



Senior Services

4315 Andover Rd., Bloomfield Township MI 48302

Summer 2026 June / July / August



Enriching Lives Through Connection and Education



Friendship Club increases to three days a week!
(See pg. 20 for more details)

Experience Dementia Live — an interactive program that builds understanding of living with dementia.
(See pg. 6 for more info)



DEMENTIA Live

Promoting Wellness ~ Supporting Independence ~ Strengthening Community ~ Cultivating Vitality

www.bloomfieldtwpmi.gov/seniors

248-723-3500

Serving Adults 50+



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

Christine's Comments

Farewell Message

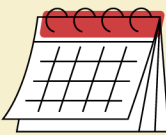
As I step into retirement, my heart is filled with gratitude. Leading BTSS has been one of the greatest honors of my life. Thank you to our amazing customers for sharing your stories, your wisdom, and your friendship, you have inspired me every day.

To staff, colleagues, and volunteers: thank you for your dedication, compassion, and support. Everything we accomplished was possible because of your teamwork and commitment to our community.

I will miss seeing all of you, but I leave with warm memories and deep appreciation for the time we've shared. Thank you for making this chapter so meaningful. I'll always be cheering you on as you continue promoting wellness and building community.



Christine Tvaroha,
Director of Senior Services



Mark your Calendars, the Senior Center will be closed:

- Monday, May 25th
- Friday, July 3rd

Special Thank you to our Summer 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.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 05/04/26, Non-residents registration begins 05/15/26 (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.

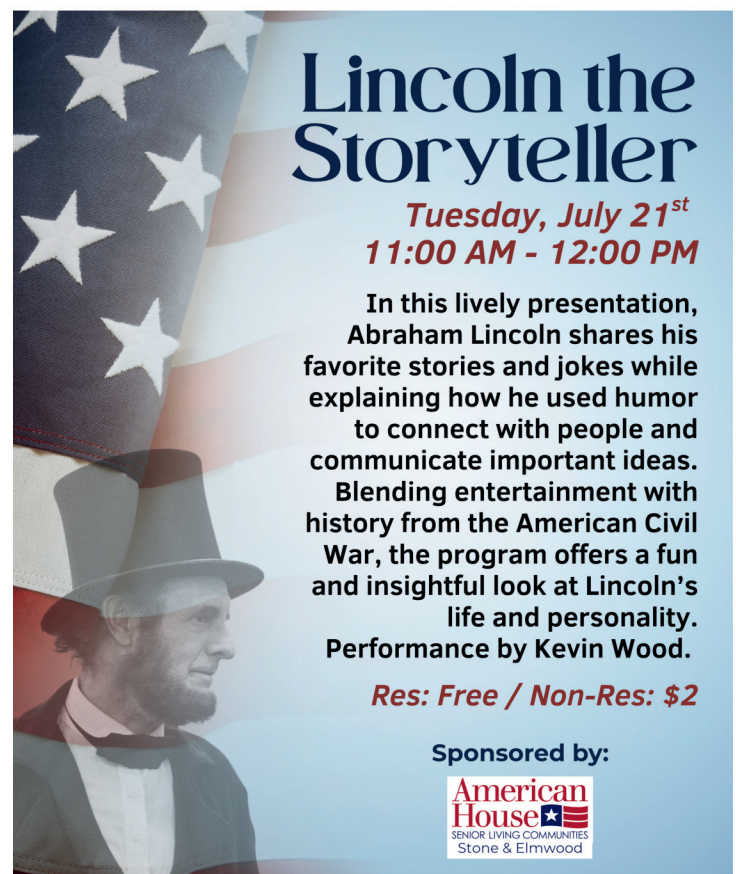


ICE CREAM SOCIAL

Monday, June 8
11:30 AM - 1:30 PM
Res: Free/ Non-Res: \$5

Come with friends and enjoy ice cream and a performance by the Jazz Band!
Please Register by June 5

Sponsored by:
American House
SENIOR LIVING COMMUNITIES
Village at Bloomfield



Lincoln the Storyteller

Tuesday, July 21st
11:00 AM - 12:00 PM

In this lively presentation, Abraham Lincoln shares his favorite stories and jokes while explaining how he used humor to connect with people and communicate important ideas. Blending entertainment with history from the American Civil War, the program offers a fun and insightful look at Lincoln's life and personality. Performance by Kevin Wood.

Res: Free / Non-Res: \$2

Sponsored by:
American House
SENIOR LIVING COMMUNITIES
Stone & Elmwood



SUMMER CRAFT SHOW

HOSTED BY
THE TRAVELING
SALES GAL

**THURSDAY
JUNE 11
11 AM - 2 PM**

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

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

FREE TO ATTEND & SHOP!

STU JOHNSON

FRANK SINATRA

Part 1 - Thursday, June 11th
Part 2 - Thursday, July 23rd
10:00 - 11:30 AM
Res: \$3 / Non-Res: \$5

Join Stu Johnson for a two-part tribute to Frank Sinatra, exploring his rise from big bands to iconic American singer, with stories, history, and timeless songs.

Meet & Greet

Friday, June 5th
11 AM - 1 PM

Plant a seed and watch something beautiful grow! Join us in celebrating National Garden Week! Stop by to pick up flower seeds, connect with others, and learn more about the compassionate support Angela Hospice provides.

MEET & GREET

Wednesday, July 8
11 AM - 1 PM

Drop by and enjoy sweet treats in honor of National Raspberry Day, meet the team from The Avalon, and learn more about their wonderful senior living community!

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.

Wed, June 10th
10:30 AM - 1:30 PM
Register by 6/5

Wed, August 12th
10:30 AM - 1:30 PM
Register by 8/7



Meet & Greet

Thursday, July 23rd
11 AM - 1 PM

Drop by and enjoy sweet treats in honor of National Lemon Day, meet the Cedarbrook team, and learn more about their wonderful senior living community!



THE WORLD THROUGH THE EYES OF A TRAVELING ARTIST

Friday, August 28th
1:00 - 2:30 PM

Res: Free/ Non-Res: \$2

Julie Dawson will present her watercolor work, inspired by global travels, sharing stories behind her paintings and signature kaleidoscopes.



MICHIGAN SECRETARY OF STATE
MOBILE OFFICE
IS COMING TO YOU

Friday, July 31st
10 AM - 2:00 PM

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

IN OUR OWN VOICE: AFRICAN AMERICAN ART



Friday, June 19th

10:00 - 11:00 AM

Res: Free / Non-Res: \$2

Join Carlene VanVoorhies for DIA In Our Own Voice – African American Art. Discover the stories, history, and creativity of African American artists at the Detroit Institute of Arts through an engaging look at works that celebrate identity, heritage, and community.



Lunch & Learn Crime & Fraud Protection

Thursday, June 4th
11:30 AM - 1:00 PM

Res: Free / Non-Res: \$5

The Federal Law Enforcement Agency (FBI Detroit) will discuss the latest frauds and scams, how they are carried out, warning signs to watch for, ways to protect yourself, what to do if you or someone you know becomes a victim, and how A.I. is used in scams.

Meal & Event
Sponsored By:



Summer Highlights



DEMENTIA Live®

Friday, August 14th
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!



Farwell to SUMMER CONCERT

Friday, August 21st
1:30 PM - 2:30 PM
Res: Free / Non-Res: \$2

Enjoy a lively and entertaining musical program featuring Lynn Feinberg. Filled with uplifting songs, familiar tunes, and plenty of fun, this performance is perfect for anyone who loves great music and a joyful atmosphere.

Sponsored By:

Connection, Engagement, and Support



Companion Cafe*

Wednesdays 1:00 - 2:30 PM
May 20 / June 3 & 17 / July 1 & 15 / Aug 5 & 19

Welcoming gatherings for individuals experiencing memory changes and their caregivers to connect, enjoy activities, share conversation, and relax together with light refreshments.

Complimentary for BT Residents.



Location
 Bloomfield Twp Senior Center
 4315 Andover Road
 Bloomfield Twp, MI 48302

Contact Us
 248-723-3504
 kpesola@bloomfieldtwp.org

Curious about the Friendship Club Day Program?

Discover a place for social connection, engaging activities, and compassionate support for those with dementia.

Scan the QR code to learn more!



*Part of the Memory Cafe Alliance
 BLOOMFIELD TOWNSHIP SENIOR SERVICES
SUPPORT SERVICES



GROUP FITNESS & AQUA SCHEDULE JUN/JUL/AUG

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	S.G.P.T. 7:30 am	Gentle Stretch 7:30 am	S.G.P.T. 7:30 am	TRX Express 8:15 am
Strength & Balance Lvl 1 8:00 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 Lvl 2 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 Lvl 1 11:30 am	Ageless Yoga 11:30 am	Gentle Backs & Balance 11:30 am	S.G.P.T. 11:30 am
Strength & Balance Lvl 2 12:45 pm	S.E.A.T. 12:30 pm	Barre Balance Lvl 2 12:45 pm	S.E.A.T. 12:30 pm	Chair Yoga 12:45 pm
	Gentle Stretch 1:30 pm	Strength & Balance Lvl 1 1:45 pm	Pilates Fusion 1:30 pm	Mindful Meditation 1:45 pm
Tai Chi Beginning 2:00 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	Endurance, Core & Balance 8:30 am	Pool Noodle 8:30 am
Aqua Interval 9:45 am	Water Wellness 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 12:15 pm	Endurance, Core & Balance 12:15 pm	Aqua Energy 12:15 pm	Endurance, *Cardio* & Balance 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



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. Bring exercise mat.

Tuesdays w/Dondra	9-10:00 am
Tue Jun 2-30	5 Classes / \$50
Tue Jul 7-28	4 Classes / \$40
Tue Aug 4-25	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 Master Trainer Donna Tomassi.

Mondays w/Donna	9:00-10:00 am
Mon Jun 1-29	5 Classes / \$50
Mon Jul 6-27	4 Classes / \$40
Mon Aug 3-31	5 Classes / \$50

Zumba + Zumba Toning

Get ready to groove to the rhymes from all over the world, including Cha-cha, 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.

Thursdays w/Teresa	9-10:00 am
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	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 Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Wednesdays w/Mari Ann	5:15-6 pm
Wed Jun 3-24	4 Classes / \$36
Wed Jul 1-29	4 Classes / \$36
<i>*No class on 7/15</i>	
Wed Aug 5-26	4 Classes / \$36

Yoga Please bring your own mat

Gentle Moves Yoga Lvl 1

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. [Virtual Option Available]

Thursdays w/Lea	10:15-11:15 am
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	4 Classes / \$36

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. [Virtual Option Available]

Tuesdays w/Jannan	10:15-11:15 am
Tue Jun 2-30	5 Classes / \$45
Tue Jul 7-28	4 Classes / \$36
Tue Aug 4-25	4 Classes / \$36

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.

Wednesdays w/Karen	11:30-12:20 pm
Wed Jun 3-24	4 Classes / \$48
Wed Jul 1-29	5 Classes / \$60
Wed Aug 5-26	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. [Virtual Option Available]

Mondays w/Donna	11:30-12:30 pm
Mon Jun 1-29	5 Classes / \$50
Mon Jul 6-27	4 Classes / \$40
Mon Aug 3-31	5 Classes / \$50
Fridays w/Jannan	12:45-1:30 pm
Fri Jun 5-26	4 Classes / \$36
Fri Jul 10-31	4 Classes / \$36
Fri Aug 7-28	4 Classes / \$36

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/Amanda	12:30-1:15 pm
Tue Jun 2-30	5 Classes / \$45
Tue Jul 7-28	4 Classes / \$36
Tue Aug 4-25	4 Classes / \$36
Thursdays w/Lea	12:30-1:15 pm
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	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.

Tuesdays w/Amanda	2:15-2:45 pm
Tue Jun 2-30	5 Classes / \$25
Tue Jul 7-28	4 Classes / \$20
Tue Aug 4-25	4 Classes / \$20



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.

Fridays w/Amy	10:15-11:15 am
Fri Jun 5-26	4 Classes / \$60
Fri Jul 10-31	4 Classes / \$60
Fri Aug 7-28	4 Classes / \$60

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.

Thursdays w/Jannan	1:30-2:15 pm
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	4 Classes / \$36



Strength & Balance

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

Mondays w/Amanda	8-8:45 am
Mon Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Wednesdays w/Amanda	1:45-2:30 pm
Wed Jun 3-24	4 Classes / \$36
Wed Jul 1-29	5 Classes / \$45
Wed Aug 5-26	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. [Virtual Options Available]

Mondays w/Jason	12:45-1:45 pm
Mon Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Wednesdays w/Amanda	9-10 am
Wed Jun 3-24	4 Classes / \$36
Wed Jul 1-29	5 Classes / \$45
Wed Aug 5-26	4 Classes / \$36
Fridays w/Lola	9-10 am
Fri Jun 5-26	4 Classes / \$36
Fri Jul 10-31	4 Classes / \$36
Fri Aug 7-28	4 Classes / \$36

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.

