



Senior Services

4315 Andover Rd., Bloomfield Township MI 48302

FALL 2025 - September / October / November



SEPTEMBER IS NATIONAL SENIOR CENTER MONTH

Join us for special programs:

- Community Resource Fair
- Charcuterie Board Class
- Music Through the Decades
- Matter of Balance Class

...and so much more!

Sponsored by: Cedarbrook Senior Living



Rochelle Cl...



Mindset Trio

* Fall Coffee Shop Music Series *

Inspired by the coziness of autumn, these events will offer the perfect mix of live music and ambiance - no coffee shop required. See pg. 15 for more info.



Promoting Wellness ~ Supporting Independence ~ Strengthening Community ~ Cultivating Vitality

www.bloomfieldtwp.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.bloomfieldtp.org/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.bloomfieldtp.org/Seniors
All operational updates will be sent via eNews. We will never share your email.



Facebook.com/BTSeniorCenter

Christine's Comments

The national celebration of Senior Centers encourages 'Powering Possibilities: Flip the Script.' Let's challenge outdated perceptions of aging and senior centers. Instead, celebrate the dynamic role that centers play in fostering wellness, connection, purpose, and resilience in later life.

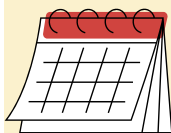
Flip conversations about growing older to focus on the value and contributions of older adults. Reframing Aging principles to keep in mind: Aging is a normal part of life, not a problem to be solved. Older adults contribute in diverse and meaningful ways—as caregivers, workers, volunteers, and community leaders. Communities thrive when everyone is supported across their lifespan. Learn more at: www.reframingaging.org

Research shows people who participate in senior center programs experience better physical, social, spiritual, emotional, and mental well-being across several measures compared to non-participants, including higher levels of health, increased social interaction, and greater life satisfaction.

Data source: NCOA.org



Christine Tvaroha,
Director of Senior Services



Mark your Calendars, the Senior Center will be closed:

- **Monday, September 1 - Labor Day**
- **Thursday, November 27 - Thanksgiving**
- **Friday, November 28 - Thanksgiving**

Special Thank you to our Fall Sponsors:

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



Eligibility/Registration
Call 248-723-3500 or visit
www.bloomfieldtwp.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 08/04/25, Non-residents registration begins 08/15/25 (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.

NATIONAL SENIOR CENTER MONTH

Sponsored By:  **CEDARBROOK**
 SENIOR LIVING
 — BLOOMFIELD HILLS —

**Celebrate your senior center by
 connecting with others and
 engaging in impactful community
 programs all month long.**

**SEPT
5**

**Communicating
Effectively w/ Dementia**
 10 - 11 AM

**SEPT
8**

**Matter of Balance 8-Week
Class (Presented by Ageways)**
 Mondays 10 - 12 PM

**SEPT
17**

**Senior Center Community
Resource Fair**
 9 - 12 PM

**SEPT
19**

**Fall Coffee Shop Music
Series: Rochelle Clark**
 1:30 - 2:30 PM

**SEPT
22**

**Charcuterie Board Class
by Board Babez**
 1 - 2:30 PM

**SEPT
24**

**Underground Railroad in
Oakland County**
 1 - 2 PM

Fall Highlights



MMAP

MICHIGAN MEDICARE
ASSISTANCE PROGRAM

Navigating Medicare

Open Enrollment Counseling for BT Residents

Thursday, October 16th
Appointments Only: 10-3:00 pm
Call in advance to schedule.

MMAP is a free service offered through  AgeWays to help you make more informed health benefit decisions. Attend a one-hour session with certified counselors who will assist with understanding Medicare and Medicare Advantage health plans, explain prescription drug coverage, review supplemental insurance needs and provide applications for the Medicare Savings Program. **Registration and appt. required.** Must be 65+ & bring photo ID, Medicare card (& Medicaid if applicable) to schedule your appointment.



MEDICARE & YOU

Understanding Your
Medicare Choices

**Free Medicare
Counseling**
Wednesdays, 11-3:00 pm
Sept 17 / Nov 19
(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**

Wednesday, Sept 10th

10 AM - 2:30 PM

**4315 Andover Rd,
Bloomfield Twp 48302**

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



**A MATTER OF
BALANCE**

MANAGING CONCERNS ABOUT FALLS

Mon Sept 8 - Oct 27
10 - 12 PM (8-Week Class)

Free / BT Residents Only

Area Agency on Aging 1-8



Take advantage of these FREE health services!

Blood Pressure

Sep 18/Oct 24/Nov 20
11:30-12:30 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.

Hearing Screening

Mon, Oct 6
9-11:00 AM

Get your free hearing screening onsite at the Senior Center.
Call for an appointment.
BT Residents Only.



Blood Drive

Wed, Oct 15
8:00-2:00 PM

Roll up your sleeve and help save lives! Donating blood takes just a small part of your day, but it makes a huge difference for patients in need. Join us and be a lifesaver—your single donation can help up to three people!

Visit RedCrossBlood.org
or call the Red Cross at
1-800-733-2767
Sponsor Code: BHRotary



Rotary



Flu Shot Clinic

Fri, Oct 24
9:00-1:00 PM

Flu Shots provided by UM Ambulatory Care Immunization. Limited flu shots available to BT Residents 50+ years. Shots **FREE** for seniors 65+ w/Medicare B. Other participant's shots are billed to insurance. Appts. required. Blood pressure checks by BTSS Volunteers. **Register by phone or at BTSS beginning Sept, 24th at 9AM.** Bring proof of residency & Medicare Card to appt. Sponsored by:





Senior Resource Fair

Wed, Sept 17th 9 AM - 12 PM

Join us at the senior center to connect with valuable resources & information, to enjoy some festive fall treats and to snag some branded giveaways. The following sponsors/vendors will have staff and information available to share and discuss with you.



Veterans Day Ed Black Jazz Band Performance

MONDAY,
NOVEMBER 10TH
1:30 - 2:30 PM

Join us this Veterans Day for a soulful live jazz performance in honor of our veterans. Enjoy smooth melodies and a memorable tribute of music and appreciation!

