8- Sept 29 4 classes/\$68
 Oct 6 - Oct 27 4 classes/\$68
 Nov 3 - Nov 17 3 classes/\$51

Friday Annie 7:30 - 8:30 AM
 Sept 9 - Sept 30 4 classes/\$68
 Oct 7 - Oct 28 4 classes/\$68
 Nov 4- Nov 18 3 classes/\$51

Friday Lola 11:30 - 12:30 PM
 Sept 9 - Sept 30 4 classes/\$68
 Oct 7 - Oct 28 4 classes/\$68
 Nov 4- Nov 18 3 classes/\$51

No Classes November 8



Land Fitness



Seated Classes

Ageless Yoga Karen L. In-Person

Find balance, strength & flexibility as we move through standing yoga postures using the support of a chair. Wonderful for anyone who is unable to get onto the floor. New to yoga or not, this is for all levels. Each session will begin and end with seated meditation.

Wednesday 11:30 - 12:30 PM
 Sept 7 - Sept 28 4 classes/\$40
 Oct 5 - Oct 26 4 classes/\$40
 Nov 2 - Nov 30 4 classes/\$40

Chair Yoga Donna In-Person

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.

Monday 11:30 - 12:30 PM
 Sept 12 - Sept 26 3 classes/\$30
 Oct 3 - Oct 31 5 classes/\$50
 Nov 7 - Nov 28 4 classes/\$40



S.E.A.T Annie In Person

Supported Exercise & Ability Training! This chair-assisted workout encompasses cardio fitness, strength, agility and balance training. Maintain and improve your functional body fitness in a supported, fun, & socially engaging environment.

Tuesday with Annie 1:30- 2:15 PM
 Sept 6 - Sept 27 4 classes/\$36
 Oct 4 - Oct 25 4 classes/\$36
 Nov 1 - Nov 29 4 classes/\$36

Thursday with Lea 1:30- 2:15 PM
 Sept 8- Sept 29 4 classes/\$36
 Oct 6 - Oct 27 4 classes/\$36
 Nov 3 - Nov 17 3 classes/\$27

No Classes November 8

Yoga - Please bring your own mat

Gentle Moves Yoga Maggie In-Person, Virtual and HYBRID

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.

Thursday 10:30 -11:30 AM
 Sept 8- Sept 29 4 classes/\$36
 Oct 6 - Oct 27 4 classes/\$36
 Nov 3 - Nov 17 3 classes/\$27

Gentle Moves Yoga Maggie Level 2 In-Person, Virtual and HYBRID

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.

Tuesday 10:30 -11:30 AM
 Sept 6 - Sept 27 4 classes/\$36
 Oct 4 - Oct 25 4 classes/\$36
 Nov 1 - Nov 29 4 classes/\$36

Have a "BALL" with Yoga

Karen L.
In-Person
 Add the playfulness of a stability ball while moving into yoga inspired postures. Stretch, strengthen, and balance at your own pace. Bring a yoga mat, balls are provided.



Friday 10:15 -11 AM
 Sept 9 - Sept 30 4 classes/\$40
 Oct 7 - Oct 28 4 classes/\$40
 Nov 4- Nov 18 3 classes/\$30

Join us for
Demo Days!
 Thurs & Fri
 September 1st & 2nd
 See schedule and details
 on page 6

Mindful Movement & Meditation In-Person, Virtual and HYBRID

Maggie
 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!

Monday 8 - 8:45 AM
 Sept 12 - Sept 26 3 classes/\$27
 Oct 3 - Oct 31 5 classes/\$45
 Nov 7 - Nov 28 4 classes/\$36

Strength - Please bring a small towel to use in class

Strength & Balance

Level 2 In-Person, Virtual and HYBRID

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.

Wednesday Maggie 9 - 10 AM
 Sept 7 - Sept 28 4 classes/\$36
 Oct 5 - Oct 26 4 classes/\$36
 Nov 2- Nov 30 5 classes/\$45
Friday Annie 9 - 10 AM
 Sept 9 - Sept 30 4 classes/\$36
 Oct 7 - Oct 28 4 classes/\$36
 Nov 4- Nov 18 3 classes/\$27

Stretch - Please bring a small towel to use



Flow, Stretch & Mobility Maggie In-Person, Virtual and HYBRID

Use a variety of flowing movement, standing and on the floor to help increase joint mobility, lengthen muscles, and improve stability. Breathing techniques used to calm your mind.

Tuesday 12-1 PM
 Sept 6 - Sept 27 4 classes/\$36
 Oct 4 - Oct 25 4 classes/\$36
 Nov 1 - Nov 29 4 classes/\$36



Fitness Equipment

Fitness Open Hours

Pre-requisite: Equipment Orientation/Refresher.
Self-supervised.

BT Residency required. (Walking Track is included with Fitness Open Hours)

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

Equipment Orientation/Refresher

Required **before** registering for Fitness Open Hours. Also a refresher for those who have previously completed a class or Orientation. One hour (60 minute) personalized training on all equipment for safe and effective use. Workout clothing and clean indoor shoes required.

BT Residency required.

2 business days notice required to cancel or reschedule. 1 class/\$35

Walking Track

Participants scan in at main level reception.
Change to clean shoes required.

BT Resident \$10 full month \$5 half month

Non-Resident \$15 full month \$7.50 half month



New Partnership for BTSS

We have established a new partnership that will provide **complimentary** use of our track and fitness equipment. Township residents with specific United Healthcare Medicare Supplement policies may be eligible for complimentary Fitness Open Hours, Equipment Orientations and Walking Track use. Advance enrollment required.



Eligibility: BT Residents age 65+ who are Individual Plan Holders of certain UnitedHealthcare Medicare Plans.

- A. Secure your unique Confirmation Code from Healthy Contributions and present it for registration. UHC insured members may generate their own code with the UHC Renew Active link below or may call the customer service number on the back of their insurance card. https://www.uhcrenewactive.com/home?WT.mc_id=8013085
- B. Bring your code, driver's license and UHC card to BTSS to set up a profile if you have not done so previously. BTSS staff will register you for an orientation and one month of Open Hours and Track use. Please register monthly.
- C. Once you have completed your safety orientation you may begin attending.
- D. It is **ESSENTIAL** for you to scan in with your BTSS ID card for your complimentary visit. Photo may be taken with profile set up.
- E. Visits are unlimited within our hours of operation.
- F. Fitness Open Hours and Track use **ONLY**; group classes require additional registration and payments.

Ask your insurance provider about their partnership opportunities!

COVID Safety Update

Have you tested positive for COVID within 2 days of visiting the senior center?

Participants and instructors are required to report any positive COVID test to Ruth Frketich and/or Christine Tvaroha if you have visited the center in the 2 days prior to onset of symptoms or a positive test result. Ctvaroha@bloomfieldtwp.org 248-723-3509 or rfrketich@bloomfieldtwp.org 248-723-3502

BTSS staff will communicate with anyone who was in the program with the positive participant (without disclosing names) so they may determine their own testing options. The date of the last close contact is considered day 0. **Please do not come to the center if you are not feeling well.**

We thank you in advance for your compliance with this policy to reduce transmission.

Virtual or Hybrid Fitness provides flexibility and safety. Many fitness programs are available virtually and we recently implemented a new Hybrid option which allows for in person and virtual registrations. You may decide day to day if you wish to participate in person or from your home for that specific program; advance registration is required.



Thank you to our Summer Sponsors!

Magnolia by the Lakes
The Gold Standard of Senior Living

American House
SENIOR LIVING COMMUNITIES

A.J. DESMOND & SONS
FUNERAL DIRECTORS

ARDEN COURTS
PROMEDICA MEMORY CARE

SMART
RIDE



Aquatics

Safety: Please 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 and effectiveness. 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, and temperatures average 83 - 88 degrees. Showers are required prior to pool use.

NEW: For efficiency in the locker rooms, 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. 30 minute max in locker rooms after class. "rinse & go" focus.

We reserve the right to substitute instructors to maintain program continuity.

**There will be no classes Tuesday, November 8
Non-residents pay additional \$10 fee per session.**

Aqua Boot Camp 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.

Tuesday 11 - 12 PM
Sep 6 - Sep 27 4 classes/\$36
Oct 4 - Oct 25 4 classes/\$36
Nov 1 - Nov 29 4 classes/\$36

Thursday 11 - 12 PM
Sep 1 - Sep 29 5 classes/\$45
Oct 6 - Oct 27 4 classes/\$36
Nov 3 - Nov 17 3 classes/\$27

Aqua Strong & Fit Marci

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

Monday 9:30 - 10:30 AM
Sep 12 - Sep 26 3 classes/\$27
Oct 3 - Oct 31 5 classes/\$45
Nov 7 - Nov 28 4 classes/\$36

Wednesday 9:30 - 10:30 AM
Sep 7 - Sep 28 4 classes/\$36
Oct 5 - Oct 26 4 classes/\$36
Nov 2 - Nov 30 5 classes/\$45

Friday 9:30 - 10:30 AM
Sep 2 - Sep 30 5 classes/\$45
Oct 7 - Oct 28 4 classes/\$36
Nov 4 - Nov 18 3 classes/\$27

Aqua Resistance Training Ernie

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

Tuesday 7:30 - 8:30 AM
Sep 6 - Sep 27 4 classes/\$36
Oct 4 - Oct 25 4 classes/\$36
Nov 1 - Nov 29 4 classes/\$36

Thursday 7:30 - 8:30 AM
Sep 1 - Sep 29 5 classes/\$45
Oct 6 - Oct 27 4 classes/\$36
Nov 3 - Nov 17 3 classes/\$27

Endurance, Core & Balance Ernie (Intermediate) (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.

Monday 11 - 12 PM
Sep 12 - Sep 26 3 classes/\$27
Oct 3 - Oct 31 5 classes/\$45
Nov 7 - Nov 28 4 classes/\$36

Wednesday 11 - 12 PM
Sep 7 - Sep 28 4 classes/\$36
Oct 5 - Oct 26 4 classes/\$36
Nov 2 - Nov 30 5 classes/\$45



50 Minute Lap Swim Ernie

Self-paced program for lap workouts only. Walk or swim.
BT residency required.

50 Minute Lap Swim

Mon, Wed	7:30- 8:20 AM
Sep 7 - Sep 28	7 classes/\$49
Oct 3 - Oct 31	9 classes/\$63
Nov 2 - Nov 30	9 classes/\$63
Tue, Thu	1:30- 2:20 PM
Sep 1 - Sep 30	9 classes/\$63
Oct 4 - Oct 27	8 classes/\$56
Nov 1 - Nov 29	7 classes/\$49
Friday	7:30- 8:20 AM
Sep 2 - Sep 30	5 classes/\$35
Oct 7 - Oct 28	4 classes/\$28
Nov 4 - Nov 18	3 classes/\$21

Hydro Exercise Ernie

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

Wednesday 1:30- 2:20 PM
Sep 7 - Sep 28 4 classes/\$36
Oct 5 - Oct 26 4 classes/\$36
Nov 2 - Nov 30 5 classes/\$45

Total Body Aqua Ernie

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

Tuesday 9:15 - 10:15 AM
Sep 6 - Sep 27 4 classes/\$36
Oct 4 - Oct 25 4 classes/\$36
Nov 1 - Nov 29 4 classes/\$36

Thursday 9:15 - 10:15 AM
Sep 1 - Sep 29 5 classes/\$45
Oct 6 - Oct 27 4 classes/\$36
Nov 3 - Nov 17 3 classes/\$27

Water Walking Workout

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. Progressions will be made using pool equipment.

Monday Ernie 1:30- 2:20 PM
Sep 12 - Sep 26 3 classes/\$27
Oct 3 - Oct 31 5 classes/\$45
Nov 7 - Nov 28 4 classes/\$36

Friday Annie 11 - 11:50 AM
Sep 9 - Sep 30 4 classes/\$36
Oct 7 - Oct 28 4 classes/\$36
Nov 4 - Nov 18 3 classes/\$27



Trips



Lunch at Blakes Orchard & Cider Mill

Thursday, September 8 10 AM–2 PM

Blake's Orchard is a family owned and operated establishment located on a 120-acre farm in the quaint village of Armada just an hour northeast of Detroit.

Enjoy a Michigan Fall and have lunch on your own at Blake's Tasting Room and explore the Cider Mill and other attractions at this venue. Take a train ride for \$5 and see the sites. **Fee \$15**

Tuesdays at the Eastern Market

Tuesday, September 13 10:30 AM - 2:45 PM

Jump on the BTSS bus and take a mid-week trip to Detroit's Eastern Market. Spend a few hours shopping the vendors and stores at the Market and stop in one of the many restaurants for lunch. The scaled down Tuesday Market is perfect for stocking up on fresh produce, baked goods, and meats. **Fee: \$25**

All Things Polish: Hamtramck–Eat, Shop & Tour

Thursday, October 13 10:30 AM - 3:15 PM

Craving Polish cuisine? EAT at the Polonia Restaurant. If you've ever imagined a gathering place that celebrates the rich diverse history of Hamtramck - a meeting place that would also evolve to include the present-day cultural fabric of the town-then wish no longer: TOUR the Hamtramck Historical Museum and then SHOP at the Polish Art Center. Enjoy lunch on your own at Polonia Restaurant in Hamtramck. **Fee: \$40**

Purple Rose Theatre: "Pickleball"

Thursday, November 3 10:45 AM - 5:30 PM

In a wild comedy about America's fastest growing sport, four below average players must overcome their own limitations in order to achieve greatness in a game that has nothing to do with pickles. The Purple Rose Theatre Company has announced its lineup featuring the world premier of PRTC Founder and Artistic Director, Jeff Daniels play "Pickleball". Enjoy lunch on your own at Smokehouse 52 Barbecue in Chelsea. *The play contains adult language and content.* **Fee: \$66**

OPC VARIETY SHOW 650 PLAYERS

SCHOOL DAZE "I hope you have the time of your life."

Tuesday, October 25 11 AM–3:30 PM

The OPC's 650 Midday Club is a classy, relaxed, friendly atmosphere where you can enjoy music performed by local professional entertainers in many genres. The performance includes entertainment and lunch. Held at the Rochester Older Persons' Commission. **Fee: \$42**

Save the Date!

Thursday, December 8



*A trip to the DIA!
Details to follow!*



DSO

Welcome Back to the DSO POPS Coffee Series at Orchestra Hall!

Prohibition

Friday, October 7 9:15 AM - 1:45 PM

Principal Pops Conductor Jeff Tyzik returns! Travel back to the moody cabarets and speakeasies of old New York, Paris, Berlin, London and Atlantic City. It was a time influenced by prohibition, gangsters, ingenues, and intrigue. Join the DSO and a stellar cast of vocalists for a multimedia musical journey through the era, from Rudy Vallee and Josephine Baker to Kurt Weill and King Oliver. **Fee: \$77**

SCI-FI Spectacular:

Star Wars, Star Trek and Beyond

Friday, November 18 9:15 AM - 1:45 PM

Travel to new worlds, distant galaxies, and back to the future with music from your favorite sci-fi movies including Star Wars, Star Trek, 2001: A Space Odyssey, Alien and more. The DSO performs highlights from these iconic film scores under the direction of Principal Pops Conductor Jeff Tyzik. **Fee: \$77**

Home for the Holidays

Friday, December 16th 9:15 AM - 1:45 PM

Thrill to the spectacle of the season and share Detroit's favorite holiday musical tradition with family and friends. Michelle Merrill returns to lead the DSO in a sparkling celebration with carols and classics that sell out year after year - and yes, Virginia, there will be a Santa Claus! **Fee: \$77**

Registration and 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

Please register an assistant for the trip if it will ensure your safety; trip fees apply to assistants and are paid with your registration. Please alert staff if a wheelchair will be used. **Non-residents add \$10 fee per trip.**

See page 4 for registration/cancellation policies. Unless otherwise noted, all trips depart and return to the Center on the BTSS bus. Please arrive a minimum of 15 minutes prior to the scheduled departure time.



Unique Topics

Join us at BTSS for in person lectures ~
Please register in advance.

Forensics and Crime Solving: Stephanie Grabowski
Tuesday, September 20 9:30-11 AM

Presented by Stephanie Grabowski, MI State Police Detroit Laboratory. Explore a day in the life of a scientist including aspects of crime solving, laboratory systems, new technologies, court testimony and crime scene investigations. Q & A welcomed

Magnificent Monarchs: Outdoor Adventure Center
Thursday, September 22 1-2 PM

Join the staff from the DNR Outdoor Adventure Center to explore the world of the beautiful Monarch butterfly! We'll share the basics of the Monarch life cycle and biology, what some of the current threats are to the Monarch population, and what YOU can do to help Monarch butterflies in your community!



Van Gogh in America: Carlene Van Voorhies
Friday, November 11 10-11:30 AM

Presenting a subset of the special exhibit, *Van Gogh in America that will be open from October 2nd, 2022- January 22nd, 2023*. *Van Gogh in America* celebrates the DIA's status as the first public museum in the United States to purchase a painting by Vincent Van Gogh, his *Self-Portrait* (1887). On the 100th anniversary of its acquisition, experience around 70 authentic Van Gogh works from around the world and discover the fascinating story of America's introduction to this iconic artist, in an exhibition only at the DIA.

Adventures in Antarctica: Reid Beyerlein
Tuesday, November 29 9:30-11 AM

Get ready for your Polar Plunge! Come see the fascinating world that Sir Ernest Shackleton discovered years ago. Get a firsthand experience of a newly discovered population of penguins on Danger Island! The world of ice, penguins, whales and seals awaits you.

Fee for any of the above is - Residents \$3 / Non-Resident \$5

Gray Matters - Brain Health

Complimentary Brain Health Virtual Workshops

- "Optimizing Brain Health after a Cancer Diagnosis" Dr. Salim Siddiqui, HFHS
Wednesday, September 21 1 PM
- "Mobility and Brain Health" Brittany Denis
Wednesday, October 19 1 PM
- "Music Therapy and the Brain"
Michael Krieger
Wednesday, November 16 1 PM

To register call Jewish Family Services,
248-788-6463 or
MindU@jfsdetroit.org



BTPL Presents: Coffee with the Librarians



- Tuesday, September 6 10-11 AM
- Tuesday, October 11 10-11 AM
- Tuesday, November 1 10-11 AM

Come listen to one of your local librarians give a book talk, demonstrate technology, or present on a library resource.

Pop-Up BTPL Librarians

- Wednesday, September 14 1-2 PM
- Wednesday, October 19 1-2 PM
- Wednesday, November 9 1-2 PM

Talk with one of your local librarians. Ask questions about books, movies, and technology. Find out about programs and events happening at the library.

Did you know?? According to a study published in the journal Psychological Science, seniors who learn a new skill have improved memory. Learning a new skill may reduce a senior's risk of dementia by strengthening connections between different parts of the brain. Why not try something new? Check out our FREE DEMO DAYS on September 1 & 2. See page 6 for details or call or stop in to register!

Piano Lessons: Play for Fun

Beginning Tuesday, September 27 through Tuesday, December 6 1:00 - 1:45pm

Fulfill your lifelong musical dreams with our "stress-free" approach to music-making. Instructor Mary Anne David utilizes a proven method that will apply to the keyboard, piano or organ. Loaner instrument provided.



Registration required - Residents \$99 / Non-res \$109
Additional Book fee \$20 payable to instructor on first meeting.

No Lesson November 8



Osher Lifelong Learning Institute

Join us at BTSS for complimentary webinars 11-12:30 PM
Please call 248-723-3500 to register in advance.



Traveling Through Cuba by Motorcycle- John Deikis

Thursday, September 1

For the first half of the 20th century, Cuba was known as an exotic get-a-way for the wealthy, mobsters, and Ernest Hemingway.

Art Talks: Picturing America- Wendy Evans

Monday, September 12

Optimism, struggles, humor and pain. Explore how people from early inhabitants to today depict our history and landscape reflecting ideas and ideals.

From Coast to Coast to Coast: Exploring National Marine Sanctuaries- Ellen Brody and Stephanie Gandulla

Monday, September 26

The National Marine Sanctuaries manages 600,000 sq. miles in the Florida Keys, Washington state, Lake Huron and American Samoa.

Rivers of Power- Professor Laurence Smith

Monday, October 3

Explore the many ways that humans have used rivers over time and their critical importance today. Since our earliest cities established along the Tigris-Euphrates, Indus, Nile, and Yellow Rivers, anthropogenic use of rivers has changed over time and space.

Modern Opera- Ryan Ebright, Ph.D.

Thursday, October 20

Composer Meredith Monk's opera Atlas is an anomaly. Though operatic in some ways, it deviates from the convention by conveying its narrative through music and movement, but not words.

Indigenous Languages of the Great Lakes- Prof. M. Noodin

Monday, October 31

View Great Lakes history through indigenous languages that have been spoken for millennia. These languages have shaped experience, spiritual beliefs and relationships with humans and animals.

From Ann Arbor to Three Continents and Back- Professor and Ambassador Susan D. Page

Monday, November 14

Ambassador Page served as the first US Ambassador to South Sudan, the US Ambassador to the African Union and the UN Economic Commission for Africa as well as in other diplomatic postings.

Diego Rivera: Detroit Industry Murals - Carlene VanVoorhies

Monday, November 21

Carlene returns to take us on a virtual tour of the complex and intriguing story behind Diego Rivera and his Detroit Industry Murals.

Mongolia: The Capital to the Gobi Desert- Ann O'Hagan

Monday, November 28

Marvel in a visual journey of the highlights of Mongolia which is sandwiched between Russia and China. Once under the yoke of China then Russia, the republic transitioned to independence and democracy during a bloodless revolution in 1990.



Don't Miss the Fall Showcase!

Thursday August 25 from 12:30-2 PM

Check out the new Fall programs, browse through the lovely gift items hand made by members of our various clubs, enter a drawing, enjoy some ice cream and just have a great time!

Center Transportation will be available for this event. Contact Jeff Howes to schedule 248-723-3500.

Have a topic you are interested in?

A past event you'd like to see back?

Something we can improve on?

Something we are doing great?

Let us know!

Suggestion box is located in the café, call the center or e-mail seniorservices@bloomfieldtwp.org



Join Us!

Annual Compassion Walk,
BBQ & Garage Sale

Saturday September 24

Check in begins at 9 AM

Walk starts at 10 AM

Garage Sale 9 am - 1 PM

Curbside BBQ Meal 11 - 12 PM

Live Music 11:30 - 12:30 PM

Sponsored by American House Stone & Pomeroy Senior Living



Register at the Center
or call 724-723-3500



Enrichment



Drop-In Games	Day/Subject to Change	Time	Cost
Billiards (Pool) Group Play: All levels welcome Call for availability.	Thursdays	1:00-3 PM	Res \$3/Non-Res \$5 Monthly fee-varies
Duplicate Bridge C. Wood. Maximum 7 tables. Arrive at 11:30 AM for table assignments	Tuesdays	11:30 -3 PM	Res \$3/Non-Res \$5 Monthly fee-varies
Mah-Jongg Facilitator: M.A. Williams	Tuesdays & Thursdays	11:30 -2:30 PM	Res \$3 Non-Res \$5 Monthly fee-varies

Poker Facilitator: A. Rubin.
Ladies & gentlemen,
enjoy a friendly game.

Wednesdays 11:30 -3 PM Res \$3/Non-Res \$5
Monthly fee-varies

Clubs

Book Club

Facilitator: Fern Stoffer

1st Friday 10 - 11:30 AM

Books & leaders subject to change.

Pre-registration required.

Res \$3/Non-Res \$5

Friday, Sept 9

The Giver of Stars, Jojo Moyes

Friday, Oct 7

The Book of Lost Friends, Lisa Wingate



All participants must scan in, register and pay a fee (if applicable) at main level Reception Desk.

Advance registration for programs reduces cancellations.

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

For more details, please see flyers at Senior Center.

Classes: Non-residents pay additional \$10 fee for classes. See Page 4 for registration and cancellation policies.

Public Safety Series

K9-Unit Demonstration

Tuesday, September 13

10-11 AM

Featuring: K9 Mika with Officer Nick Soley, Chief John LeRoy, and Fire Marshall Pete Vlahos



Fraud Prevention and Trends

Thursday, October 20

10-11 AM

with Officer Nick Soley, Chief John LeRoy, and Fire Marshall Pete Vlahos



Overview of Services

Tuesday, November 15

10-11 AM

with Officer Nick Soley

Complimentary program

Chicks with Sticks

Facilitator: Chris Muir

Join a friendly group that knits and crochets for infants, foster-care teens & chemotherapy patients - gifts from the heart. At-home knitters needed, too! Need new or "like new" yarn donations.

Mondays

12:30 - 2:30 PM

Gems and Friends

Facilitator: Martha McGee

Enjoy creating fun jewelry and art with informal instruction, equipment and supplies available. Donations appreciated. Drop-ins welcome!

Tuesdays

12:30 - 2:30 PM

Paper Dolls

Facilitator: Arlene Pinkos

Dedicated group that designs & sells beautiful, repurposed greeting cards. Used greeting card donations greatly appreciated (please leave inside greeting in tact). Proceeds go toward Meals on Wheels.

E.O. Thursday

12:30 - 2:30 PM

Election Procedure & Security

Wednesday, September 21

9:30-10-30 AM

If you have questions about how elections operate and what is done to ensure security and accuracy, this presentation is for you!

Township Clerk Martin Brook and Deputy Clerk Deana Mondock will present election information and specifically address security and accuracy. They will also respond to questions.

Complimentary program



Minor Home Repair

BTSS facilitates the **Minor Home Repair Program** with funding from Community Development Block Grant (CDBG) funds. The program is designed to help low to moderate 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 2021 household income per household is \$50,150 (or below) with one person. The maximum household income for two residents is \$57,300 (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. No fees are payable by 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/waste lines.

Replacement of: Water heater, garbage disposal, toilet, faucets, shower, kitchen, light fixtures, locks, handrails, driveways, furnace and air-conditioning, and ADA compliant ramps.

Removal of: Dangerous trees/limbs, architectural barriers and large items around the home.

Corrections of: Single code violations.

For questions or an application please call: **248-723-3500**.



Financial Assistance Available

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 information, go to <https://www.bloomfieldtp.org/Resources/Forms/Assessing.aspx> to find information on the Financial Assistance Program.

Join us for a Lunch & Learn about Senior Housing - Two different topics and dates! *Light meal provided*

Exploring Home Ownership Later in Life

Thursday, September 22 11 - Noon

Evolution of Senior Housing

Wednesday September 7 11 - Noon

Register in advance at 248-723-3500—See details on front cover.

Oakland County Home Improvement Loan Program

Qualified homeowners may receive interest-free loans of up to \$18,000 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**

Lakeshore Legal Aide's Counsel & Advocacy Law Line

Legal Questions and Assistance

Lakeshore Legal Aid offers free consultations through the Council & Advocacy Law Line at **(888) 783-8190**.

Lakeshore provides legal aid for Family Matters, Consumer Issues, Housing Related Assistance, Income and Public Benefits assistance plus more!

www.lakeshorelegalaid.org

Nutrition Services

Nutrition Services

For seniors age 62 years and older within our service area. There is a cost for each service and while currently a private pay program, financial support may be available for residents in need. For information and/or an application for either service, contact **Mary Osborne, Nutrition Coordinator, 248-723-3500.**

Meals on Wheels: Meals are delivered frozen on Mondays between 10 AM and Noon. Seniors may choose to receive 3 or 5 meals weekly. With each delivery, a safety check occurs when our volunteers meet the seniors at their door. Referrals from the community are handled in a very confidential way. Beginning in September, we will again offer the option to have a hot meal delivered daily. 1 to 5 days may be selected.

Nutritional Supplements: With medical necessity, Ensure® products may be ordered monthly at a reduced cost from retail prices. A physician's order is required and must include: diagnosis, recipient's weight, type of product (Regular or Plus), and number of 8 oz. cans to be consumed daily.



Are You an On-The-Go Senior? Are You Tired of Cooking for Yourself?

The Bloomfield Township Senior Services Meals Program offers frozen entrees in bulk pack (either 3 or 5 meals) that can be delivered to your home or picked up at the Senior Center. These meals are prepared to provide 1/3 of the USDA recommended daily nutrition for older adults. They are lower in sodium because no salt is added during the preparation process.

Having nutritious senior friendly frozen entrées tucked away in your freezer can take the worry out of mealtime. With the high cost of food these days, these meals provide a variety of menus that are convenient to use and reasonably priced.

If you are interested in more information about this service, contact Mary Osborne at 248-723-3500 or email her at mosborne@bloomfieldtwp.org.

Flu Clinic

Friday, October 28 9 - 1 PM

Flu Shots provided by U of M Ambulatory Care Immunization Program. Blood Pressure checks by Americare. Information provided by sponsors. Limited flu shots available to Bloomfield Township Residents 50+ years. Shots FREE for seniors 65+ w/ Medicare B. All others participants shots are billed to health insurance provider. **Appointments required.** Register by phone or at BTSS beginning September 28th at 9 AM. Bring proof of residency & Medicare Card. Questions call 248-723-3500.

Many thanks to our sponsors:



September Curbside Fundraiser

Saturday, Sept 24
11:00 - 12:00 PM

You can come join the festivities; music, garage sales or walk, at our annual fundraiser or simply stop by to pick up your BBQ meal to go! The menu is Polish sausage &/or hamburger, baked beans, coleslaw, cinnamon donuts and apple cider, and will be delicious! Details on the back cover!

Meal sponsored and provided by:

\$15 per meal

Call the center to order by 9/15



Thanksgiving Curbside Fundraiser

Thursday, November 24
10:00 - 11:00 AM

Celebrate Thanksgiving and treat yourself or a friend and enjoy two wonderful meals of breakfast and dinner! This special opportunity to enjoy a Holiday meal without the shopping, cooking and clean up starts with registration by phone or in-person. Meals will be portioned individually and include a beverage, sides and holiday dessert.

\$20 per meal

Call the center to order by 11/17



Transportation/Resources

Transportation Services

NEW Center Transportation:

Rides are available to qualified candidates to and from the Senior Center Tuesday & Thursday. Available to senior residents 60+ of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required. Contact **Jeff Howes, Transportation Coordinator, 248-723-3500**.

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. For information or to schedule your transportation call **248-723-3500**. 3 - 5 business days' notice needed. We contract with Jewish Family Services who provide transportation with vetted and trained drivers.

SMART 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 hours: Monday - Friday 7 AM to 4 PM



* Subsidy possible for those eligible.

To reserve call **866-962-5515**.

During this difficult time, you are not alone.

24/7 HELPLINE: 800.272.3900



Alzheimer Association Virtual and Phone In (Phone) Support Groups & Education Programs

Free virtual support groups & programs.

Please contact our **24/7 Helpline** at **800-272-3900** or **alz.org/gmc** to register for days and times.

Build a support system with people who understand. Alzheimer's Association® caregiver support groups, conducted by trained facilitators, are a safe place for caregivers, family and friends of persons with dementia.

Care Consultation

The Alzheimer's Association currently offers telephone Care Consultation by licensed Master Degree Social Workers. This program is designed for individuals with memory loss and their care partners. Please contact the Alzheimer's Association Helpline **1-800-272-3900** for more information.

Alzheimer's Association Greater MI Chapter Alz.org/gmc

State of MI Senior Service Website

The Michigan Department of Health & Human Services Aging & Adult Services Agency's website provides information on assistance and volunteer services for Michigan citizens. The vision is for Michigan residents to live well and thrive as they age.

<https://www.michigan.gov/osa>

Center Transportation is back!

Rides are available to qualified candidates to and from the Senior Center Tuesday & Thursday



Call 248-723-3500 and ask for Jeff Howes

Caregiver Support Group

Facilitator: Nichole Green, CDP

IN PERSON AT THE SENIOR CENTER

Sept 8 Oct 13 Nov 10 10 AM - 11 AM

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 their feelings about the changes dementia has made on their daily lives. Support groups can also help you:

- Learn practical caregiving information
- Get mutual support
- Learn about your local community resources
- Find solutions to challenging behaviors

Sponsored by:



Please call the senior center at **248-723-3500** to register!

Area Agency on Aging 1-B Information and Assistance Telephone Line

Specialists are available **Monday - Friday 8 AM - 5 PM.**

Nonprofit supporting seniors so they can live independently and safely wherever they call home. Assist with finding in home care services, housing, transportation, caregiver support and education, health and wellness classes and Medicare counseling.



Contact Us
(800)852-7795
www.aaa1b.org

Supportive Services



Friendly Callers



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

Volunteers call Monday–Friday between 9–11 am for a friendly conversation and to check on the welfare of the person. You may choose 1–5 days for a call.

Call 248-723-3500 for more information or to sign up.

Medicare Medicaid Assistance Program

The Area Agency on Aging 1-B (AAA1B) offers MMAP counseling by calling 800-803-7174 to make an appointment. The information line is available 9-4:30 Monday - Friday. Make a phone counseling appointment for information on Open Enrollment of the Medicare Prescription Drug Coverage Plans.



Oakland County Nurse on Call (NOC)

The (NOC) telephone service offers information about health and related resources. Calls are answered by Oakland County Health Division Public Health Nurses. Get information regarding communicable diseases, nutrition, and referrals to health-related resources located in Oakland County. Call 800-848-5533 Monday through Friday 8:30AM-5PM.

Senior Health Line–Oakland County, MI

Oakland County is committed to keeping you safe and informed. For non-health issues, resources and community assistance referrals call 248-858-1000. Monday through Friday 8:00AM - 4:30PM

Area Agency on Aging 1b Presenter: Loretta Mack



Medicare 101 Basics–Virtual Wednesday, September 28

1 - 2 PM

A must for new recipients approaching 65 years of age. It can also be helpful for anyone who wants more information regarding the Medicare Program, Medicare Advantage, Drug or Supplement plans and programs. This presentation will help you understand the 4 parts of Medicare and how to enroll in the Medicare program. ZOOM Presentation, no fee, registration required.

BT residency required.

What's new in Medicare for 2023–In person

Thursday, October 6,

10 - 11:30 AM

Find out what is new in Medicare for 2023, why you should check your plan every year and what to look for when choosing a plan. Medicare Open Enrollment is October 15th 2022 to December 7th 2022.

Please join us in person at the Senior Center. No fee.

Registration and residency required.

Medicare Medicaid Assistance Program (MMAP)

Thursday, November 17

10AM - 3:30 PM

BTSS will host Medicare Medicaid Assistance Program (MMAP). This is a free service that can help you make more informed health benefit decisions. Trained counselors will assist with: Understanding Medicare & Medicare Advantage health plans, explain prescription drug coverage, review supplemental insurance needs and provide applications for the Medicare Savings Program. Counselors will be on site to serve Township residents aged 65+. Registration required. All registrants must bring photo ID, their

Medicare card (and Medicaid Card if applicable) to their scheduled in person appointment. Call 248-723-3500 to register for your one-hour consultation. No fee.

BT residency required.

We've partnered with United Health Care to offer members complimentary use of the fitness equipment, open hours or the walking track.

Coming to this location.

Renew Active™
active body.
active mind.



We have 22 state of the art pneumatic strength training machines that can go from 2 to 200 lbs in the touch of a button! Add to that rowers, treadmills, ellipticals, bikes and a wide array of aqua and land classes for something for every fitness level!

Durable Medical Equipment Loan Closet

We collect donations of wheelchairs, walkers and shower benches and currently have a high demand for transport wheelchairs. 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. We will "quarantine" them for a period prior to future loans. This equipment is available for free, short term use by BT residents.

Please call **248-723-3500** to confirm availability of item and schedule pickup at the center.



Frequently Asked Questions

Do you pursue grant funding? - We receive grants from SMART and the US Dept. of HUD which support transportation services and Minor Home Repair. Otherwise, we have limited grant writing opportunities because we are not a 501c3 organization though we are tax exempt and able to accept donations. Research continues.

Will evening hours gain more revenue? - Historically the evening hours are exceptionally slow. In theory, working people 50 + would attend between 4-8 PM but attendance did not materialize in a way that supported costs. Since 2009 nine+ fitness facilities have opened in the township. With their fitness focused models and corporate backing, they have the resources to be open 14-24 hours daily. Further, our mandate and commitment to provide supportive services outweighs the possibility of extended fitness programming with our current resources.

How about Saturday hours? - Prior to 2020, visits on Saturdays averaged 30% of weekday attendance. The majority was for complimentary or included drop-in programs with little added revenue. It increased cleaning and supply costs as well as staffing. Due to the recently assigned central services fees we are adapting to fewer staff and higher costs. We are now prioritizing the morning and mid-day programs that have a higher rate of service and "return."

Do many non-residents participate & what's the impact? - We periodically assess participation and find that non-residents make up 5-10% of participation depending on the program. Day trips and bridge can get to 10% but fitness programs are generally closer to 5%.

Many centers allow nonresident participation because it keeps classes running and retains quality instructors with minimum registrations. As an example, an instructor may require 15 to run a class. If 12 residents register, the class will be cancelled. This results in residents being unserved and unhappy, while the department loses potential revenue. By allowing nonresidents to register we often meet or exceed class minimums. We earn 30% of class revenue plus the nonresident fee of \$10 per session. It is a common practice in local community centers. Our highest priority is to serve residents and resident only registration at the start of each quarter provides priority access to programs.

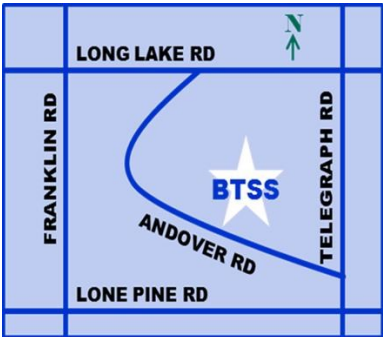
Try adding an annual membership fee.—The ala carte model allows people to only pay for what they participate in. Programs are offered month to month so there are no long-term contracts and better flexibility. With 35 fitness programs weekly, the all-inclusive pricing would not be as accessible for people of varied income levels. Set revenue from membership would limit class variety as only the highly attended classes would be continued.

We could not function without customer contributions through program fees. We appreciate your participation and donations!

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

Senior Services
 4315 Andover Road
 Bloomfield Twp. MI

Monday-Thursday: 7:30 AM - 3 PM
Friday: 7:30 AM - 1 PM



Annual Compassion Walk, BBQ & Garage Sale

To put more FUN in fundraising we have again combined the annual **Compassion Walk**, with our community **Garage Sale** and a **Curbside BBQ**.

PLUS, you will also be treated to the musical renderings of the Ed Black Jazz Band!!

Your registration improves our fundraising and your attendance improves the FUN! Details below:

Compassion Walk
10 AM start-
Check in begins at 9 AM

\$35 registration required for ages 12 and up; all ages and abilities welcome. You choose the length of your walk around the township campus up to 5K. T-shirt provided with registration. (Quantities are limited)

Saturday
September 24

Ed Black Jazz Band
11:30am-12:30 PM

Curbside Meal 11 AM- 12PM

\$15 advance registration. The menu is Polish sausage &/or hamburger, baked beans, cole-slaw, cinnamon donuts, & apple cider, and will be delicious! Our friends from American House Stone will be grilling for carry out or enjoying with live music. Please bring a lawn chair. Sponsored by:

Garage Sale
Shopping from 9 AM-1PM

Come see what treasures are waiting to be found!
 Vendor fee \$25/space for residents and \$35 for non-residents.



American House Stone