Thursdays w/Lea	11:30-12:15 pm
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	4 Classes / \$36

Barre Balance Lvl 1

Standing using the barre for balance and gentle strength training. May also include some basic ballet moves at the barre. This is a beginner level class, and does not require floor/mat work.

Tuesdays w/Donna	11:30-12:15 pm
Tue Jun 2-30	5 Classes / \$50
Tue Jul 7-28	4 Classes / \$40
Tue Aug 4-25	4 Classes / \$40

Barre Balance Lvl 2

Standing using the barre for balance and gentle strength training. May also include some basic ballet moves at the barre. **Must be able to get up and down from the floor unassisted.** Intermediate level.

Mondays w/Donna	10:30-11:15 am
Mon Jun 1-29	5 Classes / \$50
Mon Jul 6-27	4 Classes / \$40
Mon Aug 3-31	5 Classes / \$50
Wednesdays w/Donna	12:45-1:30 pm
Wed Jun 3-24	4 Classes / \$40
Wed Jul 1-29	5 Classes / \$50
Wed Aug 5-26	4 Classes / \$40

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 Jun 3-24	4 Classes / \$40
Wed Jul 1-29	5 Classes / \$50
Wed Aug 5-26	4 Classes / \$40
Fridays w/Amanda	8:15-8:45 am
Fri Jun 5-26	4 Classes / \$40
Fri Jul 10-31	4 Classes / \$40
Fri Aug 7-28	4 Classes / \$40

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 Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	4 Classes / \$36

Tai Chi

Tai Chi Chaun Beginner

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

Mondays w/Holly	2:00-3:00pm
Mon Jul 6-Aug 31*	8 Classes / \$80

**No class Jul 13th*

Tai Chi Chuan Continuing

A continuation for those experienced in Tai Chi. There will no class in August

Wednesdays w/Han	10:30-11:15 am
Wed Jun 3-Jul 29	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.

Tuesdays w/Amanda	1:30-2:00 pm
Tue Jun 2-30	5 Classes / \$25
Tue Jul 7-28	4 Classes / \$20
Tue Aug 4-25	4 Classes / \$20
Wednesdays w/Amanda	7-30-8:00am
Wed Jun 3-24	4 Classes / \$0
Wed Jul 1-29	5 Classes / \$0
Wed Aug 5-26	4 Classes / \$0

\$10 Non-Res Fee Still Applies

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.

Fridays w/Jannan	1:45-2:15 pm
Fri Jun 5-26	4 Classes / \$20
Fri Jul 10-31	4 Classes / \$20
Fri Aug 7-28	4 Classes / \$20



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 smaller group may help you reach your goals! Limited class size. Does not include fitness equipment use.

Tuesdays w/Jason

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

Thursdays w/Jason

Thu Jun 4-25	7:30-8:30 am	4 Classes / \$76
Thu Jul 2-30	7:30-8:30 am	5 Classes / \$95
Thu Aug 6-27	7:30-8:30 am	4 Classes / \$76

Fridays w/Lola

Fri Jun 5-26	11:30-12:30 pm	4 Classes / \$86
Fri Jul 10-31	11:30-12:30 pm	4 Classes / \$86
Fri Aug 7-28	11:30-12:30 pm	4 Classes / \$86



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.



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. 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

BALANCE TESTING

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

À la carte options to play games and challenges that help you improve your core strength and joint stability.

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 88 - 92 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 Jun 2-30	5 Classes / \$45
Tue Jul 7-28	4 Classes / \$36
Tue Aug 4-25	4 Classes / \$36
Wednesdays w/Ernie	8:30-9:15 am
Wed Jun 3-24	4 Classes / \$36
Wed Jul 1-29	5 Classes / \$45
Wed Aug 5-26	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 Jun 2-30	5 Classes / \$45
Tue Jul 7-28	4 Classes / \$36
Tue Aug 4-25	4 Classes / \$36
Thursdays w/Ernie	11:00-11:45 am
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	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 Jun 3-24	4 Classes / \$36
Wed Jul 1-29	5 Classes / \$45
Web Aug 5-26	4 Classes / \$36
Thursdays w/Ernie	9:45-10:30 am
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	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 Jun 1-25	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Fridays w/Ernie	8:30-9:15 am
Fri Jun 5-26	4 Classes / \$36
Fri Jul 10-31	4 Classes / \$36
Fri Aug 7-28	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	12:15-1:00 pm
Mon Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Fridays w/Ernie	11:00-11:45 am
Fri Jun 5-26	4 Classes / \$36
Fri Jul 10-31	4 Classes / \$36
Fri Aug 7-28	4 Classes / \$36



Endurance *Cardio* & Balance

This circuit class offers a variety of formats alternating muscle strengthening with cardio conditioning. Burn calories, tone your body, and strengthen your cardiovascular system while having fun with barbells, noodles, kickboards, and more!! Finish the class with a relaxing stretch! Bring a water bottle, a towel, and aqua shoes are recommended.

Fridays w/Amanda	12:15-1:00 pm
Fri Jun 5-26	4 Classes / \$20
Fri Jul 10-31	4 Classes / \$20
Fri Aug 7-28	4 Classes / \$20



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 Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Wednesdays w/Ernie	9:45-10:30 am
Wed Jun 3-24	4 Classes / \$36
Wed Jul 1-29	5 Classes / \$45
Wed Aug 5-26	4 Classes / \$36
Thursdays w/Amanda	7:15-8:00 am
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	4 Classes / \$36
Fridays w/Ernie	9:45-10:30 am
Fri Jun 5-26	4 Classes / \$36
Fri Jul 10-31	4 Classes / \$36
Fri Aug 7-2	4 Classes / \$36

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 Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Wednesdays w/Amanda	12:15-1:00 pm
Wed Jun 3-24	4 Classes / \$20
Wed Jul 1-29	5 Classes / \$25
Wed Aug 5-26	4 Classes / \$20
Thursdays w/Ernie	8:30-9:15 am
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	4 Classes / \$36



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

Water Wellness

Therapy inspired, low impact aqua wellness is designed to improve your mobility and wellness.

Tuesdays w/Amanda	9:45-10:30 am
Tue Jun 2-30	5 Classes / \$45
Tue Jul 7-28	4 Classes / \$36
Tue Aug 4-28	4 Classes / \$36



Aqua Energy

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/Jason	12:15-1:00 pm
Tue Jun 2-30	5 Classes / \$25
Tue Jul 7-28	4 Classes / \$20
Tue Aug 4-25	4 Classes / \$20
Thursday w/Amanda	12:15-1:00 pm
Thu Jun 4-25	4 Classes / \$20
Thu Jul 2-30	5 Classes / \$25
Thu Aug 6-27	4 Classes / \$20

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 Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Fridays w/Ernie	1:30-2:15 pm
Fri Jun 5-26	4 Classes / \$36
Fri Jul 10-31	4 Classes / \$36
Fri Aug 7-28	4 Classes / \$36

Lap Swim

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

BT Residency Required.

Mondays w/Ernie	7:15-8:00 am
Mon Jun 1-29	5 Classes / \$45
Mon Jul 6-27	4 Classes / \$36
Mon Aug 3-31	5 Classes / \$45
Tuesdays w/Ernie	1:30-2:15 pm
Tue Jun 2-30	5 Classes / \$45
Tue Jul 7-28	4 Classes / \$36
Tue Aug 4-25	4 Classes / \$36
Wednesdays w/Ernie	7:15-8:00 am
Wed Jun 3-24	4 Classes / \$36
Wed Jul 1-29	5 Classes / \$45
Wed Aug 5-26	4 Classes / \$36
Wednesdays w/Ernie	2:00-2:45 pm
Wed Jun 3-24	4 Classes / \$36
Wed Jul 1-29	5 Classes / \$45
Wed Aug 5-26	4 Classes / \$36
Thursdays w/Ernie	2:00-2:45 pm
Thu Jun 4-25	4 Classes / \$36
Thu Jul 2-30	5 Classes / \$45
Thu Aug 6-27	4 Classes / \$36
Fridays w/Ernie	7:15-8:00 am
Fri Jun 5-26	4 Classes / \$36
Fri Jul 10-31	4 Classes / \$36
Fri Aug 7-28	4 Classes / \$36



INDEPENDENCE DAY EVERYDAY

MONDAY, JUNE 29TH
11:00 - 12:00 PM
RES: FREE / NON-RES: \$2

Join Amanda, our fitness coordinator to learn about the things you can control to stay strong and independent. You will learn how to build healthy habits, stay disciplined, and keep a positive mindset in fitness and daily life.

BENEFITS OF PERSONAL TRAINING

Thursday, August 20th
 1:00 - 2:00 PM
 Res: Free / Non-Res: \$2

Come learn how personal training can make your exercise program more effective! Guided, individualized workouts help improve strength, balance, and overall health while preventing injuries and supporting consistent progress.





6/9	Tue	Michigan Central Station Tour
6/12	Fri	Respect Detroit
6/19	Fri	DSO Pink Martini
6/23	Tue	Selfridge Air Museum
6/25	Thu	Detroit Princess Riverboat Cruise
7/8	Wed	Juile Dawson Art Tour
7/14	Tue	Zekelman Holocaust Center Tour
7/16	Thu	Christmas in July - Trip to Frankenmuth
7/22	Wed	Case of the Corktown Corpse
7/24	Fri	Detroit Public Library Tour
7/30	Thu	Kirk Gibson Center Tour
7/30	Tue	Bianco: Grand Saugatuck (Overnight)
8/4	Tue	Purple Rose Theatre - Emma's Weddings
8/5	Wed	Matthaei Botanical Gardens
8/13	Thu	Bianco: South Bend Summer (Overnight)
8/14	Fri	Scarab Club Tour & Lunch
8/18	Tue	Bianco: Midland
8/19	Wed	Village Club Tea & Tour
8/27	Thu	DIA Melodies at the Museum
9/10	Thu	Bianco: Traverse City Fireworks (Overnight)
9/23	Wed	Bianco: Ontario Wine Tour
9/18	Fri	Downtown Detroit Donut & Pastry Tour
9/24	Thu	Detroit Princess Riverboat Cruise
10/7	Wed	Bianco: Harvest Adventure
12/9	Wed	Bianco: Grand Hollanday Christmas

Michigan Central Station Tour

Tue June 9 10:15-3:15pm 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.

Respect Detroit

Fri June 12 9:30-12:00pm Fee: Res \$92/Non-Res \$102

Start the day with a visit to the historic Rose Estate, a 1927 Tudor home on the Detroit Golf Club connected to Aretha Franklin and rooted in Detroit's Motown and civil rights legacy. Then, continue to New Bethel Baptist Church for a brief history presentation and time to explore its history room, featuring Dr. Martin Luther King Jr., Rev. C.L. Franklin, Aretha Franklin, and more.

DSO Pink Martini

Fri June 19 9:30-3:45pm Fee: Res: \$67/Non-Res: \$77

Pink Martini joins the Detroit Symphony Orchestra for a vibrant, genre-blending performance with special guest Storm Large. This 12-musician ensemble blends jazz, world music, and classic pop into a global musical journey. With songs in 25 languages, this concert at Orchestra Hall will inspire. Afterward, enjoy lunch on your own at Cooper's Hawk Winery & Restaurant.

Selfridge Air Museum

Tue June 23 9:45-3:00pm Fee: Res \$29/Non-Res \$39

Step into aviation history at the Selfridge Air Museum, where historic aircraft and engaging exhibits showcase the evolution of flight and honor those who served in the Air National Guard. After exploring the museum, enjoy lunch on your own at Fins Eatery, known for its fresh, flavorful menu

Detroit Princess Riverboat Cruise

Thur June 25 10:00-3:15pm 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!

Julie Dawson Art Tour

Wed July 8 8:45-2:15pm Fee: Res \$23/Non-Res \$33

Join us for a delightful Art Tour, exploring the gardens, home/gallery, and studios of a world-traveled artist. See original watercolor paintings, hear the stories behind them from travels to 101 countries, listen to readings from seven published books, and discover 60 unique art-inspired products. After the tour, enjoy lunch on your own at Moose Preserve, offering a cozy setting and flavorful menu.

Zekelman Holocaust Center Tour

Tue July 14 9:45-3:00pm Fee: Res \$20/Non-Res \$30

Discover powerful exhibits and moving stories during a guided visit to the Zekelman Holocaust Center, Michigan's premier museum dedicated to Holocaust education and remembrance. After the tour, enjoy lunch on your own at Jagged Fork.



Christmas in July - Trip to Frankenmuth

Thur July 16 8:30-3:30pm Fee: Res \$48/Non-Res \$58

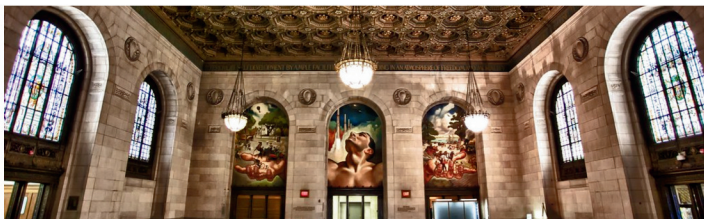
Celebrate Christmas in July with a visit to Frankenmuth! Shop for holiday treasures at the world-famous Bronner's Christmas Wonderland, then enjoy a delicious included lunch at the charming Bavarian Inn. Immerse yourself in festive cheer and Bavarian hospitality for a memorable summer holiday experience.

Trips

The Case of the Corktown Corpse - Murder Mystery Tour

Wed July 22 11:30-4:30pm Fee: Res \$119/Non-Res \$129

Step into an interactive whodunit starting outside the iconic Michigan Central Station, where historian Arthur Penderghast was mysteriously found dead. Follow his last route through Corktown, visiting Slow's BBQ, Corktown Tavern, McShane's Irish Pub, and a gelato stop, collecting clues, tasting local treats, and interacting with costumed characters. Use your wits to solve the mystery before the final reveal!



Detroit Public Library Tour

Fri July 24 10:15-2:45pm Fee: Res \$20/Non-Res \$30

Discover the beauty and history of the Detroit Public Library on this guided tour, exploring its stunning architecture, rare collections, and cultural treasures. After the tour, enjoy lunch on your own at Jacoby's, Detroit's oldest biergarten serving hearty German-inspired fare and a warm, historic atmosphere in the heart of downtown.

Kirk Gibson Center Tour

Thur July 30 12:30-3:30pm Fee: Res \$20/Non-Res \$30

Take a 90-minute guided tour of this bright, state-of-the-art facility offering exercise- and movement-based therapies, lifestyle classes, and counseling—free for those with Parkinson's and their care partners. The visit includes the PD101 class, providing practical insights and support, all within a welcoming community for sharing ideas and experiences.



Purple Rose Theatre: Emma's Weddings

Tue Aug 4 10:30-6:30pm Fee: Res:\$115/Non-Res:\$125

Enjoy a delightful day in Chelsea beginning with an included lunch at Zingerman's Roadhouse, a local favorite known for its classic American comfort food. Then, take in a performance of Emma's Wedding at the Purple Rose Theatre. Emma is getting married... again—for the fourth time! As she revisits her past weddings with her less-than-thrilled friends, this lively comedy delivers laughs, nostalgia, and a heartwarming look at friendship.

Must register by July 13th.

Matthaei Botanical Garden Tour

Wed Aug 5 8:30-3:30pm Fee: Res \$27/Non-Res \$37

Enjoy a relaxing and scenic outing with a guided tour of the beautiful Matthaei Botanical Gardens in Ann Arbor. Stroll through a variety of indoor and outdoor gardens, including tropical, temperate, and arid plant collections, while learning about unique plant species and natural habitats. After the tour, enjoy lunch on your own at Weber's Restaurant.



Scarab Club Tour & Lunch

Fri Aug 14 11:45-3:15pm Fee: Res \$64/Non-Res \$74

Enjoy a cultural day out with a guided visit to the historic Scarab Club, a longtime gathering place for artists, writers, and creatives. Explore its rich history, unique architecture, and inspiring galleries. Your visit also includes lunch at the Scarab Club, making this a perfect blend of art, history, and dining in one memorable experience.



Village Club Tea & Tour

Wed Aug 19 10:45-2:15pm Fee: Res \$48/Non-Res:\$58

Enjoy a charming day in Bloomfield Hills with a guided tour of the historic Village Club. Discover the club's beautiful architecture, rich history, and elegant spaces that have hosted generations of social and cultural events. After the tour, relax and savor a delightful tea service, complete with a selection of teas, pastries, and light bites.

DIA Melodies at the Museum - Standards

Thur Aug 27 12:15-3:45pm Fee: Res \$10/Non-Res:\$20

Spend an enchanting afternoon at the Detroit Institute of Arts with DIA Melodies at the Museum – Standards. Enjoy live music featuring timeless jazz and popular standards in the stunning setting of one of America's premier art museums. Relax and let the music complement the incredible art collections, making for a cultural experience that delights both the eyes and the ears.

Downtown Detroit Donut & Pastry Tour

Fri Sept 18 10:15-1:45pm Fee: Res \$83/Non-Res:\$93

Taste your way through Detroit's history and hidden gems on a guided walking tour of Greektown and downtown. Enjoy pastries, chocolates, and desserts from local favorites while exploring iconic alleys and vibrant city spots. Discover the stories behind the city's revival as you stroll through its most charming neighborhoods.

Detroit Princess Riverboat Cruise

Thur Sept 24 10:00-3:15pm 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!

TRAVEL WITH *Bianco Tours*



Grand Saugatuck Adventure - Thurs-Fri, July 30-31

Res: \$485 / Non-Res: \$535 (Double Occupancy)

Enjoy a two-day West Michigan getaway with Saugatuck shopping and lakeshore views, a dune ride at Saugatuck Dunes State Park, wine tastings at Fenn Valley Vineyards and Robinette's Apple Haus & Winery, a guided visit to Frederik Meijer Gardens & Sculpture Park, plus meals, scenic stops, and free time to explore.

South Bend Summer - Thurs - Fri, August 13-14

Res: \$595 / Non-Res: \$645 (Double Occupancy)

Take a two-day Northern Indiana getaway with a hands-on visit to Critchlow Alligator Sanctuary, an overnight stay and boat tour at Oakwood Resort on Lake Wawasee, and time at the University of Notre Dame, including a guided Basilica tour and Italian dinner at Caruso's.

Midland - Tues August 18

Res: \$155 / Non-Res: \$165

Travel to Midland for a scenic day trip featuring a guided tour of the unique Alden B. Dow Home and Studio, lunch at Lucky's Steakhouse, and time to explore the beautiful Dow Gardens and the thrilling Whiting Forest Canopy Walk — the nation's longest canopy walk.

Traverse City Fireworks - Thurs-Sat Sept 10-12

Res: \$899 / Non-Res: \$909 (Double Occupancy)

Travel to Traverse City, the "Cherry Capital of the World," for a three-day getaway. Visit Cops & Doughnuts, explore Sleeping Bear Dunes, enjoy the International Fireworks Championship, and spend free time downtown. Plus, savor a wine tour and tasting with appetizers at Chateau Chantal before heading home.

Ontario Wine Tour - Wed Sept 23

Res: \$152 / Non-Res: \$162

Enjoy a relaxing day trip to Ontario's wine country in Harrow, featuring round-trip deluxe motor coach transportation, multiple wine tastings at Viewpointe Estate Winery, North 42 Degrees Estate Winery (including an elegant lunch), and Cooper's Hawk Vineyards, where you can relax and enjoy scenic vineyard views.

Harvest Adventure - Wed October 7

Res: \$114 / Non-Res: \$129

Enjoy a relaxing day trip featuring lunch at the historic White Horse Inn in Metamora (with meal choice included). Then visit Westview Orchards & Winery in Washington Township for a scenic wagon ride, a complimentary bag of seasonal fruit, and a wine tasting of up to three wines.

The Grand Hollanday Christmas - Wed-Thurs Decemeber 9-10

Res: \$295 / Non-Res: \$305 (Double Occupancy)

Celebrate the season on a festive two-day trip to West Michigan, featuring the Christkindl Market in Grand Rapids, dazzling holiday lights and the Festival of Trees at Frederik Meijer Gardens & Sculpture Park, and a visit to Robinette's Apple Haus & Winery. The getaway also includes a farm experience at The Critter Barn and festive shopping time in Holland.

Unique Topics



The Detroit Boathouse

Thurs June 4 10-11:00am Fee: Res Free/Non-Res \$2

Join us for an exciting presentation on the Detroit Boat Club Boathouse, a historic landmark on Belle Isle in Detroit, Michigan. Built in 1902, it was home to one of the nation's oldest rowing clubs and features elegant Beaux-Arts architecture along the Detroit River. Once fallen into disrepair, the boathouse is now the focus of inspiring restoration efforts, bringing new life to this important cultural treasure.

Kirk Gibson Center

Thurs June 11 1-2:00pm Fee: Res Free/Non-Res \$2

Join us for an inspiring presentation on the Kirk Gibson Center for Parkinson's Wellness, a one-of-a-kind facility dedicated to improving the lives of those living with Parkinson's disease. Founded by former Detroit Tigers player Kirk Gibson, the center offers innovative programs focused on fitness, therapy, and community support. Discover how this groundbreaking space is making a meaningful impact by promoting strength, independence, and hope for individuals and families across the region.



Stu Johnson - Frank Sinatra Part 1

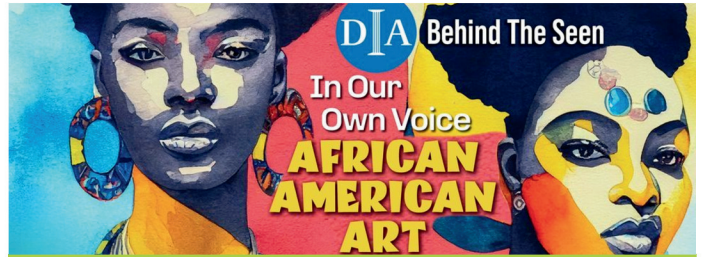
Thurs June 11 10-11:30 am Fee: Res \$3/Non-Res \$5

Join us for a two-part music presentation by Stu Johnson celebrating Frank Sinatra – Part 1. Explore the early career and rise of the legendary singer, from his beginnings with big bands to becoming one of the most iconic voices in American music. Enjoy stories, history, and timeless songs that capture the charm and influence of Sinatra's unforgettable style.

Healing Through Nature

Mon June 15 10-11:00am Fee: Res Free/Non-Res \$2

Join us for a rejuvenating nature and wellness session. Discover the healing benefits of connecting with the natural world as we guide you through gentle stretching exercises to keep your body supple and fluid. Learn about the vital role sunlight plays in supporting your immune system and how to enjoy it safely. The session concludes with a calming breathwork practice designed to reduce stress and lower cortisol levels, leaving you refreshed and revitalized.



DIA In Our Own Voice - African American Art

Fri June 19 10-11:00 am Fee: Free/Non-Res:\$2

Join Carlene VanVoorhies for DIA In Our Own Voice – African American Art. Explore the rich stories, history, and creativity of African American artists featured at the Detroit Institute of Arts. This presentation highlights the cultural significance, unique perspectives, and powerful expressions found in the museum's collection, offering an engaging look at art that celebrates identity, heritage, and community.

History of Hamtramck

Fri June 26 10-11:00 am Fee: Res Free/Non-Res \$2

Join us for a fascinating presentation on the history of Hamtramck with Board Chairman Joe Kochut of the Hamtramck Historical Museum. Explore the city's rich cultural heritage, from its immigrant roots to its vibrant community life today. Hear stories, see artifacts, and gain unique insights into the people and events that have shaped Hamtramck over the years.

Independence Day Every Day

Mon June 29 11-12:00pm Fee: Res Free/Non-Res \$2

Learn about the things you can control to stay strong and independent. You will learn how to build healthy habits, stay disciplined, and keep a positive mindset in fitness and daily life.

Declaration of Independence

Mon July 6 10-11:00 am Fee: Res Free/Non-Res \$2

Join Bruce Zeller for a presentation on the Declaration of Independence. Explore the history, meaning, and lasting impact of this founding document, as Zeller delves into the ideas, debates, and people behind America's fight for freedom. Gain a deeper understanding of how the Declaration shaped the nation and continues to influence democracy today.

AARP Safe Driver Course (2 Days)

Wed - Thurs July 8-9 10-2:00pm Fee: Res \$35 / Non-Res: \$40

Join us for the AARP Smart Driver Course, a two-day program designed for older drivers to enhance safety and confidence on the road. Learn safe driving strategies, how medications and distractions affect driving, modern vehicle safety features, and key state traffic rules. Lunch will be provided both days courtesy of Trinity Health.

The Detroit River Conservatory

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

Join us for a presentation on the Detroit Riverfront Conservancy, the organization dedicated to transforming and maintaining Detroit's riverfront as a vibrant public space. Learn about the Conservancy's history, projects, and impact on the community, including parks, trails, and cultural events that make the riverfront a hub for recreation, connection, and urban revitalization.



Book Talk: Two Envelopes

Thurs July 16 10-11:00am Fee: Res Free/Non-Res \$2

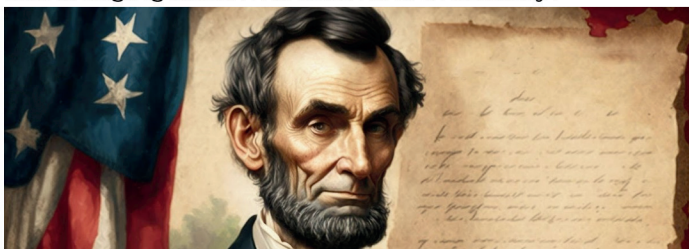
Join us for a meaningful conversation with author Rusty Rosman about her book *Two Envelopes: What You Want Your Loved Ones to Know When You Die*. Rusty offers a hopeful, practical approach to planning for the future, guiding readers to reflect on their values, clarify their wishes, and organize important information. Using “two envelopes,” individuals can create a lasting legacy and ease challenges for their loved ones.



Electric Vehicles - Why or Why Not?

Mon July 20 10-11:30 am Fee: Res Free/Non-Res \$2

Demand for electric vehicles (EVs) has radically changed with the political winds – both upward and downward. This class addresses the questions of the real value of these vehicles, the fundamental underlying demand for them, and the long-term outlook for their adoption and use. How will new technology impact their future, and what is the outlook for associated electricity production and charging station function and availability?



Lincoln the Storyteller

Tues July 21 11-12:00pm Fee: Res Free/Non-Res \$2

In this lively presentation, Abraham Lincoln shares his favorite stories and jokes while explaining how he used humor to connect with people and communicate important ideas. Blending entertainment with history from the American Civil War, the program offers a fun and insightful look at Lincoln’s life and personality. Performance by Kevin Wood.

Stu Johnson - Frank Sinatra Part 2

Thurs July 23 10-11:30 am Fee: Res \$3/Non-Res \$5

Join us for Part 2 of Stu Johnson’s two-part music presentation celebrating Frank Sinatra. In this session, dive into Sinatra’s later career, from his swinging Las Vegas years to his enduring legacy in film and popular culture. Experience the music, stories, and timeless performances that solidify Sinatra as an icon whose influence continues to inspire generations.

The Stories of Oakland County Women

Thurs July 23 1:00-2:00pm Fee: Res Free/Non-Res \$2

Join Oakland County Parks and Recreation Historian, Carol Bacak-Egbo as she explores some of the stories of fascinating women whose lives are an important part of Oakland County’s past.

What’s New in Medicare

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

Join AgeWays presenter Sharron Olateju as she introduces changes to Medicare for 2027 and explains why reviewing your plan each year is important. Get an introduction to Medicare, learn how to choose the best plan for your needs, and discover how MMAP (Medicare/Medicaid Assistance Program) can assist you through the process.



Less Lawn, More Life - Garden Design

Fri Aug 7 1:00-2:00pm Fee: Res Free/Non-Res \$2

Join Jen Ott for a welcoming, beginner-friendly introduction to garden design. You’ll explore classic design principles, how to use native plants creatively, reduce your lawn, attract more life to your space, and have fun experimenting along the way. This session is perfect for anyone who wants to engage with their garden in a more holistic, sustainable, and joy-filled way.



Self-Defense w/ BTPD

Mon Aug 10 10-12:00pm Fee: Free for BT Residents

Join Captain Bryan Pizzuti for an empowering presentation. You’ll learn skills to avoid and prevent confrontation and enhance your safety.

Stu Johnson - Words by Johnny Mercer

Thurs Aug 20 10-11:30 am Fee: Res \$3/Non-Res \$5

Join Stu Johnson for an exploration of Johnny Mercer’s life and legacy, one of America’s greatest lyricists. Discover his iconic songs, collaborations with composers like Harold Arlen, and his lasting impact on jazz, pop, and Hollywood music. Learn how Mercer’s words helped shape 20th-century American music and continue to inspire today.

Benefits of Personal Training

Thurs Aug 20 1:00-2:00pm Fee: Res Free/Non-Res \$2

Come learn how personal training can make your exercise program more effective! Guided, individualized workouts help improve strength, balance, and overall health while preventing injuries and supporting consistent progress.

Unique Topics



Farewell to Summer Music Performance

Fri Aug 21 1:30-2:30pm Fee: Res Free/Non-Res \$2

Enjoy a lively and entertaining musical program featuring Lynn Feinberg. Filled with uplifting songs, familiar tunes, and plenty of fun, this performance is perfect for anyone who loves great music and a joyful atmosphere.



Canva Class for Non-Designers

Mon Aug 24 10-11:30am Fee: Res \$40 / Non-Res: \$50

Learn to edit beautiful looking designs for practically any type of online or print project. The instructor will show how to easily get and use the free user-friendly Canva program. This class is for novice and beginning designers and non-designers. You will be amazed at how professional your projects will look. Why pay designers hundreds of dollars when you can do it yourself!



Snap Shots - Write Your Life in 30 Days

Wed Aug 26 1:00-2:00pm Fee: Res Free/Non-Res \$2

Rick Bailey talks about *Snapshots*, his new book, a collection of 50 short narrative pieces. This presentation is also an invitation for participants to capture their vivid memories, distant and recent, that make up a life.



The World Through the Eyes of a Traveling Artist

Fri Aug 28 1-2:30pm Fee: Res Free / Non-Res \$2

Birmingham watercolor artist Julie Dawson will give a presentation on her life as an artist. Inspired by travels to 100 countries, 50 states, and all seven continents with her husband, Peter, her work has been shown in over 87 solo exhibitions and is in collections worldwide. Julie will share stories behind her paintings, which include flowers, animals, children, and her signature geometric kaleidoscopes.

Unique Workshops & Classes

PAINTING W/ JANNAN: CHERRY BLOSSOM

Friday, June 5th
10:00 AM - 12:00 PM
Res: \$40 / Non-Res: \$45



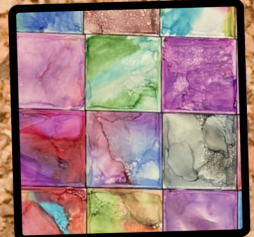
SUCCULENT WORKSHOP

Wednesday, June 10th
1:00 PM - 2:30 PM
Res: \$35 / Non-Res: \$40



ALCOHOL DYED COASTER WORKSHOP

Wednesday, July 15th
10:00 AM - 11:30 AM
Res: \$30 / Non-Res: \$35



PAINTING W/ JANNAN: DANDELION

Thursday, August 13th
10:00 AM - 12:00 PM
Res: \$40 / Non-Res: \$45



COOKING W/ MONICA: FIRE CIDER

Wednesday, August 19th
10:00 AM - 11:30 AM
Res: \$49 / Non-Res: \$54



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

June 5 **Book Selections for 2026-27**

July 10 **THE MAGNIFICENT LIVES OF MARJORIE POST** **ALLISON PATAKI**

Aug 7 **DANIEL JAMES BROWN THE BOYS IN THE BOAT FACING THE MOUNTAIN**

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

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.

SELECT THURSDAYS 12:30-3:00PM

LEARN TO PLAY!

Bridge - Advanced & Play

Fri Jul 10 - Aug 28 10:00-12:00pm 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 Jul 10 - Aug 28 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 Euchre

Mon June 1-15 10:00-11:30am Fee: Res \$60/NR \$70

Learn to play euchre in this fun, interactive class designed especially for beginners. Euchre is a fast-moving social card game. The class will cover basic gameplay and strategies. No partners required.

Learn to Play Mah-Jong

Thurs June 4-25 9:30-11:30am Fee: Res \$40/NR \$50

Thurs July 9-30 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.**

Coffee w/ BTPD

Join us in the café for a relaxed cup of coffee with Bloomfield Township's Community Liaison Officer, Heather Glowacz. This is a great opportunity to ask questions, share concerns, and connect with your local community in a friendly, welcoming setting.



Wednesday, July 29th 10-11:00 am Res/Free, Non-Res \$2



Bloomfield Township Public Library at BTSS

Pop-Up Librarian
Wed, June 3rd 10-11:00am
Complimentary

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

Book Talk
Wed, July 1st 10-11:00am
Complimentary

Hear about popular new books and find your next read!

Lecture
Wed, Aug 5th 10-11:00am
Complimentary

Library Databases
Join a BTPL librarian to discover some of the interesting databases available for free to Bloomfield Township patrons.





BLOOMFIELD TOWNSHIP SENIOR SERVICES

FRIENDSHIP CLUB

Friendship Club is a social program offering engaging, fail-free and safe activities for people experiencing dementia or memory challenges. Our club includes art, live music, movement, laughter and encouragement. We are building new friendships over meals together while providing essential respite for family caregivers. Positive impacts on mood, relationships and sleep may occur.

WE'RE GROWING TO THREE DAYS STARTING IN JUNE!



FRIENDSHIP CLUB OPEN HOUSE
1:00 - 2:30 PM
 June 10 July 8
 August 12

Hours of Operation
 Mon, Wed, Thurs
 10:00 AM - 2:00 PM
 4315 Andover Road
 Bloomfield Twp, MI
 48302

Contact Us
 248-723-3531
 KDavidson@bloomfieldtwp.org

Enrichment Activities Sponsored By:



Scan the QR code to learn more about Friendship Club.



Caregiver Support Group

Thursdays
10-11 AM
 May 21 / June 18 / July 16 / August 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- 2:30 PM
 May 20 / June 3 & 17 / July 1 & 15 / Aug 5 & 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!

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.

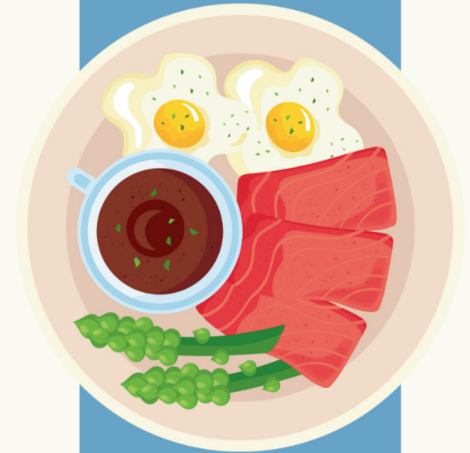
- Frozen meals come in a bulk pack (3 meals or 5 meals) and are delivered on Monday mornings only.
- Hot meals are available for delivery Monday through Friday.

Request Information

Mary Osborne
Nutrition Coordinator



Phone Number
248-723-3500 Ext. 3513



**MEDICARE
& YOU**

Understanding Your
Medicare Choices

Medicare Counseling
Wednesday 11 - 3 PM
June 17 / July 15 / Aug 19

Meet with AgeWays counselor Susan Gibbs for help understanding Medicare, Medicare Advantage plans, prescription coverage, and supplemental insurance.
For residents age 65+.

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 2025 household income per household is \$56,600 (or below) with one person. The maximum household income for two residents is \$64,650 (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.bloomfieldtpw.org/resources/forms/assessing.aspx

AARP
SAFE DRIVER COURSE
Wed-Thurs July 8th - 9th
10:00 - 12:00 PM
Res: \$35 / Non-Res: \$40

Join the AARP Smart Driver Course, a two-day program to boost driving safety and confidence. Learn key strategies, road rules, and how distractions, medications, and modern features affect driving. Lunch provided.

SELF DEFENCE W/ BTPD
Mon August 10th
10:00 - 12:00 PM
Free for BT Residents

Join Captain Bryan Pizzuti for an empowering presentation. You'll learn skills to avoid and prevent confrontation and enhance your safety.

What's New in Medicare?

Wed July 29th
10:00 - 11:00 AM
Res: Free / Non-Res: \$2



Join AgeWays presenter Sharron Olateju to learn about 2026 Medicare changes, why it's important to review your plan annually, how to choose the best coverage, and how MMAP can help guide you.

ICE CREAM SOCIAL
Monday, June 8
11:30 AM - 1:30 PM
Res: Free/ Non-Res: \$5

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

Sponsored by: **American House**
Senior Living Community
Village at Bloomfield



Transportation Services

Center Transportation

Rides are available to qualified candidates to and from the Senior Center Monday through Friday at no charge. Available to senior residents 60+ of Bloomfield Hills and Bloomfield Township.

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.

Application required in advance. Scheduling based on driver availability.

Request Information

Jeff Howes
Transportation Coordinator

 248-723-3512



BLOOMFIELD TOWNSHIP SENIOR SERVICES
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.



BLOOD PRESSURE CHECKS

Thursdays
June 18 / July 16 / August 20
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.

DEMENTIA Live®

Friday, August 14th
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!

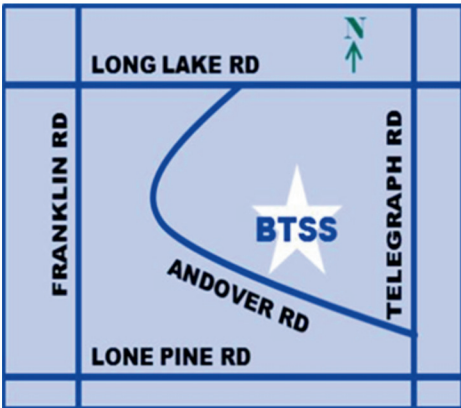




Prst Std
U.S. Postage
PAID
Permit No. 40
BLOOMFIELD
HILLS MI

Senior Services
4315 Andover Rd.
Bloomfield Twp., MI

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



TRAVEL WITH *Bianco Tours*

Check out page 15
for more details!

Saugatuck Adventure - July 30th - 31st
Res: \$485* / Non-Res: \$535*

South Bend - August 13th - 14th
Res: \$595* / Non-Res: \$645*

Midland - August 18th
Res: \$155 / Non-Res: \$165

Traverse City Fireworks - Sept 10th - 12th
Res: \$899* / Non-Res: \$909*

Ontario Wine Tour - Sept 23rd
Res: \$152 / Non-Res: \$162

Harvest Adventure - Oct 7th
Res: \$114 / Non-Res: \$129

Grand Hollanday Christmas - Dec 9th - 10th
Res: \$295* / Non-Res: \$305*

**Per person/ double occupancy*

