



Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

Summer 2023 Catalog



Kick off summer with an Ice Cream Social!

Wednesday June 7 12:30–2 PM

Come enjoy ice cream & musical musings of the Ed Black Jazz Band!
Registration required

New

Senior Housing Tours



LOURDES
SENIOR COMMUNITY

sponsored by:

Details on the back cover



Townehall
PLACE
of WEST BLOOMFIELD

Lunch & Learn Programs

The Future: Virtual Caregiving

Wednesday, June 21 11 AM - 12 PM

CareBuilders at Home is pleased to highlight Wellness and Virtual caregiving. The program includes cutting edge, voice activated technology. With a touch of a button customers' TV's transform into an on-demand video call allowing to engage face to face with friends, family and their care team at CareBuilders at Home. Meal and event sponsored by:



Please register by 6/15

Joint Pain? Meet the Doctor

Friday, July 14 11 AM - 12 PM

Meet Dr. Fleischman from Straith Orthopedics and learn about over the counter medications, non-surgical treatment options & advanced surgical techniques for the hip, knee & shoulder.

Meal and event sponsored by:



Please register by 7/7

Peace of Mind

Thursday, August 24 11:30 - 1 PM

Learn about the value of advance planning, a gift for your loved ones. Planning for your final wishes can save your family from unnecessary emotional and financial burden. Join us for a light meal and learn more about prearrangements, veteran benefits, cremation, burials, green options and more. Educational only; all faiths welcome.

Meal & event sponsored by:



Please register by 8/18

Mission Statement

Enriching Lives ≈ Supporting Independence ≈ Building Community

Bloomfield Township Senior Services



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.bloomfieldtpw.org/seniors

Christine Tvaroha, Director

Senior Center Hours

Monday-Friday
7 AM - 3:30 PM

BTSS offices will be closed :

Tuesday July 4th
for Independence Day

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 Murray, Trustee
Michael Schostak, Trustee

BTSS Advisory Council

Don Foehr,
Victor & Suzanne Goldstein,
Liz Mahoney and
Tom & Ginnie Richard

Center hours

Monday-Friday
7 AM - 3:30 PM

In-person & virtual options
available.

Donations, Volunteers
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Supportive Services
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All items subject to change.

Christine's Comments

Fill your calendars with new and exciting programs during the best summer schedule since 2019!

We'll kick off with an Ice Cream Social, a Trader Joe's demonstration and tasting, a tribute to the Armed Forces, two book talks, and a presentation about Cuba with world travelers! The talented musicians from BHHS will return on Friday, May 19th - do not miss it!

Seventeen trips encompass cruises on the Detroit River and in Frankenmuth, the Toledo Museum of Art, and a private showing of a Willow Run movie with a tour of the Yankee Air Museum. Visit one of the most photographed train depots in the United States, a farmer's market, a lighthouse, and enjoy a private tour of the Cranbrook House and Gardens. We continue the popular Senior Living Communities tours and Lunch and Learn series; both of which are complimentary.

Enjoy nine Unique Topic presentations and complimentary educational programs on safety technology in cars and Oakland County shares background and tips regarding Reverse Mortgages. More OLLI too!

Finally, consider giving the gift of life during our first ever blood drive, let's pay it forward!

Wishing you a summer filled with purpose, joy and connection.

Christine Tvaroha

Special thank you to our Summer Sponsors:



Register early!

Program fees are essential to maintain BTSS and help avoid class cancellations due to low enrollment!

Do you know about ... Late Start Registrations?

Although classes start the first week of the month, you may register for a "Late Start" if the class has not reached capacity. Class fees are reduced with each passing week. You may even register for the last class of the month for a one-time visit. This is a great way to try a class without the commitment of a full month. It also helps you stay active after travel, illness recovery or other schedule limitations.

**Note, Late Starts must be paid in advance and are processed by phone or in person: they are not available online.*



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 programs to support.

Ways to donate!

**Meals on Wheels 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.

Our Hot Meals have returned!

Not only do we have our frozen meal offerings but daily hot meals are available for delivery too!

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

Active seniors can also take advantage of our on the go meals picked up from the center.

Check out page 17 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.

Give hope this spring.

Give blood.



At the Senior Center

Wednesday, May 31 8:30–2:30 PM

Appointments required. To schedule please visit RedCrossBlood.org or call the Red Cross at 1-800-733-2767. Use Sponsor code "BHRotary"



The printing of our catalog is supported by the advertisers listed on pages 20-23. Please see the businesses who help make this catalog viable. Be sure to let them know that you appreciate their contribution to our department. Thank you! Sponsors, speakers and advertisements in this newsletter are not necessarily endorsements by BTSS or Bloomfield Township.

VOLUNTEER GUIDELINES

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, Paper Dolls,
Chicks with Sticks and Gems & Friends

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 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.

