



Senior Services

4315 Andover Rd., Bloomfield Township MI 48302

Spring 2026 March / April / May

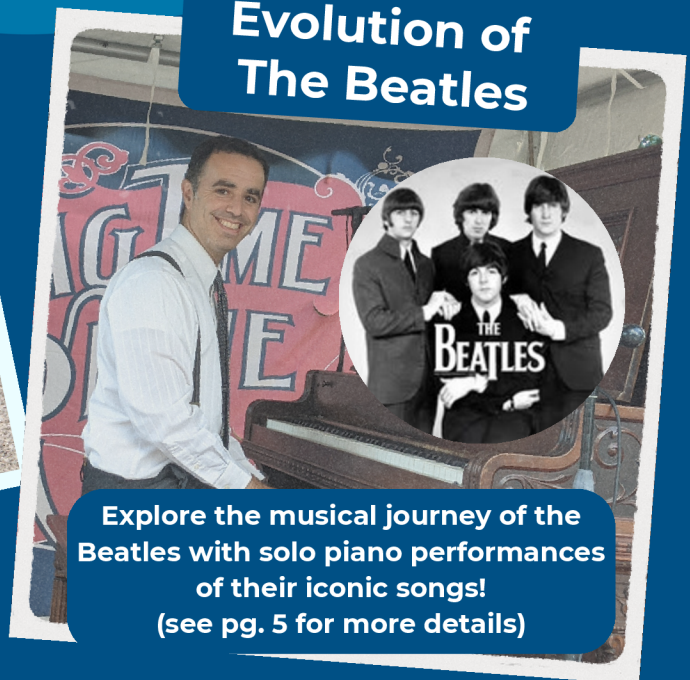


Get Moving in May!

Join us throughout National Fitness Month for a variety of fitness focused activities.

See pg. 3 for more details.

Evolution of The Beatles



Explore the musical journey of the Beatles with solo piano performances of their iconic songs!
(see pg. 5 for more details)

Promoting Wellness ~ Supporting Independence ~ Strengthening Community ~ Cultivating Vitality

www.bloomfieldtwpmi.gov/seniors

248-723-3500

Serving Adults 50+

Bloomfield Township Senior Services



TOPICS	PG
Registration Policies	3
Special/Featured Events	3-6
Fitness Classes: Land:	8-10
Fitness Classes: Aqua	11-12
Day Trips	12-15
Enrichment/Games	16-19
Support Services	20
Nutrition/Meals on Wheels	21
Minor Home Repair	22
Transportation Services	22

Bloomfield Twp. Senior Services

4315 Andover Rd.
Bloomfield Twp., MI 48302

Phone: 248-723-3500

Fax: 248-723-3519

www.bloomfieldtwpmi.gov/seniors

Senior Center Hours

Monday-Friday
7 AM - 3:30 PM

Bloomfield Township Board

Mike McCready, Supervisor
Martin C. Brook, Clerk
Michael Schostak, Treasurer
Neal J. Barnett, Trustee
Valerie Murray, Trustee
Christopher Kolinski, Trustee
Mark Antakli, Trustee

Weekly E-Newsletter & Social Media

Subscribe at

www.bloomfieldtwpmi.gov/Seniors
All operational updates will be sent via
eNews. We will never share your email.



Facebook.com/BTSeniorCenter

Christine's Comments

The creativity and commitment of our team to offer new programs and strengthen ongoing opportunities is evident!

In 2025, our day trip travelers grew by 25%, while attendance for onsite programs reached **over 47,000 visits**. We also welcomed **600 new customers**—WOW!

This season's opportunities are the best yet. I truly hope you review the catalog and share it with friends and neighbors. **You are part of our mission to Promote Wellness, Support Independence, Strengthen Community, and Cultivate Vitality!**

Big News!

We're merging two software applications this spring to improve efficiency and capture cost savings.

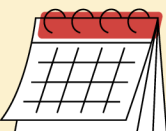
Watch for updates as we roll out **My Senior Center!**

And for everyone wondering... **yes, you'll have**

a key tag instead of an ID card. Cheers to simpler check-ins and a better experience!



Christine Tvaroha,
Director of Senior Services



Mark your Calendars, the Senior Center will be closed:

- **Monday, May 25**

Special Thank you to our Spring Sponsors:



CRANBERRY PARK
of WEST BLOOMFIELD | assisted living & memory care

FOUNDATION
Manual Physical Therapy and
Performance PLLC



THE AVALON
of Bloomfield Township

CEDARBROOK
SENIOR LIVING
— BLOOMFIELD HILLS —

A.J. DESMOND & SONS
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Village at Bloomfield

SHAYA
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SENIOR LIVING COMMUNITIES
Stone & Elmwood

The **BRADFORD**
SENIOR LIVING

Angela
Hospice

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

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

- Full payment is due at registration. Non-sufficient funds checks will incur a fee.
- Registration for BT residents begins 02/02/26, Non-residents registration begins 02/13/26 (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.

NATIONAL FITNESS MONTH



May is National Fitness Month, and we're offering an exciting lineup of activities to keep you active, engaged, and energized. From unique fitness classes to wellness-focused enrichment, there's something for everyone. Sponsored by American House Stone & Elmwood.

Tour of MSU Stadium
Go Green & White!

pg.14

**May
4**

**May
4 & 7**

pg.17

CPR Refresh w/ BTFD
BT Residents Only

Bring Your "Child" to Work-OUT
Bring your Child to Class!

pg.6

**May
5**

**May
6**

pg.6

Bites & Balance
Fall Prevention & Snacks

The Healthspan Hierarchy:
The Keys to Aging Well

pg.18

**May
7**

**May
8**

pg.6

Spring Fling
Music by Vanessa Carr



Movers, Shakers & Music Makers

Wednesday, March 11th

1:30 - 2:30 PM

Residents: Free / Non-Residents: \$2

This inspiring program honors six Michigan women who shaped history, including Myra K. Wolfgang, Grace Lee Boggs, and Laura Smith Haviland. Featuring powerful stories and songs such as "This Little Light of Mine" and "Oh! What a Beautiful City," the performance celebrates Michigan's legacy of women activists and their lasting impact. Performed by Kamryn Marck.

Sponsored By:



BIANCO TRAVEL SHOW

Wednesday, March 4th
10:00 AM - 11:00 AM
Res: Free / Non-Res: \$2

Join us for a fun and informative presentation with Bianco Tour Company! Learn about their comfortable motor coach travel and discover a variety of day trips and overnight tours designed just for our group—featuring exciting destinations, included meals, activities, and stress-free travel with friends.

MEET & GREET

Tuesday, March 10th
11 AM - 1 PM

Drop by and enjoy sweet treats and meet the team at Cranberry Park of West Bloomfield and learn about their wonderful senior living community!

 CRANBERRY PARK
of WEST BLOOMFIELD | assisted living & memory care

MEET & GREET

Tuesday, March 17th
11 AM - 1 PM

Celebrate St. Patrick's Day with something sweet! Drop by and enjoy festive treats, meet the team from Angela Hospice, and learn more about all the services they provide.



PIANO CONCERTS TALKS: THE EVOLUTION OF THE BEATLES

Sponsored By:

MONDAY, APRIL 20TH 1:30 - 2:30 PM

RESIDENTS: FREE / NON-RESIDENTS: \$2

Explore the musical journey of the Beatles with professional pianist David Rodgers. This program features solo piano performances of their iconic songs, along with historical insights, fun facts, and musical trivia, tracing how the band revolutionized popular music from their early days through their breakup.

Lunch & Learn

Res: Free / Non-Res: \$5

**Caregiver
Well Being**Tue, March 3
12:00 - 1:00 PM**Downsizing -
Understanding
Options**Thurs, March 5
11 AM - 12:00 PM**Balance &
Fall Prevention**Thurs, March 26
11 AM - 12:00 PM**Interconnections
of the Body**Wed, April 8
11 AM - 12:00 PM**Questions on
Cremation**Thurs, April 16
11:30 AM - 1 PM

For more details, check out the back page!

Put Your Best Brain Forward

Thursday, April 30th
1:00 - 2:00 PM

Res: Free / Non-Res: \$2

Join Lynn Breuer, LMSW, CDP, for a fun and interactive session on keeping your brain healthy as you age. Learn about lifestyle factors, the latest non-drug interventions, and try evidence-based cognitive exercises—no workout clothes required!

Jewish
Family
Service
OF METRO DETROIT





SpringFLING

with Vanessa Carr

Friday, May 8th 1:30 PM - 2:30 PM
Residents: \$3 / Non-Residents: \$5

Join Vanessa Carr for a Spring Fling Concert celebrating the season with lively, uplifting music. Enjoy an engaging performance filled with energy, melody, and the joy of spring.



BITES & BALANCE

WEDNESDAY, MAY 6TH
11:00 AM - 12:00 PM
RES: FREE / NON-RES: \$2

Join us for a brief, engaging session on balance and fall prevention with simple tips and a few easy demos. Plus, enjoy healthy food samples from Clean Eats. Learn, move, and taste something new!



BRING YOUR "CHILD" TO WORK-OUT

SELECT CLASSES
Tuesday, May 5th

BTSS welcomes adults 50+ to come join their parent for a fitness class.

Parent must be registered in advance. "Child" is complimentary.



GROUP FITNESS & AQUA SCHEDULE


MAR/APR/MAY

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

AQUA

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

BCTV

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

Land Fitness

Seated Classes

Ageless Yoga

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

Wednesdays w/Karen	11:30-12:20 pm
Wed Mar 4-25	4 Classes / \$48
Wed Apr 1-29	5 Classes / \$60
Wed May 6-27	4 Classes / \$48

Chair Yoga

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

Mondays w/Donna	11:30-12:30 pm
Mon Mar 2-30	5 Classes / \$50
Mon Apr 6-27	4 Classes / \$40
Mon May 4-18	3 Classes / \$30
Fridays w/Jannan	12:45-1:30 pm
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45

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/Amanda	12:30-1:15 pm
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36
Thursdays w/Lea	12:30-1:15 pm
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36



Chair Cardio

A fun, low-impact workout that gets your heart rate up using seated movements. This class is perfect for building endurance, improving circulation, and staying active in a supportive, accessible way. [Live]

Tuesdays w/Amanda	2:15-2:45 pm
Tue Mar 3-31	5 Classes / \$25
Tue Apr 7-28	4 Classes / \$20
Tue May 5-26	4 Classes / \$20

Cardio & Dance

Cardio, Core, Conditioning

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

Tuesdays w/Dondra	9-10:00 am
Tue Mar 3-31	5 Classes / \$50
Tue Apr 7-28	4 Classes / \$40
Tue May 5-26	4 Classes / \$40

LaBlast Dance Fitness + Abs

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

Mondays w/Donna	9:00-10:00 am
Mon Mar 2-30	5 Classes / \$50
Mon Apr 6-27	4 Classes / \$40
Mon May 4-18	3 Classes / \$30

Zumba + Zumba Toning

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

Thursdays w/Teresa	9-10:00 am
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

Zumba

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

Mondays w/Mari Ann	5:15-6 pm
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27
Wednesdays w/Mari Ann	5:15-6 pm
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36

Pilates

Mindful Movement Pilates

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

Fridays w/Amy	10:15-11:15 am
Fri Mar 6-27	4 Classes / \$40
Fri Apr 3-24	4 Classes / \$40
Fri May 1-29	5 Classes / \$50

Pilates Fusion

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

Thursdays w/Jannan	1:30-2:15 pm
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

Yoga Please bring your own mat

Gentle Moves Yoga w/Lea

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

Thursdays w/Lea	10:15-11:15 am
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

May is National Fitness month!
Sponsored by American House -
Stone & Elmwood



Gentle Moves Yoga Lvl 2

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

Tuesdays w/Jannan	10:15-11:15 am
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36

Strength & Balance**Balance & Stability**

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

Wednesdays w/Amanda	1:45-2:15pm
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36

Strength & Balance Lvl 1

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

Mondays w/Amanda	8-8:45 am
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27

Strength & Balance Lvl 2

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

Wednesdays w/Amanda	9-10 am
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36
Fridays w/Lola	9-10 am
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45

Barre Balance

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

Mondays w/Donna	10:30-11:15 am
Mon Mar 2-30	5 Classes / \$50
Mon Apr 6-27	4 Classes / \$40
Mon May 4-18	3 Classes / \$30
Tuesdays w/Amanda	11:30-12:15 pm
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36
Wednesdays w/Donna	12:45-1:30 pm
Wed Mar 4-25	4 Classes / \$40
Wed Apr 1-29	5 Classes / \$50
Wed May 6-27	4 Classes / \$40

Gentle Backs & Balance

This gentle, low-impact class focuses on strengthening the core and improving spinal mobility using movements designed to be kind to the back. Participants will practice targeted techniques to enhance posture and coordination, building the physical stability and confidence needed for safer daily movement. [Live]

Thursdays w/Lea	11:30-12:15 pm
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

TRX Express

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

Wed w/Amanda	8:15-8:45 am
Wed Mar 4-25	4 Classes / \$40
Wed Apr 1-29	5 Classes / \$50
Wed May 6-27	4 Classes / \$40
Fridays w/Amanda	8:15-8:45 am
Fri Mar 6-27	4 Classes / \$40
Fri Apr 3-24	4 Classes / \$40
Fri May 1-29	5 Classes / \$50

Total Body Express

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

Thursdays w/Jason	2:30-3:15 pm
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

Tai Chi**Tai Chi Chaun Beginner**

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

Mondays w/Holly	2:00-3:00pm
Mon Mar 2-Apr 27	9 Classes / \$90
Mon May 4-Jun 29	8 Classes / \$80

Tai Chi Chuan Continuing

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

Wednesdays w/Han	10:30-11:15 am
Wed Apr 1-May 27	9 Classes / \$90

Specialty Classes**Gentle Stretch**

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

Tuesdays w/Amanda	1:30-2:00 pm
Tue Mar 3-31	5 Classes / \$25
Tue Apr 7-28	4 Classes / \$20
Tue May 5-26	4 Classes / \$20

Mindful Meditation

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

Fridays w/Jannan	1:45-2:15 pm
Fri Mar 6-27	4 Classes / \$20
Fri Apr 3-24	4 Classes / \$20
Fri May 1-29	5 Classes / \$25

Land Fitness

Small Group Personal Training (SGPT)

Small Group Personal Training (SGPT)

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

Mondays w/Jason

Mon Mar 2-30	12:45-1:45 pm	5 Classes / \$95
Mon Apr 6-27	12:45-1:45 pm	4 Classes / \$76
Mon May 4-18	12:45-1:45 pm	3 Classes / \$57

Tuesdays w/Jason

Tue Mar 3-31	7:30-8:30 am	5 Classes / \$95
Tue Apr 7-28	7:30-8:30 am	4 Classes / \$76
Tue May 5-26	7:30-8:30 am	4 Classes / \$76

Thursdays w/Jason

Thu Mar 5-26	7:30-8:30 am	4 Classes / \$76
Thu Apr 2-30	7:30-8:30 am	5 Classes / \$95
Thu May 7-28	7:30-8:30 am	4 Classes / \$76

Fridays w/Lola

Fri Mar 6-27	11:30-12:30 pm	4 Classes / \$76
Fri Apr 3-24	11:30-12:30 pm	4 Classes / \$76
Fri May 1-29	11:30-12:30 pm	5 Classes / \$95

Personal Training / 1-on-1's

1-on-1 Personal Training

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

1 Hour - \$70 Res/ \$80 Non Res

All 1-on-1 Training must be registered by phone. Cancellations must be **2 business days** prior to appointment. **Please note-** We will share your contact information with the trainer who may reach out to you.



RenewActive™
by UnitedHealthcare

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

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

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 (1-15 or 16-end)

Walking Track

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

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

STRETCHING CAGE

Cool down, stretch out, and feel better.

You've Got Options!

Guided Stretch Session

Personalized 25 minute stretch with a personal trainer.

BT Res \$20 / NR \$30

Stretch Session 101

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

BT Res \$10/ NR \$15

SMART BALANCE

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

You've got options!

Balance Assessment

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

BT Res \$20 / NR \$25

Smart Balance Monthly

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

BT Res \$15 / NR \$20

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

Pool Notes: Lifeguard on duty. You don't need to know how to swim but must be comfortable in water. The pool is 4 feet deep, entry is by ramp or stairs, temperatures average 83 - 88 degrees. Showers are required prior to pool use. For efficiency, please arrive with your suit under your clothes. Water shoes are recommended. Bring water bottle and towel. Lockers are available.

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

Aqua Circuit

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

Tuesdays w/Ernie	11-11:45 am
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36
Wednesdays w/Ernie	8:30-9:15 am
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36

Aqua Boot Camp

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

Tuesdays w/Ernie	7:15-8:00 am
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36
Thursdays w/Ernie	11:00-11:45 am
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

ET Workout

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

Wednesday w/Ernie	11-11:45am
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Web May 6-27	4 Classes / \$36
Thursdays w/Ernie	9:45-10:30 am
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

Pool Noodle Workout

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

Mondays w/Ernie	8:30-9:15 am
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27
Fridays w/Ernie	8:30-9:15 am
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45

Aqua Interval

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

Mondays w/Ernie	9:45-10:30 am
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27
Wednesdays w/Ernie	9:45-10:30 am
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36
Thursdays w/Amanda	7:15-8:00 am
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36
Fridays w/Ernie	9:45-10:30 am
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45



Aqua Flow Yoga

Blends gentle yoga-inspired movements with the natural resistance of water to improve flexibility, balance, and relaxation. This soothing pool-based class offers a flowing, low-impact workout that's easy on the joints and great for both body and mind.

Wednesdays w/Amanda	12:15-1:00 pm
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36
Fridays w/Amanda	12:15-1:00 pm
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45

Water Walking Workout

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

Mondays w/Amanda	12:15-1:00 pm
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27
Fridays w/Ernie	11:00-11:45 am
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45

Endurance, Core & Balance

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

Mondays w/Ernie	11:00-11:45 am
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27

Aquatics

Total Body Aqua

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

Tuesdays w/Brent	8:30-9:15 am
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36
Thursdays w/Ernie	8:30-9:15 am
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

Aqua Therapy w/Brent

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

Tuesdays w/Brent	9:45-10:30 am
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36



Aqua Energy & Flow

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

Tuesday w/Becca	12:15-1:00 pm
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36
Thursday w/Becca	12:15-1:00 pm
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36

Open Swim

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

Mondays w/Ernie	2:00-2:45 pm
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27
Fridays w/Ernie	1:30-2:15 pm
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45

Lap Swim

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

BT Residency Required.

Mondays w/Ernie	7:15-8:00 am
Mon Mar 2-30	5 Classes / \$45
Mon Apr 6-27	4 Classes / \$36
Mon May 4-18	3 Classes / \$27
Tuesdays w/Ernie	1:30-2:15 pm
Tue Mar 3-31	5 Classes / \$45
Tue Apr 7-28	4 Classes / \$36
Tue May 5-26	4 Classes / \$36
Wednesdays w/Ernie	7:15-8:00 am
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36
Wednesdays w/Ernie	2:00-2:45 pm
Wed Mar 4-25	4 Classes / \$36
Wed Apr 1-29	5 Classes / \$45
Wed May 6-27	4 Classes / \$36
Thursdays w/Ernie	2:00-2:45 pm
Thu Mar 5-26	4 Classes / \$36
Thu Apr 2-30	5 Classes / \$45
Thu May 7-28	4 Classes / \$36
Fridays w/Ernie	7:15-8:00 am
Fri Mar 6-27	4 Classes / \$36
Fri Apr 3-24	4 Classes / \$36
Fri May 1-29	5 Classes / \$45

Senior Housing Tours

Res: Free / Non-Res: \$5

Join us as we travel on the Senior Center bus, to tour, taste, experience and learn about local Senior Living Communities and their amenities. Lunch included.



Thurs, March 19th
10:00 AM - 1:00 PM
Register by 3/16



Fri, March 20th
10:30 AM - 1:30 PM
Register by 3/17



Fri, May 1st
10:30 AM - 1:30 PM
Register by 4/28



3/2	Mon	Detroit Historical Society
3/6	Fri	Michigan Central Station Tour
3/10	Tue	Little Caesars Arena Tour
3/17	Tue	Behind the Curtain: Fisher Theatre Tour
3/25	Wed	Meadowbrook Theatre: Come from Away
3/27	Fri	DSO: Rick Steves' Europe Journey
4/6	Mon	Detroit Athletic Club Tour
4/15	Wed	Belle Isle Conservatory Tour
4/16	Thu	Encore Theatre: Rent
4/22	Wed	Purple Rose Theatre: Murder on the Links
4/28	Tue	Balduck Park Garden Tour
4/29	Wed	Meadowbrook Theatre: Million Dollar Quartet
4/30	Thu	Bianco: Historic Marshall
5/4	Mon	MSU Stadium Tour
5/6	Wed	Ford House Tour & Lunch
5/13	Wed	OPC 360 Players: Positively Broadway
5/18	Mon	Saarinén House Tour - Cranbrook
5/20	Wed	Bianco: Kellogg Manor
5/28	Thu	DIA Melodies at the Museum
5/29	Fri	DSO: Songs of America
6/3	Wed	Meadowbrook Theatre: Always a Bridesmaid
6/17	Wed	Bianco: Huron Lady II
6/25	Thu	Detroit Princess Riverboat Cruise

Detroit Historical Society: Historical Perspectives Tour

Mon Mar 2 10:15-2:45 pm Fee: Res \$31/Non-Res \$41

Explore Detroit's rich history on a guided Historical Perspectives Tour at the Detroit Historical Museum. Learn about the people, events, and innovations that shaped the Motor City through engaging exhibits and stories. After the tour, enjoy lunch on your own at the iconic Shield's Restaurant, known for its classic Detroit favorites.

Michigan Central Station Tour

Fri Mar 6 10:15-2:45 pm Fee: Res: \$78/Non-Res: \$88

Discover the history and grandeur of Detroit's iconic Michigan Central Station on this exclusive guided tour. Explore the stunning architecture, learn about the building's rise, fall, and restoration, and hear fascinating stories of its role in Detroit's past and future. Lunch included at Slows Bar-B-Q.

Little Caesars Arena Tour

Tue Mar 10 11:15-2:15 pm Fee: Res \$47/Non-Res \$57

Enjoy a guided behind-the-scenes tour of Little Caesars Arena, home of the Detroit Red Wings and Detroit Pistons. Discover behind-the-scenes spaces, learn about the arena's history and design, and get an inside look at this iconic downtown Detroit venue.



Behind the Curtain: Exploring the Fisher Theatre

Tue Mar 17 10:15-2:45 pm Fee: Res \$81/Non-Res \$91

Step into Detroit's iconic Fisher Theatre with exclusive backstage access! Explore dressing rooms, the orchestra pit, and stand center stage while learning about the theatre's rich history and role in Detroit's cultural life. The experience concludes with a lunch at Slows Bar-B-Q.

Meadowbrook Theatre: Come from Away

Wed Mar 25 11:5:00 pm Fee: Res \$95/Non-Res \$105

Enjoy a wonderful day at Meadow Brook Theatre with a performance of the acclaimed musical Come From Away. This uplifting and heartfelt show tells the true story of compassion and community in the days following 9/11. Lunch is included at Lelli's Restaurant, featuring a delicious Italian meal. **Must register by February 25th.**

DSO: Rick Steves Europe Journey

Fri Mar 27 9:30-3:45 pm Fee: Res \$67/Non-Res \$77

Best known for his PBS travel series and bestselling guidebooks, Rick Steves teams up with the Detroit Symphony Orchestra for A Symphonic Journey. Travel across Europe—from Italy and England to Austria, Norway, and beyond—as stirring orchestral masterpieces are paired with live narration sharing the history and culture behind the music. Lunch will be on your own at the Clawson Steakhouse.

Detroit Athletic Club Tour

Mon Apr 6 9:15-1:45 pm Fee: Res \$18/Non-Res \$28

Enjoy a guided tour of the historic Detroit Athletic Club, one of the city's most iconic landmarks. Learn about its rich history, stunning architecture, and role in Detroit's past and present. After the tour, enjoy lunch on your own at Hudson Café, a popular spot known for its delicious breakfast and lunch favorites.

Belle Isle Conservatory Tour

Wed Apr 15 8:45-1:30 pm Fee: Res \$28/Non-Res \$38

Explore the lush beauty of the Belle Isle Conservatory on a guided tour, featuring tropical plants, seasonal displays, and the historic architecture of this Detroit landmark. Afterward, enjoy lunch on your own at Jumps Restaurant.

Trips



Encore Theatre: Rent

Thu Apr 16 10:30-5:30 pm Fee: Res \$78/Non-Res \$88

Spend a memorable day at Encore Theatre in Dexter, MI, with a performance of the iconic musical Rent, a powerful story of love, friendship, and hope. Enjoy lunch on your own beforehand at Weber's Restaurant.

Must register by March 16th.



Purple Rose Theatre: Murder on the Links

Wed Apr 22 1:30-6:30 pm Fee: Res \$74/Non-Res \$84

Enjoy an entertaining afternoon at the Purple Rose Theatre with the suspenseful and humorous mystery Murder on the Links. Follow the twists and turns as the story unfolds in this engaging whodunit. A fun outing for theater lovers and fans of a good mystery.

Must register by April 1st.

Balduck Park Garden Tour

Tue Apr 28 12:15-3:45 pm Fee: Res \$33/Non-Res \$43

Take a guided garden and nature tour at Balduck Park, exploring its scenic walking paths, seasonal plantings, and beautifully maintained green spaces. Learn about the park's landscaping, history, and native Michigan flora, including trees, shrubs, and wildflowers that thrive in this urban oasis.



Meadowbrook Theatre: Million Dollar Quartet

Wed Apr 29 11:00-5:00pm Fee: Res \$98/Non-Res \$108

Enjoy a lively performance of Million Dollar Quartet at Meadow Brook Theatre, celebrating the legendary jam session that brought together Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins. Lunch is included at The Auburn Standard, offering a delicious pre-show meal. A perfect day of music, history, and great dining.

Must register by March 30th.

Bianco: Historic Marshall

Thu Apr 30 7:00-6:15 pm Fee: Res \$120/Non-Res \$135

Travel in comfort via deluxe motorcoach with reclining seats and onboard restroom. Explore the charming city of Marshall with stops at three historic museums: Honolulu House, a unique blend of Italianate, Gothic Revival, and Polynesian architecture; Governor's Mansion Museum, built in 1839; and the United States Postal Museum, the nation's second-largest postal museum. Enjoy an included lunch at Schuler's Restaurant & Pub, a Marshall tradition for over a century. A perfect day of history, architecture, and local charm.



MSU Stadium Tour

Mon May 4 9:15-3:30 pm Fee: Res \$60/Non-Res \$70

Enjoy an exciting trip to MSU Stadium featuring a behind-the-scenes tour, including a walk through the iconic player tunnel and access to key areas of the stadium. After the tour, enjoy lunch on your own at Lucky's Steakhouse, offering a wide selection of classic American favorites. A great day combining Spartan pride, history, and good food!



Ford House Tour & Lunch

Wed May 6 9:00-3:00 pm Fee: Res \$37/Non-Res:\$47

Enjoy a Ford House House & Grounds Tour with a guided exploration of the historic mansion and its beautifully landscaped grounds. Learn about the Ford family, the estate's architecture, and the thoughtful design of the surrounding gardens while taking in scenic lakefront views. After the tour, enjoy lunch on your own at The Continental.

OPC 650 Players: Positively Broadway

Wed May 13 11:00-3:45 pm Fee: Res \$33/Non-Res \$43

Experience the excitement of Broadway as OPC Performing Arts presents its 2026 Spring Show, Positively Broadway. Enjoy a lively celebration of Broadway favorites filled with energetic performances, dazzling choreography, and unforgettable music. This joyful production promises an entertaining evening that will leave you smiling and singing along.



Saarinen House Tour - Cranbrook

Mon May 18 10:45-2:15pm Fee: Res \$38/Non-Res \$48

Enjoy a guided tour of the historic Saarinen House at Cranbrook, a masterpiece of modern American design and architecture. Explore the beautifully preserved home and studio of renowned architect Eliel Saarinen and his family while learning about their lasting influence on art and design. After the tour, enjoy lunch on your own at Moose Preserve.



Bianco: Kellogg Manor

Wed May 20 6:45-7:30pm Fee: Res \$129/Non-Res \$144

Travel in comfort via deluxe motorcoach with reclining seats and onboard restroom. Enjoy a guided tour and included lunch at the historic W.K. Kellogg Manor House in Hickory Corners, MI, overlooking Gull Lake. Choose between Pastry-Topped Chicken Pot Pie or a Michigan Harvest House Salad, and explore the elegant estate and gardens. Then visit Cherry Creek Cellars in Brooklyn, MI, for a wine tasting at this boutique, family-owned winery set in a historic 1870 schoolhouse. A perfect day of history, scenic beauty, and wine.



DIA Melodies at the Museum - Chambergrass

Thu May 28 12:15-3:30 pm Fee: Res \$10/Non-Res \$20

Spend a relaxing afternoon at the Detroit Institute of Arts with Afternoon Melodies at the Museum: Bluegrass Music. Enjoy live performances by Westbound Situation, blending bluegrass, classical precision, and jazz into a unique chambergrass sound while you explore the museum's art collections.

DSO: Songs of America

Fri May 29 9:30-3:45 pm Fee: Res \$67/Non-Res \$77

Experience the Detroit Symphony Orchestra's Songs of America, a vibrant concert celebrating the music that has shaped our nation. Enjoy patriotic and iconic American songs performed by world-class musicians. Lunch will be on your own at Woodpile BBQ, a local favorite for hearty, flavorful barbecue.



Meadowbrook Theatre: Always a Bridesmaid

Wed Jun 3 11:00-5:00 pm Fee: Res \$101/Non-Res \$111

On the night of their senior prom, Libby Ruth, Deedra, Monette, and Charlie vow to be bridesmaids in each other's weddings... no matter what. More than thirty years later, these Southern friends are still honoring that promise in this heartwarming and hilarious comedy from the writers of The Golden Girls and Kingdom Come. Lunch is included at Kruse & Muer.

Must register by May 4th.

Detroit Princess Riverboat Cruise

Thu Jun 25 10:00-3:15 pm Fee: Res \$81/Non-Res \$91

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!

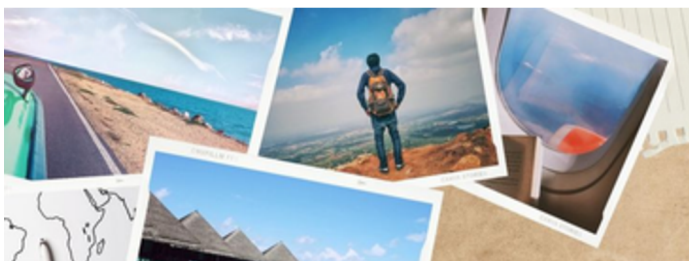


Bianco: Huron Lady II

Wed Jun 17 9:15-5:45 pm Fee: Res \$120/Non-Res \$135

Enjoy a full day of sightseeing and fun along the Blue Water area. Travel in comfort on a deluxe highway motorcoach with reclining seats and onboard restroom. Start with an included buffet at The Voyageur, overlooking the St. Clair River with entrees of chicken and cod, vegetables, and dessert. Then, cruise the Huron Lady II from downtown Port Huron, taking in Great Lake freighters, the Blue Water Bridges, and narrated local history. Finish with a stop at Sweet Tooth of Marine City, offering nostalgic candy, handmade chocolates, and Hudsonville hand-dipped ice cream.

Unique Topics



Bianco Tours Travel Show

Wed Mar 4 10-11:00am Fee: Res Free/Non-Res \$2

Join us for a fun and informative presentation with Bianco Tour Company! Learn about their comfortable motor coach travel — with reclining seats, onboard restrooms, Wi-Fi options, and plenty of space to relax — plus a variety of day trips and overnight tours planned just for our group. Find out about exciting destinations, included meals and activities, professional tour directors, and how you can travel comfortably and hassle-free with friends.

Supporting Wellness with Gardening

Fri Mar 6 1-2:00pm Fee: Res Free/Non-Res \$2

Discover how gardening can support wellness at any age. This engaging presentation explores accessible gardening options, including container and raised-bed gardening, along with easy-care houseplants. Led by MSU Extension horticulture educator Melanie Fuhrmann, participants will gain practical tips and simple techniques to enjoy gardening in a variety of spaces and ability levels.



Movers, Shakers & Music Makers

Wed Mar 11 1:30-2:30pm Fee: Res Free/Non-Res \$2

This inspiring program honors six Michigan women who shaped history, including Myra K. Wolfgang, Grace Lee Boggs, and Laura Smith Haviland. Featuring powerful stories and songs such as "This Little Light of Mine" and "Oh! What a Beautiful City," the performance celebrates Michigan's legacy of women activists and their lasting impact. Sponsored by The Avalon.



What's New at Bowers Farm?

Thurs Mar 12 10-11:00am Fee: Res Free/Non-Res \$2

Discover exciting updates, seasonal happenings, and hands-on programs coming to Bowers Farm. Learn about interactive experiences—including animal encounters, educational workshops, and farm-to-table activities—including programs that Bowers Farm will be bringing directly to our center.



St. Patrick's Day Trivia

Mon Mar 16 1-2:00pm Fee: Free/Non-Res:\$2

Celebrate St. Patrick's Day with a lively trivia challenge! Test your knowledge of Irish culture, history, and holiday traditions in this engaging, interactive event. Enjoy a fun mix of questions that range from classic facts to quirky and surprising St. Patrick's Day tidbits. Perfect for anyone looking to learn, laugh, and celebrate the luck of the Irish!



Detroit Unseen

Wed Mar 18 10-11:00 am Fee: Res Free/Non-Res \$2

Join us for this fascinating lecture and photography presentation of Detroit, both past and present. Detroit Unseen will take us around Detroit from abandoned buildings to the regrowth of today.

Stu Johnson: Dixieland Music

Thurs Mar 19 10-11:30am Fee: Res \$3/Non-Res \$5

Join Stu Johnson as he presents Dixieland Music: The Forgotten Roots of Jazz, an engaging exploration of the history, style, and lasting influence of Dixieland, bringing the lively sounds of early jazz to life.



Claude Monet & His Gardens

Fri Mar 27 10-11:00am Fee: Res \$3/Non-Res \$5

Join us as Wendy Evans explores the gardens of Impressionist painter Claude Monet, from wild poppies to Japanese waterlilies. Discover how Monet's love of gardening influenced his art as we examine his own garden designs, paintings of Giverny—his "greatest masterpiece"—and contemporary photos of the gardens today.

Getting to Know Your iPhone

Thurs Apr 2 10-11:00 am Fee: Res Free/Non-Res \$2

Author and instructor Mike Wilson will demonstrate how to use your smartphone in this hands-on class for mature and newer iPhone users. Topics include texting, photos, apps, contacts, email, camera, settings, and Internet basics. (Not for Android users.)



Stu Johnson: Rodgers & Hart

Thurs Apr 9 10-11:30am Fee: Res \$3/Non-Res \$5

Join Stu Johnson for a musical journey through the works of Rodgers & Hart, exploring the timeless songs and enduring legacy of this iconic songwriting duo. Enjoy insights into their music, history, and influence on American popular song.



Virtual Tour of Detroit

Fri Apr 10 1-2:00pm Fee: Res Free/Non-Res \$2

Join Rusty Rosman, author and Detroit tour guide, as she explores how reminiscing about cherished memories can boost brain health, lift your mood, and strengthen connections. Take a virtual tour of Detroit, celebrate the power of reflecting on the past, and leave inspired to share your own stories.

Presidents & The Press

Mon Apr 13 10-11:00am Fee: Res \$3/Non-Res \$5

Join Bruce Zeller as he explores how U.S. presidents have interacted with the press over time. From limited early contact to FDR's 900+ Oval Office gatherings, Kennedy's humorous approach, and LBJ's tense meetings, discover how each president used emerging technologies—from newspapers to TV and the internet—in their own distinctive way.



The Detroit Lions: An Illustrated Timeline

Wed Apr 15 10-11:00AM Fee: Res \$3/Non-Res \$5

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

Smart Food Choices

Mon Apr 20 10-11:00am Fee: Res Free/Non-Res \$2

Planning meals can feel overwhelming, but Lisa Tams from MSU Extension makes it simple. She will guide you through choosing foods that support your health goals, shopping for healthy options within your budget, and tips for making grocery shopping less stressful.



Piano Concert Talks: The Evolution of the Beatles

Mon Apr 20 1:30-2:30pm Fee: Res Free/Non-Res \$2

Explore the musical journey of the Beatles with professional pianist David Rodgers. This program features solo piano performances of their iconic songs, along with historical insights, fun facts, and musical trivia, tracing how the band revolutionized popular music. Sponsored by American House Stone & Elmwood.

DIA Camelot to Kent State: Pop Art 1960-75

Mon Apr 27 10-11:00am Fee: Res Free/Non-Res \$2

Join Carlene VanVoorhies for Camelot to Kent State: Pop Art, 1960–1975. Explore the imagery and social commentary of pop culture as reflected in artwork that used mass media to express the ideas and perspectives of the era's artists.

Put Your Best Brain Forward

Thurs Apr 30 1:00-2:00pm Fee: Res Free/Non-Res \$2

Join Lynn Breuer, LMSW, CDP, for a fun and interactive session on keeping your brain healthy as you age. Learn about lifestyle factors, the latest non-drug interventions, and try evidence-based cognitive exercises—no workout clothes required!

CPR Refresh w/ BFD

**Mon May 4 10-12:00pm
Thurs May 7 1-3:00pm Fee: BT Residents Only**

Join the Bloomfield Township Fire Department for a CPR Review and refresher course held at the senior center.



Bites & Balance

Wed May 6 11-12:00pm Fee: Res Free/Non-Res \$2

Join us for a brief, engaging session on balance and fall prevention with simple tips and a few easy demos. Plus, enjoy free healthy food samples from Clean Eats. Learn, move, and taste something new!

Unique Topics

The Healthspan Hierachy: Keys to Aging Well

Thurs May 7 10-11:00am Fee: Res Free/Non-Res \$2

We all want to age well. This engaging presentation will explore the importance of the Healthspan Hierarchy: the evidence-based layers of movement, lifestyle, mindset, and purpose that stack together to add quality years to life. You will leave with practical, science-based strategies to live not just longer, but live better.

Spring Fling w/ Vanessa Carr

Fri May 8 1:30-2:30pm Fee: Res Free/Non-Res \$2

Join Vanessa Carr for a Spring Fling Concert celebrating the season with lively, uplifting music. Enjoy an engaging performance filled with energy, melody, and the joy of spring.

The Mystery of the Disappearing Cemetery

Wed May 13 1:00-2:00pm Fee: Res Free/Non-Res \$2

How can a cemetery simply disappear? Discover how historians work like detectives, using clues like old maps, census records and tombstones to solve history mysteries.

Nancy Drew: Carolyn Keene Revisited

Thurs May 14 10-11:30am Fee: Res \$3/Non-Res \$5

Join Carol Chadwick as she explores the iconic Nancy Drew Mystery Series. Learn about its origins, Edward Stratemeyer, the original Carolyn Keene, and Nancy Drew's lasting impact on culture. Perfect for longtime fans or newcomers, this presentation offers fresh insights into the beloved detective's legacy.

Creem Magazine & the Counterculture Press

Fri May 15 1:00-2:00pm Fee: Res \$3/Non-Res \$5

Join Rochelle Forester for a look back at the local and national journalistic impact of 1960s underground magazines and their journey to mainstream establishment — or extinction. Discover how these publications challenged traditional media, shaped cultural movements, and influenced modern journalism.

Stu Johnson: Harold Arlen Over the Rainbow

Thurs May 21 10-11:30am Fee: Res \$3/Non-Res \$5

Join Stu Johnson for a music history presentation celebrating the life and work of legendary composer Harold Arlen. Explore the stories, cultural context, and enduring impact of his most beloved songs, accompanied by solo piano performances.



Exploring Apps of Your Phone

Fri May 22 10-11am Fee: Res:\$25/Non-Res:\$30

The word "apps" is short for applications. You have many standard apps on your phone for practical uses. Let's use many of these apps in this user-friendly class. We will discuss and demonstrate your maps, calendar, photo gallery, some settings, widgets, search, getting apps, and do more as time permits.

UNIQUE CLASSES & WORKSHOPS

Easter Bloom Wreath Workshop

**Fri Mar 13 10-12 pm
R:\$21/NR:\$26**

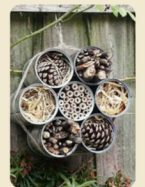
Celebrate spring by creating a cheerful farmhouse-style Easter wreath! This hands-on, beginner-friendly class includes all supplies and step-by-step guidance to make a beautiful wreath for your door or as a gift.



Bower's Farm: Bee Hotel

**Tues April 21 1-3 pm
R:\$25/NR:\$30**

Create a Bee Hotel with using upcycled materials while learning about the importance of pollinators. Participants will assemble a bee hotel to take home and help support healthy habitats for bees.



Cinnamon Roll Making Class

**Mon Mar 16 10-12 pm
R:\$45/NR:\$50**

Join us to make soft, gooey cinnamon rolls! In this hands-on class, you'll mix, fill, and shape one-rise rolls to take home and bake. All ingredients, frosting, a pan, and recipes are included.



May Day Ikebana Workshop

**Fri May 11 1-3pm
R:\$30/NR:\$35**

Celebrate spring with a May Day-inspired Ikebana workshop! Create a seasonal arrangement while learning the art of Japanese flower design. All materials included—just bring your creativity.



Wild Daisy Creative: Resin & Flower Jewelry

**Tue Apr 14 1-3 pm
R:\$35/NR:\$40**

Join Wild Daisy Creative to make a pressed flower resin necklace and earrings. Choose from a variety of flowers, greenery, and gold or silver styles. All supplies, including hypoallergenic earrings, are included.



Bread Making Workshop: 2 Ways

**Tue May 12 10-12pm
R:\$49/NR:\$54**

Learn to bake crusty artisan bread and a batter bread in this hands-on class. You'll bake one loaf to take home warm and finish the artisan loaf at home. Includes supplies, tools, and recipes.



Bower's Farm: Felting

**Wed May 27 1-3 pm
Res:\$40/NR:\$45**

Join Bowers Farm for a hands-on Felting Workshop where you'll learn the basics of wool science and how to card wool. Create a simple felted project to take home—no prior experience needed.



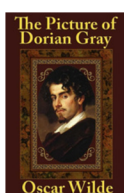


Drop-In Game/Clubs Fee: Res \$3/Non-Res \$5

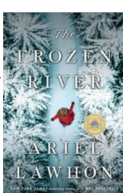
Billiards	Facilitator: B. Haw Group play, all levels welcome. Call for availability.	Tue & Thu 1:00-3:00
Duplicate Bridge	Facilitator: C. Wood Max 7 tables. Arrive at 11:00 for table assignments.	Tue 11:30-3:00
Mah-Jong	Facilitator: M.A.Williams For brain health & memory skills.	Tue & Thu 12-3:00
Poker	Facilitator: A. Rubin Enjoy a friendly game.	Wed 11-3:00
Craft Circle	Facilitator: K. Neher Crafting projects & fun conversations!	Tue 12:30-2:30
Book Club	Facilitator: Fern Stoffer Registration required. Limited Space!	1st Fri 10-11:30



**Apr
10th**



**May
1st**



LEARN TO PLAY!

Bridge - Advanced & Play

Fri Mar 6-Apr 24 10-12:00pm Fee: Res \$200/NR \$210

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

Introduction to Bridge - Bidding

Fri Mar 6-Apr 24 1:00-3:00pm Fee: Res \$200/NR \$210

Learn the basics of bridge in this introductory class. You'll explore the rules, scoring, and fundamental strategies to get started with confidence. No prior experience needed **\$25 Book Fee paid 1st week to instructor.**

Learn to Play Mah-Jong

Wed Apr 8-Apr 29 9:30-11:30am Fee: Res \$40/NR \$50

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

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**



Coffee & Crime Statistics

Enjoy a cup of coffee with Bloomfield Township's Community Liaison Officer in our café! Join Officer Heather Glowacz for Coffee & Crime Stats as she shares recent local crime trends, community updates, and answers your questions.



**Wednesday, March 11th
10-11:00 am
Res/Free, Non-Res \$2**



**Friday, May 1st
11 AM - 2 PM (20 Min Appts)
Free for BT Residents**

Experience Dementia Live, an interactive program that helps participants better understand what it's like to live with dementia. This eye-opening experience builds empathy, improves communication, and offers helpful insights for caregivers and families.

Please call 248-723-3500 for appointment!



Bloomfield Township Public Library at BTSS

Pop-Up Librarian
Wed, Mar 11th 10-11:00am
Complimentary
Talk with one of your local librarians about books, movies & technology.

Book Talk
Wed, Apr 1st 10-11:00am
Complimentary
Hear about popular new books and find your next read!

Lecture
Wed, May 6th 10-11:00am
Complimentary
History of AI
Join a BTPL librarian for a basic overview of the history of AI and some of its daily uses.





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

April 15 May 13

June 10



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!**



Caregiver Support Group

Thursdays

10-11 AM

Mar 19 / Apr 16 / May 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- 2:30 PM

Mar 11 & 25 / Apr 8 & 22 / May 6 & 20

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

Advanced Registration Required.





BLOOMFIELD TOWNSHIP
SENIOR SERVICES

Home Delivered Meals

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

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

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

Request Information

Mary Osborne
Nutrition Coordinator

 Phone Number
248-723-3500 Ext. 3513



UPCOMING SERVICES

@ THE SENIOR CENTER

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



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

Mobile SOS
Monday, March 30
10 AM - 2 PM



Medicare Counseling
Wednesday 11 - 3 PM
Mar 18 / Apr 15 / May 20



Home Repair & Financial Assistance Programs



Minor Home Repair Program

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

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

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

MHR project examples may include but are not limited to:

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

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

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

Corrections of: Single code violations.



Oakland County Home Improvement Loan Program

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

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

If you are in need of financial aid please complete one form to request a hardship exemption for property taxes and waiver of solid waste fees. You can find the form by visiting: www.bloomfieldtwp.org/resources/forms/assessing.aspx

Senior Chore Program

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

Transportation Services

Transportation is available Monday thru Friday!
Contact Jeff Howes, Transportation Coordinator—248-723-3512

Center Transportation:

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



Rides to Medical Appointments:

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



MEDICAL EQUIP. LOAN CLOSET

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



BLOOD PRESSURE CHECKS

Thursdays

Mar 19, Apr 16, May 21
11:30 AM - 12:30 PM

Take charge of your health with our free blood pressure monitoring service. Stop by for a quick, easy check-up and take control of your well-being.



In Memory of

BLOOMFIELD TOWNSHIP
SENIOR SERVICES
BRICK CAMPAIGN
www.brickerus.com

Buy A Brick Program

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

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

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

FREE HEARING SCREENING

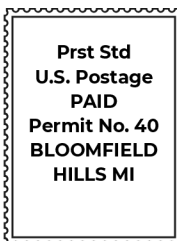
Wednesday, May 13th
9:00 - 11:00 am

Screenings provided by:



Hinderliter
HEARING SERVICES

PLEASE CALL 248-723-3500
TO MAKE AN APPOINTMENT



Senior Services
4315 Andover Rd.
Bloomfield Twp., MI

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



Lunch will be provided
Res: Free / Non-Res:\$5

**Caregiver Well
Being**
Tue, March 3
12:00 - 1:00 PM

Canc Wade, LPN, Director of Memory Care, will lead a meaningful discussion on lessons in love, focusing on caring for your loved ones. Topics include self-care, safety, realistic outcomes, and practical support strategies, with time for questions.

Register By 2/27

**Downsizing -
Understanding
Options**
Thurs, March 5
11 AM - 12:00 PM

Enjoy lunch while we explore an informative session about seniors downsizing and transition planning, and learn how older adults and their families understand options, timelines and resources to make informed housing decisions without pressure.

Register By 3/2

**Balance & Fall
Prevention**
Thurs, March 26
11 AM - 12:00 PM

Join us for a chef-prepared meal while learning about the physiological changes within the body that contribute to an increased risk of falls, and discover practical steps you can take to help reduce those risks and stay safe and confident.

Register By 3/23

**Interconnections
of the Body**
Wed, April 8
11 AM - 12:00 PM

Discussing how different areas of the body contribute to or cause pain/symptoms in adjacent areas. Will be covering lower back, neck, shoulder, knee and hip issues. Exercise and stretching examples will be covered as well as asking a volunteer from the audience to go over a quick screening.

Register By 4/6

**Questions on
Cremation**
Thurs, April 16
11:30 AM - 1 PM

We will explore and answer questions about cremation and the many options available. We will also discuss how planning your final wishes in advance creates a wonderful gift for your loved ones, shielding your family from unnecessary emotional and financial burdens.

Register By 4/14

Sponsored By:



Sponsored By:



Sponsored By:



Sponsored By:



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