



# Senior Services

4315 Andover Road, Bloomfield Township, MI 48302

SUMMER 2025 – June / July / August



Summer at the Center:  
Connection. Care. Community.



What's Inside

Highlights  
Land Fitness  
Aquatics

Day Trips  
Enrichment  
Support Services

Promoting Wellness ≈ Supporting Independence ≈ Strengthening Community ≈ Cultivating Vitality

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

248-723-3500

Serving Adults 50+

# Bloomfield Township Senior Services



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## Bloomfield Twp. Senior Services

4315 Andover Rd.  
Bloomfield Twp., MI 48302

Phone: 248-723-3500

Fax: 248-723-3519

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

**Director,  
Christine Tvaroha**

**Deputy Director,  
Ruth Frketich**

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

**Mark your Calendars!**  
The Center will be closed on  
May 26 - Memorial Day  
July 4 - Independence Day

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

## Christine's Comments

Adult Day Service has many benefits for participants and family caregivers. Improved sleep, mental wellness, and social connection to name a few. Our ADS, Friendship Club, is aptly named. Fail free and engaging activities like live music, exercise, guided trivia, art, crafts, pet visits and special events are key, the encouragement, laughter and friendships are the "secret sauce." People feel safe and welcome and look forward to their club visits. Time in Friendship Club may also aid in retaining high levels of ability.

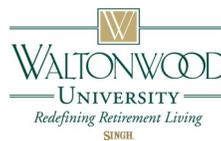
As a trusted partner for dementia support, we need your help reaching busy, possibly overwhelmed, caregivers with this important resource. Bloomfield Township has 11,500 people age 65+. With the incidence of dementia at 11.2%, we likely have nearly 1,300 people who could enhance their quality of life by connecting with us. Friendship Club is designed for people experiencing early to mid-stage cognitive changes; no medical care is provided. People under 65 are welcome as well.

Are you able to share this valuable information with the people in your neighborhood, social circles or family to let them know that we are here to help? You could be offering caregivers a chance to breathe and a person experiencing dementia a place to thrive.

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



## Special Thank You to our Summer Sponsors:



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

## Weekly E-Newsletter & Social Media

Subscribe at: [www.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)



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

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

- ⇒ Full payment is due at registration. Non-sufficient funds checks will incur a fee.
- ⇒ **Registration for BT residents begins 05/01/25, Non-residents registration begins 05/15/25** (Non-Res pay additional \$10 fee per class/trip, unless otherwise noted).
- ⇒ No refunds for circumstances beyond our control (i.e. closure due to power outages/severe weather).
- ⇒ **Late Start Registrations:** You may register for a "Late Start" if the class has begun and has not reached capacity. Class fees are reduced with each passing week *\*Note, Late Starts are not available online, they must be processed by phone or in person.*
- ⇒ **Cancellations for Classes/Programs:** Will incur \$10 cancellation fee for the original program session. No refunds beginning 2 business days prior to start of class.
- ⇒ **Cancellations for Trips:** Will incur \$10 cancellation fee + any costs already incurred by the Center (i.e. prepaid tickets). No refunds beginning two business days prior to trip.
- ⇒ **Account Credits:** Credits expire within 90 days or on March 31 of each year if not used or refunded.
- ⇒ We reserve the right to substitute instructors to maintain program continuity.
- ⇒ **ID Cards** - An ID card is required for every visit. Replacements will be issued at a cost of \$10.
- ⇒ **Travel Policies:** Every effort is made to inform travelers about the physical requirements of trips. Descriptions may include: walking tour, many stairs, or uneven terrain. Each traveler must decide if a trip is appropriate and be prepared to travel safely. BTSS retains the right to decline a traveler based on their level of independence per the code of conduct. Please alert staff if a wheelchair will be used.

**ICE CREAM SOCIAL**

Monday, June 23  
 11:30 AM - 1:30 PM  
 Res: Free/ Non-Res: \$5

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

Please Register by June 19

Sponsored by:

American House  
SENIOR LIVING COMMUNITIES  
Village at Bloomfield

**BINSON'S**  
Medical Equipment & Supplies  
Since 1953

**SUMMER CRAFT SHOW**

HOSTED BY  
THE TRAVELING SALES GAL

BLOOMFIELD TOWNSHIP SENIOR CENTER  
 4315 ANDOVER ROAD 248-723-3500

MONDAY  
JUNE 30  
11 AM - 2 PM

**Come enjoy a Summer Craft Show filled with handmade creations from local artisans! This community event offers unique crafts, friendly faces, and a fun way to spend the day.**

**FREE TO ATTEND & SHOP!**

# Bloomfield Township Senior Services

## MEDICARE & YOU

Understanding Your Medicare Choices

### Free Medicare Counseling

Wednesdays, 11-3:00 pm  
Jun 25 / Jul 23

(Private, 1-hour appointments)

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



## MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU

The Secretary of State Mobile Office will be visiting  
Bloomfield Township Senior Center

Thursday, June 12th

10 AM - 2:30 PM

4315 Andover Rd,  
Bloomfield Twp 48302

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

Book a visit to complete your Secretary of State transactions, including:



First-time Michigan ID



Renew driver's license or ID



Transfer title



Apply for/renew disability placard



## Do not miss these Unique CLASSES!

More Information on Page 14

Making Resin  
Flower  
Coasters

Making  
Sourdough

Cannoli  
Making

Planting  
Salad Bowl  
Gardens

Ikebana,  
Flower  
Arranging

Harvesting  
& Designing  
Bouquets

## NATIONAL STRAWBERRY RHUBARB PIE DAY

Monday, June 9  
11 AM - 1 PM

THE AVALON  
of Bloomfield Township

Drop by and taste the fruits of summer. Meet the team from the Avalon of Bloomfield Township and learn about their wonderful senior living community.

## Let's Go on a day trip!

See page 12-13 to see ALL 25 Day Trips offered this Summer!

- MI Central Station
- Encore Theatre
- Eastern Market
- Blakes Festivals
- Frankenmuth

## CELEBRATE SUMMER

Tuesday, August 12  
11 AM - 1 PM

all seasons  
BIRMINGHAM

Drop by and enjoy delicious ice cream and refreshments. Meet the team from All Seasons Birmingham and learn about their wonderful senior living community.

## Coffee & Crime Statistics

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

Wednesday, June 18  
10-11:00 am  
Res/Free, Non-Res \$2

# TIMELESS TUNES

## MORNING CONCERT

Sponsored by:



FRIDAY, JULY 25

10:30 – 11:30 AM

Join Kelly and Darrel Roenicke, a dynamic piano-violin duo, for a delightful morning of timeless classics from the Great American Songbook. Experience the magic of these beloved tunes brought to life in a captivating, unforgettable performance. Snacks and refreshments will be provided.



RES: FREE / NON-RES: \$2

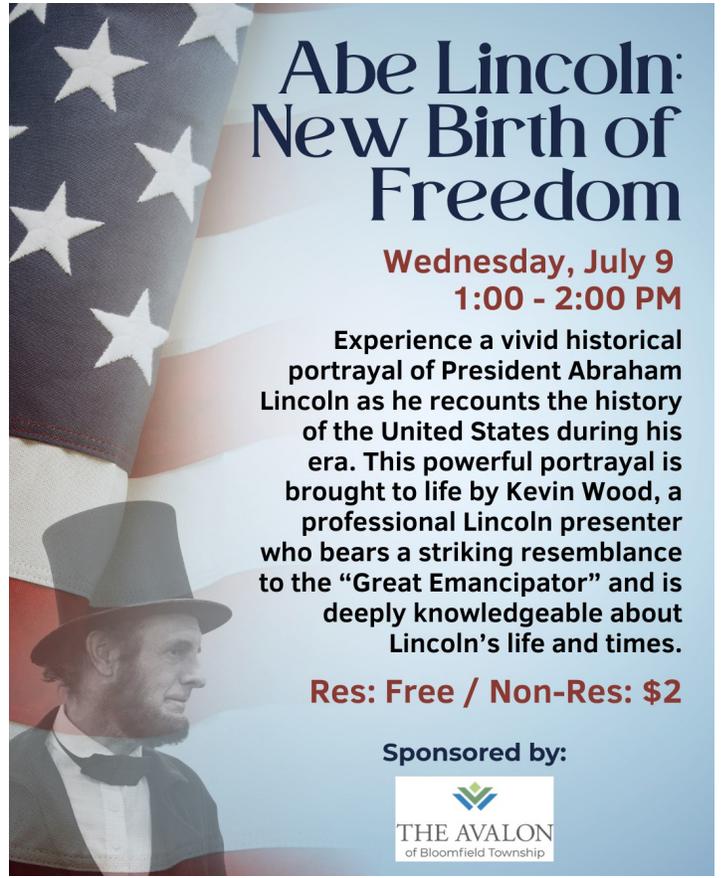
# Abe Lincoln: New Birth of Freedom

Wednesday, July 9  
1:00 - 2:00 PM

Experience a vivid historical portrayal of President Abraham Lincoln as he recounts the history of the United States during his era. This powerful portrayal is brought to life by Kevin Wood, a professional Lincoln presenter who bears a striking resemblance to the “Great Emancipator” and is deeply knowledgeable about Lincoln’s life and times.

Res: Free / Non-Res: \$2

Sponsored by:



# MUSIC through the DECADES



Music Series with  
Stu Johnson

10:00 - 11:30 am

Free for BT Residents | \$2 for Non-Residents

June 19  
The 50s

July 17  
60s Part 1

Aug 21  
60s Part 2

# Recipe Swap

MONDAY, JUNE 9  
10 - 11 AM

Bring your favorite recipes to share and swap with friends! Discover new dishes and connect over delicious memories.

\*FREE TO ATTEND\*





# GROUP FITNESS SCHEDULE

JUN/JUL/AUG

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

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



## Cardio & Cardio Dance

### Cardio, Core, Conditioning w/ Dondra

Low impact aerobics improves coordination and balance with easy-to-follow patterns and movements, while muscle training increases strength & endurance. Abdominal work focuses on core girdle. Bring exercise mat. [Live]

Tue Jun 3-24	9-10 am	4 Classes / \$40
Tue Jul 1-29	9-10 am	5 Classes / \$50
Tue Aug 5-26	9-10 am	4 Classes / \$40

### Power Hour Pop Up w/ Amanda

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

Fri Jun 6-27	2-3 pm	4 Classes / \$20
Fri Jul 11-25	2-3 pm	3 Classes / \$15
Fri Aug 1-29	2-3 pm	5 Classes / \$25

### LaBlast@ Dance Fitness w/ Donna

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

Mon Jun 2-30	9-10 am	5 Classes / \$50
Mon Jul 7-28	9-10 am	4 Classes / \$40
Mon Aug 4-25	9-10 am	4 Classes / \$40

### Cardio Dance Party w/ Teresa

Whether you have dance skills or two left feet, everyone can enjoy movement to great music from pop to country, classics and international flavors! Simple dance moves intertwined with fitness moves for a head-to-toe workout experience! [Live]

Thu Jun 5-26	9-10 am	4 Classes / \$36
Thu Jul 3-31	9-10 am	5 Classes / \$45
Thu Aug 7-28	9-10 am	4 Classes / \$36



**Zumba® / LaBlast® w/ Mari Ann**

Partner-free ballroom dance along with dance moves from around the world! [Virtual only] \*No class on 7/16

**Mondays**

Mon Jun 2-30	5:15-6 pm	5 Classes / \$45
Mon Jul 7-28	5:15-6 pm	4 Classes / \$36
Mon Aug 4-25	5:15-6 pm	4 Classes / \$36

**Wednesdays**

Wed Jun 4-25	5:15-6 pm	4 Classes / \$36
Wed Jul 2-30*	5:15-6 pm	4 Classes / \$36
Wed Aug 6-27	5:15-6 pm	4 Classes / \$36

**Tai Chi**

**Tai Chi Chuan Beginner w/ Holly**

This practice enhances balance and body awareness with slow, gentle, graceful & precise movements. [Live] \*No Class 7/14 & 7/21

Mon May 5-Jun 30	2-3 pm	8 Classes / \$80
Mon Jul 7-Aug 25*	2-3 pm	6 Classes / \$60

**Tai Chi Chuan Continuing w/ Han**

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

Wed May 21-Jun 25	10:30-11:15 am	6 Classes / \$60
Wed Jul 2-Aug 6	10:30-11:15 am	6 Classes / \$60

**Seated Classes**

**Ageless Yoga w/ Karen**

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

Wed Jun 4-25	11:30 -12:20 pm	4 Classes / \$40
Wed Jul 2-30	11:30 -12:20 pm	5 Classes / \$50
Wed Aug 6-27	11:30 -12:20 pm	4 Classes / \$40

**Chair Yoga w/ Donna**

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

[Live, Virtual, Hybrid]

Mon Jun 2-30	11:30-12:30 pm	5 Classes / \$50
Mon Jul 7-28	11:30-12:30 pm	4 Classes / \$40
Mon Aug 4-25	11:30-12:30 pm	4 Classes / \$40



BTSS is now a partner location!



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

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



We look forward to seeing you!

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

Supported Exercise & Ability Training

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

**Tuesdays w/ Eva \*New Instructor!**

Tue Jun 3-24	1:30-2:15 pm	4 Classes / \$36
Tue Jul 1-29	1:30-2:15 pm	5 Classes / \$45
Tue Aug 5-26	1:30-2:15 pm	4 Classes / \$36

**Thursdays w/ Lea**

Thu Jun 5-26	1:30-2:15 pm	4 Classes / \$36
Thu Jul 3-31	1:30-2:15 pm	5 Classes / \$45
Thu Aug 7-28	1:30-2:15 pm	4 Classes / \$36

**Yoga** (Please bring your own mat)

**Gentle Moves Yoga w/ Lea**

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

Thu Jun 5-26	10:30-11:30 am	4 Classes / \$36
Thu Jul 3-31	10:30-11:30 am	5 Classes / \$45
Thu Aug 7-28	10:30-11:30 am	4 Classes / \$36

**Gentle Moves Yoga Lvl 2 w/ Jannan**

Move forward in your yoga practice with more advanced poses & flowing asana geared toward strengthening muscles throughout the body with a focus on the core. Yoga experience and ability to move from standing to floor & back. [Live, Virtual, Hybrid] \*New Time!

Tue Jun 3-24	10:15-11:15 am	4 Classes / \$36
Tue Jul 1-29	10:15-11:15 am	5 Classes / \$45
Tue Aug 5-26	10:15-11:15 am	4 Classes / \$36

**Yin Yoga w/ Jannan \*NEW CLASS\***

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

Fri Jun 6-27	1-1:45 pm	4 Classes / \$36
Fri Jul 11-27	1-1:45 pm	3 Classes / \$27
Fri Aug 1-29	1-1:45 pm	5 Classes / \$45

**Complimentary Fitness Open Hours & Track for Residents**

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





## Strength & Balance

### Strength & Balance Lvl 2

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

**Tuesdays w/Eva \*NEW Instructor and Added Day!**

<b>Tue Jun 3-24</b>	<b>11:30-12:30</b>	<b>4 Classes / \$36</b>
<b>Tue Jul 1-29</b>	<b>11:30-12:30</b>	<b>5 Classes / \$45</b>
<b>Tue Aug 5-26</b>	<b>11:30-12:30</b>	<b>4 Classes / \$36</b>

**Wednesdays w/Amanda**

<b>Wed Jun 4-25</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>
<b>Wed Jul 2-30</b>	<b>9-10 am</b>	<b>5 Classes / \$45</b>
<b>Wed Aug 6-27</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>

**Fridays w/ Lola**

<b>Fri Jun 6-27</b>	<b>9-10 am</b>	<b>4 Classes / \$36</b>
<b>Fri Jul 11-25</b>	<b>9-10 am</b>	<b>3 Classes / \$27</b>
<b>Fri Aug 1-29</b>	<b>9-10 am</b>	<b>5 Classes / \$45</b>

### Barre Balance w/ Donna

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

**Mondays**

<b>Mon Jun 2-30</b>	<b>10:30-11:15 am</b>	<b>5 Classes / \$50</b>
<b>Mon Jul 7-28</b>	<b>10:30-11:15 am</b>	<b>4 Classes / \$40</b>
<b>Mon Aug 4-25</b>	<b>10:30-11:15 am</b>	<b>4 Classes / \$40</b>

**Wednesdays**

<b>Wed Jun 4-25</b>	<b>12:45-1:30 pm</b>	<b>4 Classes / \$40</b>
<b>Wed Jul 2-30</b>	<b>12:45-1:30 pm</b>	<b>5 Classes / \$50</b>
<b>Wed Aug 6-27</b>	<b>12:45-1:30 pm</b>	<b>4 Classes / \$40</b>

### Core Conditioning w/Amanda \*NEW CLASS!

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

<b>Thu Jun 5-26</b>	<b>11:45-12:30 pm</b>	<b>4 Classes / \$36</b>
<b>Thu Jul 3-31</b>	<b>11:45-12:30 pm</b>	<b>5 Classes / \$45</b>
<b>Thu Aug 7-28</b>	<b>11:45-12:30 pm</b>	<b>4 Classes / \$36</b>

## Pilates

### Mindful Movement Pilates w/ Amy

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

<b>Fri Jun 6-27</b>	<b>10:15-11:15 am</b>	<b>4 Classes / \$40</b>
<b>Fri Jul 11-25</b>	<b>10:15-11:15 am</b>	<b>3 Classes / \$30</b>
<b>Fri Aug 1-29</b>	<b>10:15-11:15 am</b>	<b>5 Classes / \$50</b>

### Matt Pilates w/Jannan \*NEW CLASS\*

Mat Pilates uses your own bodyweight combined with controlled movement to target muscles from head to toe. [Live, Virtual, Hybrid]

<b>Wed Jun 4-25</b>	<b>1:45-2:45 pm</b>	<b>4 Classes / \$40</b>
<b>Wed Jul 2-30</b>	<b>1:45-2:45 pm</b>	<b>5 Classes / \$50</b>
<b>Wed Aug 6-27</b>	<b>1:45-2:45 pm</b>	<b>4 Classes / \$40</b>

## Specialty Classes

### Drum Happy w/ Mari Ann

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

<b>Mon Jun 2-30</b>	<b>1-1:45 pm</b>	<b>5 Classes / \$50</b>
<b>Mon Jul 7-28</b>	<b>1-1:45 pm</b>	<b>4 Classes / \$40</b>
<b>Mon Aug 4-25</b>	<b>1-1:45 pm</b>	<b>4 Classes / \$40</b>

### Gentle Stretch w/Eva \*NEW CLASS!

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

<b>Tue Jun 3-24</b>	<b>12:45-1:15 pm</b>	<b>4 Classes / \$20</b>
<b>Tue Jul 1-29</b>	<b>12:45-1:15 pm</b>	<b>5 Classes / \$25</b>
<b>Tue Aug 5-26</b>	<b>12:45-1:15 pm</b>	<b>4 Classes / \$20</b>

## Small Group Personal Training (SGPT)

### SGPT-Strength & Mobility w/ Jason \*NEW\*

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

<b>Mon Jun 2-30</b>	<b>7:30-8:30 am</b>	<b>5 Classes / \$95</b>
<b>Mon Jul 7-28</b>	<b>7:30-8:30 am</b>	<b>4 Classes / \$76</b>
<b>Mon Aug 4-25</b>	<b>7:30-8:30 am</b>	<b>4 Classes / \$76</b>

### Small Group Personal Training (SGPT)

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

**Tuesdays w/ Jason [Live]**

<b>Tue Jun 3-24</b>	<b>7:30-8:30 am</b>	<b>4 Classes / \$76</b>
<b>Tue Jul 1-29</b>	<b>7:30-8:30 am</b>	<b>5 Classes / \$95</b>
<b>Tue Aug 5-26</b>	<b>7:30-8:30 am</b>	<b>4 Classes / \$76</b>

**Thursdays AM w/ Jason [Live]**

<b>Thu Jun 5-26</b>	<b>7:30-8:30 am</b>	<b>4 Classes / \$76</b>
<b>Thu Jul 3-31</b>	<b>7:30-8:30 am</b>	<b>5 Classes / \$95</b>
<b>Thu Aug 7-28</b>	<b>7:30-8:30 am</b>	<b>4 Classes / \$76</b>

**Fridays w/ Lola [Live]**

<b>Fri Jun 6-27</b>	<b>11:30-12:30 pm</b>	<b>4 Classes / \$76</b>
<b>Fri Jul 11-25</b>	<b>11:30-12:30 pm</b>	<b>3 Classes / \$57</b>
<b>Fri Aug 1-29</b>	<b>11:30-12:30 pm</b>	<b>5 Classes / \$95</b>



Personal Training / 1-on-1's

1-On-1 Personal Training

Our certified personal trainers guide you to a healthier lifestyle! Whether you are brand new to exercise or a seasoned athlete, our trainers have the skills & knowledge to help you succeed. With personalized attention, you will work toward meeting your health & fitness goals. **1 Hour - \$70 Res/\$80 Non-Res**

Scolio Pilates Personal Training w/ Amy

Scolio Pilates is a 3-dimensional scoliosis-specific exercise form to assist those living with scoliosis through four strategies of movement: elongation, breathing, corrective positioning and three dimensional strengthening. Amy has trained with Karena Thek, founder of Scolio Pilates. **1 Hour - \$85 Res/\$95 Non-Res**

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

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

Discover Your Balance with HUR SmartBalance!

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

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

**NEW!** ★ Core Conditioning  
Thursdays w/Amanda

★ Matt Pilates  
Wednesdays w/Jannan

**NEW!** ★ Gentle Stretch  
Tuesdays w/Eva

★ SGPT Strength & Mobility  
Mondays w/Jason

**NEW!** ★ Yin Yoga  
Fridays w/Jannan

Equipment & Track

Equipment Orientation

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

Fitness Open Hours

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

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

Walking Track

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

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

Balance Assessments  
Now Available!

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

**Fee: Res \$10/Non-Res \$15**



HAVE YOU TRIED AN AQUA CLASS?  
Take a class in our new SaltPure Pool!

Come make a splash in our brand-new saltwater pool. Saltwater is naturally gentler on skin, eyes, hair and lungs; It helps create a fresher, cleaner environment with improved air quality and less chemical odor. The water itself feels softer and more soothing, making every class a more comfortable experience. Our aqua classes offer a uniquely supportive, low-impact environment that reduces stress on joints while building strength, balance, and flexibility.



# Bloomfield Township Senior Services



**Pool Notes:** Lifeguard on duty. You don't need to know how to swim but must be comfortable in water. The pool is 4 feet deep, entry is by ramp or stairs, temperatures average 83 - 88 degrees. Showers are required prior to pool use. For efficiency, please arrive with your suit under your clothes. Water shoes are recommended. Bring water bottle and towel. Lockers are available, or you may use the baskets on pool deck for clothes/personal items. **Safety:** Consult your doctor before starting any exercise program to ensure your safe participation. Commit to both a warm up and cool down which are vital to safety & effectiveness. Bring a refillable bottle to class to stay hydrated.

## AQUA GROUP FITNESS SCHEDULE

JUN/JUL/AUG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>AQUA</b>				
Lap Swim 7:15 am	Aqua Boot Camp 7:15 am	Lap Swim 7:15 am	Aqua Resistance 7:15 am	Lap Swim 7:15 am
Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am	Total Body Aqua 8:30 am	Pool Noodle 8:30 am
Aqua Interval 9:30 am	Aqua Resistance 10:00 am	Aqua Interval 9:30 am	Aqua Boot Camp 10:00 am	Endurance Core & Balance 9:30 am
Endurance Core & Balance 11:00 am	Aqua Circuit 12:00 pm	Aqua Dance Party 11:00 am	Aqua Energy & Flow 12:00 pm	Water Walking 11:00 am
Water Walking 1:30 pm	Lap Swim 2:00 pm	Aqua Circuit 12:30 pm	Lap Swim 2:00 pm	Open Swim 1:30 pm

### Aqua Boot Camp w/ Ernie

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

#### Tuesdays

Tue Jun 3-24	7:15-8:15 am	4 Classes / \$36
Tue Jul 1-29	7:15-8:15 am	5 Classes / \$45
Tue Aug 5-26	7:15-8:15 am	4 Classes / \$36

#### Thursdays

Thu Jun 5-26	10-11:00 am	4 Classes / \$36
Thu Jul 3-31	10-11:00 am	5 Classes / \$45
Thu Aug 7-28	10-11:00 am	4 Classes / \$36

### Aqua Interval w/Ernie

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

#### Mondays

Mon Jun 2-30	9:30-10:30 am	5 Classes / \$45
Mon Jul 7-28	9:30-10:30 am	4 Classes / \$36
Mon Aug 4-25	9:30-10:30 am	4 Classes / \$36

#### Wednesdays

Wed Jun 4-25	9:30-10:30 am	4 Classes / \$36
Wed Jul 2-30	9:30-10:30 am	5 Classes / \$45
Wed Aug 6-27	9:30-10:30 am	4 Classes / \$36

### Lap Swim

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

**BT residency required.**

#### Mondays

Mon Jun 2-30	7:15-8 am	5 Classes / \$45
Mon Jul 7-28	7:15-8am	4 Classes / \$36
Mon Aug 4-25	7:15-8 am	4 Classes / \$36

#### Tuesdays

Tue Jun 3-24	2-2:45 pm	4 Classes / \$36
Tue Jul 1-29	2-2:45 pm	5 Classes / \$45
Tue Aug 5-26	2-2:45 pm	4 Classes / \$36

#### Wednesdays

Wed Jun 4-25	7:15-8 am	4 Classes / \$36
Wed Jul 2-30	7:15-8 am	5 Classes / \$45
Wed Aug 6-27	7:15-8 am	4 Classes / \$36

#### Thursdays

Thu Jun 5-26	2-2:45 pm	4 Classes / \$36
Thu Jul 3-31	2-2:45 pm	5 Classes / \$45
Thu Aug 7-28	2-2:45 pm	4 Classes / \$36

#### Fridays

Fri Jun 6-27	7:15-8 am	4 Classes / \$36
Fri Jul 11-25	7:15-8 am	3 Classes / \$27
Fri Aug 1-29	7:15-8 am	5 Classes / \$45



## Pool Noodle Workout w/ Ernie

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

### Mondays

Mon Jun 2-30	8:30-9:15 am	5 Classes / \$45
Mon Jul 7-28	8:30-9:15 am	4 Classes / \$36
Mon Aug 4-25	8:30-9:15 am	4 Classes / \$36

### Wednesdays

Wed Jun 4-25	8:30-9:15 am	4 Classes / \$36
Wed Jul 2-30	8:30-9:15 am	5 Classes / \$45
Wed Aug 6-27	8:30-9:15 am	4 Classes / \$36

### Fridays

Fri Jun 6-27	8:30-9:15 am	4 Classes / \$36
Fri Jul 11-25	8:30-9:15 am	3 Classes / \$27
Fri Aug 1-29	8:30-9:15 am	5 Classes / \$45

## Total Body Aqua w/ Ernie

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

### Tuesdays

Tue Jun 3-24	8:30-9:30 am	4 Classes / \$36
Tue Jul 1-29	8:30-9:30 am	5 Classes / \$45
Tue Aug 5-26	8:30-9:30 am	4 Classes / \$36

### Thursdays

Thu Jun 5-26	8:30-9:30 am	4 Classes / \$36
Thu Jul 3-31	8:30-9:30 am	5 Classes / \$45
Thu Aug 7-28	8:30-9:30 am	4 Classes / \$36

## Aqua Energy & Flow w/Ernie

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

Thu Jun 5-26	12-1 pm	4 Classes / \$36
Thu Jul 3-31	12-1 pm	5 Classes / \$45
Thu Aug 7-28	12-1 pm	4 Classes / \$36

## Aqua Circuit \*NEW CLASS\*

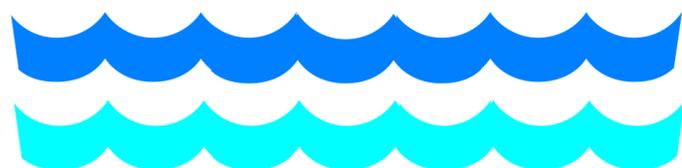
Take your circuit training to the water! Get a full body workout using a variety of equipment as you move through stations. This class will encompass cardio, strength, balance and core.

### Tuesdays w/Amanda

Tue Jun 3-24	12-1:00 pm	4 Classes / \$36
Tue Jul 1-29	12-1:00 pm	5 Classes / \$45
Tue Aug 5-26	12-1:00 pm	4 Classes / \$36

### Wednesdays w/Jason

Wed Jun 4-25	12:30-1:30pm	4 Classes / \$36
Wed Jul 2-30	12:30-1:30pm	5 Classes / \$45
Wed Aug 6-27	12:30-1:30pm	4 Classes / \$36



## 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.

### Mondays w/Amanda

Mon Jun 2-30	1:30-2:15 pm	5 Classes / \$45
Mon Jul 7-28	1:30-2:15 pm	4 Classes / \$36
Mon Aug 4-25	1:30-2:15 pm	4 Classes / \$36

### Fridays w/ Ernie

Fri Jun 6-27	11-11:50 am	4 Classes / \$36
Fri Jul 11-25	11-11:50 am	3 Classes / \$27
Fri Aug 1-29	11-11:50 am	5 Classes / \$45

## Aqua Dance Party w/ Donna \*NEW CLASS\*

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

Wed Jun 4-25	11-11:50 am	4 Classes / \$40
Wed Jul 2-30	11-11:50 am	5 Classes / \$50
Wed Aug 6-27	11-11:50 am	4 Classes / \$40

## Open Swim

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

Fri Jun 6-27	1:30-2:15 pm	4 Classes / \$36
Fri Jul 11-25	1:30-2:15 pm	3 Classes / \$27
Fri Aug 1-29	1:30-2:15 pm	5 Classes / \$45

## Aqua Resistance Training w/Ernie

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

### Tuesdays

Tue Jun 3-24	10-11 am	4 Classes / \$36
Tue Jul 1-29	10-11 am	5 Classes / \$45
Tue Aug 5-26	10-11 am	4 Classes / \$36

### Thursdays

Thu Jun 5-26	7:15-8:15 am	4 Classes / \$36
Thu Jul 3-31	7:15-8:15 am	5 Classes / \$45
Thu Aug 7-28	7:15-8:15 am	4 Classes / \$36

## Endurance, Core & Balance w/ Ernie

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

### Mondays

Mon Jun 2-30	11-12 pm	5 Classes / \$45
Mon Jul 7-28	11-12 pm	4 Classes / \$36
Mon Aug 4-25	11-12 pm	4 Classes / \$36

### Fridays

Fri Jun 6-27	9:30-10:30 am	4 Classes / \$36
Fri Jul 11-25	9:30-10:30 am	3 Classes / \$27
Fri Aug 1-29	9:30-10:30 am	5 Classes / \$45

# Bloomfield Township Senior Services



*Let's Go!*  
on a day trip

5/21	Wed	Michigan Central Station
6/3	Tue	Oudolf Garden Detroit Tour
6/4	Wed	Senior Housing Tour–All Seasons Bham
6/12	Thu	Encore Theatre: West Side Story
6/18	Wed	Meadowbrook: Sheer Madness
6/19	Thu	Michigan Central Station
6/20	Fri	DSO: Let's Misbehave
6/23	Mon	Sylvan Table Farm Tour & Lunch
6/25	Wed	Purple Rose: Bert & Trixie Visit the Vet
6/26	Thu	Senior Housing Tour–Waltonwood Univ.
6/27	Fri	Michigan Central Station
7/8	Tue	Fire & Fused Workshop
7/11	Fri	Pontiac Transportation Museum
7/16	Wed	Parade Company Tour
7/18	Fri	Blakes Lavender Festival
7/22	Tue	Troy Historical Village History Tea Tour
7/23	Wed	Detroit Princess Riverboat Cruise
7/28	Mon	Guardian Building Tour & Lunch
8/1	Fri	Smith House Tour (Frank Lloyd Wright)
8/7	Thu	Senior Housing Tour–American House
8/8	Fri	Pink House Tea Room
8/13	Wed	Senior Housing Tour–Autumn House
8/19	Tue	Frankenmuth Riverboat Cruise
8/21	Thu	Cantoro Italian Market
8/22	Fri	Blakes Sunflower Festival
8/26	Tue	Eastern Market History Tour

## Oudolf Garden Detroit Tour

**Tue Jun 3 10:15-2:45 pm Fee: Res \$15/Non-Res \$25**

Explore the stunning Oudolf Garden, designed by Piet Oudolf, featuring dynamic plantings that change with the seasons. Enjoy an expert-led tour through this serene urban oasis, perfect for nature lovers and photographers. Lunch on own to follow at Zef's Dockside in Saint Clair Shores.

## Encore Theater: West Side Story

**Thu Jun 12 11:30-6:00 pm Fee: \$68/Non-Res \$78**

This timeless tale of love and conflict in the streets of New York comes alive in The Encore's intimate Maas Theatre. With electrifying choreography and an unforgettable score by the great Leonard Bernstein, this classic musical captivates audiences with its powerful themes and stunning performances. Join us for an unforgettable journey into the heart of one of Broadway's most beloved musicals. Lunch on own at Weber's Restaurant Ann Arbor.

## Meadowbrook Theatre: Sheer Madness

**Wed Jun 18 11:00-5:30pm Fee: Res \$101/Non-Res \$111**

This unique comedy-whodunit takes place today in the "Sheer Madness" hair salon and is chock full of up-to-the minute spontaneous humor. During the course of the action, a murder is committed and the audience gets to spot the clues, question the suspects, and solve the funniest mystery in the annals of crime. The outcome is never the same, which is why many audience members return again and again to the scene of the mayhem. Lunch included at Lelli's Restaurant.

## Michigan Central Station Tour & Lunch

**Wed May 21 12:15-5:15 pm Fee: Res \$68/Non-Res \$78**

**Thu Jun 19 10:45-3:45 pm Fee: Res \$68/Non-Res \$78**

**Fri Jun 27 10:15-3:00 pm Fee: Res \$68/Non-Res \$78**

Discover the rich history and incredible transformation of Michigan Central Station on this 90-minute guided station tour. First opened in 1913, the iconic Beaux-Arts structure once served as Detroit's bustling railway hub until its closure in 1988. Expert guides will bring to life the station's rich history, sharing stories of its grandeur, decline, and rebirth. Lunch included at Slows Bar-BQ

## DSO: Let's Misbehave (Cole Porter)

**Fri Jun 20 9:30-3:15 pm Fee: Res \$77/Non-Res \$87**

Experience the timeless charm of Cole Porter's songs like never before in a performance that feels forever fresh. Pianist Tony DeSare, trombonist Aubrey Logan, and tap dancer John Manzari bring new energy to iconic hits such as "Night and Day," "I Get A Kick Out of You," "I've Got You Under My Skin," "Anything Goes," and more. Enjoy a delightful afternoon, with lunch on your own at Grand Tavern.

## Sylvan Table Farm Tour & Lunch

**Mon Jun 23 10:30-2:00 pm Fee: Res \$51/Non-Res \$61**

Join us for a delightful farm tour and lunch experience at Sylvan Table. Begin your visit with a guided tour of their beautiful farm, where you'll explore vibrant gardens, learn about sustainable farming practices, and get a glimpse of the local flora and fauna. Afterward, savor a delicious, farm-to-table lunch made with the freshest seasonal ingredients.

## PurpleRose Theatre: Bert & Trixie Visit the Vet

**Wed Jun 25 11:30-5:45 pm Fee: Res \$64/Non-Res \$74**

Four pets in a veterinarian's waiting room plan an escape when they fear that one of them has been brought in to be put down or "never come back." A comedy about life, death, the family you choose, the family who chooses you, and what it means to truly be free. Lunch on own at Metzger's Irish Pub.

## Fire & Fused Workshop

**Tue Jul 8 9:30-1:00 pm Fee: \$50/Non-Res \$60**

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



**Pontiac Transportation Museum****Fri Jul 11 9:00-1:15 pm Fee: \$20/Non-Res \$30**

One of America's deepest legacies of transportation history, innovation, and accomplishment is in Pontiac, Michigan. While Detroit is known as "The Motor City", in Pontiac during the late 19th and early 20th centuries some of the nation's most successful manufacturers of horse-drawn buggies and carriages evolved into the earliest car and truck companies. Lunch on your own at Cantina El Dorado.

**Parade Company Tour****Wed Jul 16 10:15-1:15 pm Fee: Res \$20/Non-Res \$30**

Take a guided journey through a unique creative kingdom, marvel at the world's largest collection of paper-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 a colorful array of characters come to life.

**Blakes Lavender Festival****Fri Jul 18 11:15-3:15 pm Fee: Res \$23/Non-Res \$33**

Join the Blake's Lavender Festival in Armada. Enjoy acres of blooming lavender, shop unique lavender products, and take part in workshops. It's the perfect way to relax and celebrate summer!

**Troy Historical Village History Tea Tour****Tue Jul 22 12:30-3:30 pm Fee: Res \$29/Non-Res \$39**

Travel back in time and taste teas from around the world! You will receive a cup to sample 5 distinct teas as you learn about each tea's history. Enjoy time sipping tea and touring the Village.

**Detroit Princess Riverboat Cruise****Wed Jul 23 10-3:00 pm Fee: Res \$80/Non-Res \$90**

Set sail along the scenic Detroit River and take in breathtaking views of the cityscapes of both Detroit and Windsor. Enjoy the soulful sounds of live Motown music as you indulge in a delectable, bountiful lunch buffet. A perfect blend of sightseeing, music, and delicious cuisine, all on the water!

**Guardian Building Tour & Lunch****Mon Jul 28 10:15-2:45 pm Fee: Res \$58/Non-Res \$68**

Experience the stunning Guardian Building, one of Detroit's most beautiful landmarks and a Michelin 3-star recommended site. Known as the "Cathedral of Finance," this art-deco masterpiece offers a rich history and breathtaking architectural details. On this exclusive one-hour tour, gain access to off-limits spaces, including hidden bank vaults, and learn stories of the gold they once held. Lunch included at Mootz Pizzeria.

**Smith House Tour (Frank Lloyd Wright)****Fri Aug 1 10:45-2:30 pm Fee: Res \$45/Non-Res \$55**

School teachers Sara Stein Smith and Melvyn Maxwell Smith, met Frank Lloyd Wright at Taliesin in 1941 and commissioned a custom home. The Smith House in Bloomfield Township is an excellent example of Wright's Usonian ideal, which aimed to build quality houses for the American middle class. Lunch on your own to follow at 5th Tavern.

**Pink House Tea Room****Fri Aug 8 10-2:00 pm Fee: Res \$59/Non-Res \$69**

Located in the heart of New Baltimore, the Pink House Tea Room is a cozy, charming spot that offers a delightful tea experience. Housed in a beautifully restored historic building, this quaint tea room serves a variety of hand-selected teas, paired with freshly baked scones, delicate finger sandwiches, and irresistible pastries. With its warm ambiance and exceptional service, the Pink House Tea Room is a must-visit gem for anyone looking to indulge in a truly special afternoon.

**Frankenmuth Riverboat Cruise, Lunch & Shopping****Tue Aug 19 9:15-5:30 pm Fee: Res \$59/Non-Res \$69**

Embark on a charming visit to Frankenmuth, where you'll experience the best of this Bavarian-inspired town! Start with a scenic riverboat cruise along the peaceful Cass River, offering beautiful views of the historic town. After the cruise, enjoy a delicious lunch at the iconic Bavarian Inn, known for its hearty German fare and welcoming atmosphere. Finish your day with some leisurely shopping in Frankenmuth's quaint shops, where you'll find everything from unique souvenirs to artisan gifts.

**Cantoro Italian Market****Thu Aug 21 11-2:30 pm Fee: Res \$10/Non-Res \$20**

Cantoro Italian Market & Trattoria is inspired by the famous Italian markets in Rome, Venice and Palermo. Throughout the years, owners Michael and John Fallone travel to their father Mario's Italian birthplace in search of the best food and wines to bring back to Cantoro. Enjoy lunch on your own first in the Trattoria. After lunch take some time to shop this amazing market with over 10,000 selections and bring home some specialty grocery items!

**Blakes Sunflower Festival****Fri Aug 22 11:15-3:15 pm Fee: Res \$23/Non-Res \$33**

Celebrate summer at Blake's Sunflower Festival in Armada. Wander through vibrant sunflower fields, snap photos, and enjoy live music, food trucks, and local vendors. Don't miss the stunning views and unforgettable memories!

**Eastern Market History Tour****Tue Aug 26 9:00-2:30 pm Fee: Res \$55/Non-Res \$65**

Immerse yourself in the sights, sounds, and smells of America's oldest and largest outdoor farmers market as you walk among reminders of its 130-year history. Discover what makes Eastern Market's past so fascinating, learn about plans for the future, and after the tour, spend time in the present to shop and enjoy. This is a walking tour. All guests should be prepared to walk, sometimes on surfaces under construction, for more than two hours.

**Don't miss the  
Senior Housing Tours!  
Listed on the back cover!**



## Unique Classes & Workshops!

### Resin Flower Coasters w/Wild Daisy Creative

**Thu Jun 5 10-12:00 pm Fee: Res \$25/Non-Res \$30**  
Create a resin and pressed flower coaster set with Wild Daisy Creative. Several colors of dried rose petals and other beautiful flowers and unique items to choose from to decorate your coasters. Add in some gold, silver or rose gold foil for a little shimmer! Class fee covers all supplies for a set of 2 coasters.

### Bowers Farm Sourdough Class

**Wed Jun 11 10-12:30 pm Fee: \$85/Non-Res \$90**  
Curious about sourdough, but not sure where to start? This class is designed for beginners. Learn the history of this heirloom dough, the steps to make it, and take home both a fresh loaf and your own starter to keep on baking!

### Cannoli Making w/My New Favorite Thing

**Mon Jul 7 11-1:00 pm Fee: Res \$50/Non-Res \$55**  
Who doesn't love cannolis? In this hands-on class, you'll make dough, roll it out, wrap it around cannoli forms, fry them, and fill them with a delicious ricotta filling. You'll receive six cannoli forms, a round cookie cutter, the recipe, and enough ingredients to make 12 cannolis in class, plus 12 more to take home. I'll provide ricotta filling, piping bags, and toppings like chocolates, pistachios, and sprinkles for decorating. Come have fun and create your own delicious cannolis!

### Bowers Farm Planting Salad Bowls

**Wed Jul 16 10-11:30 am Fee: Res \$30/Non-Res \$35**  
In this hands-on class, you'll learn how to design and plant a thriving salad bowl garden using both transplants and seeds. Discover the benefits of succession planting, ensuring a continuous harvest of fresh greens and vegetables. We'll cover which crops to plant, how to space them effectively, and the best planting techniques for maximizing yield and flavor. Whether you're a beginner or an experienced gardener, this class will provide you with the tools to grow your own homegrown salad greens throughout the season.

### Ikebana Summer Workshop

**Wed Aug 6 1-2:30 pm Fee: Res \$35/Non-Res \$40**  
Join us for a creative and relaxing Ikebana workshop this summer! Discover the art of Japanese flower arranging as you learn the principles of balance, harmony, and simplicity. In this hands-on session, you'll create your own stunning Ikebana arrangement using seasonal blooms, guided by an experienced instructor.

### Harvesting & Designing Bouquets w/Bowers's Farm

**Fri Aug 29 1-2:00 pm Fee: Res \$20/Non-Res \$25**  
Join Kate from Bower's Farm to learn about regenerative gardening practices and how to implement them in your own garden. New and experienced gardeners will enjoy expanding their knowledge and getting their hands dirty.

### The World of Forensic Science

**Fri Jun 13 1-2:00 pm Fee: Res FREE/Non-Res \$2**  
Document and fraud examiners study the science and the art of examining handwriting, signatures, numbers, financial transactions, forensic methods, investigation techniques, the law, communication and preparation of testimony, and exhibits for court as expert witnesses. In over thirty years in the field, Ruth Holmes has faced some of the most difficult challenges possible from murderers to the media, from the judges to the juries. Learn the highs and lows from her experiences and remarkable cases.

### History of Detroit's Eastern Market

**Mon Jun 16 10-11 am Fee: Res \$3/Non-Res \$5**  
Lisa Rush, co-author of Detroit's Historic Eastern Market and Preservation Detroit tour guide, will delve into the rich history of the largest historic public market in the U.S. Designated a National Historic Landmark in 1978, Eastern Market remains a vibrant, living piece of Detroit's heritage.

### Mindset: 12 Steps to Health, Happiness, Longevity

**Thu Jun 19 11:30-12:30 pm Fee: Res \$0/Non-Res \$2**  
Join Joe Sheena, author of Mindset: 12 Steps to Health, Happiness & Longevity, as he discusses self-care. He will explore techniques like breathwork to manage anxiety, the importance of physical activity, proper nutrition, and the benefits of spending time in nature to enhance overall well-being. Books will be available for purchase; all proceeds go to the Alzheimer's Association.

### Senior Mobility & Safe Driving Class

**Tue Jun 24 10-11:00 am Fee: Res \$0/Non-Res \$2**  
Back by popular demand, join us for a culinary We may experience changes that can impact the way we drive, but you don't have to compromise your independence or mobility. Come learn about all the smart options for safe driving.

### Let Me Tell You a Story—DIA

**Fri Jun 27 10-11:00 am Fee: Res \$0/Non-Res \$2**  
Making meaning of the world around us is a basic behavior. Most cultures throughout history have used art to teach essential beliefs and understandings. Explore the many ways visual artists use stories as the source of inspiration for their work.

### Abe Lincoln: New Birth of Freedom

**Wed Jul 9 1-2:00 pm Fee: Res \$0/Non-Res \$2**  
Experience a vivid historical portrayal of President Abraham Lincoln as he recounts the history of the United States during his era—from his childhood on the frontier to the tumultuous 12 years between 1854 and 1865 that nearly tore the nation apart, yet ultimately led to "a new birth of freedom." This powerful portrayal is brought to life by Kevin Wood, a professional Lincoln presenter who bears a striking resemblance to the "Great Emancipator" and is deeply knowledgeable about Lincoln's life and times. Refreshments and snacks will be served—Sponsored by: The Avalon



**AARP Smart Drivertek**

**Thu Jul 10 1-2:30 pm Fee: Res \$0/Non-Res \$2**  
 Join our 90-minute workshop to learn all about the latest high-tech safety features in your current car, or what technology to look for when shopping for a new car. The safety benefits of blind spot warning systems, forward collision warnings and more.

**Oakland County Parks Civil War Connection**

**Fri Jul 18 1-2:00 pm Fee: Res \$0/Non-Res \$2**  
 The Civil War remains a watershed moment in our history...a time when things changed and would never be the same again. Hear stories of how the War affected people, who at the time, called our parklands home.

**Route 66 in a 56' Chevy**

**Mon Jul 21 10-12:00 pm Fee: Res \$0/Non-Res \$2**  
 Take a trip along the Mother Road - Route 66 - from Illinois to Chicago in a yellow 1957 Chevy BelAir. See what the old road, gas stations, motels and restaurants look like now. Join Bob Feldmaier as he recounts his one-of-a-kind cruise down this historic route!

**Timeless Tunes Morning Concert**

**Fri Jul 25 10:30-11:30 am Fee: Res \$0/Non-Res \$2**  
 Join Kelly and Darrel Roenicke, a dynamic piano-violin duo, for a delightful morning of timeless classics from the Great American Songbook. Experience the magic of these beloved tunes brought to life in a captivating, unforgettable performance. Snacks & Refreshments will be served. **Event Sponsored by: American House Stone & Elmwood**

**New Advances in Alzheimer's Treatment**

**Mon Jul 28 10-11:00 am Fee: Res \$0/Non-Res \$2**  
 There has been a lot in the news recently about new treatment advances. In this program we will discuss FDA-approved treatments for Alzheimer's disease; the impact of anti-amyloid treatments on the brain, their potential benefits and side effects; and the pathways to access treatment.

**What's New in Medicare**

**Wed Jul 30 10-11:00 am Fee: Res \$0/Non-Res \$2**  
 Join AgeWays presenter Susan Gibbs as she introduces changes to Medicare for 2025 and why you should review your plan each year. Get an introduction to Medicare, gain insight on how to choose the best Medicare plan for you and learn who MMAP is and how they can help in the process.

**The Burned Over District: Revival, Reform & The Migration to Michigan 1820-1850**

**Mon Aug 4 10-11:00 am Fee: Res \$2/Non-Res \$4**  
 Between 1820-1850, many settlers to Michigan came from western New York, also known as the Burned-over District. This region was the epicenter of the Second Great Awakening, a religious revival that shaped modern American Protestantism. Beyond its religious impact, the movement also sparked major social and political reforms, including temperance, abolition, women's rights, education, and healthy living, influencing American history well into the 20th century.

**The Real Downton Abbey**

**Tue Aug 5 10-11:00 am Fee: Res \$3/Non-Res \$5**  
 Join speaker Wendy Evans and explore the art and the stories from Highclere Castle, the location and inspiration for Downton Abbey TV series plus stories, art and landscaping from other stately homes. You'll find truth stranger and every bit as salacious and exciting as the fiction.

**Self-Defence w/BTPD**

**Wed Aug 6 10-11:00 am Fee: Residents Only-Free**  
 Join Captain Bryan Pizzuti for an empowering presentation. You'll learn skills to avoid and prevent confrontation and enhance your safety.

**Michigan Female College 1855-1869**

**Tue Aug 12 1-2:00 pm Fee: Res \$2/Non-Res \$4**  
 Before 1870, women were denied entry to both UM and the Agricultural college (now MSU). Discover the story of sisters Abigail and Delia Rogers, the Michigan Female College, and the long fight to bring higher education to Michigan women from Valerie Marvin, Michigan State Capital Historian & Curator.

**Sleep Education for Everyone (MSU)**

**Thu Aug 14 10-11:30 am Fee: Res FREE/Non-Res \$2**  
 Join us for a workshop on the importance of sleep, developed by sleep experts and MSU Extension educators. Learn about the impact of sleep on your health, the role of sleep hygiene, practical strategies to improve sleep, and how mindfulness and relaxation can enhance your sleep quality.

**4,456 Miles: A Survivor's Search for Closure and Awakening her Daughter's Search for Un-**

**Mon Aug 18 10-11:00 am Fee: Res FREE/Non-Res \$2**  
 In this presentation, author Lori Ellis discusses her mother's journey through the Holocaust, from life in the ghetto to internment in three concentration camps, and how she found closure after this traumatic experience. Her story is one of incredible resilience and hope, showing the strength of the human spirit and the power of healing even after the darkest of times.

**Healthy Living for Your Brain & Body**

**Thu Aug 28 10-11 am Fee: Res \$0/Non-Res \$2**  
 Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging. Presented by the Alzheimer's Association.



Find them on the back cover!

# Clubs/Groups/Games

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

<b>Billiards</b>	Facilitator: B. Haw Group play, all levels welcome. Call for availability.	Tue & Thu 1:00-3:00
<b>Duplicate Bridge</b>	Facilitator: C. Wood Maximum 7 tables. <b>Arrive at 11:30 for table assignments.</b>	Tue 12-3:00
<b>Mah-Jong</b>	Facilitator: M.A. Williams Promotes brain health & memory skills.	Tue & Thu 12-3:00
<b>Poker</b>	Facilitator: A. Rubin Ladies & Gents, enjoy a friendly game.	Wed 11-3:00
<b>Book Club</b>	Facilitator: Fern Stoffer Registration required. <b>Limited Space!</b>	1st Fri 10-11:30

**Jun 6: Selection of Books for 2025-2026**  
**Jul 11: West with Giraffes by Lynda Rutledge**  
**Aug 1: The Women by Kristin Hannah**

## Bloomfield Township Public Library

### Pop-Up Librarian

Wed, Jun 11  
10-11:00am  
*Complimentary*

Talk with your local librarian about books, movies & technology.

### Book Talk

Wed, Jul 9  
10-11:00am  
*Complimentary*

Hear about popular new books & find your next read!

### Lecture

Wed, Aug 13  
10-11:00am  
*Complimentary*

Cutting the Cord: Learn about the most popular cable alternatives

## PAPER DOLLS

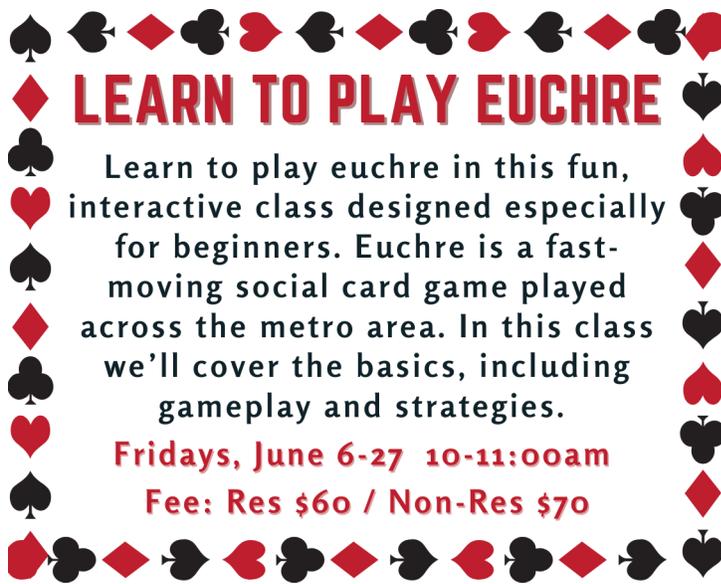
Facilitator: Arlene Pinkos  
**Returning May 22nd!** Join this dedicated group that designs and sells beautiful, repurposed greeting cards. Used greeting card donations appreciated—please leave inside greeting intact. All proceeds go towards Meals on Wheels.

**EVERY OTHER THUR**  
12:30-3:00PM

## CHICKS W/ STICKS

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

**MONDAYS**  
12:30-2:30PM



## LEARN TO PLAY EUCHRE

Learn to play euchre in this fun, interactive class designed especially for beginners. Euchre is a fast-moving social card game played across the metro area. In this class we'll cover the basics, including gameplay and strategies.

**Fridays, June 6-27 10-11:00am**  
**Fee: Res \$60 / Non-Res \$70**

## LEARN TO PLAY CANASTA

Learn the popular game of Canasta! This class is for beginners who have never played before or for those who have just started and need to sharpen their game. Learn game basics and strategies to win. There will be a \$10 material fee collected the first day of class.

**Mondays, June 9-30 1:30-3 pm**

**Fee: Res \$80 / Non-Res \$90**

### Bridge Class—Beginner - Bidding

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

Learn to play bridge. No experience required.

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

### Bridge Class—Advance Bidding

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

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

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

### Bridge Class— Play of the Hand Beginner Pt 2

**Fri Jul 11-Aug 15 1-3 pm Fee: Res \$120/NR \$130**

This class builds on basic skills, focusing on advanced techniques like finessing, timing, and suit management. You'll learn to plan your play, improve your declarer play and defense, and gain confidence through practice hands. **\$25 Book Fee paid 1st week to instructor.**

### Bridge Class— Conventions Review

**Fri Jul 11-Aug 15 10-12 pm Fee: Res \$120/NR \$130**

This 6-week course is designed for intermediate players who want to strengthen their understanding of key bridge conventions and strategies. Whether you're looking to refine your bidding or improve your play of the hand, this class will provide practical insights and hands-on experience.

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



## Caregiver Support Group

Thursdays  
10-11 AM

June 19 / July 17 / Aug 21

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

Sponsored By:



## Companion Cafe



Wednesdays  
1-3 PM

June 4 / July 2 / Aug 6

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

*Residency & Advanced Registration Required.*



## Caregiver Connect



Mind Aerobics

Mon & Thurs June 23 - Sept 15  
1 - 2 PM (12 Week Session)

Give your brain a full workout with these award-winning, proven cognitive training classes. These fun and interactive classes target 6 key cognitive functions with increasing speed and difficulty, and are proven to help slow cognitive decline and maintain or even improve cognition.



*Caregiver Eligibility Requirements  
Please call for more details*



BLOOMFIELD TOWNSHIP SENIOR SERVICES

## FRIENDSHIP CLUB

The Adult Day Service Friendship Club is a social model offering engaging, fail-free and safe programming for older adults experiencing dementia or memory challenges. Our club is engaging people through art, live music, movement, laughter and encouragement. We are building new friendships over meals together while providing essential respite for family caregivers. This partnership in caregiving also enables families to keep their loved ones at home by providing much needed respite and support.

**FRIENDSHIP CLUB OPEN HOUSE**

1:00 - 2:30 PM

May 14 July 9

June 11 August 13

Contact Us

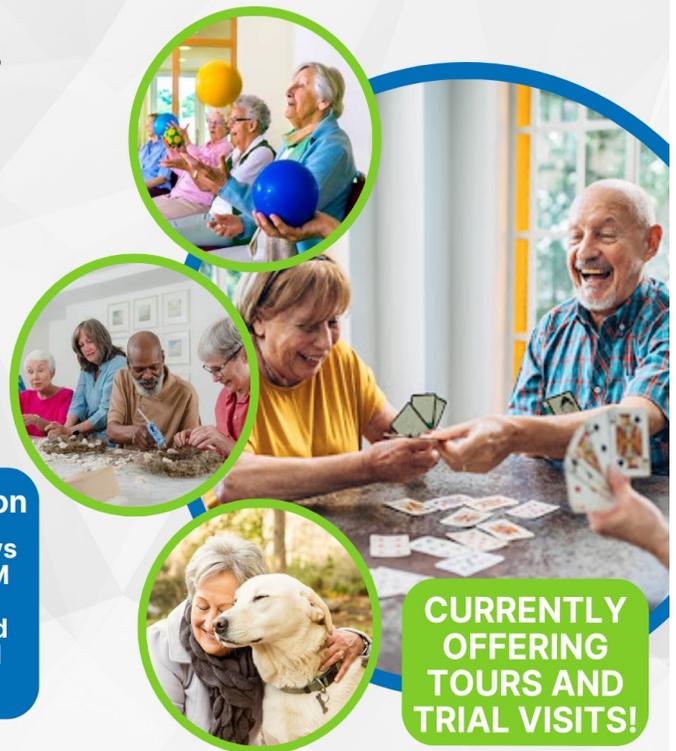
248-723-3531

KDavidson@bloomfieldtwp.org

**Hours of Operation**

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

4315 Andover Road  
Bloomfield Twp, MI  
48302



**CURRENTLY OFFERING TOURS AND TRIAL VISITS!**



## MEDICAL EQUIPMENT LOAN CLOSET

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

## Friendly Callers Program

If you or someone you know lives alone and would like to receive a daily wellness call, we would be happy to include you in our program. Volunteers call on selected days, Monday-Friday between 9-11AM for a friendly conversation and to check on the welfare of the person. You may choose 1-5 days for a call.

**Blood Pressure Checks**  
**Thursdays - 11:30-12:30**  
**Jun 19 / Jul 17 / Aug 21**



## Buy A Brick Program

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

*In Memory of*



## NUTRITION SERVICES

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



**MEALS ON WHEELS AMERICA 2025 MEMBER**

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

### SAMPLE WEEKLY MENU—HOT MEALS

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

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

### Nutritional Supplements:



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



## HOME REPAIR & FINANCIAL ASSISTANCE PROGRAMS



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

**To Qualify:** Residents must be 60 years of age or older and a resident of Bloomfield Township. The gross annual 2024 household income per household is \$53,700 (or below) with one person. The maximum household income for two residents is \$61,400 (please call for additional income limits). The maximum home value is \$420,000 and the maximum in financial assets is \$50,000 per household member. Financial documents, proof of income and an application are required. There are no fees to homeowners for repairs facilitated in this program.

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

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

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

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

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

**Corrections of:** Single code violations.



### **Oakland County Home Improvement Loan Program**

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

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

If you are in need of financial aid please complete **one form** to request a hardship exemption for property taxes and waiver of solid waste fees. 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>

### **Senior Chore Program**

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

## TRANSPORTATION SERVICES

**Transportation is available Monday thru Friday!**

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

### **Center Transportation:**

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

### **Rides to Medical Appointments:**

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

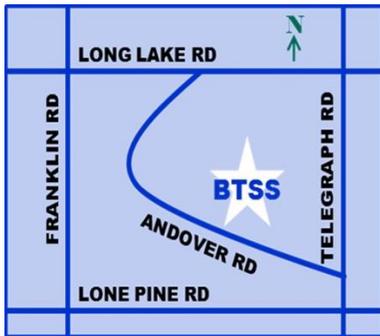




**Senior Services**  
**4315 Andover Road**  
**Bloomfield Twp. MI**

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

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



## Senior Housing Tours

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. Lunch included.

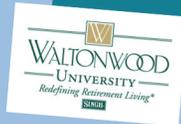
### All Seasons

Wed, June 4  
 10:30 AM - 1:30 PM  
 Please Register  
 by 5/30



### Waltonwood

Thurs, June 26  
 10:30 AM - 1:30 PM  
 Please Register  
 by 6/20



### American House

Thurs, Aug 7  
 10:30 AM - 1:30 PM  
 Please Register  
 by 8/1



### Autumn House

Wed, Aug 13  
 10:30 AM - 1:30 PM  
 Please Register  
 by 8/8



## LUNCH & LEARN

Res: Free / Non-Res: \$5

### Good Time to Move to Senior Living

Tuesday, June 10  
 11 - 12 PM



Come enjoy a free lunch while Dr. Bagne guides us in an informative discussion of health, wellness, longevity & lifestyle choices related to senior living. Considering appropriate communities that meet needs and are relaxed, fun, cheerful settings for seniors to enjoy life, make new friends and above all Stay safe, secure & healthy. Please register by 6/5

### Balance & Fall Prevention

Wednesday, June 18  
 10 - 11 AM



Join us and enjoy a chef prepared meal while learning 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 6/12