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☆☆ **BTSS offices will be closed:** ☆☆☆

☆☆ **Tuesday July 4 for** ☆☆☆

☆☆ **Independence Day** ☆☆☆

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆

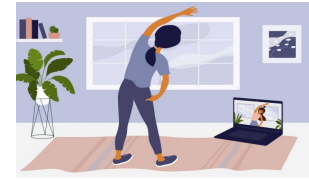
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Registration/Refund Policies

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 due at registration.
- ⇒ Registration for all programs is reserved for confirmed BT residents 5/3/2023-5/16/2023; non-resident registration begins 5/17/2023.
- ⇒ Non-residents pay additional \$10 per class/trip, unless otherwise noted.
- ⇒ Non-sufficient funds checks incur a \$30 fee.
- ⇒ **Classes/Programs:** Transfers will incur a \$10 cancellation fee for the original program session. No refund 2 business days prior to start of class. No transfer once class has begun.
- ⇒ **Cancellation fee:** \$10 except for low class enrollment or class cancellation.
- ⇒ **Trips:** No refund two business days prior to trip. \$10 cancellation fee + costs incurred (i.e. prepaid tickets).
- ⇒ All account credits expire in 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.
- ⇒ 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 Virtual, In-person or Hybrid! Hybrid gives you an option to participate either in person or ZOOM! See page 6 for details



(Additional fee of \$10 per class)

FREE At Home Options Available

Taped fitness classes are available on 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: **Mon - Fri 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 are.



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.





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	
LABLAST 9	SMALL GRP PT 7:30	STRENGTH & BAL 9	SMALL GRP PT 7:30	STRENGTH & BAL 9	Details on pg. 6-8
BARRE BAL 10:30	CARDIO CORE C 9	TAI CHI 10:30	CARDIO DANCE 9	STRETCH, STRENGTH STABILIZE 10:15	Subject to change
CHAIR YOGA 11:30	GM YOGA L2 10:30	AGELESS YOGA 11:30	GM YOGA 10:30	SMALL GRP PT 11:30	
TAI CHI BEGIN 2	S.E.A.T. 1:30	BARRE BALANCE 12:45	FLOW STRETCH 12		Land Classes
ZUMBA® 5:15		SMALL GRP PT 1:45	S.E.A.T. 1:30		
		ZUMBA® 5:15			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Subject to change
LAP SWIM 7:15	AQUA RESIST 7:30	LAP SWIM 7:15	AQUA RESIST 7:30	LAP SWIM 7:15	Details on pg. 9-10
ENDURANCE CORE BALANCE 8:30	TOTAL BODY 9	ENDURANCE CORE BALANCE 8:30	TOTAL BODY 9	OPEN SWIM 8:15	Aqua
STRONG FIT 9:30	AQUA BOOT CAMP 10:30	STRONG FIT 9:30	AQUA BOOT CAMP 10:30	STRONG FIT 9:30	
WATER WALKING 11	LAP SWIM 1:30	OPEN SWIM 11	LAP SWIM 1:30	WATER WALKING 11	
		LaBLAST SPLASH 2			

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SUNDAY
CARDIO INTERVAL 10	STRENGTH & BALANCE 10	CARDIO INTERVAL 10	STRENGTH & BALANCE 10	GENTLE MOVES YOGA 10	BAL, STRETCH MEDITATE 10
BALANCE STRETCH MEDITATE 1	CHAIR CARDIO & STRENGTH 1	GENTLE MOVES YOGA 1	CHAIR CARDIO & STRENGTH 1	BALANCE STRETCH MEDITATE 1	BCTV Television

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



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.

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.

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
Jun 1- Jun 29	5 classes/\$45
Jul 6 - Jul 27	4 classes/\$36
Aug 3 - Aug 31	5 classes/\$45

LaBlast Dance Fitness Donna
In-Person Only

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	9-9:45 AM
Jun 5 - Jun 26	4 classes/\$40
Jul 3 - Jul 31	5 classes/\$50
Aug 7 - Aug 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
Jun 5- Jun 26		4 classes/\$36
Jul 10 - Jul 31		4 classes/\$36
Aug 7 - Aug 28		4 classes/\$36

Wednesday	Virtual	5:15 - 6PM
Jun 7- Jun 28		4 classes/\$36
Jul 5 - Jul 26		3 classes/\$27
Aug 2 - Aug 30		5 classes/\$45

No class July 12

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	10:30-11:15 AM
Jun 5 - Jun 26	4 classes/\$40
Jul 3 - Jul 31	5 classes/\$50
Aug 7 - Aug 28	4 classes/\$40
Wednesday	12:45 - 1:30 PM
Jun 7- Jun 28	4 classes/\$40
Jul 5- Jul 26	4 classes/\$40
Aug 2- Aug 30	5 classes/\$50

Cardio

Cardio, Core, Conditioning Dondra
In-Person

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
Jun 6 - Jun 27	4 classes/\$40
Jul 11 - Jul 25	3 classes/\$30
Aug 1 - Aug 29	5 classes/\$50

Tai Chi - In person

Tai Chi Chuan Beginner Holly
This practice enhances balance and body awareness with slow, gentle, graceful and precise movements.

Tai Chi DEMO
June 12 Monday 2-3 PM



Monday	2 - 3 PM
Jun 19-Aug 7	8 classes/\$80
Aug 14 - Aug 28	3 classes/\$30

Tai Chi Chuan Continuing Han
A continuation of the practice for those already experienced in Tai Chi.

Wednesday	10:30 - 11:15 AM
Jun 21 - Aug 9	8 classes/\$80
Aug 16- Aug 30	3 classes/\$30

Did you know... you can start a class late? This is a great way to try a class without committing to a full month! More info on page 8!



Yoga – Please bring your own mat

Gentle Moves Yoga Lea 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
Jun 1- Jun 29	5 classes/\$45
Jul 6 - Jul 27	4 classes/\$36
Aug 3 - Aug 31	5 classes/\$45

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
Jun 6 - Jun 27	4 classes/\$36
Jul 11 - Jul 25	3 classes/\$27
Aug 1 - Aug 29	5 classes/\$45

Stretch, Strength, Stabilize Karen

In-Person

A Yoga inspired session working with a stability ball. All levels are welcome. We combine seated and standing postures. Mat is optional.

Friday	10:15 -11:05 AM
Jun 2- Jun 30	5 classes/\$50
Jul 7 - Jul 28	4 classes/\$40
Aug 4 - Aug 25	4 classes/\$40



Seated Classes

Ageless Yoga Karen 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
Jun 7- Jun 28	4 classes/\$40
Jul 5- Jul 26	4 classes/\$40
Aug 2- Aug 30	5 classes/\$50

Chair Yoga Donna Hybrid

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
Jun 5 - Jun 26	4 classes/\$40
Jul 3 - Jul 31	5 classes/\$50
Aug 7 - Aug 28	4 classes/\$40

S.E.A.T 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 Maggie	1:30- 2:15 PM
Jun 6 - Jun 27	4 classes/\$36
Jul 11 - Jul 25	3 classes/\$27
Aug 1 - Aug 29	5 classes/\$45

Thursday with Lea	1:30- 2:15 PM
Jun 1- Jun 29	5 classes/\$45
Jul 6 - Jul 27	4 classes/\$36
Aug 3 - Aug 31	5 classes/\$45

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
Jun 6 - Jun 27	4 classes/\$68
Jul 11 - Jul 25	3 classes/\$51
Aug 1 - Aug 29	5 classes/\$85

Wednesday Lola	1:45 - 2:45 PM
Jun 7- Jun 28	4 classes/\$68
Jul 5- Jul 26	4 classes/\$68
Aug 2- Aug 30	5 classes/\$85

Thursday Maggie	7:30 - 8:30 AM
Jun 1- Jun 29	5 classes/\$85
Jul 6 - Jul 27	4 classes/\$68
Aug 3 - Aug 31	5 classes/\$85

Friday Lola	11:30 - 12:30 PM
Jun 2- Jun 30	5 classes/\$85
Jul 7 - Jul 28	4 classes/\$68
Aug 4 - Aug 25	4 classes/\$68

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.

Register early!
Program fees are essential to maintain BTSS and help avoid class cancellations due to low enrollment!

Land Fitness



Strength

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
Jun 7- Jun 28	4 classes/\$36	
Jul 5- Jul 26	4 classes/\$36	
Aug 2- Aug 30	5 classes/\$45	
Friday	Lola	9 - 10 AM
Jun 2- Jun 30	5 classes/\$45	
Jul 7 - Jul 28	4 classes/\$36	
Aug 4 - Aug 25	4 classes/\$36	

Stretch

Flow, Stretch & Mobility Level 2 In-Person

Use a variety of flowing movement, standing and on the floor to help increase joint mobility, lengthen muscles & improve stability. Must be able to move from floor to standing. Breathing used to calm your mind.

Thursday	12-1 PM
Jun 1- Jun 29	5 classes/\$45
Jul 6 - Jul 27	4 classes/\$36
Aug 3 - Aug 31	5 classes/\$45



Love the center? Share the Joy and Bring a friend.

Did you know?

Research suggests that health-related activities are more effective when people take part with friends or family members.



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 is available for those who have previously completed a class or Orientation.

One hour (60 minute) personalized training on all equipment for safe & effective use. Workout clothing & clean indoor shoes required.

BT Residency required.

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

Walking Track

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

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

Participants scan in at main level reception.

Change to clean shoes required.

Late Start Registrations

Although classes start the first week of the month, you may register for a "Late Start" if the class has not reached capacity. Class fees are reduced with each passing week. You may even register for the last class of the month for a one-time visit. This is a great way to try a class without the commitment of a full month. It also helps you stay active after travel, illness recovery or other schedule limitations.

**Note, Late Starts must be paid in advance and are processed by phone or in person: they are not available online.*

Thank you to our Spring Sponsors!



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, temperatures average 83 - 88 degrees. Showers are required prior to pool use. For efficiency, please arrive with your suit under your clothes. Water shoes are recommended. Bring water bottle and towel. Lockers are available, or you may use the baskets on pool deck for clothes/personal items. 30 minute max in locker rooms after class. "rinse & go" focus. We reserve the right to substitute instructors to maintain program continuity.

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	10:30-11:30 AM
Jun 6 - Jun 27	4 classes/\$36
Jul 11 - Jul 25	3 classes/\$27
Aug 1 - Aug 29	5 classes/\$45
Thursday	10:30-11:30 AM
Jun 1- Jun 29	5 classes/\$45
Jul 6 - Jul 27	4 classes/\$36
Aug 3 - Aug 31	5 classes/\$45

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
Jun 5- Jun 26	4 classes/\$36
Jul 3 - Jul 31	5 classes/\$45
Aug 7 - Aug 28	4 classes/\$36
Wednesday	9:30 - 10:30 AM
Jun 7- Jun 28	4 classes/\$36
Jul 5 - Jul 26	4 classes/\$36
Aug 2 - Aug 30	5 classes/\$45
Friday	9:30 - 10:30 AM
Jun 2- Jun 30	5 classes/\$45
Jul 7 - Jul 28	4 classes/\$36
Aug 4 - Aug 25	4 classes/\$36

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
Jun 6 - Jun 27	4 classes/\$36
Jul 11 - Jul 25	3 classes/\$27
Aug 1 - Aug 29	5 classes/\$45
Thursday	7:30 - 8:30 AM
Jun 1- Jun 29	5 classes/\$45
Jul 6 - Jul 27	4 classes/\$36
Aug 3 - Aug 31	5 classes/\$45



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	8:30-9:15 AM
Jun 5- Jun 26	4 classes/\$36
Jul 3 - Jul 31	5 classes/\$45
Aug 7 - Aug 28	4 classes/\$36
Wednesday	8:30-9:15 AM
Jun 7- Jun 28	4 classes/\$36
Jul 5 - Jul 26	4 classes/\$36
Aug 2 - Aug 30	5 classes/\$45

Open Swim Ernie

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

Wednesday	11-11:50 AM
Jun 7- Jun 28	4 classes/\$32
Jul 5- Jul 26	4 classes/\$32
Aug 2- Aug 30	5 classes/\$40
Friday	8:15-9 AM
Jun 2- Jun 30	5 classes/\$40
Jul 7 - Jul 28	4 classes/\$32
Aug 4 - Aug 25	4 classes/\$32



LaBlast SPLASH Donna

Shallow aqua dance fitness workout based on ballroom dance. Fun moves inspired by TV's DWTS! All levels. Please wear supportive aqua shoes.

Wednesday	2-2:50 PM
Jun 7- Jun 28	4 classes/\$40
Jul 5 - Jul 26	4 classes/\$40
Aug 2 - Aug 30	5 classes/\$50

**Lifeguards needed.
Training available.**

**Don't forget to check out our
Lunch & Learn programs!**



Details on the front cover!



Aquatics

Lap Swim

Ernie

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

Lap Swim

Mon, Wed	7:15- 8 AM
Jun 5- Jun 28	8 classes/\$64
Jul 3 - Jul 31	9 classes/\$72
Aug 2 - Aug 30	9 classes/\$72
Tue, Thu	1:30- 2:15 PM
Jun 1- Jun 29	9 classes/\$72
Jul 6 - Jul 27	7 classes/\$56
Aug 1 - Aug 31	10 classes/\$80
Friday	7:15- 8 AM
Jun 2- Jun 30	5 classes/\$40
Jul 7 - Jul 28	4 classes/\$32
Aug 4 - Aug 25	4 classes/\$32

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 - 10 AM
Jun 6 - Jun 27	4 classes/\$36
Jul 11 - Jul 25	3 classes/\$27
Aug 1 - Aug 29	5 classes/\$45
Thursday	9 - 10 AM
Jun 1- Jun 29	5 classes/\$45
Jul 6 - Jul 27	4 classes/\$36
Aug 3 - Aug 31	5 classes/\$45



Water Walking Workout

Ernie

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

Monday	11 - 11:50 AM
Jun 5- Jun 26	4 classes/\$36
Jul 3 - Jul 31	5 classes/\$45
Aug 7 - Aug 28	4 classes/\$36
Friday	11 - 11:50 AM
Jun 2- Jun 30	5 classes/\$45
Jul 7 - Jul 28	4 classes/\$36
Aug 4 - Aug 25	4 classes/\$36

AARP Smart DriverTEK Workshop

Friday July 21 10:30- 12 PM

This workshop covers important life-saving vehicle safety technology for mature drivers that are in the market for a new car or who have recently purchased a new vehicle. Topics include Automatic Emergency Braking, Blind Spot Warnings, Drowsy Driver Alerts, and more. Light refreshments provided. Presented by Trinity Health

Registration required
Register by 7/14



Housing Counseling with Oakland County

Friday, July 28 10:15-11:15 AM

Join the group as we learn about reverse mortgages. Afterwards, stay for a counseling session to get any questions you may have answered.

Registration required



Register by 7/21

Partnership for BTSS

We have an established 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.



Summer Highlights



Details on page 19

LIVE MUSIC!
The talented musicians from BHHS will return on Friday, May 19 - 10-11AM
You do not want to miss it!

Senior Housing Tour Series



See back cover for details



Ice Cream Social
June 7



TRAVEL TALK

with the new Recreation Coordinator
Monday, June 12 10-11AM

Meet Mikala Cook and help with planning exciting trips for BTSS!
Registration required. Call 248.723.3500



Returning this



September is National Senior Services Month and we will be celebrating on September 14!

Watch for updates on an exciting new event!



Dates on page 19

Updated Frequently Asked Questions

We are very grateful for the support shown by 67% of voters for the approval of our millage. The funds will be available starting April 1 2024. The additional funds are a solution created by the Twp. Board to offset the growing facilities costs. These funds will free us to focus on programs and services.

Do you pursue grant funding? We are thrilled to have been awarded \$150,000 for capital improvements from Oakland County. Details will be announced this spring. We also receive annual grants from SMART and the US Dept. of HUD for transportation 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.

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 low attendance did not offset costs. Further, our mandate to provide supportive services outweighs the possibility of extended fitness programming with our current resources.

Saturday hours? - Prior to 2020, visits on Saturdays were 1/3 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. We must prioritize the morning and mid-day programs that have a higher rate of service and "return."

How many nonresidents participate? It varies 5-10% of participation. It is a common practice in many centers and helps to meet or exceed class minimums. We earn 30% of class revenue plus the nonresident fee of \$10 per session. Our highest priority is to serve residents who enjoy priority registration at the start of each quarter.

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 50 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.

Customer contributions and program fees are essential to any future growth.

We appreciate your participation and donations.

Trips



Dossin Great Lakes Museum Tour

Friday, May 12

10:30AM-4PM

Fee: Res \$72/Non-Res \$82

Whether by birch bark canoe, sailing ship, steamboat, hydroplane or giant freighter, Detroiters have used the Great Lakes to build their city, their fortunes and their lives. On this tour, museum educators will lead guests through an interactive tour of key museum exhibits and discover Detroit's connection to the Great Lakes from the building of Fort Pontchartrain du Detroit to the sinking of the Edmund Fitzgerald. Lunch, on your own, at Sindbad's Restaurant & Marina following.

The History of Glen Oaks County Park and the Land Around It

Wednesday, May 24

10:30 M-1:30PM

Fee: Res \$61/Non-Res \$71

A railway, seed potatoes and an amazing architect! Join OC Parks historian Carol Bacak-Egbo in the historic club house as she shares the stories and fascinating history of Glen Oaks. Delicious pasta & salad bar luncheon provided.

Ford Piquette Avenue Plant

Wednesday, May 31

9AM-2:30PM

Fee: Res \$49/Non-Res \$59

As the birthplace of the Ford Model T car, the Ford Piquette Avenue Plant is recognized as one of the most significant automotive heritage sites in the world. Go on a tour of the Plant and the building and gain a unique experience of early automotive history and Detroit innovation. Includes 90 minutes of standing, walking & some uneven floors - wheelchairs available upon request. Lunch on your own after at Season 52 in Troy.

The Toledo Museum of Art

Thursday, June 8

9:15AM-4PM

Fee: Res \$68/Non-res \$78

Enjoy a guided tour at the Toledo Museum of Art. Observe beautiful exhibits with a guide to help answer questions. Following the tour will be lunch, on your own, at the famous Spaghetti Warehouse in Toledo. Charter bus provided for transportation.

Time for Tea! The History of the Ellis Farm at Springfield Oaks County Park

Thursday, June 15

10AM-2PM

Fee: Res \$58/Non-Res \$68

What is the perfect place for a Tea Party? The historic Ellis Barn! Join Oakland County Parks historian Carol Bacak-Egbo as she shares the history of the barn, the history of the Ellis farm and the history of tea. You'll also have a chance to tour this amazing structure. Wear your favorite spring partyware and hat. Includes meal, tea and dessert.

On the Town: Oxford

Friday, June 23

11:30 M-3PM

Fee: Res \$25/Non-Res \$35

Bring your friends and head to charming downtown Oxford for an afternoon on the town. The group will enjoy lunch at Red Knapp's and then take some time to explore the local shops. Lunch on your own.

Yankee Air Museum Tour

Friday, June 30

9:30AM-4PM

Fee: Res \$48/Non-Res \$58

Discover a Southeast Michigan gem: the Yankee Air Museum! The Museum is a Smithsonian-affiliated aerospace and science museum with rare historical aircraft ranging from World War I to the Gulf War. Tour includes the aviation movie: *The Willow Run Story*. A late lunch after, on your own.

Durand Union Station Tour and Farmer's Market

Wednesday, July 12

9:45AM-4:30PM

Fee: Res \$41/Non-Res \$51

Start with lunch at the Union Smokehouse. Then head across the street for a tour of Durand Union Station, one of the most photographed train depots in the United States! After the tour, there is time to visit the museum gift shop and the Farmer's Market.

Travel Talk with the new Recreation Coordinator

Monday, June 12

10-11AM

Meet Mikala Cook, enjoy some light refreshments and help with planning exciting trips for BTSS!

Registration required. Call 248.723.3500



EVEN MORE TRIPS!

Cranbrook House and Gardens Tour

Wednesday, July 26

10AM-2PM

Fee: Res \$97/Non-Res \$107

Join the group for a private tour which includes a one-hour tour of the house and a one-hour tour of the gardens. The group will break for lunch in the charming manor, between the tours. Lunch consists of poached chicken cherry salad, tuna salad, egg salad, spring greens, gherkins, onions, grape tomatoes and house made artisan croustades. Be prepared for walking and standing for periods of time; comfortable shoes advised.

Packard Proving Grounds Tour

Wednesday, August 2

9AM-2:30PM

Fee: Res \$46/Non-Res \$56

Join the group for a historic, educational tour of the Packard Proving Grounds in Shelby Township. Lunch after, on your own, at Mr. B's Hometown Bar and Grill.

Outdoor Adventure Center: Michigan's Lighthouses

Thursday, August 10

8AM-2:45PM

Fee: Res \$39/Non-Res \$49

Michigan has over 100 light stations! Hear stories about the history of our lighthouses and the lives of their diligent keepers. Pastries, coffee & tea will be served with the presentation. Afterwards, the group will walk across the street, along the Detroit Riverwalk, to Milliken State Park for a visit to our own local lighthouse. Please wear comfortable shoes for the 0.3-mile walk. Brunch on your own, after presentation.

Tour of Basilica of Ste. Anne de Detroit

Friday, August 18

10:15AM-2PM

Fee: Res \$40/Non-Res \$50

See the second oldest continuously operating parish in the United States. Enjoy its soaring neo-Gothic architecture, incredible stained-glass windows, impressive side altars and statues, and dazzling starred ceiling make it an important landmark in the City of Detroit. The group may choose locally made sliders at Green Dot Stables to follow. Lunch on your own.

Bavarian Belle Riverboat Cruise, Lunch and Shopping in Downtown Frankenmuth

Wednesday, August 23

9:15AM-5:30PM

Fee: Res \$50/Non-Res \$60

Start with a one-hour Riverboat cruise on the Cass River. Then head out to lunch at the famous Zehnder's of Frankenmuth. After lunch, enjoy an hour and a half to shop at the River Place Shops. Lunch is on your own with a limited menu. Please call the center for details.

Purple Rose Theatre: A Jukebox for the Algonquin

Thursday, August 31

11:45AM-5:30PM

Fee: Res \$71/Non-Res \$81

At a senior living community in the Adirondacks, a small group of residents decide they're not quite ready to "go gentle into that good night". This band displaced former city dwellers from Brooklyn and The Bronx hatch a plot to prove that aging is not a New York state of mind. A Jukebox for the Algonquin is a tale about those who will not be forgotten - a serious comedy about sex, drugs, and rocking chairs. *Contains adult language*. Lunch before, on your own at the Gandy Dancer.

Detroit Princess Riverboat Cruise

Friday, September 29

10:45AM-3:15PM

Fee: Res \$78/Non-Res \$88

Cruise down the Detroit River! See the downtown areas of Detroit and Windsor all while enjoying some live Motown music and a bountiful lunch buffet. Register early, space is limited. Dining area is enclosed.

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.

Enrichment

Unique Topics

Join us at BTSS for in person lectures ~ Please register in advance.
Program Fee: \$3 for BT residents / \$5 for Non-residents

- Johnson Nature Center** **Thursday, June 1** **10:15-11:15 AM**
Join the group for a meet and greet with some of the JNC staff, including the director, Alan Jaros. Discuss new initiatives, opportunities and learn about all the Johnson Nature Center has to offer. It is just up the road from BTSS.
- Trader Joe's Demonstration** **Monday, June 5** **1-2 PM**
Trader Joe's of Bloomfield Township is coming to the Senior Center! They will be giving a food preparation and label reading presentation, complete with food samples, yum!
- History Next Door: Bloomfield Township and Bloomfield Hills** **Monday, June 19** **10:15-11:15 AM**
John Marshall will present his work, History Next Door: Bloomfield Township and Bloomfield Hills, a Bloomfield Township Library exclusive! The book contains 56 fascinating histories of the area's manor homes and the people who lived in them. Did you know that Charles Lindbergh lived at Stonelea in Bloomfield during WW2?
- Oakland County Habitat for Humanity** **Monday, June 26** **10:15-11:15 AM**
Habitat for Humanity is a global nonprofit housing organization working across all 50 states in the U.S. and more than 70 countries. Habitat Oakland, founded in 1995 has helped nearly 1,400 individuals and families access a continuum of housing support. Come listen to Habitat Oakland's Volunteer Manager Laurie Taylor to learn more about Habitat's programs and volunteer opportunities.
- Music of the War Years** **Monday, July 10** **1-2:30 PM**
Come along with Stu Johnson, as he highlights songs from the big band era that were closely associated with the war. The presentation will close with a tribute to the Armed Forces and God Bless America.
- Book Talk with Local Author, Ed Demerly** **Monday, July 31** **10:15-11:15 AM**
Bloomfield Twp. resident, Ed Demerly, recently had a book published: Living in the Ulu: Letters from a Peace Corps Volunteer in Malaysia, 1967-68. Join him at BTSS as he presents his travels from his home in Michigan to a small remote rainforest village.
- Cuba : Behind Closed doors** **Monday, August 14** **10:15-11:15 AM**
Join world travelers, Jim and Py Wolfe, as they land in Havana, then travel cross-island to Cienfuegos and Trinidad. We will visit Old Havana, ride in classic cars, attend governmental and church-sponsored cultural events and social services, visit an organic farm, a cigar factory, a coffee plantation, dance clubs, bars and Hemingway's house and haunts.
- Delightful Dahlias** **Wednesday, August 16** **2-3 PM**
Join BTSS patron Don Reinhard of The Southeastern MI Dahlia Society as he gives a vibrant presentation about the upcoming peak season of the beautiful dahlia flower.
- Preservation Basics: Harvest Season** **Monday, August 28** **10:15-11:15 AM**
As part of the MSU Extension, Chaida Batarseh Havern will present everything you need to know about food preservation as we head into harvest season!

Osher Lifelong Learning Institute



Join us in the BTSS community room for complimentary video presentation sponsored by U of M.

Please call 248-723-3500 to register in advance.



The Economic Impact of Harnessing Artificial Intelligence

Friday, June 16 10-11:30AM

Artificial Intelligence technologies are expected to have a meaningful impact on the US economy. After a brief introduction of AI from a technology perspective, we will learn about anticipated effects of AI on productivity and economic growth in the US.

Taking the Pulse of Older Adults: Insights from the National Poll on Healthy Aging

Thursday, July 6 10-11:30AM

Dr. Kullgren's research aims to develop innovative and scalable interventions to help patients and clinicians make sound health care decisions. He will talk about the work of the University of Michigan/AARP National Poll on Healthy Aging, which helps inform the public, clinicians, and policymakers on issues central to the health care of older Americans by conducting periodic nationally representative surveys of US adults age 50-80.

Wish You Were Here: African Art and Restitution

Friday, August 25 10-11:30AM

This exhibition opened in August 2021 for viewing, investigating and exploring. It proactively engages with debates about restitution and ethics of museums' owning African heirlooms collected during the era of colonization.



Enrichment

Drop-In Games	Day/Subject to	Time	Cost
Billiards (Pool) Group Play: All levels welcome Call for availability.	Tuesdays & Thursdays	1-3 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	12 -3:30 PM	Res \$3/Non-Res \$5 Monthly fee-varies
Mah-Jongg Facilitator: M.A. Williams	Tuesdays	12:30 -3:30 PM	Res \$3 Non-Res \$5 Monthly fee-varies
Poker Facilitator: A. Rubin. Ladies & gentlemen, enjoy a friendly game.	Wednesdays	12 -3:30 PM	Res \$3/Non-Res \$5 Monthly fee-varies
<p>All participants must scan in, register and pay a fee (if applicable) at main level Reception Desk. Unless otherwise noted: Res \$3/Non-\$5 For more details, please see flyers at Senior Center.</p>			

Beginning Bridge-Continued

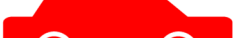
Continue learning bridge. Improve your play of the hand and continue working on bidding and defense. *Either prior Spring session bidding class or beginning knowledge of bridge required.*

Cheryl and Jim Bloom are certified ACBL instructors.

Book fee of \$24 paid to instructors on the first day of class the 8 week class; 2 hour sessions. Fridays from 1-3pm starting 6/2 through 7/21

Program Cost: \$160

AARP Smart DriverTEK Workshop

Friday July 21  10:30- 12 PM

This workshop covers important life-saving vehicle safety technology for mature drivers that are in the market for a new car or who have recently purchased a new vehicle. Topics include Automatic Emergency Braking, Blind Spot Warnings, Drowsy Driver Alerts, and more. Registration required ~ Light refreshments provided



Conversations with Public Safety Series

Topics TBD- Watch ENews for details

Tuesday, July 18 10:15-11:15 AM

Tuesday, August 22 10:15-11:15 AM

Complimentary programs



Pop-Up BTPL Librarians

Wednesday, June 28 1-2 PM

Wednesday, July 26 1-2 PM

Wednesday, August 30 1-2 PM

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



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, June 2

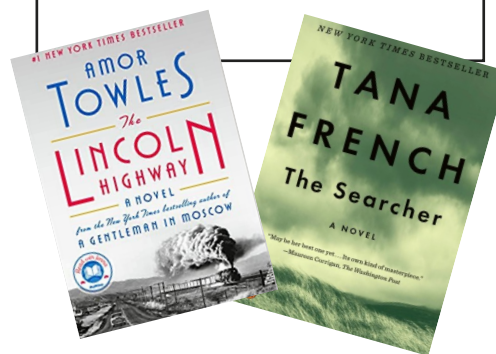
Discuss books for 2023-2024

Friday, July 7

The Lincoln Highway
Amor Towles

Friday, August 4

The Searcher, Tana French



Chicks with 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 - 2:30 PM

Gems and Friends

Facilitator: Martha McGee

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

Tuesdays 12:30 - 2:30 PM

Paper Dolls

Facilitator: Arlene Pinkos

Join this dedicated group that designs & sells beautiful, repurposed greeting cards.

Used greeting card donations appreciated (please leave inside greeting intact).

All proceeds go towards Meals on Wheels.

E.O. Thursday 12:30 - 3 PM





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 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 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.bloomfieldtwp.org/Resources/Forms/Assessing.aspx> to find information on the Financial Assistance Program.

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. **Please do not come to the center if you are not feeling well.** Thank you in advance for your compliance with this policy to reduce transmission.

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 living in Bloomfield Township or the City of Bloomfield Hills. 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 or an application for either service, contact **Mary Osborne MSW, Nutrition Coordinator at 248-723-3500.**

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

Nutritional Supplements: With medical necessity, ensure® products may be ordered at a reduced cost from retail prices. A physician's order or letter faxed (248-723-3519) to the Nutrition Coordinator is required and must include: type of product (Regular or Plus) and the number of 8 oz. cans to be consumed daily. Nutritional supplements come in cases of 24 and can be delivered to your home or picked up from the Senior Center.

On-The-Go Senior Meals

We now have nutritious frozen meals available for purchase. Prepared with the dietary needs of an older person in mind, they are lower in salt than other frozen meals and are low fat and have no added sugar. They come frozen in a bulk pack of 3 or 5 meals. Easy to just stick in your freezer for when you need them. These meals are great during the winter months when the weather can delay you getting to the grocery store or when you don't feel like cooking. Just pop them into the microwave and reheat. Meals can be ordered for pickup or delivered to your home each Monday morning.

They are \$5.35 each meal and must be ordered a week in advance. For more information or to order meals contact: **Mary Osborne MSW, Nutrition Coordinator at 248-723-3500.**

Did you know...

Here in Bloomfield Township the Meals on Wheels program is not just for low-income residents. Anyone 62 years or older living in the service area is eligible for home delivered meals. We offer hot meals, a frozen meal with side items such as bread, fruit and a beverage or the very popular frozen entree-only meals. Meals can be requested as an on-going service or ordered as you need them. They are prepared with a higher grade of ingredient than most MOW programs and offer a variety of menus. If you are not cooking much anymore, the service offers a great way to have nutritious meals delivered right to your door. For more information or to order meals contact the **BTSS Nutrition Coordinator at 248-723-3513.**



MEALS ON WHEELS
AMERICA 2023 MEMBER

Kick off summer with an Ice Cream Social!
Wednesday June 7 12:30-2 PM
Come enjoy ice cream & musical musings of the Ed Black Jazz Band!
Registration required

New
Senior Housing Tours



LOURDES
OF SENIOR COMMUNITY

sponsored by:

Details on the back cover



Transportation/Resources

Transportation Services

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. Contact **Jeff Howes, Transportation Coordinator, 248-723-3500**.

Center Transportation is available Monday through Friday!

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>

Need Center Transportation?

Rides are available to qualified candidates to and from the Senior Center.

Rides available 5 days a week!

Call 248-723-3500 and ask for Jeff Howes



Caregiver Support Group

Facilitator: Nichole Green, CDP
IN PERSON AT THE SENIOR CENTER

June 15 July 20 August 17 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: Shari Smith

Medicare 101 Basics

Friday, August 11

10:15–11:15 AM



Join us for “Medicare 101”, a presentation by AAA-1b that will help you find answers to your questions: What are the different parts of Medicare? When and how do I sign up? What does Medicare cost? What are my coverage options? What about these health care scams that are in the news? Whether you’re ready to enroll in Medicare for the first time, have had Medicare coverage for years, or just have a few questions, this presentation is for you!
No fee. Registration and residency required.

CPR Review with BTFD

Wednesday, June 14 1-3 PM

June is National CPR and AED Awareness Month! Join the Bloomfield Township Fire Department for a CPR review and refresher course held at the Senior Center.



Registration required, space is limited.

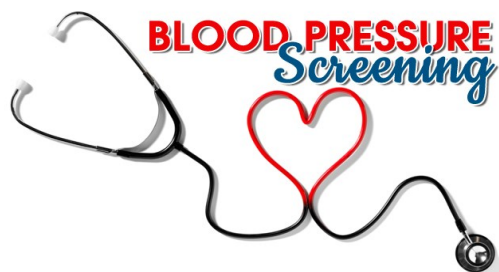
Housing Counseling with Oakland County

Friday, July 28 10:15-11:15 AM

Join the group as we learn about reverse mortgages. Afterwards, stay for a counseling session to get any questions you may have answered.



Registration required



Free at the Senior Center

May 18 June 15 July 20 August 17

11:30 AM–12:30 PM

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.

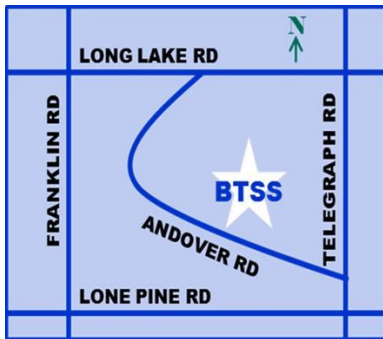




Senior Services
4315 Andover Road
Bloomfield Twp. MI



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



Senior Housing Tour Series—Complimentary Tour & Lunch

Join us for a wonderful opportunity to tour, taste, experience and learn about local Senior Living Communities and their amenities. We will travel as a group on the Senior Center bus for a complimentary tour and lunch. Advance registration required.

Tuesday, June 6
10:30–1:30 PM

Townehall Place is an easily accessible location on Orchard Lake Road and keeps you in the center of it all. It is easy to stay connected with family, friends and all the things you love in the surrounding communities. It also houses an important piece of West Bloomfield history, the historic town hall built in 1923 where the township expanded their central hub of administrative activity. This location also housed the local library for nearly a decade in the late 1930's and 1940's providing literary and educational resources to local residents.

Join us for a tour and lunch sponsored by:

Register by 6/1



Wednesday June 28
11 AM–2 PM

The Lourdes team invites you to spend the afternoon exploring their 35-acres of lake front property. The tour will be followed by a delicious lunch with gorgeous views of the water. You are invited to spend the afternoon discovering walking trails & wildlife, partaking in yoga by the lake, fishing or boating. There is something for everyone at Lourdes Senior Community!

Join us for a tour and lunch sponsored by:



Please register by 6/23