Res: Free / Non-Res: \$2

MEET & GREET

WEDNESDAY, AUGUST 20

11:00 AM - 1:00 PM



Drop by and enjoy some healthy snacks! Meet the team from The Bradford and learn about their wonderful senior living community.

Celebrate Fall

Tuesday, October 7th

11:00 AM - 1:00 PM



Drop by and celebrate fall with festive cider, donuts & caramel apples. Meet the team from Magnolia by the Lakes and learn about their wonderful senior living community.

Friends giving

Wednesday, November 19th

12:00 - 2:00 PM

Res: \$20 / Non-Res: \$25

Join us for a heartwarming Friendsgiving event filled with good food, great company, and festive cheer! Enjoy a traditional Thanksgiving meal with all the classic favorites, followed by live music from The Sirens.



GROUP FITNESS & AQUA SCHEDULE

SEP/OCT/NOV

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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LAND

Strength & Balance Lvl 1 8:00 am	S.G.P.T. 7:30 am	Full Body Express 7:15 am	S.G.P.T. 7:30 am	Full Body Express 7:15 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 10:30 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	Core Conditioning 11:30 am	S.G.P.T. 11:30 am
Drum Happy 1:00 pm	Gentle Stretch 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	S.E.A.T. 1:30 pm	Balance & Stability 1:45 pm	Pilates Express 1:30 pm	Power Hour 2:00 pm
Zumba LaBlast 5:15 pm (virtual only)		Zumba LaBlast 5:15 pm (virtual only)		

AQUA

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	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	Circuit Splash 9:45 am	Endurance Core & Balance 9:45 am
Endurance Core & Balance 11:00 am	Aqua Circuit 11:00 am	Aqua Barre 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	Pool Noodle 12:15 pm	Aqua Energy & Flow 12:15 pm	Aqua Interval 12:15 pm
Pool Party-Open Swim 1:30 pm	Lap Swim 1:30 pm	Circuit Splash 1:30 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		



Tai Chi

Tai Chi Chaun Beginner w/Holly

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

Mon Sep 8-Oct 27 2-3 pm 8 Classes / \$80

Mon Nov 3-Dec 29 2-3 pm 9 Classes / \$90

Tai Chi Chuan Continuing w/Han

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

Wed Sep 10-Oct 29 10:30-11:15 am 8 Classes / \$80

Wed Nov 5-Dec 17 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 Sep 3-24 11:30-12:20 pm 4 Classes / \$40

Wed Oct 1-29 11:30-12:20 pm 5 Classes / \$50

Wed Nov 5-26 11:30-12:20 pm 4 Classes / \$40

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

Mondays w/Donna

Mon Sep 8-29 11:30-12:30 am 4 Classes / \$40

Mon Oct 6-27 11:30-12:30 am 4 Classes / \$40

Mon Nov 3-24 11:30-12:30 am 4 Classes / \$40

Fridays w/Jannan

Fri Sep 5-26 12:45-1:30 pm 4 Classes / \$40

Fri Oct 3-31 12:45-1:30 pm 5 Classes / \$50

Fri Nov 7-21 12:45-1:30 pm 3 Classes / \$30

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.

Tuesdays w/Becca [Live, Virtual, Hybrid]

Tue Sep 2-30 1:30-2:15 pm 5 Classes / \$45

Tue Oct 7-28 1:30-2:15 pm 4 Classes / \$36

Tue Nov 4-25 1:30-2:15 pm 4 Classes / \$36

Thursdays w/Lea [Live]

Thu Sep 4-25 12:30-1:15 pm 4 Classes / \$36

Thu Oct 2-30 12:30-1:15 pm 5 Classes / \$45

Thu Nov 6-20 12:30-1:15 pm 3 Classes / \$27

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 Sep 4-25 10:15-11:15 am 4 Classes / \$36

Thu Oct 2-30 10:15-11:15 am 5 Classes / \$45

Thu Nov 6-20 10:15-11:15 am 3 Classes / \$27

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]

Tue Sep 2-30 10:15-11:15 am 5 Classes / \$45

Tue Oct 7-28 10:15-11:15 am 4 Classes / \$36

Tue Nov 4-25 10:15-11:15 am 4 Classes / \$36

Pilates

Mindful Movement Pilates w/Amy

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

Fri Sep 5-26 10:15-11:15 am 4 Classes / \$40

Fri Oct 3-31 10:15-11:15 am 5 Classes / \$50

Fri Nov 7-21 10:15-11:15 am 3 Classes / \$30

Pilates Express w/Jannan

NEW

PE is a quick targeted format delivering all the benefits of Pilates in just 45 min [Live, Virtual, Hybrid]

Thu Sep 4-25 1:30-2:15 pm 4 Classes / \$36

Thu Oct 2-30 1:30-2:15 pm 5 Classes / \$45

Tue Nov 6-20 1:30-2:15 pm 3 Classes / \$27

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]

Mon Sep 8-29 1-1:45 pm 4 Classes / \$36

Mon Oct 6-27 1-1:45 pm 4 Classes / \$36

Mon Nov 3-24 1-1:45 pm 4 Classes / \$36

Gentle Stretch w/Eva *Discounted Rate*

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

Tue Sep 2-30 12:30-1:00 pm 5 Classes / \$25

Tue Oct 7-28 12:30-1:00 pm 4 Classes / \$20

Tue Nov 4-25 12:30-1:00 pm 4 Classes / \$20

Land Fitness

Strength & Balance

Strength & Balance Lvl 1 w/Amanda



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]

Mon Sep 8-29	8:00-8:45 am	4 Classes / \$36
Mon Oct 6-27	8:00-8:45 am	4 Classes / \$36
Mon Nov 3-24	8:00-8:45 am	4 Classes / \$36

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

Wed Sep 3-24	9-10 am	4 Classes / \$36
Wed Oct 1-29	9-10 am	5 Classes / \$45
Wed Nov 5-26	9-10 am	4 Classes / \$36

Fridays w/Lola

Fri Sep 5-26	9-10 am	4 Classes / \$36
Fri Oct 3-31	9-10 am	5 Classes / \$45
Fri Nov 7-21	9-10 am	3 Classes / \$27

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

Mon Sep 8-29	10:30-11:15 am	4 Classes / \$40
Mon Oct 6-27	10:30-11:15 am	4 Classes / \$40
Mon Nov 3-24	10:30-11:15 am	4 Classes / \$40

Tuesdays w/Eva

Tue Sep 2-30	11:30-12:15 pm	5 Classes / \$50
Tue Oct 7-28	11:30-12:15 pm	4 Classes / \$40
Tue Nov 4-25	11:30-12:15 pm	4 Classes / \$40

Wednesdays w/Donna

Wed Sep 3-24	12:45-1:30 pm	4 Classes / \$40
Wed Oct 1-29	12:45-1:30 pm	5 Classes / \$50
Wed Nov 5-26	12:45-1:30 pm	4 Classes / \$40

Core Conditioning w/Lea

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]

Thu Sep 4-25	11:30-12:15 pm	4 Classes / \$36
Thu Oct 2-30	11:30-12:15 pm	5 Classes / \$45
Thu Nov 6-20	11:30-12:15 pm	3 Classes / \$27

Balance & Stability w/ Amanda



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

Wed Sep 3-24	1:45-2:45 pm	4 Classes / \$36
Wed Oct 1-29	1:45-2:45 pm	5 Classes / \$45
Wed Nov 5-26	1:45-2:45 pm	4 Classes / \$36

Body Express *Discounted Rate*



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.

Wednesdays w/Jason - LOWER BODY

Wed Sep 3-24	7:15-7:45 am	4 Classes / \$20
Wed Oct 1-29	7:15-7:45 am	5 Classes / \$25
Wed Nov 5-26	7:15-7:45 am	4 Classes / \$20

Fridays w/Amanda - UPPER BODY

Fri Sep 5-26	7:15-7:45 am	4 Classes / \$20
Fri Oct 3-31	7:15-7:45 am	5 Classes / \$25
Fri Nov 7-21	7:15-7:45 am	3 Classes / \$15



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS

Mon Sep 8-Oct 27

8 Classes / Free!

(BT Residents Only)

See pg. 4 for more info

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 Sep 2-30	9-10 am	5 Classes / \$50
Tue Oct 7-28	9-10 am	4 Classes / \$40
Tue Nov 4-25	9-10 am	4 Classes / \$40

Power Hour PopUp w/Amanda *Discounted Rate*

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 Sep 5-26	2-3 pm	4 Classes / \$20
Fri Oct 3-31	2-3 pm	5 Classes / \$25
Fri Nov 7-21	2-3 pm	3 Classes / \$15

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 3 x world ballroom champion L. Van Amstel and presented to you by MI Master Trainer Donna Tomassi. [Live]

Mon Sep 8-29	9-10 am	4 Classes / \$40
Mon Oct 6-27	9-10 am	4 Classes / \$40
Mon Nov 3-24	9-10 am	4 Classes / \$40

Cardio Dance Party w/Teresa

Whether you have dance skills or two left feet, every-one 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 Sep 4-25	9-10 am	4 Classes / \$36
Thu Oct 2-30	9-10 am	5 Classes / \$45
Thu Nov 6-20	9-10 am	3 Classes / \$27

Zumba /LaBlast w/Mari Ann ®

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

Mondays

Mon Sep 8-29	5:15-6 pm	4 Classes / \$36
Mon Oct 6-27	5:15-6 pm	4 Classes / \$36
Mon Nov 3-24	5:15-6 pm	4 Classes / \$36

Wednesdays

Wed Sep 3-24	5:15-6 pm	4 Classes / \$36
Wed Oct 1-29	5:15-6 pm	5 Classes / \$45
Wed Nov 5-19	5:15-6 pm	3 Classes / \$27

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]

Tuesdays w/Jason

Tue Sep 2-30	7:30-8:30 am	5 Classes / \$95
Tue Oct 7-28	7:30-8:30 am	4 Classes / \$76
Tue Nov 4-25	7:30-8:30 am	4 Classes / \$76

Thursdays w/Jason

Thu Sep 4-25	7:30-8:30 am	4 Classes / \$76
Thu Oct 2-30	7:30-8:30 am	5 Classes / \$95
Thu Nov 6-20	7:30-8:30 am	3 Classes / \$57

Fridays w/Lola

Fri Sep 5-26	11:30-12:30 pm	4 Classes / \$76
Fri Oct 3-31	11:30-12:30 pm	5 Classes / \$95
Fri Nov 7-21	11:30-12:30 pm	3 Classes / \$57



Flu Shot Clinic
FRIDAY
OCTOBER 24TH
9 AM - 1 PM

Register by phone or at BTSS beginning Sept, 24th at 9AM

Sponsored by:
PROVISION LIVING
Senior Living Communities



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

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



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Details on Page 4

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.

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

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

Aquatics



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.

Open Swim w/Ernie

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.*

Fri Sep 5-26	1:30-2:15 pm	4 Classes / \$36
Fri Oct 3-31	1:30-2:15 pm	5 Classes / \$45
Fri Nov 7-21	1:30-2:15 pm	3 Classes / \$27

Pool Party (Open Swim) w/Amanda

Pool party is a fitness class that combines fun, high energy vibe of a party with water-based games. It's a unique and engaging way to stay active. *Lap swimming is not permitted during Open Swim.*

Mon Sep 8-29	1:30-2:15 pm	4 Classes / \$36
Mon Oct 6-27	1:30-2:15 pm	4 Classes / \$36
Mon Nov 3-24	1:30-2:15 pm	4 Classes / \$36

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 Sep 2-30	7:15-8:00 am	5 Classes / \$45
Tue Oct 7-28	7:15-8:00 am	4 Classes / \$36
Tue Nov 4-25	7:15-8:00 am	4 Classes / \$36

Thursdays

Thu Sep 4-25	11:00-11:45 am	4 Classes / \$36
Thu Oct 2-30	11:00-11:45 am	5 Classes / \$45
Thu Nov 6-20	11:00-11:45 am	3 Classes / \$27

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

Mon Sep 8-29	8:30-9:15 am	4 Classes / \$36
Mon Oct 6-27	8:30-9:15 am	4 Classes / \$36
Mon Nov 3-24	8:30-9:15 am	4 Classes / \$36

Wednesdays w/Ernie

Wed Sep 3-24	12:15-1:00 pm	4 Classes / \$36
Wed Oct 1-29	12:15-1:00 pm	5 Classes / \$45
Wed Nov 5-26	12:15-1:00 pm	4 Classes / \$36

Fridays w/Amanda

Fri Sep 5-26	8:30-9:15 am	4 Classes / \$36
Fri Oct 3-31	8:30-9:15 am	5 Classes / \$45
Fri Nov 7-21	8:30-9:15 am	3 Classes / \$27

Aqua Barre w/Donna



This low-impact water workout mixes gentle strength and balance movements with stretching. Using small, controlled movements, Aqua Barre helps strengthen muscles, improve posture, and increase flexibility—without heavy weights or high-impact jumping. Perfect for all fitness levels!

Wed Sep 3-24	11:00-11:45 am	4 Classes / \$40
Wed Oct 1-29	11:00-11:45 am	5 Classes / \$50
Wed Nov 5-26	11:00-11:45 am	4 Classes / \$40

Circuit Splash w/Jason



Build stamina and strength with a variety of exercises as you move from station to station

Wednesday

Wed Sep 3-24	1:30-2:15 pm	4 Classes / \$36
Wed Oct 1-29	1:30-2:15 pm	5 Classes / \$45
Wed Nov 5-26	1:30-2:15 pm	4 Classes / \$36

Thursdays

Thu Sep 4-25	9:45-10:30 am	4 Classes / \$36
Thu Oct 2-30	9:45-10:30 am	5 Classes / \$45
Thu Nov 6-20	9:45-10:30 am	3 Classes / \$27

Lap Swim

Self-paced for lap workouts only. Walk or swim.
BT Residency Required.

Mondays w/Ernie

Mon Sep 8-29	7:15-8:00 am	4 Classes / \$36
Mon Oct 6-27	7:15-8:00 am	4 Classes / \$36
Mon Nov 3-24	7:15-8:00 am	4 Classes / \$36

Tuesdays w/Jason

Tue Sep 2-30	1:30-2:15 pm	5 Classes / \$45
Tue Oct 7-28	1:30-2:15 pm	4 Classes / \$36
Tue Nov 4-25	1:30-2:15 pm	4 Classes / \$36

Wednesdays w/Ernie

Wed Sep 3-24	7:15-8:00 am	4 Classes / \$36
Wed Oct 1-29	7:15-8:00 am	5 Classes / \$45
Wed Nov 5-26	7:15-8:00 am	4 Classes / \$36

Thursdays w/Ernie

Thu Sep 4-25	2:00-2:45 pm	4 Classes / \$36
Thu Oct 2-30	2:00-2:45 pm	5 Classes / \$45
Thu Nov 6-20	2:00-2:45 pm	3 Classes / \$27

Fridays w/Ernie

Fri Sep 5-26	7:15-8:00 am	4 Classes / \$36
Fri Oct 3-31	7:15-8:00 am	5 Classes / \$45
Fri Nov 7-21	7:15-8:00 am	3 Classes / \$27



Aqua Therapy w/Brent



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

Tue Sep 2-30	9:45-10:30 am	5 Classes / \$45
Tue Oct 7-28	9:45-10:30 am	4 Classes / \$36
Tue Nov 4-25	9:45-10:30 am	4 Classes / \$36

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

Mon Sep 8-29	12:15-1:00 pm	4 Classes / \$36
Mon Oct 6-27	12:15-1:00 pm	4 Classes / \$36
Mon Nov 3-24	12:15-1:00 pm	4 Classes / \$36

Fridays w/Ernie

Fri Sep 5-26	11:00-11:45 am	4 Classes / \$36
Fri Oct 3-31	11:00-11:45 am	5 Classes / \$45
Fri Nov 7-21	11:00-11:45 am	3 Classes / \$27

Total Body Aqua

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

Tuesdays w/Brent

Tue Sep 2-30	8:30-9:15 am	5 Classes / \$45
Tue Oct 7-28	8:30-9:15 am	4 Classes / \$36
Tue Nov 4-25	8:30-9:15 am	4 Classes / \$36

Thursdays w/Ernie

Thu Sep 4-25	8:30-9:15 am	4 Classes / \$36
Thu Oct 2-30	8:30-9:15 am	5 Classes / \$45
Thu Nov 6-20	8:30-9:15 am	3 Classes / \$27

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 Sep 8-29	11:00-11:45 am	4 Classes / \$36
Mon Oct 6-27	11:00-11:45 am	4 Classes / \$36
Mon Nov 3-24	11:00-11:45 am	4 Classes / \$36

Fridays

Fri Sep 5-26	9:45-10:30 am	4 Classes / \$36
Fri Oct 3-31	9:45-10:30 am	5 Classes / \$45
Fri Nov 7-21	9:45-10:30 am	3 Classes / \$27

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/Amanda

Tue Sep 2-30	11-11:45am	5 Classes / \$45
Tue Oct 7-28	11-11:45am	4 Classes / \$36
Tue Nov 4-25	11-11:45am	4 Classes / \$36

Wednesdays w/Jason

Wed Sep 3-24	8:30-9:15 am	4 Classes / \$36
Wed Oct 1-29	8:30-9:15 am	5 Classes / \$45
Wed Nov 5-26	8:30-9:15 am	4 Classes / \$36

Aqua Energy & Flow w/Becca

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

Tue Sep 2-30	12:15-1:00 pm	5 Classes / \$45
Tue Oct 7-28	12:15-1:00 pm	4 Classes / \$36
Tue Nov 4-25	12:15-1:00 pm	4 Classes / \$36

Thursday

Thu Sep 4-25	12:15-1:00 pm	4 Classes / \$36
Thu Oct 2-30	12:15-1:00 pm	5 Classes / \$45
Thu Nov 6-20	12:15-1:00 pm	3 Classes / \$27

Aqua Resistance Training w/Amanda

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

Thu Sep 4-25	7:15-8 am	4 Classes / \$36
Thu Oct 2-30	7:15-8 am	5 Classes / \$45
Thu Nov 6-20	7:15-8 am	3 Classes / \$27

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

Mon Sep 8-29	9:45-10:30 am	4 Classes / \$36
Mon Oct 6-27	9:45-10:30 am	4 Classes / \$36
Mon Nov 3-24	9:45-10:30 am	4 Classes / \$36

Wednesdays w/Ernie

Wed Sep 3-24	9:45-10:30 am	4 Classes / \$36
Wed Oct 1-29	9:45-10:30 am	5 Classes / \$45
Wed Nov 5-26	9:45-10:30 am	4 Classes / \$36

Fridays w/Jason

Fri Sep 5-26	12:15-1:00 pm	4 Classes / \$36
Fri Oct 3-31	12:15-1:00 pm	5 Classes / \$45
Fri Nov 7-21	12:15-1:00 pm	3 Classes / \$27

Trips



9/3	Wed	Midtown Detroit Strolling Tour
9/4	Thu	Detroit Princess Riverboat Cruise
9/11	Thu	Pewabic Pottery Tour & Workshop
9/15	Mon	U of M Stadium Tour
9/16	Tue	Ford Rouge Factory Tour
9/24	Wed	Bower's Farm Garden Tour
9/25	Thu	St. John Church Tour & Lunch
9/26	Fri	National Weather Station Tour
9/29	Mon	Senior Housing Tour - Pomeroy
10/7	Tue	Michigan Flight Museum

Midtown Detroit Strolling Tour

Wed Sep 3 8:45-2:45pm Fee: Res \$100/Non-Res \$110

Join Linda Yellin for a captivating stroll through Detroit's Midtown and New Center neighborhoods. This engaging tour combines history, art, and culture, featuring stops for a leisurely lunch along the way. Discover the rich stories and vibrant creativity that make these areas a unique part of Detroit's heritage.

Detroit Princess Riverboat Cruise

Thu Sep 4 10:00-3:00pm 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!

Pewabic Pottery Tour & Workshop

Thu Sep 11 9:00-3:00pm Fee: Res \$80/Non-Res \$90

Join us for a creative and cultural day trip to the iconic Pewabic Pottery! Explore the historic studio on a guided tour, learning about its rich history and stunning ceramic art. Then, get hands-on with a fun tile-making workshop where you'll craft your own unique piece to take home. Afterward, enjoy a delicious lunch at Sinbad's Detroit, featuring classic Detroit flavors in a welcoming setting.

10/8	Wed	Senior Housing Tour - The Avalon
10/14	Tue	Senior Housing Tour - Magnolia by the Lakes
10/15	Wed	Senior Housing Tour - The Bradford
10/17	Fri	Hamtramck Museum Tour
10/20	Mon	OPC 360 Players: Dames at Sea
10/22	Wed	Eastside Detroit Strolling Tour
10/24	Fri	DSO: Three Mexican Tenors
11/3	Mon	Guardian Building Tour & Lunch
11/6	Thu	Grosse Pointe War Memorial Tour
11/7	Fri	Zingerman's Mozzarella Making Demo
11/11	Tue	DIA Highlight Tour
11/18	Tue	DHT Automotive History Tour
12/5	Fri	Downtown Detroit Bakery Bus Tour

U of M Stadium Tour

Mon Sep 15 9:45-2:45pm Fee: Res \$42/Non-Res \$52

Join us for an exciting guided tour of the legendary University of Michigan Stadium, home to the Wolverines! Discover the history, traditions, and behind-the-scenes stories of one of college football's most iconic venues. After the tour, enjoy lunch on your own at Weber's Restaurant in Ann Arbor.

Ford Rouge Factory Tour

Tue Sep 16 9:30-3:00pm Fee: Res \$30/Non-Res \$40

Enjoy a fascinating morning at the Ford Rouge Factory Tour in Dearborn, where you'll explore the history and innovation behind Ford's iconic vehicles, including a live view of the F 150 assembly line. After the tour, head to Senate Coney Island for a classic Detroit-style lunch featuring Coney dogs, chili, and comfort food favorites. A perfect blend of industry and local flavor!

Bower's Farm Garden Tour

Wed Sep 24 9:45-1:15pm Fee: Res \$38/Non-Res \$48

Join us for a tour of our production and horticulture gardens. Discover the wide variety of plants we grow, learn about sustainable gardening practices, and gain insights into the meticulous care behind our thriving gardens. This tour offers a unique behind-the-scenes look at our green spaces and the techniques that nurture them. Time will be given to shop in the Market for produce, gifts, etc.

Senior Housing Tours

Res: Free
Non-Res: \$5



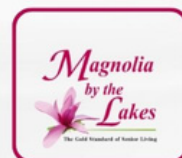
Join us as we travel on the Senior Center bus, to tour, taste, experience and learn about local Senior Living Communities and their amenities. Lunch included.



Mon, Sept 29th
10:30 - 1:30 PM
Register by 9/25



Wed, Oct 8th
11:30 - 2:30 PM
Register by 10/6



Tue, Oct 14th
10:30 - 1:30 PM
Register by 10/10



Wed, Oct 15th
10:30 - 1:30 PM
Register by 10/10

St. John Armenian Apostolic Orthodox Church Tour & Lunch

Thu Sep 25 9:30-2:30pm Fee: Res \$50/Non-Res \$60

Travel with us to Southfield to experience a cultural and spiritual journey with a guided tour of the beautiful St. John Armenian Apostolic Orthodox Church sanctuary and its museum. Discover the rich history, art, and traditions of the Armenian community through stunning architecture and meaningful exhibits. Following the tour, enjoy a delicious traditional Armenian buffet luncheon featuring authentic flavors that celebrate this vibrant heritage.

National Weather Station Tour

Fri Sep 26 9:15-1:30pm Fee: Res \$20/Non-Res \$30

Join us for an informative tour of the National Weather Station in White Lake, Michigan, where you'll learn about weather forecasting, technology, and the science behind the skies. After the tour, enjoy lunch on your own at Kruse's Deer Lake Inn—a charming local spot known for its warm atmosphere and hearty menu.

Michigan Flight Museum

Tue Oct 7 9:30-2:30pm Fee: Res \$32/Non-Res \$42

Embark on a captivating journey to the Michigan Flight Museum in Belleville, where aviation enthusiasts of all ages can delve into Michigan's rich aviation heritage. The museum boasts a diverse collection of over 18 static aircraft, ranging from early-era prop planes to modern-day jets. Lunch on own at Mama Mia in Livonia.

Hamtramck Museum Tour

Fri Oct 17 10:15-3:15pm Fee: Res \$25/Non-Res \$35

Discover Hamtramck's unique heritage on a guided tour of the Hamtramck Historical Museum, featuring exhibits that highlight the city's vibrant immigrant history. After the tour, enjoy a tasty lunch at the Polish Village Café, known for its authentic Polish cuisine like pierogi and stuffed cabbage in a warm, welcoming atmosphere. Meal on your own.

OPC 360 Players: Dames at Sea

Mon Oct 20 11:00-3:45pm Fee: Res \$33/Non-Res \$43

Step back into the golden age of movie musicals with DAMES at Sea - a high-spirited toe-tapping celebration presented by the talented OPC 50+ Performing Arts Troupe! This year's fall show promises a wave of laughs, dazzling dance numbers, and a whole lot of heart. Lunch included.

Eastside Detroit Strolling Tour

Wed Oct 22 8:45-2:45pm Fee: Res \$100/Non-Res \$110

Join Linda Yellin for a guided strolling tour of Detroit's vibrant Eastside, featuring East & West Village, Indian Village, and Little Village. Along the way, savor tastings from local eateries while exploring the rich history, architecture, and culture of these unique neighborhoods.

DSO: Three Mexican Tenors

Fri Oct 24 9:30-3:45pm Fee: Res \$67/Non-Res \$77

Enjoy a powerful and uplifting performance with the Detroit Symphony Orchestra featuring The Three Mexican Tenors. This dynamic concert showcases a blend of beloved Mexican folk songs, boleros, and romantic classics—brought to life by stunning vocals and full orchestral accompaniment. Lunch on own at Sedona Taphouse in Troy.

Guardian Building Tour & Lunch

Mon Nov 3 10:15-3:00pm Fee: Res \$57/Non-Res \$67

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. A truly unforgettable experience! Lunch included at Fords Garage Dearborn.

Grosse Pointe War Memorial Tour

Thu Nov 6 9:00-2:45pm Fee: Res \$25/Non-Res \$35

Discover the Grosse Pointe War Memorial, a stately mansion overlooking Lake St. Clair. Built in 1910 as the home of Russell Alger Jr., it was donated in 1949 to honor veterans of all wars. Today, it serves as a cultural hub offering art, music, and educational programs. Enjoy a peaceful stroll through its historic grounds and serene Veterans Garden. Lunch on own at Jump's Restaurant in Grosse Pointe Farms.

Zingerman's Mozzarella Making Demo & Deli Counter Delights

Fri Nov 7 9:00-2:00pm Fee: Res \$93/Non-Res \$103

Join us for a fun and flavorful trip to Zingerman's in Ann Arbor, where we'll enjoy a live mozzarella-making demonstration by their expert cheesemongers. Watch fresh cheese come to life and learn the secrets behind this delicious craft! After the demo, we'll sample some of Zingerman's famous deli favorites—known for their artisan breads, cured meats, and one-of-a-kind sandwiches. A perfect outing for food lovers and cheese enthusiasts alike! Lunch included from Zingerman's Deli.

DIA Highlight Tour

Tue Nov 11 12:00-3:45pm Fee: Res \$10/Non-Res \$20

Enjoy an afternoon at the renowned Detroit Institute of Arts, right in the heart of our own cultural landscape. Start with a guided tour of collection highlights, then take time to explore the galleries at your own pace. A perfect outing for art lovers and curious minds alike.

DHT Automotive History Tour

Tue Nov 18 10:00-2:15pm Fee: Res \$81/Non-Res \$91

Discover Detroit's automotive roots with Detroit History Tours. Visit iconic sites like Milwaukee Junction and the Highland Park Plant, birthplace of the moving assembly line. See the factories and neighborhoods that built the Motor City. Lunch included at Buddy's Pizza.

Downtown Detroit Bakery Bus Tour

Fri Dec 5 8:30-12:30pm Fee: Res \$89/Non-Res \$99

Hop on the Christmas Bakery Bus Tour for a joyful ride through Detroit's best ethnic bakeries, featuring holiday treats from German, Polish, Greek, Mexican, and Filipino traditions. Enjoy a festive mix of cookies, pastries, and cultural delights—plus twinkling city sights along the way. Wear your holiday best and bring your sweet tooth for this merry, mouthwatering experience!

Unique Topics

Unique Classes & Workshops!



Clay Earring Class w/Wild Daisy Creative

Wed Sep 10 2:00-3:00pm Fee: Res \$17/Non-Res \$22

These beautiful polymer clay earrings are the perfect fall accessory! This will be a fun class for all skill levels. We will be using polymer clay, texture tools and shaped cutters then assembling our earrings. All supplies included to make a pair of earrings. All earring posts are hypoallergenic and clip-ons are available too. A variety of fall colors and styles will be available to choose from.



Charcuterie Class by Board Babez

Mon Sep 22 1:00-2:30pm Fee: Res \$55/Non-Res \$60

Get ready to build the ultimate snack board! Join Board Babez for a fun, hands-on charcuterie class where you'll learn how to craft beautiful and delicious boards with meats, cheeses, fruits, and more. Perfect for entertaining or just treating yourself, this class covers tips on pairings, styling, and presentation. No experience needed—just bring your appetite and creativity!



Candle Making Class w/Wild Daisy Creative

Tue Nov 11 1:00-3:00 Fee: Res \$40/Non-Res \$45

Join Lee Ann from Wild Daisy Creative for a fun artistic candle making class. Learn all about making your own handmade candles with tips and tricks for the best candles possible. We will be making a 4oz. container candle, 2 tea light candles, and decorating our label with a handmade by you, watercolor painting. All supplies for the class are provided. A variety of seasonal and delectable fragrances available to scent your candles.



Pierogi Making Class w/My New Favorite Thing

Thu Nov 13 11:00-1:00pm Fee: Res \$53/Non-Res \$58

Join us for a fun, hands-on class where you'll make pierogi from scratch! Mix, roll, fill, and shape your own using a pierogi dumpling maker—yours to keep! While the dough rests, enjoy a tasting of grilled pierogi. Take home your pierogi, a recipe, and a box to carry them in.

Communicating Effectively with Dementia

Fri Sep 5 10:00-11:00am Fee: Res Free/Non-Res \$2

Presented by the Alzheimer's Association. Learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

U of M Empower at Home

Mon Sep 8 10:00-11:00am Fee: Res Free/Non-Res \$2

Join us to learn about the University of Michigan's Empower at Home—a free, online therapy program designed to boost your mood, reduce stress, and enhance your overall quality of life. Whether you're facing life's challenges or simply looking to feel better day to day, this program offers support you can access from the comfort of home.

The Long Crusade for Women's Voting Rights

Mon Sep 15 10:00-11:00am Fee: Res \$3/Non-Res \$5

Trace the powerful story of the women's suffrage movement in the United States—from its early beginnings to the passage of the 19th Amendment and beyond. This engaging presentation highlights the leaders, struggles, and lasting impact of the decades-long fight for women's right to vote. Perfect for anyone interested in history, civil rights, or social change.

Music Through the Decades: 70's

Thu Sep 18 10:00-11:30am Fee: Res Free/Non-Res \$2

Get groovy with Stu Johnson as he takes you on a musical journey through the unforgettable sounds of the 1970s! From disco and classic rock to soul and singer-songwriters, this engaging program highlights the artists, trends, and cultural moments that defined the decade.

The Underground Railroad in Oakland County

Wed Sep 24 1:00-2:00pm Fee: Res \$3/Non-Res \$5

Local historians have recently identified and documented over 50 individuals connected to the Underground Railroad in our area—highlighting Oakland County's significant role in Michigan's Underground Railroad network in the years leading up to the Civil War. In this program, project director Leslie Pielack will share the stories of abolitionists and freedom seekers whose lives are deeply woven into the fabric of Oakland County's history.

Hypertension & Brain Health

Thu Oct 2 1:00-2:00pm Fee: Res Free/Non-Res \$2

Explore the critical connection between high blood pressure and brain health with Candace Ryan of the Wayne State University Institute of Gerontology. In this insightful talk, Candace will discuss how hypertension impacts cognitive function, increases the risk of dementia, and what steps can be taken to protect brain health as we age.

Computer Class: All About AI

Fri Oct 3 11:30-12:30 Fee: Res \$25/Non-Res \$30

Are you curious about AI? Then this class is for you! We will explore the practical benefits of using a basic form of AI called ChatGPT. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. You will be amazed at how user-friendly this session will be.

UFO's Over Michigan

Fri Oct 3 1:00-2:00pm Fee: Res Free/Non-Res \$2

In 1966, hundreds of witnesses reported a mysterious object in the skies over southeast Michigan. Nearly three decades later, in 1994, another wave of unexplained sightings lit up the night over Grand Rapids. What exactly happened during these large-scale UFO events—and could there be more to the story? Join us as Bill Konkolesky, director of the Michigan chapter of the Mutual UFO Network (MUFON), delves into these and other extraordinary sightings from the Great Lakes State.

MI Long Term Care Ombudsman Program

Wed Oct 8 10:00-11:00am Fee: Res Free/Non-Res \$2

Learn how the Michigan Long Term Care Ombudsman Program supports and empowers residents of nursing homes, adult foster care, and homes for the aged. This session will provide an overview of the Ombudsman's role in advocating for quality care, resolving complaints, and protecting residents' rights. Discover how the program works to ensure dignity and respect for Michigan's long-term care residents.

Music Through the Decades: The Timeless Music of Cole Porter

Thu Oct 16 10:00-11:30am Fee: Res Free/Non-Res \$2

Join Stu Johnson for a delightful journey through the life and music of Cole Porter, one of America's most iconic songwriters. Featuring timeless hits like "Night and Day" and "Anything Goes", this presentation celebrates Porter's wit, elegance, and unforgettable melodies that still charm audiences today.

Keys to Embrace Aging

Tue Oct 21 1:00-2:00pm Fee: Res Free/Non-Res \$2

Keys to Embracing Aging introduces and reinforces 12 healthy and safe lifestyle practices that influence optimal aging. This interactive program utilizes findings from centenarian studies to help you age gracefully, successfully, and with increased longevity.

DIA: Contemporary Native American Artists

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

Join Carlene VanVoorhies for a look at this groundbreaking DIA exhibition featuring nearly 60 U.S.-based Anishinaabe artists. With around 100 works—from beadwork to sculpture—the show highlights centuries of creativity and challenges perceptions of Native American art.

Mental Health in Police Work

Wed Oct 29 10:00-11:00am Fee: Res Free/Non-Res \$2

Join the Co-Responder Clinicians of the Bloomfield Township Police Department to learn how they assist with mental health-related calls. Through on-scene support, crisis intervention, and connection to services, they help de-escalate situations and improve outcomes for those in crisis.

Ancient Delphi, The Oracle & the Omphalos

Fri Nov 7 1:00-2:00pm Fee: Res \$3/Non-Res \$5

Join speaker Rochelle Foster as she delves into the mythology that cast ancient Delphi as the "center of the world." This presentation explores the legendary prophecies, sacred rituals, and remarkable geological features that established Delphi as a seat of power in the ancient world.

DIA: Picturing Music

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

Join Carlene VanVoorhies for this presentation that explores the presence of music in visual art, and the role music plays across cultures and time. It provides a lens through which to explore the personal, social, and creative aspects of identity.

Gone with the Wind

Wed Nov 12 1:00-2:00pm Fee: Res Free/Non-Res \$2

Presenter Kathleen Marcaccio has given talks on *Gone with the Wind* for over 30 years. She covers author Margaret Mitchell and how she came to write the novel, its journey to publication and becoming a bestseller, how David O. Selznick acquired the film rights and produced a blockbuster, as well as its reception in Michigan upon its initial release. Along with her lecture, Marcaccio will bring a selection of vintage and contemporary *Gone with the Wind* memorabilia to share with the audience.

Unconventional Look at the History of Woodward Avenue

Fri Nov 14 1:00-2:00pm Fee: Res \$3/Non-Res \$5

Woodward Avenue is more than just a road—it's a pathway through time. This talk takes a fun and unexpected journey into the rich and quirky history hidden between 11 Mile and 13 Mile Roads. From a polar bear to a hypnotist and even a ghost river, discover the surprising stories and colorful characters that make this short stretch of Woodward anything but ordinary!

Yoga Therapy's Impact on Brain Health

Mon Nov 17 10:00-11:00am Fee: Res Free/Non-Res \$2

Join us as Veronica Zador discusses how yoga is good for the brain! Veronica will share yoga therapy-based stress management tools that promote restfulness and relaxation and will also provide information on creating a safe and consistent yoga practice to maximize these benefits.

Music Through the Decades: Boy Singers of the Big Band Era

Thu Nov 20 10:00-11:30am Fee: Res Free/Non-Res \$2

Join Stu Johnson for a nostalgic tribute to the smooth voices that defined a musical era. From Frank Sinatra to Nat King Cole, this presentation celebrates the boy singers who rose to fame during the Big Band years with timeless charm and unforgettable style.



**FALL
COFFEE SHOP
MUSIC SERIES**

Res: Free
Non-Res: \$2

Join us for live music,
refreshments & snacks.

Rochelle Clark
Friday, Sept 19th
1:30 - 2:30 PM

Mindset Trio
Thurs, Oct 30th
1:30 - 2:30 PM

Sponsored by:



Clubs / Groups / Games

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 11:30 for table assignments.	Tue 12-3:00
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: A. German Crafting projects & fun conversations!	Tue 12:30-2:30
Euchre	Facilitator: C. Rose Enjoy a friendly game. NEW	Fri 1-3:00
Book Club	Facilitator: Fern Stoffer Registration required. Limited Space!	1st Fri 10-11:30



Sep
5th



Oct
3rd



Nov
7th

Improve Your Bridge Game - Intermediate

Fri Sep 5-Oct 24 10-12:00pm Fee: Res \$200/NR \$210

Fri Oct 31-Dec 12 10-12:00pm Fee: Res \$150/NR \$160

No class Nov 28

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 - Beginner

Fri Sep 5-Oct 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.**

Play of Hand - Beginner Part 2

Fri Oct 31-Dec 12 1:00-3:00pm Fee: Res \$150/NR \$160

*No class 11/28

For players who know the basics and want to refine their skills. You'll strengthen your strategy in bidding, play, and defense. Emphasis is placed on partner communication and advanced conventions. **\$25 Book Fee paid 1st week to instructor.**

Learn to Play Euchre

Fri Oct 3-Oct 17 10-11:30am Fee: Res \$60/NR \$70

New to Euchre or need a refresher? Join us for a fun, hands-on class where you'll learn the basics of this classic Midwest card game. No experience necessary, just bring your curiosity and love of games!

Learn to Play Mah-Jong

Tue Sep 9-Sep 30 9:30-11:30am Fee: Res \$40/NR \$50

Tue Oct 7-Oct 28 9:30-11:30am Fee: Res \$40/NR \$50

*No class on Oct 21 - will be held Mon Oct 20th instead

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.

PAPER DOLLS

Facilitator: Arlene Pinkos
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.



Bloomfield Township Public Library

Book Talk
Wed, Oct 8
10-11:00am
Complimentary

Hear about popular new books & find your next read!

Lecture
Wed, Nov 5
10-11:00am
Complimentary

Digital Library Downloadables:
All the apps and ways to connect with library resources from home

Coffee & Senior Scams

Enjoy a cup of coffee with Bloomfield Township's Community Liaison Officer in our café! Join Officer Heather Glowacz as she discusses common scams targeting seniors and how to stay safe.



Wednesday, Nov 12th
10-11:00 am
Res/Free, Non-Res \$2



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.





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

August 13 October 8
September 10 November 12



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

Sept 18 / Oct 16 / Nov 20

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

Sept 3 / Oct 1 / Oct 22 /
Nov 5 / Nov 19

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 Sept 22 - Dec 18
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*



Support Services

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.



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.



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.

Thanksgiving Curbside Meal

THURSDAY, NOV 27 10:00 - 10:30 AM **\$20 MEAL**

**Breakfast: Western Omelet, sausage, hash brown potatoes, biscuit & jelly, juice and
Dinner: Roast Turkey & gravy, cornbread stuffing, green peas with red peppers, garden salad with dressing, cranberry sauce, roll, pumpkin pie.**

Register by 11/20



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 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.



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: 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:

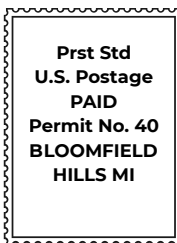
Rides are available to qualified candidates to and from the Senior Center Monday through Friday at no charge. Available to senior residents 60+ of Bloomfield Hills and Bloomfield Township through SMART funding. Application and eligibility for program required.



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 Rd.
Bloomfield Twp., MI

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



Lunch & Learn



Free for BT Residents
\$5 Non-Residents

Balance and Fall Prevention

Fri, Sep 12

11:00-12:00pm

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. Meal & Event sponsored by:



Questions on Cremation

Thu, Sep 18

11:30-1:00pm

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.

Meal and event sponsored by:



Caring for Minds

Thu, Sep 25

11:00-12:00pm

Information and education for those who are caring for a loved one with dementia. Discuss behavioral expressions, successful ways to redirect, mealtime challenges, understanding outbursts as unmet needs, addressing with a positive outcome.

Meal and event sponsored by:



Fall in Love w/Senior Living

Thu, Oct 23

11:00-12:00pm

Gain clarity & confidence in your decision-making process. Overview of different types of senior living - independent, assisted, memory care and more. Understanding costs, services, financial considerations, when to start the search, questions to ask and more.

Meal and event sponsored by:

