



# Senior Services

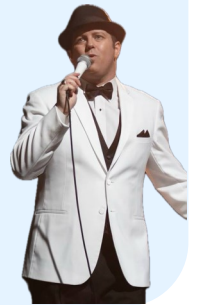
4315 Andover Road, Bloomfield Township, MI 48302

Summer 2024

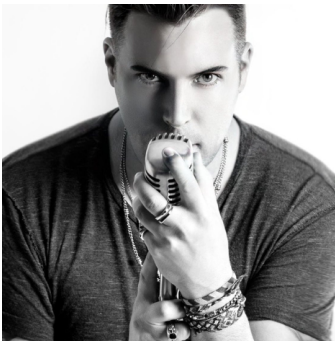
## Senior Center 15th Anniversary Luncheon Cheers to 15 Years!



2024 marks 15 years since the Senior Center first opened its doors to the community. Join us in celebrating this momentous occasion! A BBQ lunch from Barlow's BBQ, live hour of music with Modern-day Crooner Jeffrey Cavataio & fun photo booth from Roth Productions are all included! Friends and family welcome!



Wednesday, June 12, 12-2PM Cost: \$15/per person



SPECIAL EVENT

**THE MUSIC OF ELVIS**  
WITH FRANKIE MORENO  
JULY 26, 2024  
FRIDAY 9:30AM - 1:30PM



Get ready for Frankie Moreno to leave you "All Shook Up" as he becomes King for a night with the Detroit Symphony Orchestra. As a singer, songwriter, and showman, Frankie Moreno will perform a thrilling tribute to the music and legacy of Elvis Presley. Don't miss this powerful celebration of the King of Rock!

## ICE CREAM SOCIAL!

AUGUST 21  
12:30-2PM  
FREE!



Event Sponsored by:  
*The* BRADFORD  
SENIOR LIVING

Come with friends and enjoy ice cream and a performance by Ed Black Jazz Band!

## INDEPENDENCE DAY INDOOR PICNIC



Join the Ed Black Jazz Band for a Patriotic Celebration of our Nation!

Monday, July 1  
12:30-2:30PM

PLEASE REGISTER BY JUNE 26

\$15



Menu Includes

Long Lake Market's Turkey Sandwich, w/lettuce, tomato and cheddar cheese on wheat bread, side of caprese pasta salad, pickle and a red, white and blue dessert!

Promoting Wellness ≈ Supporting Independence ≈ Strengthening Community ≈ Cultivating Vitality

[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

248-723-3500

Serving Adults 50+



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**Bloomfield Township Senior Services**  
 4315 Andover Rd.  
 Bloomfield Twp., MI 48302  
 (South of Long Lk. & West of Telegraph)

Phone: 248-723-3500  
 Fax: 248-723-3519

[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

**Christine Tvaroha, Director**  
**Ruth Frketich, Deputy Director**

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

**Mark your Calendars!**  
 The Center will be closed on  
 Monday, May 27 for Memorial Day  
 and  
 Thursday, July 4 and Friday, July 5  
 for Independence Day

**Bloomfield Township**  
**Main Phone: 248-433-7700**  
**Bloomfield Township Board**  
 Dani Walsh, Supervisor  
 Martin Brook, Clerk  
 Michael Schostak, Treasurer  
 Neal Barnett, Trustee  
 Stephanie Fakih, Trustee  
 Valerie Murray, Trustee  
 Chris Kolinski, Trustee

## Christine's Comments

Celebrate with us on June 12th! This 15th anniversary for the center sparked reflection on our mission: **Enriching Lives, Supporting Independence and Building Community.**

The 2009 opening of the center allowed us to better pursue and succeed in our mission established in 2003. We wondered, is a refresh in order? What would we change? How do we contribute to the community?

We started here: What are some common goals as we grow older? Wellness, Health, Vitality, Quality of Life, Independence, Social Connections, Purpose, Learning, Friendship, Safety, Community, Satisfaction and the list goes on.

The next question was, how will our team support, foster, promote, strengthen, build, and cultivate ways to meet our common goals?

Staff recently collaborated for a refreshed mission: **Promoting Wellness, Supporting Independence, Strengthening Community & Cultivating Vitality.**

Were you here when this wonderful center opened in 2009? Yes? Come and celebrate the success with the former mission. No? Come to help build excitement for a great future guided by our refreshed and dynamic mission.



Wishing you wellness,

**Christine Tvaroha**  
 ctvaroha@bloomfieldtwp.org

## Special Thank You to our Summer Sponsors:



STONE & ELMWOOD



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

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

## Weekly E-Newsletter & Social Media

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



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

Follow-Us & stay up to date with events and news at the Center!



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

- ⇒ Full payment is due at registration. Non-sufficient funds checks will incur a fee.
- ⇒ **Registration for BT residents begins 05/02/24, Non-residents registration begins 05/16/24** (Non-Res pay additional \$10 fee per class/trip, unless otherwise noted).
- ⇒ No refunds for circumstances beyond our control (i.e. closure due to power outages/severe weather).
- ⇒ **Cancellations/Transfers for Classes/Programs:** Will incur \$10 cancellation fee for the original program session. No refund 2 business days prior to start of class. No transfer once class has begun. Refunds will be given if classes/programs are cancelled due to low enrollment or if no instructor is available.
- ⇒ **Cancellations for Trips:** Will incur \$10 cancellation fee + any costs already incurred by the Center (i.e. prepaid tickets). No refunds two business days prior to trip.
- ⇒ **Account Credits:** Credits expire within 90 days or on March 31 of each year if not used or refunded.
- ⇒ We reserve the right to substitute instructors to maintain program continuity.
- ⇒ **ID Cards** - An ID card is required for every visit. Please plan to get your photo taken at your first visit. Replacements will be issued at a cost of \$10.
- ⇒ **Travel Policies:** Every effort is made to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs, or uneven terrain. Each traveler must decide if a trip is appropriate and be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct: [www.bloomfieldwp.org/PDFForms/Senior-Services/CodeOfConduct.aspx](http://www.bloomfieldwp.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.
- ⇒ **Gifts & Gratuities** - Staff may not accept any gifts or gratuities from residents, customers, or the public. The highest level of customer service is expected from all staff and we regularly strive to meet this standard. If someone is inclined, please donate to support the Meals on Wheels, Senior Services, or to a local charity in our name.

**Programs fill quickly, register early! Program fees are essential to maintain BTSS and help to avoid class cancellations due to low enrollment.**

**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.*

**BE SAFE IN THE POOL**

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 basket on pool deck for clothes/personal items.

**BECOME A VOLUNTEER!**

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

Contact Ruth Frketich, BTSS Deputy Director;  
248-723-3500 or [rfrketich@bloomfieldwp.org](mailto:rfrketich@bloomfieldwp.org).

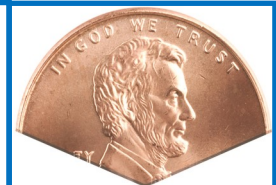
**Donations and program fees are essential to maintain BTSS**

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

"Bloomfield Township and BTSS cannot 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."

**Ways to donate!**

- Meals on Wheels
- General Donation
- Transportation
- Buy a Brick Program
- Curbside Meals



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



# Bloomfield Township Senior Services



## MEDICARE & YOU

Understanding Your Medicare Choices

**Medicare Counseling - Wed. 11-3PM June 26 / July 24 / Aug 28 - Complimentary**  
 Join AgeWays counselor, Susan Gibbs, who will assist you with understanding Medicare and Medicare Advantage health plans, explain prescription drug coverage, review supplemental insurance needs and provide applications for the Medicare Savings Program. Residents only, aged 65+. Registration and appointment required. There are four hourly appointments each day. All registrants must bring photo ID, Medicare (& Medicaid card if applicable) to their scheduled, 1-hour appointment.



### Outdoor Adventure Series See Pg. 13

**Peregrine Falcons in Detroit**  
Thur, May 23, 8:30-12:30PM



**Nature Paintings**  
Thur. June 13, 8:30-12:30PM



**Detroit River Sturgeon**  
Thur. July 18, 8:30-12:30PM



**Life of a Honeybee**  
Thur. Aug 1, 8:30-12:30PM



## BTSS T-SHIRTS

### NEW SHIRTS



**Spread the Word:**  
 Your shirt is your canvas!  
 Wear it proudly and spark conversations about the incredible services and programs at our Senior Center. Encourage more people to join our vibrant community.

**\$15 - Both Men's and Women's sizes available.**

**All proceeds support BTSS Services.**

## Buy A Brick Program

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

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

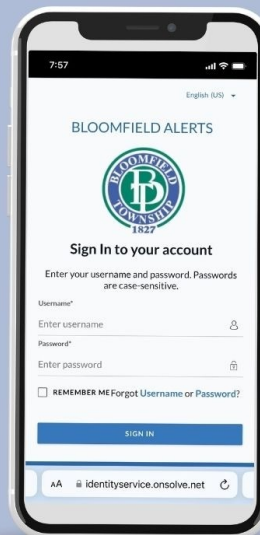
You will be notified when the Installation of your brick occurs.

*In Memory of*

BLOOMFIELD TOWNSHIP  
 SENIOR SERVICES  
 BRICK CAMPAIGN  
 www.brickerus.com

## BLOOMFIELD ALERTS

EMERGENCY NOTIFICATION SYSTEM



Receive text and email alerts with time-sensitive information about emergencies in the Bloomfield Township area.

Text "BTALERTS" to 24639 to register for free

<https://accountportal.onsolve.net/bloomfieldtwp>

Be prepared, register today!

Community Alert System powered by Bloomfield Township Police and Fire Officials





## ICE CREAM SOCIAL!

**AUGUST 21**  
12:30-2PM  
**FREE!**



Event Sponsored by: **The BRADFORD SENIOR LIVING**

Come with friends and enjoy ice cream and a performance by Ed Black Jazz Band!

## THE ED BLACK JAZZ BAND

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

**Every Monday, 1-2:30PM**  
Complimentary



## INDEPENDENCE DAY INDOOR PICNIC

Join the Ed Black Jazz Band for a Patriotic Celebration of our Nation!

**Monday, July 1**  
12:30-2:30PM

PLEASE REGISTER BY JUNE 26

**\$15**

*Menu includes*  
Long Lake Market's Turkey Sandwich, w/lettuce, tomato and cheddar cheese on wheat bread, side of caprese pasta salad, pickle and a red, white and blue dessert!



## 2024 Summer Olympics Opening Ceremony Watch Party!

The first-ever Summer Olympic opening ceremony not held in a stadium, the organizers are turning one of the world's most famous waterways, the River Seine, into the world's biggest theatrical stage. Instead of walking into a stadium, a four-mile-long flotilla of nearly 100 boats will carry thousands of athletes from more than 200 countries past hundreds of thousands of spectators seated on the banks of the Seine. Join us and watch the start of the ceremony on the big screen! Snacks & light refreshments will be provided.

**Friday, July 26 12-3PM**  
(Center closes at 3:30)

**Complimentary, but registration is required**




## Housing Tour Autumn House

**Tue. June 4**  
10:30-1:30PM

Join us, as we travel as a group on the Senior Center bus, for a wonderful opportunity to tour, taste, experience and learn about local Senior Living communities & their amenities. Learn about a wonderful community and enjoy a delicious lunch! Meet their team and explore how they adhere to a standard of excellence in order for residents to enjoy carefree living. They look forward to showing us spacious apartments, programs and amenities that make living at Autumn House so special!

Register by May 30th - Meal & Event Complimentary




## Engage, Learn, Thrive: Don't miss these enriching opportunities!

**Matter of Balance**  
Tuesday, Jun 18-Aug 13 1-3PM  
(No class 8/6) Complimentary Residents Only

Matter of Balance is an 8-week, evidence-based program designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. You will:

- ~Learn strategies to manage falls
- ~ Reduce the risk of falls at home
- ~ Improve balance and flexibility
- ~ Feel safe increasing activity
- ~ Gain strength
- ~ Manage your fear of falling

**Election Outreach & Education**  
w/Twp. Clerk, Martin Brook  
Monday, June 24  
10-11:30AM  
Complimentary



In 2024, all eyes are on our elections. That is why Township Clerk Martin Brook will be here to present and answer your questions about election processes, procedures, and security features.

**Can't make it??** The Clerks office will also be at the Senior Center on May 15 and May 22 from 8-10:30AM to answer any questions you may have and help with voter registration!

**Powerful Tools for Caregivers**  
Monday, July 8 - Aug 26 1-2:30PM  
No class August 5  
Complimentary

This 7-week educational workshop is designed to help family caregivers take care of themselves while caring for a relative or friend. Topics include: communicating effectively with family and health care providers, reducing stress and self-care, reducing feelings of guilt, anger and depression, making tough decisions, and relaxation techniques. The final week will be a dementia simulation - Dementia Live. Dementia Live immerses participants into life with dementia.


# Bloomfield Township Senior Services



## Group Fitness Schedules - Live, Virtual and Hybrid

Classes require registration prior to attendance. Below is an abbreviated schedule for live (in-person) and virtual classes by day of the week. Instructors, full descriptions, fees and session dates follow on pages 7-11. Popular classes fill quickly! Non-residents are welcome after BT resident priority registration & pay an additional \$10 fee

**Land**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LABLAST® 9AM	SMALL GROUP PT 7:30AM	INDOOR CIRCUIT 7:30AM	SMALL GROUP PT 7:30AM	CARDIO KICKBOXING & CORE 8:00AM	
OUTDOOR CIRCUIT 10:30AM	CARDIO CORE 9:00AM	STRENGTH & BAL Level 2 9:00 AM	CARDIO DANCE 9:00AM	STRENGTH & BAL Level 2 9:00AM	
BARRE BALANCE 10:30AM	GM YOGA L2 10:30AM	TAI CHI CONTINUING 10:30AM	GM YOGA 10:30AM	MINDFUL MOVE MENT PILATES 10:15AM	
CHAIR YOGA 11:30AM	S.E.A.T. 1:30PM	WALK TRAINING 10:30AM	DRUM HAPPY 12:00PM	SMALL GROUP PT 11:30AM	
S.E.A.T. Level 2 1:00PM		AGELESS YOGA 11:30AM	S.E.A.T. 1:30PM	LABLAST DANCE CHAIR 1:00PM	
TAI CHI BEGIN 2:00PM		BARRE BALANCE 12:45PM	 <p><b>A MATTER OF BALANCE</b> MANAGING CONCERNS ABOUT FALLS Tuesday Jun 18-Aug13 see Pg.7</p>		
ZUMBA®LABLAST® 5:15 PM-virtual		NO FLEXION PILATES 1:45PM			
		ZUMBA®LABLAST® 5:15 PM-virtual			

**Aqua**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAP SWIM M/W 7:15AM	AQUA RESIST 7:30AM	LAP SWIM M/W 7:15AM	AQUA RESIST 7:30AM	LAP SWIM 7:15AM	
POOL NOODLE 8:30AM	TOTAL BODY 9:00AM	POOL NOODLE 8:30AM	TOTAL BODY 9:00AM	POOL NOODLE 8:30AM	
AQUA CIRCUIT 9:30AM	AQUA ENERGY & FLOW 10:30AM	AQUA INTERVAL 9:30AM	AQUA ENERGY & FLOW 10:30AM	STRONG FIT 9:30AM	
ENDURANCE CORE BALANCE 11:00AM	AQUA BOOT CAMP 12:00PM	LaBLAST SPLASH 11:00AM	AQUA BOOT CAMP 12:00PM	WATER WALKING 11:00AM	
WATER WALKING 1:30PM	LAP SWIM T/TH 1:30PM	AQUA FLOW 1:30:PM	LAP SWIM T/TH 1:30PM	OPEN SWIM 1:30PM	

**BCTV**

On Demand or on BCTV! Visit: [www.bloomfieldtp.org/fitnessondemand](http://www.bloomfieldtp.org/fitnessondemand)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CARDIO INTERVAL 10:00AM	STRENGTH & BALANCE 10:00AM	CARDIO INTERVAL 10:00AM	STRENGTH & BALANCE 10:00AM	GENTLE MOVES YOGA 10:00AM	
BAL. STRETCH MEDITATE 1:00PM	CHAIR CARDIO & STRENGTH 1:00PM	GENTLE MOVES YOGA 1:00PM	SEATED CARDIO & STRENGTH 1:00PM	BAL. STRETCH MEDITATE 1:00PM	

SUNDAY: BALANCE, STRETCH, MEDITATE 10:00AM

Tune into BCTV on Comcast channel 15 and AT&T channel 99 for daily exercise classes



**Cardio**

**Cardio, Core, Conditioning** (Live)

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.

<b>Tuesday / Dondra</b>	<b>9 - 10 AM</b>
Jun 4–Jun 25	4 classes/\$40
Jul 2–Jul 30	5 classes/\$50
Aug 6–Aug 27	4 classes/\$40

**NEW Cardio Kickboxing & Core** (Live)

Ready to kick (literally) your exercise routine up a notch? Join us for a fun, and effective cardio workout that will engage every muscle in your body (and your brain too).

<b>Friday / Becca</b>	<b>8:00–8:45 AM</b>
Jun 7–Jun 28	4 classes/\$36
Jul 12–Jul 26	3 classes/\$27
Aug 2–Aug 30	5 classes/\$45

**Strength**

**Strength & Balance Level 2**

(Live/Virtual/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.

<b>Wednesday / Maggie</b>	<b>9 - 10 AM</b>
Jun 5–Jun 26	4 classes/\$36
Jul 3–Jul 31	5 classes/\$45
Aug 7–Aug 28	4 classes/\$36
<b>Friday / Becca</b>	<b>9 - 10 AM</b>
Jun 7–Jun 28	4 classes/\$36
Jul 12–Jul 26	3 classes/\$27
Aug 2–Aug 30	5 classes/\$45



**Cardio Dance**

**Cardio Dance Party**

(Live/Virtual/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!

<b>Thursday / Maggie</b>	<b>9 - 10 AM</b>
Jun 6–Jun 27	4 classes/\$36
Jul 11–Jul 25	3 classes/\$27
Aug 1–Aug 29	5 classes/\$45

**LaBlast® Dance Fitness** (Live)

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

<b>Monday / Donna</b>	<b>9-10 AM</b>
Jun 3–Jun 24	4 classes/\$40
Jul 1–Jul 29	5 classes/\$50
Aug 5–Aug 26	4 classes/\$40

**Zumba®/LaBlast®** (Virtual Only)

Partner-free ballroom dance along with dance moves from around the world!

<b>Monday / Mari Ann</b>	<b>5:15 - 6 PM</b>
Jun 3–Jun 24	4 classes/\$36
Jul 1–Jul 29	5 classes/\$45
Aug 5–Aug 26	4 classes/\$36
<b>Wednesday / Mari Ann</b>	<b>5:15 - 6PM</b>
Jun 5–Jun 26	4 classes/\$36
Jul 3–Jul 31	4 classes/\$36
<i>(no class Jul 10)</i>	
Aug 7–Aug 28	4 classes/\$36

**Balance**

**A Matter of Balance**

This award-winning program is designed to manage falls with practical strategies and increase activity levels. Offered in partnership with St. Joseph Mercy Oakland & Ageways.

<b>Tuesday</b>	<b>1–3PM</b>
Jun 18 - Aug 13	8 classes / Free*
<i>(no class 8/6)</i>	<i>*Free-Residents Only</i>

**Circuit Training**

**Indoor Circuit** (Live)

Get a full body workout with a variety of equipment as you move through stations designed to challenge your inner sport enthusiast! Cardio, Strength, Balance & Core! Intermediate class.

<b>Wed. / Becca/Maggie</b>	<b>7:30-8:30AM</b>
Jun 5–Jun 26	4 classes/\$36
Jul 3–Jul 31	5 classes/\$45
Aug 7–Aug 28	4 classes/\$36

**Outdoor Circuit** (Live)

Get a full body workout with a variety of equipment as you move through stations designed to challenge your inner sport enthusiast! Cardio, Strength, Balance & Core! Intermediate class.

<b>Mon. / Becca/Maggie</b>	<b>10:30-11:30AM</b>
Jun 3–Jun 24	4 classes/\$40
Jul 1–Jul 29	5 classes/\$50
Aug 5–Aug 26	4 classes / \$40

**Outdoor Walk** (Live)

Level up your walking routine! Dress for weather; layered clothing and supportive outdoor shoes. Bring water.

<b>Wed. / Becca/Maggie</b>	<b>10:30–11:30AM</b>
Jun 5–Jun 26	4 classes/\$28
Jul 3–Jul 31	5 classes/\$35
Aug 7–Aug 28	4 classes/\$28

**Barre**

**Barre Balance** (Live)

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.

<b>Monday / Donna</b>	<b>10:30-11:15 AM</b>
Jun 3–Jun 24	4 classes/\$40
Jul 1–Jul 29	5 classes/\$50
Aug 5–Aug 26	4 classes/\$40
<b>Wednesday / Donna</b>	<b>12:45 - 1:30 PM</b>
Jun 5–Jun 26	4 classes/\$40
Jul 3–Jul 31	5 classes/\$50
Aug 7–Aug 28	4 classes/\$40

Register Early! Space is Limited.





## Seated Classes

### LaBlast@Fitness (Live)

Move to patterns of your favorite dances while enjoying a total body workout! No dance experience needed. Work with a chair is optional.

<b>Friday / Karen</b>	<b>1-1:45 PM</b>
Jun 7–Jun 28	4 classes/\$40
Jul 12–Jul 26	3 classes/\$30
Aug 2–Aug 30	5 classes/\$50

### Ageless Yoga (Live)

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

<b>Wednesday / Karen</b>	<b>11:30 - 12:20 PM</b>
Jun 5–Jun 26	4 classes/\$40
Jul 3–Jul 31	5 classes/\$50
Aug 7–Aug 28	4 classes/\$40

### Chair Yoga (Live/Virtual/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 slip-ons; bare feet are acceptable.

<b>Monday / Donna</b>	<b>11:30 - 12:30 PM</b>
Jun 3–Jun 24	4 classes/\$40
Jul 1–Jul 29	5 classes/\$50
Aug 5–Aug 26	4 classes/\$40

### S.E.A.T. (Live)

Supported Exercise & Ability Training Chair-assisted workout encompasses cardio fitness, strength, agility and balance training in a supported, fun, & socially engaging environment.

<b>Tuesday / Becca</b>	<b>1:30 - 2:15 PM</b>
Jun 4–Jun 25	4 classes/\$36
Jul 2–Jul 30	5 classes/\$45
Aug 6–Aug 27	4 classes/\$36
<b>Thursday / Lea</b>	<b>1:30 - 2:15 PM</b>
Jun 6–Jun 27	4 classes/\$36
Jul 11–Jul 25	3 classes/\$27
Aug 1–Aug 29	5 classes/\$45



### S.E.A.T. Level 2 (Live)

Supportive Exercise & Ability Training. Optional floor work within this chair-assisted workout.

<b>Monday / Becca</b>	<b>1:00 - 1:45 PM</b>
Jun 3–Jun 24	4 classes/\$36
Jul 1–Jul 29	5 classes/\$45
Aug 5–Aug 26	4 classes/\$36

### Drum Happy (Live)

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

<b>Thur. / Becca</b>	<b>12-12:45 PM</b>
Jun 6–Jun 27	4 classes/\$36
Jul 11–Jul 25	3 classes/\$27
Aug 1–Aug 29	5 classes/\$45

## Yoga (Please bring your own mat)

### Gentle Moves Yoga

(Live/Virtual/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.

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

### Gentle Moves Yoga Level 2

(Live/Virtual/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.

<b>Tuesday / Maggie</b>	<b>10:30 - 11:30 AM</b>
Jun 4–Jun 25	4 classes/\$36
Jul 2–Jul 30	5 classes/\$45
Aug 6–Aug 27	4 classes/\$36

## Pilates

### No Flexion Pilates (Live)

This class will be for students with scoliosis and other debilitating back issues.

<b>Wednesday / Amy</b>	<b>1:45-2:45 PM</b>
Jun 5–Jun 26	4 classes/\$40
Jul 3–Jul 31	5 classes/\$50
Aug 7–Aug 28	4 classes/\$40

### Mindful Movement Pilates

(Live/Virtual/Hybrid)

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

<b>Friday / Amy</b>	<b>10:15 - 11:15 AM</b>
Jun 7–Jun 28	4 classes/\$40
Jul 12–Jul 26	3 classes/\$30
Aug 2–Aug 30	5 classes/\$50



## Tai Chi

### Tai Chi Chuan Beginner (Live)

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

<b>Monday / Holly</b>	<b>2 - 3 PM</b>
Jul 1–Aug 19	7 classes/\$70

### Tai Chi Chuan Continuing

A continuation for those already experienced in Tai Chi.

<b>Wednesday / Han</b>	<b>10:30 - 11:15 AM</b>
Jun 26–Aug 7	7 classes/\$70



**Personal Training**

**Small Group (SGPT)**

New to working out or at a plateau? **SGPT** could improve your results.

Personalized attention within a group may help you reach your goals! Limited class size. Does not include fitness equipment use.

<b>Tue / Maggie (Live)</b>	<b>7:30 - 8:30 AM</b>
Jun 4–Jun 25	4 classes/\$68
Jul 2–Jul 30	5 classes/\$85
Aug 6–Aug 27	4 classes/\$68
<b>Thu / Maggie (Live)</b>	<b>7:30 - 8:30 AM</b>
Jun 6–Jun 27	4 classes/\$68
Jul 11–Jul 25	3 classes/\$51
Aug 1–Aug 29	5 classes/\$85
<b>Fri / Lola (Live)</b>	<b>11:30 - 12:30 PM</b>
Jun 7–Jun 28	4 classes/\$68
Jul 12–Jul 26	3 classes/\$51
Aug 2–Aug 30	5 classes/\$85

**1-On-1's**

**1-On-1 Personal Training**

(Live/Virtual/Hybrid)

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

**1 Hour - \$65 Res/\$75 Non-Res**

**Scolio Pilates Personal Training**

(Live 1-on-1) Amy

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

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

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

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

**Equipment & Track**

**Equipment Orientation**

BT residency is required to use the equipment and an orientation class is required **before** registering for Fitness Open Hours. Orientations are a 1-hour personalized training session on all the equipment for safe & effective use. A refresher course is also available if needed. **Workout clothing & clean indoor shoes required.**

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

**Fitness Open Hours**

**Pre-requisite:** Equipment Orientation and BT residency. Self-supervised. Includes both the fitness equipment and the walking track. Walking Track requires change into clean shoes.

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

**Walking Track**

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

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

**Complimentary Fitness for Residents**

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 United Healthcare 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 website: [www.uhcrenewactive.com](http://www.uhcrenewactive.com) or may call the customer service number on the back of their insurance card.

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. Discount is for Fitness Open Hours and Track use **ONLY**; group classes require additional registration and payments.



**Fitness and Fun Collide!**  
**Experience the Joy of Fitness with Us!**





# Bloomfield Township Senior Services



**Pool:** 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.

## Aqua Boot Camp

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

<b>Tuesday / Ernie</b>	<b>12-1PM</b>
Jun 4-Jun 25	4 classes/\$36
Jul 2-Jul 30	5 classes/\$45
Aug 6-Aug 27	4 classes/\$36
<b>Thursday / Ernie</b>	<b>12-1PM</b>
Jun 6-Jun 27	4 classes/\$36
Jul 11-Jul 25	3 classes/\$27
Aug 1-Aug 29	5 classes/\$45



## **NEW** Aqua Circuit

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

<b>Monday / Becca</b>	<b>9:30-10:20AM</b>
Jun 3-Jun 24	4 classes/\$36
Jul 1-Jul 29	5 classes/\$45
Aug 5-Aug 26	4 classes/\$36

## Aqua Flow

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

<b>Wednesday / Becca</b>	<b>1:30-2:15PM</b>
Jun 5-Jun 26	4 classes/\$36
Jul 3-Jul 31	5 classes/\$45
Aug 7-Aug 28	4 classes/\$36

## Open Swim

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

<b>Friday / Ernie</b>	<b>1:30-2:15PM</b>
Jun 7-Jun 28	4 classes/\$36
Jul 12-Jul 26	3 classes/\$27
Aug 2-Aug 30	5 classes/\$45

## Aqua Strong & Fit

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.

<b>Friday / Marci</b>	<b>9:30-10:30AM</b>
Jun 7-Jun 28	4 classes/\$36
Jul 12-Jul 26	3 classes/\$27
Aug 2-Aug 30	5 classes/\$45



## Aqua Resistance Training (Intermediate)

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

<b>Tuesday / Ernie</b>	<b>7:30-8:30AM</b>
Jun 4-Jun 25	4 classes/\$36
Jul 2-Jul 30	5 classes/\$45
Aug 6-Aug 27	4 classes/\$36
<b>Thursday / Ernie</b>	<b>7:30-8:30AM</b>
Jun 6-Jun 27	4 classes/\$36
Jul 11-Jul 25	3 classes/\$27
Aug 1-Aug 29	5 classes/\$45

## LaBlast SPLASH

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

<b>Wednesday / Donna</b>	<b>11-11:50AM</b>
Jun 5 - Jun 26	4 classes/\$40
Jul 3-Jul 31	5 classes/\$50
Aug 7-Aug 28	4 classes/\$40

## 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.

<b>Monday / Ernie</b>	<b>1:30-2:15PM</b>
Jun 3-Jun 24	4 classes/\$36
Jul 1-Jul 29	5 classes/\$45
Aug 5-Aug 26	4 classes/\$36
<b>Friday / Ernie</b>	<b>11-11:50AM</b>
Jun 7-Jun 28	4 classes/\$36
Jul 12-Jul 26	3 classes/\$27
Aug 2-Aug 30	5 classes/\$45

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







## Total Body Aqua

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

<b>Tuesday / Ernie</b>	<b>9-10AM</b>
Jun 4–Jun 25	4 classes/\$36
Jul 2–Jul 30	5 classes/\$45
Aug 6–Aug 27	4 classes/\$36
<b>Thursday / Ernie</b>	<b>9-10AM</b>
Jun 6–Jun 27	4 classes/\$36
Jul 11–Jul 25	3 classes/\$27
Aug 1–Aug 29	5 classes/\$45

## Pool Noodle Workout

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

<b>Monday / Ernie</b>	<b>8:30–9:15AM</b>
Jun 3–Jun 24	4 classes/\$36
Jul 1–Jul 29	5 classes/\$45
Aug 5–Aug 26	4 classes/\$36
<b>Wednesday / Ernie</b>	<b>8:30–9:15AM</b>
Jun 5–Jun 26	4 classes/\$36
Jul 3–Jul 31	5 classes/\$45
Aug 7–Aug 28	4 classes/\$36
<b>Friday / Ernie</b>	<b>8:30–9:15AM</b>
Jun 7–Jun 28	4 classes/\$36
Jul 12–Jul 26	3 classes/\$27
Aug 2–Aug 30	5 classes/\$45



## Endurance, Core & Balance (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.

<b>Monday / Ernie</b>	<b>11-12PM</b>
Jun 3–Jun 24	4 classes/\$36
Jul 1–Jul 29	5 classes/\$45
Aug 5–Aug 26	4 classes/\$36



## A Morning Ritual of Comfort. Our Pool's Gentle 82 Degrees Invites You to Swim Your Way to Wellness!

### Lap Swim

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

<b>Mon, Wed / Ernie</b>	<b>7:15– 8 AM</b>
Jun 3–Jun 26	8 classes/\$64
Jul 1–Jul 31	10 classes/\$80
Aug 5–Aug 28	8 classes/\$64
<b>Tue, Thu / Ernie</b>	<b>1:30– 2:15 PM</b>
Jun 4–Jun 27	8 classes/\$64
Jul 2–Jul 30	8 classes/\$64
Aug 1–Aug 29	8 classes/\$64
<i>(No class Aug 8)</i>	
<b>Friday / Ernie</b>	<b>7:15– 8 AM</b>
Jun 7–Jun 28	4 classes/\$32
Jul 12–Jul 26	3 classes/\$24
Aug 2–Aug 30	5 classes/\$40

## Aqua Interval

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

<b>Wed. / Becca/Ernie</b>	<b>9:30–10:20AM</b>
Jun 5–Jun 26	4 classes/\$36
Jul 3–Jul 31	5 classes/\$45
Aug 7–Aug 28	4 classes/\$36



## Aqua Energy & Flow

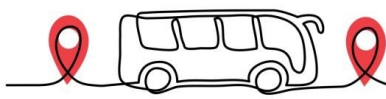
Intro to functional and circuit training for strength and mobility. Use of a variety of pool equipment for resistance. Includes extended full body stretching.

<b>Tuesday / Becca</b>	<b>10:30–11:30AM</b>
Jun 4–Jun 25	4 classes/\$36
Jul 2–Jul 30	5 classes/\$45
Aug 6–Aug 27	4 classes/\$36
<b>Thursday / Becca</b>	<b>10:30–11:30AM</b>
Jun 6–Jun 27	4 classes/\$36
Jul 11–Jul 25	3 classes/\$27
Aug 1–Aug 29	5 classes/\$36

## Make Waves, Get Fit: Dive into Fun & Fitness with Our Aquatic Instructors!



# Bloomfield Township Senior Services



*Let's Go!*  
on a day trip



May/Jun	July	Aug
05/22 - Ford Estate Garden Tour <i>*Sold Out</i>	07/12 - Steam Railroading Inst., Owosso	08/01 - Life of a Honeybee @ OAC
05/23 - Peregrine Falcons in Detroit @ OAC	07/17 - Baseball Game/Jimmy John's Field	08/06 - Matthaei Botanical Gardens
06/06 - Oudolf Grdns & Detroit Yacht Club	07/18 - Detroit River Sturgeon @ OAC	08/09 - Hamtramck Museum
06/13 - Nature Paintings @ OAC	07/24 - The Parade Company Tour	08/15 - Tollgate Farm & Garden Tour
06/19 - Stahl's Automotive Fdn. Museum	07/26 - DSO: Music of Elvis	08/22 - Detroit Princess River Cruise
06/21 - DSO: Disney & Broadway Favorites	07/30 - Afternoon of Shopping (Lk Orion)	08/28 - Sinbad's Luncheon
<i>Don't miss these Fall trips - Registration is open now!</i> ➡		09/13 - Wint Nature Center Tour
		10/30 - Mdwbrook: Strangers on a Train

## Oudolf Gardens & Detroit Yacht Club

**Thursday, June 6, 10-3PM**  
**Fee: Res \$77/Non-Res \$87**

Visit Belle Isle and tour the gardens designed by the world renown Piet Oudolf. Enjoy the Main Garden, the Rain Garden, Piet's Bird Border and the Meadows, followed by lunch, included with a limited menu, at the Detroit Yacht Club.



## Stahl's Automotive Foundation Museum

**Wed, June 19, 9:45-3:15PM**  
**Fee: Res \$68/Non-Res \$78**

Take a step back in time to when cars were more than just a way to take us from point A to point B. How did the Automobile develop from a novelty to a main form of transportation? In addition to the beautiful cars, enjoy the collection of gas pumps, road signs, and other Depression era accessories. Lunch afterwards, on your own, at Bad Brad's BBQ.

## DSO: Disney & Broadway Favorites

**Friday, June 21, 9:30-1:45PM**  
**Fee: Res \$77/Non-Res \$87**

Enjoy Disney classics including The Little Mermaid, Aladdin, Beauty and the Beast, and Hercules, along with Broadway smashes like Little Shop of Horrors, Sister Act, and Newsies!

## The Parade Company Tour

**Wed, July 24, 9:15-12:15PM**  
**Fee: Res \$43/Non-Res \$53**

Take a guided journey through a unique creative kingdom, marvel at the world's largest collection of papier-mâché heads that resemble local icons and famous characters. The Parade Company costume shop warehouses over 3,000 costumes. Designed and created in our Detroit studio these costumes make characters come to life.



## Steam Railroading Institute, Owosso

**Friday, July 12, 9:15-4PM**  
**Fee: Res \$62/Non-Res \$72**

Journey with BT resident Bob Thatcher to this unique working museum. Artifacts include steam locomotive Pere Marquette #1225 and a number of passenger cars and cabooses. Please wear comfortable shoes for walking the grounds. There will be an opportunity to climb aboard, steps to board are not ADA accessible. Afterwards, stop at the Wrought Iron Grill for lunch (included).

## Senior Game Day at Jimmy John's Field

**Wed, July 17, 9:45-3PM**  
**Fee: Res \$48/Non-Res \$58**

Join the group and venture to Jimmy John's Field for a day of fun, entertainment and baseball! The Birmingham Bloomfield Beavers will take on the Eastside Diamond Hoppers. Box lunch is included. Choice of hot dog or turkey sandwich w/chips, cookie & water.



**NEW**

## Complimentary Virtual Tours at BTSS!

Join us at the Center & experience these pre-recorded virtual tours of popular establishments on the big screen! Granted by UofM's Osher Lifelong Learning Institute (OLLI-UM), a volunteer-centered organization that offers programs designed by older adults, for people who love learning.

**Friday, June 28, 10-11:30AM**  
Virtual Tour of the Federal Reserve Bank of Chicago

**Wed, July 10, 10-11:30AM**  
Virtual Tour of the Frederik Meijer Gardens & Sculpture Park in Grand Rapids

**Thursday, August 8, 10-11:30AM**  
Virtual Tour of the DIA exhibit, "Detroit Style: Car Design in the Motor City"





**DSO: Music of Elvis with Frankie Moreno**

**Fri, July 26, 9:30-1:30PM Fee: Res \$77/Non-Res \$87**

Get ready for Frankie Moreno to leave you "All Shook Up" as he becomes King for a night with the Detroit Symphony Orchestra. As a singer, songwriter, and showman, Frankie Moreno will perform a thrilling tribute to the music and legacy of Elvis Presley. Having won "Headliner of the Year" five times in a row, Moreno's dynamic style, paired with the power of the Detroit Aymphony Orchestra, is guaranteed to leave a lasting impression. Don't miss this powerful celebration of the King of Rock!

**Afternoon of Downtown Shopping**

**Tue, July 30, 11-3:45PM Fee: Res \$25/Non-Res \$35**

Grab a friend and venture around charming downtown Lake Orion. Choose to have lunch at one of the many dining options, have a yummy treat from the ice cream shop, or a coffee at the local beanery. Explore unique shops, including Hanson's Running Shop, Green Hippo Gifts, Ed's Costume Shop and various clothing boutiques. Enjoy nature? Come along and sit in the park, walk along the Paint Creek trail and take in the sounds of the river and ducks. There's something for everyone to do in the beautiful, historic district.

**Matthaei Botanical Gardens**

**Tue, August 6, 9-3PM Fee: Res \$34/Non-res \$44**

Come discover the beauty & science of nature with a guided 1-hour tour of the multi-climate conservatory. You'll have free time to explore unique outdoor gardens before lunch on your own at Karl's Cabin, with a limited menu, after the tour.



**Hamtramck Museum**

**Friday, August 9, 10-3PM Fee: Res \$45/Non-Res \$55**

This tour of the Hamtramck Historical Museum and the Polish Art Center will be led by author and former Eccentric Editor Greg Kowalski. Following the tours will be lunch, on your own, at Polonia Restaurant.

**Peregrine Falcons in Detroit**

**Thur, May 23, 8:30-12:30PM Fee: Res \$35/Non-Res \$45**

From the edge of extinction to conquering concrete jungles. Dive into the history of the world's fastest animal, the Peregrine Falcon. Learn how the DNR monitors falcon nests, assists with fledgling birds, and collaborates with wildlife rehab facilities in Southeast Michigan.



**Nature Paintings**

**Thur. June 13, 8:30-12:30PM Fee: Res \$39/Non-Res \$49**

Learn about the DNR Artist-in-Residence program at the Porcupine Mountains Wilderness State Park and Mackinac Historic Park. Then make your own painting, with guidance from OAC's Education team. Acrylic paint is used for this program; please dress accordingly. Cost includes \$4 material fee.



**Tollgate Farm and Garden Tour**

**Thu, Aug. 15, 9:30-12:30PM Fee: Res \$39/Non-Res \$49**

What is Xeriscape gardening? Learn the answer on a guided tour of this horticultural mecca. Discover the history of the farm and explore some of the 22 specialty exhibits including Hosta, Rain, Rock, Rose and Xeriscape Gardens.

**Detroit Princess River Cruise**

**Thu, Aug. 22, 10:40-3:30PM Fee: Res \$90/Non-Res \$100**

Cruise down the Detroit River! See the cityscapes of Detroit and Windsor while enjoying some live Motown music and a bountiful lunch buffet. Register early, space is limited.



**Sindbad's Luncheon**

**Wed, August 28, 11:15-3PM Fee: Res \$55/Non-Res \$65**

Celebrating 75 years of providing Detroit with a one of a kind dining experience on the Detroit River, Sindbad's is sure to please. Lunch, with a limited menu, included.

**Wint Nature Center Tour**

**Fri, Sep. 13, 12:30-3PM Fee: Res \$25/Non-Res \$35**

Located inside 1,276-acre Independence Oaks County Park, the nature center features natural history exhibits, wildlife feeding stations, live animal displays, sensory and water gardens, hiking trails and Crooked Lake. Join a guide for a 90-minute experience of the center. Please wear appropriate shoes, hiking path is woodchipped.

**Meadowbrook Theatre: Strangers on a Train**

**Wed, Oct. 30, 11:15-5:30PM Fee: Res \$97/Non-Res \$107**

Enjoy lunch at the Auburn Standard inside the Crown Plaza Hotel. Then venture to a chilling afternoon of mystery. Guy Haines and Charles Bruno meet on a train and, because they are strangers, they think they can say anything while chatting. Bruno suggests that they could get away with murder - he could kill Guy's unfaithful wife while Guy could eliminate his hated father. Guy does not take him seriously, but Bruno is dead serious.



**Outdoor Adventure Series**

**Detroit River Sturgeon**

**Thur. July 18, 8:30-12:30PM Fee: Res \$35/Non-Res \$45**

Get up-close and personal with a Detroit River "fossil", the Lake Sturgeon! We'll share the unique biology of this ancient fish species, the reasons behind their decline in the Detroit River. Try your hand at fishing along our Detroit River after the program if you'd like.



**Note that a fishing license is required.**

**Life of a Honeybee**

**Thur. Aug 1, 8:30-12:30PM Fee: Res \$35/Non-Res \$45**

Join Bees in the D for an exciting presentation about an interesting pollinator! Participants will become a member of a Honey Bee hive and learn the different responsibilities and roles of a Honey Bee's short life.





# Unique Topics

## Dementia Friends by Ageways

Monday, June 17 10:30-12PM

Fee: Complimentary

This is an important opportunity to learn about dementia, what it's like to live with it and actions that can be taken to support people experiencing it within the community. Knowledge creates compassion.

## Regina Carter & Stevie Wonder: Musical Sparks from the Motor City

Thursday, June 20<sup>th</sup> 1-2PM

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

The Motor City has inspired countless icons of the modern musical world! Whether hearing the musical fluidity of the innovative jazz violinist, Regina Carter, or watching Little Stevie Wonder mature into the musical brilliance we recognize today, Detroit has been an incubator and inspiration for musical ideas. Join presenter Rochelle Forester as she explores these award-winning artists to find their common ground and discover how the pulse of Detroit drove their musical language.

## Election Outreach & Education—Martin Brook



Monday, June 24 10-11:30AM

Fee: Complimentary

In 2024, all eyes are on our elections. That is why Township Clerk Martin Brook will be here to present and answer your questions about election processes, procedures, and security features.

**Can't make it??** The Clerks office will also be at the Senior Center on May 15 and May 22 from 8-10:30AM to answer any questions you may have and help with voter registration!

## Make Food Not Waste

Friday, July 19 10-11AM

Fee: Complimentary

After a brief review of the environmental impacts of food waste, learn attainable solutions for each of us. A great local nonprofit, Make Food Not Waste, offers programs and plans for the future of waste elimination in Michigan.



## Hamtramck - Past and Present

Thursday, July 25 10-11AM

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

Join Greg Kowalski, Executive Director of the Hamtramck Museum for a presentation about the vibrant center of Polish-American life that sprouted in Hamtramck during the 20<sup>th</sup> century. Discover how the 21<sup>st</sup> century has changed the demographic and cultural landscape of the City. Hear about details of an upcoming trip with BTSS.

## DIA: Native American Art presented by: Carlene VanVoorhies

Friday, August 23 10-11AM

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

In Native American belief and indigenous cultures, the universe is a sphere, with the sky above (Upperworld) and the watery Underworld below. The terrestrial disk of the earth divides them. These unseen upper and underworlds are home to powerful spiritual forces that can affect the earth through natural events such as thunderstorms and earthquakes. This program explores these concepts through artworks, including both Native American and Mesoamerican works.

# The Great American Songbook

A 4-Part Series w/Stuart Johnson

The Great American Songbook, as we know it, is not a real book at all, but instead an arbitrary list of songs of the 20th century that have stood the test of time. The list of songs from Broadway, Hollywood and Tin Pan Alley consists of composers including Arlen, Porter, Gershwin, Berlin and many, many more. Hear from them and other anonymous composers who have made significant contributions to the "book" in this four part series.

10:00 - 11:30AM

Part 2: Fri. June 14

Part 3: Thu. July 11

Part 4: Fri. August 16

Complimentary  
Sponsored by: American House  
SENIOR LIVING COMMUNITIES  
STONE & ELMWOOD

**Coffee & Conversation w/ Police & Fire**  
10-11am Complimentary

**Tuesday Jun 18 & Aug 20**

## BLOOMFIELD TOWNSHIP LIBRARY

15

May  
10-11AM

### Lecture: Artificial Intelligence

Learn about AI & its uses in daily life.

26

June  
10-11AM

### Book Talk with a Librarian

Hear about popular new books and find your next read!

17

July  
10-11AM

### Lecture: Cutting the Cable Cord

Want to cancel your cable? Learn about the most popular & user-friendly cable alternatives.

14

August  
10-11AM

### Pop-Up Librarian

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

Drop-In Games/Clubs	Day	Time	Cost
<b>Billiards (Pool) Group Play:</b> Facilitator: B. Haw All levels welcome, call for availability.	Tues. or Thurs.	1-3	Res \$3/Non-Res \$5
<b>Duplicate Bridge</b> Facilitator: C. Wood (Maximum 7 tables) Arrive at 11:30AM for table assignments.	Tues	12 -3	Res \$3/Non-Res \$5
<b>Mah-Jongg</b> Facilitator: M.A. Williams Promotes brain health & memory skills.	Tues & Thurs	12 -3	Res \$3 Non-Res \$5
<b>Poker</b> Facilitator: A. Rubin Ladies & Gents, enjoy a friendly game.	Wed	11 -3	Res \$3/Non-Res \$5
<b>Craft Circle</b> Craft club for simple, portable, on your own projects. This group focuses on light crafting and fun conversations weekly.	Tues	12:30–2:30	Res \$3/Non-Res \$5
<b>Book Club</b> Facilitator: Fern Stoffer Registration Required—limited space!	1st Fri Month	10–11:30	Res \$3/Non-Res \$5
<u>Friday Jun 7</u> Choose Books for Following Season	<u>Friday Jul 12</u> <i>Last Flight</i> by Julie Clark		<u>Friday Aug 2</u> <i>The Martian</i> by Andy Weir

**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 - 2:30PM**

**Paper Dolls**

Facilitator: Arlene Pinkos  
Returning May 23rd! Join this dedicated group that designs and sells beautiful, repurposed greeting cards. Used greeting card donations appreciated, please leave inside greeting intact. All proceeds go towards Meals on Wheels.



**Every other Thurs. 12:30–3:00 PM**

**LEARN TO PLAY BRIDGE!**

Cheryl & Jim Bloom are certified ACBL Instructors & Silver Life masters.

**Continue Learning Bridge 10–12PM**

Improve your play of the hand and continue working on bidding and defence. Prior spring session or beginning bridge knowledge required.

**Fee: \$160/170** Book fee of \$25 paid first week.

**Continuing Intermediate Bridge 1-3PM**

Open to all those who play bridge and are looking to better their game.

**Fee: \$160/170** Book fee of \$25 paid first week.

**Both Classes will be held**

**May 31 - Aug 9**

No Classes on: July 5, 19 or 26




**See back cover for 5 Lunch & Learn lectures, all complimentary, provided by our sponsors!**

*Companion Cafe*

Welcoming events for individuals who are memory challenged AND their caregivers, for a shared experience. Together you will enjoy games, music and art as well as camaraderie and refreshments.

Complimentary Program

Residency and advanced registration required.

Sponsored by: 

**Wednesday 1-3pm  
June 5 & August 14**



# Housing Support Services



## MINOR HOME REPAIR PROGRAM (MHR)

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 2022 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, light fixtures, locks, handrails, driveways, furnace/AC and ADA compliant ramps.

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

**Corrections of:** Single code violations.

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



## Oakland County Home Improvement Loan Program

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



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

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

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



## Lakeshore Legal Aide's Counsel & Advocacy Law Line

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](http://www.lakeshorelegalaid.org)







**Nutrition Services:**  
Bloomfield Township residents age 62 years and older are eligible to receive meal services. There is a cost for the service but financial support may be available for residents in need. For information or to

request an application, contact **Mary Osborne MSW, Nutrition Coordinator at 248-723-3500.**

**Nutritional Supplements:**

With medical necessity, Ensure® products may be ordered at a reduced cost. 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.



Meals are available either in frozen bulk pack (3 or 5 meals) or can be delivered hot and ready to eat. Frozen options are delivered on Mondays only, but hot meals can be received daily or as many or few times a week as

needed. The meals are prepared to provide 1/3 of the USDA recommended daily nutrition for older adults. They are delivered between 10:30 AM and noon by one of our BTSS volunteers. See the current menu for what is being prepared each day.

**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 are available on Monday mornings for pickup or then can be delivered to your home. They are \$5.35 each meal and must be ordered a week in advance. For more information or to order meals contact: **BTSS Nutrition Coordinator at 248-723-3500.**

**Did you know...**

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

**INDEPENDENCE DAY  
INDOOR PICNIC**

★★★★★

**Monday, July 1  
12:30-2:30PM**

PLEASE REGISTER BY JUNE 26

**\$15**

Box lunch catered by Chef Tobin at **LONG LAKE MARKET**

**LUNCH + LEARN**

See back cover for 5 Lunch & Learn lectures, all complimentary, provided by our sponsors!



## Center Transportation is available Monday through Friday!

### 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 at 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 hrs: Mon-Fri 7AM to 4PM

\*Subsidy possible for those eligible.

To reserve call 866-962-5515



### Meals, Delivered

Let us come to you! Meals are available either frozen or 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. They are delivered between 10:30-12PM by one of our BTSS volunteers. See pg. 17 for more details.



Monday - Friday 8 AM - 5 PM  
Telephone Line 800-852-7795

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.



The Michigan Department of Health & Human Services Aging & Adult Services Agency's website provides information on assistance and volunteer services for Michigan citizens.

[www.michigan.gov/osa](http://www.michigan.gov/osa)

### 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. 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





## Don't Let Stress Manage You!

Wednesday, May 29 10:15-11:15AM  
Complimentary

Join JFS for this workshop that focuses on helping people recognize the stress process and learn to interrupt it early in the cycle, before it escalates. Many individual stress management techniques are discussed, as well as specific model for understanding the effects of stress on our emotions, our brains and our bodies. Following the workshop, at 11:30, enjoy a beautiful performance by our Tai Chi instructors and students!



## Music for Wellness

Friday May 31 9:30-11:00AM  
Complimentary (Non-Res \$3)

Start the day with a gentle seated stretch to relaxing music with Fitness Coordinator Maggie. Followed by Singing for Wellness featuring artist Michael Krieger performing songs from the 60s and 70s, come sing and smile along!



## Caregiver Support Group

Thursdays, 10-11AM  
June 20 / July 18 / Aug 15  
Complimentary

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



## Blood Pressure Screening

Thursdays, 11:30-12:30PM  
June 20 / July 18 / Aug 15  
No Appointments needed  
Complimentary

Your health matters! Take a proactive step towards a healthier you by getting your blood pressure checked. It's quick, easy, and could potentially save your life. Drop in and ensure you're on the right track to maintaining our well being.



CHECK YOUR  
BLOOD PRESSURE REGULARLY

## Medicare Counseling

Wednesdays 11-3PM  
June 26 / July 31 / Aug 28  
Complimentary

Join AgeWays counselor, Susan Gibbs, who will assist you with understanding Medicare and Medicare Advantage health plans, explain prescription drug coverage, review supplemental insurance needs and provide applications for the Medicare Savings Program. Counselors will be onsite to serve Township residents aged 65+. Registration and appointment required. There are four hourly appointments each day. All registrants must bring photo ID, Medicare (and Medicaid card if applicable) to their scheduled in-person appointment.  
**1-hour consultation**  
**BT Residency required**

## Powerful Tools for Caregivers

Monday, July 8 - Aug 26 1-2:30PM  
No class August 5  
Complimentary

This 7-week educational workshop is designed to help family caregivers take care of themselves while caring for a relative or friend. Topics include: communicating effectively with family and health care providers, reducing stress and self-care, reducing feelings of guilt, anger and depression, making tough decisions, and relaxation techniques. The final week will be a dementia simulation - Dementia Live. Dementia Live immerses participants into life with dementia.

Area Agency on Aging 1-B



# Companion Cafe

Welcoming events for individuals who are memory challenged AND their caregivers, for a shared experience. Together you will enjoy games, music and art as well as camaraderie and refreshments.

Wednesday 1-3pm  
June 5 & August 14

Complimentary Program  
Residency and advanced registration required.

Sponsored by:  
Rotary



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

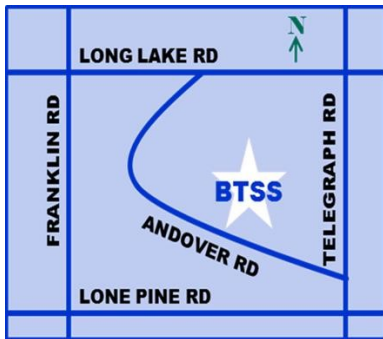
Volunteers call on selected days, Monday-Friday between 9-11AM for a friendly conversation and to check on the welfare of the person. You may choose 1-5 days for a call.

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



**Senior Services**  
**4315 Andover Road**  
**Bloomfield Twp. MI**

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



**Questions on Cremation**  
**Thursday, June 6**  
**11:30-1PM**



We will explore and answer questions about cremation and various options, and how planning your final wishes creates a wonderful gift, shielding your family from unnecessary emotional and financial burden.

**Please register by 5/31**  
 Complimentary

Event & meal sponsored by:



**Fall Prevention**  
**Thursday, June 13**  
**11-12PM**



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 6/7**  
 Complimentary

Event & meal sponsored by:



**Making the Move to Senior Living**  
**Tuesday, June 18 10-11AM**



Join us for a light lunch as we learn about changing your lifestyle; different types of senior living; utilizing long term care insurance and VA benefits.

**Please register by 6/12**  
 Complimentary

Event & meal sponsored by:



**Building the Foundation Road to Recovery**  
**Thur. June 20 11-12PM**



Please join Founder Doug Johnson of Foundation Manual Physical Therapy & Performance, for a lunch and learn as we discuss common causes, techniques and the importance of appropriate physical therapy techniques.

**Please register by 6/14**  
 Complimentary.

Event & meal sponsored by:



**Cemetery Planning Option for Space**  
**Thur. August 22 11-12PM**



Discuss importance of pre-planning, parish, service and cemetery options for space. Learn how to ensure wishes are met and avoid emotional overspending.

**Please register by 8/16**  
 Complimentary

Event & meal sponsored by:



**Senior Housing Tour**  
**Tuesday, June 4**  
**10:30-1:30PM**



Join us to tour, taste, experience and learn about a wonderful community and enjoy a delicious lunch! Meet their team and explore how they adhere to a standard of excellence in order for residents to enjoy carefree living. They look forward to showing us spacious apartments, programs and amenities that make living at Autumn House so special! **Please register by 5/30**  
 Complimentary

Event & meal sponsored by:

