Senior Services

4315 Andover Rd., Bloomfield Township MI 48302

Winter 2026-27 - December / January / February

Mid-Winter Concert

Join us for Lynn Feinburg's Mid-Winter Concert, an uplifting celebration of music, community, and the joy of singing. Come enjoy an afternoon of beautiful music and chase away those winter blues!

See page 3 for more details.

Countdown to Noon Years Eve!

Join Bloomfield Township Senior Services and enjoy the live sounds of Steve Floyd as we celebrate the New Year 2027!

See page 3 for more details.

Promoting Wellness ≈ Supporting Independence ≈ Strengthening Community ≈ Cultivating Vitality

www.bloomfieldtwpmi.gov/seniors **248-723-3500** **Serving Adults 50+**

Bloomfield Township Senior Services

TOPICS	PG
Registration Policies	3
Special/Featured Events	3-6
Fitness Classes: Land:	7-10
Fitness Classes: Aqua	11-12
Day Trips	13-15
Enrichment/Games	16-19
Support Services	20
Nutrition/Meals on Wheels	21
Minor Home Repair	22
Transportation Services	22

Bloomfield Twp. Senior Services
4315 Andover Rd.
Bloomfield Twp., MI 48302

Phone: 248-723-3500
Fax: 248-723-3519
www.bloomfieldtwpmi.gov/seniors

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

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

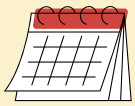
Weekly E-Newsletter & Social Media
Subscribe at
www.bloomfieldtwpmi.gov/Seniors
All operational updates will be sent via eNews. We will never share your email.

Facebook.com/BTSeniorCenter

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 11/02/26, Non-residents registration begins 11/13/26 (Non-Res pay additional $10 fee per class/trip, unless otherwise noted).
- No refunds for circumstances beyond our control (i.e. closure due to power outages/severe weather).
- Late Start Registrations: You may register for a "Late Start" if the class has begun and has not reached capacity. Class fees are reduced with each passing week *Note, Late Starts are not available online, they must be processed by phone or in person.
- Cancellations for Classes/Programs: Will incur $10 cancellation fee for the original program session. No refunds beginning 2 business days prior to start of class.
- Cancellations for Trips: Will incur $10 cancellation fee + any costs already incurred by the Center (i.e. prepaid tickets). No refunds beginning two business days prior to trip.
- Account Credits: Credits expire within 90 days or on March 31 of each year if not used or refunded.
- We reserve the right to substitute instructors to maintain program continuity.
- ID Cards - An ID card is required for every visit.
- 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.



Mark your Calendars, the Senior Center will be closed:
- **Thursday & Friday, November 26 - 27 - Thanksgiving**
- **Thursday & Friday, December 24-25 - Christmas**
- **Friday, January 1 - New Year's Day**

Special Thank you to our Winter Sponsors:

American House Senior Living Communities – Village at Bloomfield
SHAYA Realty – DOMAIN – SRES
SUNRISE Senior Living
American House Senior Living Communities – Stone & Elmwood
Angela Hospice
ORCHARD HILL – Assisted Living – Memory Care

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

Mike's Comments

As we welcome the winter season, celebrate the holidays, and prepare to close out one year and begin another, I can think of no better place to find connection and fun than our Senior Center!

Since being elected Supervisor in 2024, I've been continually impressed by the incredible variety of programs, classes, special events, and resources offered through Senior Services. The Senior Center is truly a jewel in our community a place where friendships flourish, new experiences await, and lasting memories are made.

Throughout the past year, I've had the pleasure of meeting so many residents at concerts, ice cream socials, tours, and other wonderful gatherings. These moments are a reminder of what makes our community so special, and I look forward to seeing many familiar faces and meeting new ones in 2027!

As you explore the pages of this catalog, you'll discover a treasure trove of opportunities to stay active, learn something new, connect with friends, and make the most of the winter season. I encourage you to find a class, attend an event, try something different, and take advantage of all that Senior Services has to offer.

Wishing you a joyful holiday season, a warm and wonderful winter, and a happy New Year filled with good health, friendship, and new memories. I look forward to seeing you at the Senior Center!

Mike McCready
Township Supervisor

Ruth's Comments

The Senior Center is a wonderful place to stay active, explore new interests, and connect with others this winter!

Enjoy four live music events: Music and Mingle with the BHS Chorale on December 8, Noon Years Eve on December 31 to welcome 2027, a jazzy mid-winter warm-up concert on January 22, and an inspirational violin and piano duo at our Valentine Party on February 19.

Mobility matters! Move better and feel better with fitness options in our studio or warm saltwater pool. Try a hands-on workshop or sharpen your skills with bridge, mahjong, or euchre. Mark your calendar for the December 9 Blood Drive, hosted by Rotary and Versiti Blood Center of MI.

Keep your mind engaged with lectures and programs on brain health, writing, art, architecture, sleep, gardening, stress management, history, downsizing, and scams.

Discover our Supportive Services, including Home Delivered Meals, Minor Home Repair, Friendly Caller, transportation, Caregiver Support, and dementia care through Friendship Club and Companion Cafe.

Enjoy a curated day trip and leave the planning and driving to us!

Explore new activities, hobbies, and experiences this season. Our programs and services support independence, vitality, and community connection for adults 50+.

Ruth Frketich
Director of Senior Services

Music & Mingle
Tuesday, December 8th
10:00 - 11:00 AM
Res: Free / Non-Res: $2
Join the Bloomfield High School special vocal group "The Jills & Chorale," as they stage a special performance just for our seniors. Festive treats provided!

TRAVELING SALES GALS & BTSS
HOLIDAY MARKET
Join us for a Holiday Market full of cheer and creativity! Browse handmade gifts, seasonal décor, and one-of-a-kind crafts from local artisans. Discover unique treasures, meet talented vendors, and find something special for everyone on your holiday shopping list!
Thurs, December 17th
11:00 AM - 2:00 PM
FREE TO ATTEND & SHOP

Tree of Life
Nearly 6000 meals on wheels are provided each year to seniors in our community who are frail and/or homebound. The meal comes with a smiling volunteer and a wellness check.
Purchase a sponsor card for a meal and help us decorate our Tree of Life located in our main level café. You can donate in person at the Senior Center or by phone at 248-723-3500

STU JOHNSON
SONGS OF THE HOLIDAY SEASON
Monday, December 14th
10:00 - 11:30 AM
Res: Free / Non-Res:$2
Created just for BTSS, this program explores the holiday season from late November through January, highlighting Hanukkah, Kwanzaa, and Christmas, as well as the shared traditions of family, food, lights, decorations, gift-giving, and music that bring people together.

Meal & Event
Sponsored By:
SHAYA SRES DOMAIN
LUNCH & LEARN
DOWNSIZING:
Planning Today for Tomorrow's Possibilities
TUESDAY, JANUARY 19TH
11:00 AM - 12:00 PM
RES: FREE / NON-RES: $5
You may not be ready to downsize, but it's never too early to explore your options. Join Shaun Shaya of Shaya Realty, brokered by KW Domain, to learn how planning ahead, simplifying your belongings, and exploring future living arrangements can reduce stress, maintain independence, and help you move on your own terms.

Sponsored By:
American House
SENIOR LIVING COMMUNITIES
Village at Bloomfield
Love Songs Through the Ages
Friday, February 19
10:00 AM - 11:30 AM
Res: Free / Non-Res: $2
Join Kelly & Darryl Roenicke, violin and piano duo, as they inspire wonderful memories of love through their orchestral renditions of familiar love songs over the ages.
PLEASE CALL 248-723-3500 TO REGISTER!

MASTER YOUR GARDEN SERIES
Presented by MSU Master Gardener, Melanie Fuhrman.
Growing Your Own Herb Garden
Friday, January 22nd
10:00 - 11:00 AM
How Gardening & Houseplants Support a Healthy Mind & Body
Thursday, February 18th
10:00 - 11:00 AM
Residents: Free / Non-Residents: $2

Financial Fraud & Scams
Event
Sponsored By:
SHAYA SRES DOMAIN
Wednesday, Febraury 10th
10:00 AM - 11:30 AM
Res: Free / Non-Res: $2
Fraud and scams are increasingly sophisticated. Join a Special Agent from the FBI's Detroit Field Office to learn about common scams, warning signs, ways to protect yourself and loved ones, what to do if you become a victim, and how AI is changing financial fraud.
Please call 248-723-3500 to register!

ABE LINCOLN
DELIVERS THE GETTYSBURG ADDRESS

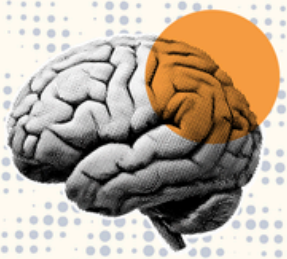
Sponsored By: ORCHARD HILL

Thursday, February 4th
10:00 - 11:00 AM
Res: Free / Non-Res: $2

Mr. Lincoln discusses his most famous speech, debunking a few enduring myths while exploring the history and context behind its familiar phrases, the fascinating events unfolding at the same time, and the remarkably varied reactions it received.

This program is structured more as a one-man play than a lecture.

Bright Brain Series



Engaging conversations about brain health, aging, and Alzheimer's disease.

What's New In Alzheimer's Disease Research?
Wednesday, December 2nd
10:00 - 11:00 AM

The Aging Brain -- What Is Normal vs. A Warning Sign
Monday, January 25th
10:00 - 11:00 AM

What is Healthy Cognitive Aging?
Tuesday, February 16th
10:00 - 11:00 AM

Residents: Free / Non-residents: $2

MEET & GREET

Tuesday, November 17th
11AM - 1PM

Drop by and enjoy seasonal treats and meet the team at Sunrise Bloomfield Hills and learn about their wonderful senior living community!

SUNRISE SENIOR LIVING

Meet & Greet

Tuesday, December 15th
11AM - 1PM

Just as a warm cup of hot chocolate brings comfort on a chilly day, Angela hospice brings warmth, comfort, and compassion when it matters most.

Angela Hospice

BLOOD DRIVE

Wednesday, December 9th
8:00 AM - 1:00 PM

Please visit www.versiti.org to schedule an appointment.

Scan the QR Code to schedule an appointment

versiti Blood Center of Michigan

Rotary

GROUP FITNESS & AQUA SCHEDULE

DEC/JAN/FEB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	S.G.P.T. 7:30 am	Gentle Stretch 7:30 am	S.G.P.T. 7:30 am	S.G.P.T 7:30 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	Pilates Fusion 10:15 am	Tai Chi Continuing 10:30 am	Gentle Yoga Sculpt 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
	TRX Mobility & Flexibility 1:30 pm	Strength & Balance Lvl 1 1:45 pm	Strength & Balance Lvl 2 1:30 pm	Mindful Meditation 1:45 pm
Tai Chi Beginning 2:00 pm	Total Body Express 2:30 pm		Total Body Express 2:30 pm	Intro to Exercise 2:30 pm
LaBlast 5:15 pm (V)		LaBlast 5:15 pm (V)		

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	Aqua Therapy 9:45 am	Aqua Interval 9:45 am	ET Workout 9:45 am	Aqua Interval 9:45 am
Endurance Core & Balance 11:00 am	Aqua Circuit 11:00 am	ET Workout 11:00 am	Aqua Boot Camp 11:00 am	Water Walking 11:00 am
Water Walking 12:15 pm	Aqua Energy 12:15 pm	Endurance, Core & Balance 12:15 pm	Aqua Energy 12:15 pm	Endurance, *Cardio* & Balance 12:15 pm
Open Swim 1:30 pm	Lap Swim 1:30 pm	Lap Swim 1:30 pm	Lap Swim 1:30 pm	Open Swim 1:30 pm
Water Wellness 2:20 pm	Gentle Water 2:20 pm	Water Wellness 2:20 pm	Gentle Water 2:20 pm	Water Wellness 2:20 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		Bloomfield Community Television

Land Fitness

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.

Fee: Non-residents pay an additional $10 per session.

We reserve the right to substitute instructors to maintain program continuity.

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
Dec 1-29	5 Classes / $50
Jan 1-26	4 Classes / $40
Feb 2-23	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
Dec 7-28	4 Classes / $40
Jan 4-25	4 Classes / $40
Feb 1-22	4 Classes / $40

LaBlast Dance (Virtual Only)

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.

Mondays w/Mari Ann	5:15-6 pm
Dec 7-14	2 Classes / $18
Jan 4-25	4 Classes / $36
Feb 2-22	4 Classes / $36
Wednesdays w/Mari Ann	**5:15-6 pm**
Dec 2-16	3 Classes / $27
Jan 6-27	4 Classes / $36
Feb 3-24	4 Classes / $36

Zumba + Zumba Toning

Get ready to groove to the music 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.

Thursdays w/Teressa	9-10:00 am
Dec 3-10	2 Classes / $20
Jan 7-28	4 Classes / $40
Feb 4-25	4 Classes / $40

Yoga

Please bring your own mat

Gentle Yoga Sculpt

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.

Thursdays w/Lea	10:15-11:15 am
Dec 3-31	4 Classes / $36
Jan 7-28	4 Classes / $36
Feb 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
Dec 2-30	5 Classes / $60
Jan 6-27	4 Classes / $48
Feb 3-24	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
Dec 7-28	4 Classes / $40
Jan 4-25	4 Classes / $40
Feb 1-22	4 Classes / $40
Fridays w/Jannan	**12:45-1:30 pm**
Dec 4-18	3 Classes / $27
Jan 8-29	4 Classes / $36
Feb 5-26	4 Classes / $36

S.E.A.T

Supported **E**xercise & **A**bility **T**raining 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
Dec 1-29	5 Classes / $45
Jan 1-26	4 Classes / $36
Feb 2-23	4 Classes / $36
Thursdays w/Lea	**12:30-1:15 pm**
Dec 3-31	4 Classes / $36
Jan 7-28	4 Classes / $36
Feb 4-25	4 Classes / $36

Total Body Express

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	2:30-3:15 pm
Dec 1-29	5 Classes / $45
Jan 1-26	4 Classes / $36
Feb 2-23	4 Classes / $36
Thursdays	**2:30-3:15 pm**
Dec 3-31	4 Classes / $36
Jan 7-28	4 Classes / $36
Feb 4-25	4 Classes / $36

Pilates

Mindful Movement Pilates

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

Fridays w/Amy	**10:15-11:15 am**
Dec 4-18	**3 Classes / $45**
Jan 8-29	**4 Classes / $60**
Feb 5-26	**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.

Tuesdays w/Jannan	**10:15-11:15 am**
Dec 1-29	**5 Classes / $45**
Jan 5-26	**4 Classes / $36**
Feb 2-23	**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**
Dec 7-28	**4 Classes / $36**
Jan 4-25	**4 Classes / $36**
Feb 1-22	**4 Classes / $36**
Wednesdays w/Amanda	**1:45-2:30 pm**
Dec 2-30	**5 Classes / $45**
Jan 6-27	**4 Classes / $36**
Feb 3-24	**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 asymetrical moves challenging both the body and mind. Bring a mat and water bottle. [Virtual Options Available]

Mondays	**12:45-1:45 pm**
Dec 7-28	**4 Classes / $36**
Jan 4-25	**4 Classes / $36**
Feb 1-22	**4 Classes / $36**
Wednesdays w/Amanda	**9-10 am**
Dec 2-30	**5 Classes / $45**
Jan 6-27	**4 Classes / $36**
Feb 3-24	**4 Classes / $36**
Thursdays w/Jannan	**1:30-2:15pm**
Dec 3-31	**4 Classes / $36**
Jan 7-28	**4 Classes / $36**
Feb 4-25	**4 Classes / $36**
Fridays w/Lola	**9-10 am**
Dec 4-18	**3 Classes / $27**
Jan 8-29	**4 Classes / $36**
Feb 5-26	**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**
Dec 1-29	**5 Classes / $50**
Jan 5-26	**4 Classes / $40**
Feb 2-23	**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**
Dec 7-28	**4 Classes / $40**
Jan 4-25	**4 Classes / $40**
Feb 1-22	**4 Classes / $40**
Wednesdays w/Donna	**12:45-1:30 pm**
Dec 2-30	**5 Classes / $50**
Jan 6-27	**4 Classes / $40**
Feb 3-24	**4 Classes / $40**

Gentle Backs & Balance

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

Thursdays w/Lea	**11:30-12:15 pm**
Dec 3-31	**4 Classes / $36**
Jan 7-28	**4 Classes / $36**
Feb 4-25	**4 Classes / $36**

TRX Express

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

Wed w/Amanda	**8:15-8:45 am**
Dec 2-30	**5 Classes / $50**
Jan 6-27	**4 Classes / $40**
Feb 3-24	**4 Classes / $40**

TRX Mobility & Flexibility NEW

Suspension training that uses your body weight and a system of adjustable straps to build strength, improve balance and increase flexibility with added mobility training.

Tuesdays w/Eva	**1:30-2:15 pm**
Dec 1-29	**5 Classes / $75**
Jan 5-26	**4 Classes / $60**
Feb 2-23	**4 Classes / $60**

Tai Chai

Tai Chi Chaun Beginner

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

Mondays w/Holly	**2:00-3:00pm**
Jan 4 - Feb 22	**8 Classes / $80**

Tai Chi Chuan Continuing

A continuation for those experienced in Tai Chi.

Wednesdays w/Han	**10:30-11:15 am**
Dec 2 - 16	**3 Classes / $30**
Wednesdays w/Han	**10:30-11:15 am**
Jan 6 - Feb 24	**8 Classes / $80**

Land Fitness

Specialty Classes

Gentle Stretch

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

Wednesdays w/Amanda	7:30-8:00am
Dec 2-30	5 Classes / $25
Jan 6-27	4 Classes / $20
Feb 3-24	4 Classes / $20

Mindful Meditation

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

Fridays w/Jannan	1:45-2:15 pm
Dec 4-18	3 Classes / $15
Jan 8-29	4 Classes / $20
Feb 5-26	4 Classes / $20

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	7:30-8:30am
Dec 1-29	5 Classes / $95
Jan 5-26	4 Classes / $76
Feb 2-23	4 Classes / $76
Thursdays	**7:30-8:30am**
Dec 3-31	4 Classes / $76
Jan 7-28	4 Classes / $76
Feb 4-25	4 Classes / $76
Fridays	**7:30-8:30am**
Dec 4-18	3 Classes / $57
Jan 8-29	4 Classes / $76
Feb 5-26	4 Classes / $76
Fridays w/Lola	**11:30-12:30pm**
Dec 4-18	3 Classes / $66
Jan 8-29	4 Classes / $88
Feb 5-26	4 Classes / $88

Intro to Exercise

This welcoming beginner friendly class is designed to help you build confidence and learn the fundamentals of working in a safe supportive environment.

Fridays w/Amanda	2:30-3:00 pm
Dec 4-18	3 Classes / $15
Jan 8-29	4 Classes / $20
Feb 5-26	4 Classes / $20

SMART BALANCE

HUR

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

Balance Assessment

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

BT Res $20 / NR $25

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

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.

SilverSneakers by Tivity Health

RenewActive by UnitedHealthcare

BT residents with **SilverSneakers** & **United Health Care** Medicare supplement polices 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 infomation 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

Aquatics

Pool Notes: Lifeguard on duty. No swimming skills are required, but participants must be comfortable in the water. The pool is 4 feet deep (ramp and stair entry) and kept at 88–92°F. Please shower before entering and arrive with your swimsuit under your clothes. Water shoes are recommended. Bring a towel, refillable water bottle, and lock if using the available lockers.
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.
Fee: Non-residents pay an additional $10 per session.

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**
Dec 1-29	**5 Classes / $45**
Jan 5-26	**4 Classes / $36**
Feb 2-23	**4 Classes / $36**
Wednesdays w/Ernie	**8:30-9:15 am**
Dec 2-30	**5 Classes / $45**
Jan 6-27	**4 Classes / $36**
Feb 3-24	**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**
Dec 1-29	**5 Classes / $45**
Jan 5-26	**4 Classes / $36**
Feb 2-23	**4 Classes / $36**
Thursdays w/Ernie	**11:00-11:45 am**
Dec 3-31	**4 Classes / $36**
Jan 7-28	**4 Classes / $36**
Feb 4-25	**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

Wednesdays w/Ernie	**11-11:45am**
Dec 2-30	**5 Classes / $45**
Jan 6-27	**4 Classes / $36**
Feb 3-24	**4 Classes / $36**
Thursdays w/Ernie	**9:45-10:30 am**
Dec 3-31	**4 Classes / $36**
Jan 7-28	**4 Classes / $36**
Feb 4-25	**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**
Dec 7-28	**4 Classes / $36**
Jan 4-25	**4 Classes / $36**
Feb 1-22	**4 Classes / $36**
Fridays w/Ernie	**8:30-9:15 am**
Dec 4-18	**3 Classes / $27**
Jan 8-29	**4 Classes / $36**
Feb 5-26	**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**
Dec 7-28	**4 Classes / $36**
Jan 4-25	**4 Classes / $36**
Feb 1-22	**4 Classes / $36**
Fridays w/Ernie	**11:00-11:45 am**
Dec 4-18	**3 Classes / $27**
Jan 8-29	**4 Classes / $36**
Feb 5-26	**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**
Dec 4-18	**3 Classes / $27**
Jan 8-29	**4 Classes / $36**
Feb 5-26	**4 Classes / $36**

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**
Dec 7-28	**4 Classes / $36**
Jan 4-25	**4 Classes / $36**
Feb 1-22	**4 Classes / $36**
Wednesdays w/Ernie	**9:45-10:30 am**
Dec 2-30	**5 Classes / $45**
Jan 6-27	**4 Classes / $36**
Feb 3-24	**4 Classes / $36**
Thursdays w/Amanda	**7:15-8:00 am**
Dec 3-31	**4 Classes / $36**
Jan 7-28	**4 Classes / $36**
Feb 4-25	**4 Classes / $36**
Fridays w/Ernie	**9:45-10:30 am**
Dec 4-18	**3 Classes / $27**
Jan 8-29	**4 Classes / $36**
Feb 5-26	**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**
Dec 7-28	**4 Classes / $36**
Jan 4-25	**4 Classes / $36**
Feb 1-22	**4 Classes / $36**
Wednesdays	**12:15-1:00 pm**
Dec 2-30	**5 Classes / $45**
Jan 6-27	**4 Classes / $36**
Feb 3-24	**4 Classes / $36**
Thursdays w/Ernie	**8:30-9:15 am**
Dec 3-31	**4 Classes / $36**
Jan 7-28	**4 Classes / $36**
Feb 4-25	**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
Dec 1-29	5 Classes / $45
Jan 5-26	4 Classes / $36
Feb 2-23	4 Classes / $36

Water Wellness

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

Mondays	2:20-3:05 pm
Dec 7-28	4 Classes / $20
Jan 4-25	4 Classes / $20
Feb 1-22	4 Classes / $20
Wednesdays	**2:20-3:05 pm**
Dec 2-30	5 Classes / $25
Jan 6-27	4 Classes / $20
Feb 3-24	4 Classes / $20
Fridays	**2:20-3:05 pm**
Dec 4-18	3 Classes / $15
Jan 8-29	4 Classes / $20
Feb 5-26	4 Classes / $20

Gentle Water

Low impact, relaxing class that combines stretching and breathing exercises.

Tuesdays w/Amanda	2:20-3:05 pm
Dec 1-29	5 Classes / $25
Jan 5-26	4 Classes / $20
Feb 2-23	4 Classes / $20
Thursdays w/Amanda	**2:20-3:05 pm**
Dec 3-31	4 Classes / $20
Jan 7-28	4 Classes / $20
Feb 4-25	4 Classes / $20

Aqua Therapy w/Brent

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

Tuesdays w/Brent	9:45-10:30 am
Dec 1-29	5 Classes / $45
Jan 5-26	4 Classes / $36
Feb 2-23	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	12:15-1:00 pm
Dec 1-29	5 Classes / $45
Jan 5-26	4 Classes / $36
Feb 2-23	4 Classes / $36
Thursday w/Amanda	**12:15-1:00 pm**
Dec 3-31	4 Classes / $36
Jan 7-28	4 Classes / $36
Feb 4-25	4 Classes / $36

Open Swim

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

Mondays	1:30-2:15 pm
Dec 7-28	4 Classes / $36
Jan 4-25	4 Classes / $36
Feb 1-22	4 Classes / $36
Fridays	**1:30-2:15 pm**
Dec 4-18	3 Classes / $27
Jan 8-29	4 Classes / $36
Feb 5-26	4 Classes / $36

Lap Swim

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

Mondays	7:15-8:00 am
Dec 7-28	4 Classes / $36
Jan 4-25	4 Classes / $36
Feb 1-22	4 Classes / $36
Tuesdays	**1:30-2:15 pm**
Dec 1-29	5 Classes / $45
Jan 5-26	4 Classes / $36
Feb 2-23	4 Classes / $36
Wednesdays	**7:15-8:00 am**
Dec 2-30	5 Classes / $45
Jan 6-27	4 Classes / $36
Feb 3-24	4 Classes / $36
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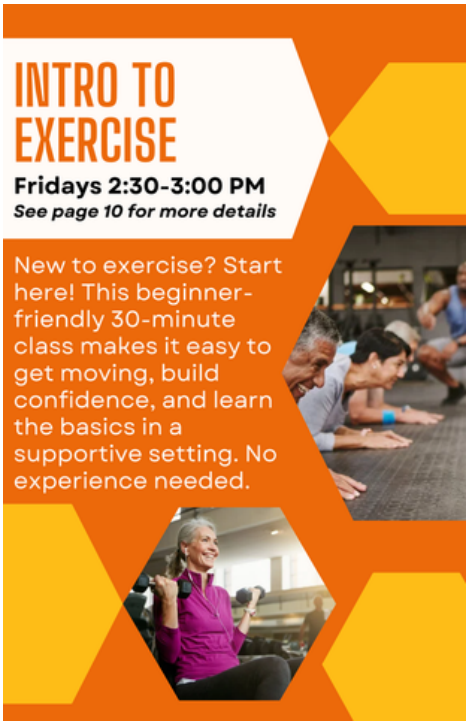
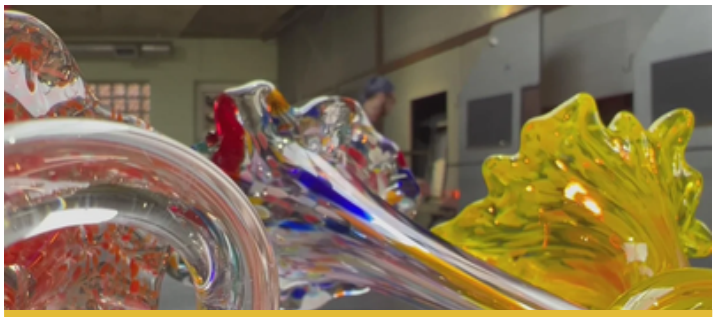
Dec 3-31	4 Classes / $36
Jan 7-28	4 Classes / $36
Feb 4-25	4 Classes / $36
Fridays	**7:15-8:00 am**
Dec 4-18	3 Classes / $27
Jan 8-29	4 Classes / $36
Feb 5-26	4 Classes / $36



12/1	Tue	Epiphany Glass Blowing Tour
12/2	Wed	Meadowbrook: A Christmas Carol
12/3	Thu	Bianco: Holiday Church Tour + Hudson Café & Shatila Bakery
12/10	Thu	The Painted Pot Workshop Tour
12/11	Fri	DSO: Home For The Holidays
1/15	Fri	Amazon Fulfillment Warehouse Tour
1/20	Wed	LegaSea Private Reptarium Tour & Live Experience
2/3	Wed	Meadowbrook: Curtains
2/12	Fri	DSO: Mandy Gonzalez sings Lin-Manuel Miranda
2/24	Wed	Bianco: Purple Rose - Mildred Whiskey
3/4	Thu	Bianco: Detroit Irish History Tour
3/10	Wed	Meadowbrook: Polishing Shakespeare
3/19	Fri	DSO Staying Alive: The Bee Gees & Beyond w/ Rajaton



Epiphany Glass Blowing Tour

Tue Dec 1 10:30-2:15pm Fee: Res: $20/Non-Res:$30

This winter, continue to seek out tours on how things are done or made. This tour explores the fascinating art of hot glass blowing. Visit Epiphany Studios to see a real production art studio cratfting wonders and then shop the custom made shop afterwards. Lunch on your own at 5th Tavern.

Meadowbrook: *A Christmas Carol*

Wed Dec 2 1:00-5:00pm Fee: Res: $71/Non-Res:$81

Everyone's favorite holiday classic captivates audiences for the 44th year with the tale of a mean-spirited miser and the ghosts that haunt him. **Deadline to register Nov 13, 2026.**

The Painted Pot Workshop Tour

Thur Dec 10 9:15-2:00pm Fee: Res $34/Non-Res:$44

At the Painted Pot, you paint it, they fire it. It's yours to use and love! All pottery is fully functional—and their glazes are non-toxic, lead-free and food safe. Join your friends and the knowledgeable staff at the Painted Pot to select an unpainted pottery piece and then paint / customize to your own vision. They will fire and be ready two weeks after that. Lunch on your own at Kruse & Muer.

DSO: Home For The Holidays- Waitlist

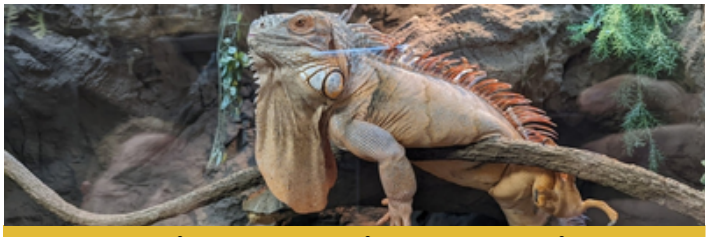
Fri Dec 11 9:30-3:30pm Fee: Res $69/Non-Res $79

Celebrate the season with one of Detroit's favorite holiday traditions! The DSO and special guests bring the magic of the holidays to life with festive favorites performed in the warmth of Orchestra Hall. Make memories to cherish for years to come with a concert filled with joy, music, and holiday spirit. Then enjoy lunch on your own at a gourmet diner in midtown Detroit, Babo.

Amazon Fulfillment Warehouse Tour

Fri Jan 15 8:45-12:30pm Fee: Res: $20/Non-Res:$30

Ever wonder how products in your online shopping cart get from Amazon to you? Join Amazon tour leaders on a walk through a fulfillment center as they introduce the people, technology, and processes that help prepare each customer order.



LegaSea Private Reptarium Tour & Live Experience

Wed Jan 20 10:00-3:00pm Fee: Res $35/Non-Res $45

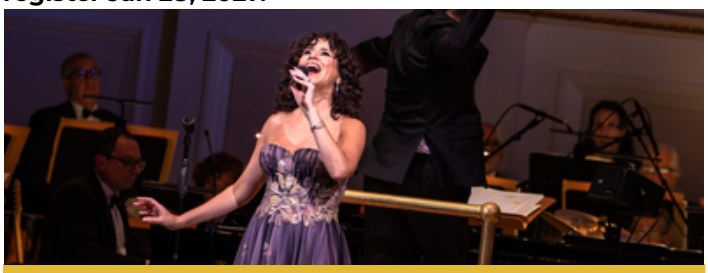
Join a private behind the scenes tour with expert reptile staff from the LegaSea Reptarium. In the 70 degree plus environment, it is the perfect winter place to learn about up to a 15 species selection of reptiles and how they live / exist. Get ready and don't be squeamish, you will hold and touch many of the live species while there. Afterwards, lunch on your own at Alibi of Troy.

Trips

Meadowbrook: *Curtains*

Wed Feb 3 11-5:00pm Fee: Res $106/Non-Res $116

From the creators of Cabaret and Chicago, Curtains is a delightful and suspenseful musical comedy that will keep audiences laughing and guessing until the very end. It's 1959 and Boston's Colonial Theatre is hosting the opening night performance of a new musical. When the leading lady mysteriously dies on stage...the entire cast and crew are suspects. Enter a local detective, who just happens to be a musical theare fan! Enjoy an included lunch on Meadowbrook campus at Finnegan's Pub. **Deadline to register Jan 28, 2027.**



DSO: Mandy Gonzalez sings Lin-Manuel Miranda

Fri Feb 12 9:30-3:30pm Fee: Res $75/Non-Res $85

Broadway's Mandy Gonzalez(Hamilton, Sunset Boulevard) stars in a program that celebrates the synergy between her incredible vocal talent and Lin-Manuel Miranda's iconic songwriting. Bring your Valentine for a program featuring stories, rhythms, and melodies from "In the Heights; Hamilton; New York, New York, Encanto; Vivo" and more! Lunch on your own at La Dolce Vita.

Meadowbrook: *Polishing Shakespeare*

Wed Mar 10 11:00-5:00pm Fee: Res $99/Non-Res $109

A dot-com billionaire pays an esteemed American theatre company to translate Shakespeare into Engish (Wait, what??). A sly comedy inspired by an unbelievablebly true story. To sell out or not to sell -- is that the question? This was a runaway hit at the Edinburgh Festival Fringe and Off-Broadway. Enjoy an included lunch at The Auburn Standard. **Deadline to register Feb 8, 2027.**

DSO Staying Alive: The Bee Gees & Beyond w/ Rajaton

Fri Mar 19 9:30-3:30pm Fee: Res $75/Non-Res $85

Break out your sequins and bellbottoms—we're celebrating the best of The Bee Gees and beyond! "You Should [and will!] Be Dancing" in your seat as world-renowned a cappella sensation Rajaton brings smooth harmonies to hits that lit up the disco scene. Relive the magic of an unforgettable era in this high-octane concert! Lunch on your own at Andiamo's Bloomfield.

TRAVEL WITH *Bianco Tours*

Round-trip transportation by deluxe motorcoach with reclining seats, overhead storage, and onboard restroom.

Please call 248-723-3500 to register or for more infomation!

Holiday Church Tour

Thu, Dec 3rd
8:45 AM - 5:00 PM
Res: $123 /
Non-Res: $133

Holiday church tour featuring visits to Historic Trinity Lutheran Church's Nutcracker display and Most Holy Redeemer Church, lunch at the Hudson Café, and pastries at Shatila Bakery.

Purple Rose: Mildred Whiskey

Wed, Feb 24th
TBD
Res: $167 /
Non-Res: $177

Join us for a trip to the Purple Rose Theatre, with lunch at Karl's Cabin included. Enjoy a Thanksgiving Eve story filled with laughter, secrets, and connection.

Detroit Irish History Tour

Thu, Mar 4th
7:45 AM - 4:00 PM
Res: $154 /
Non-Res: $164

Join for a fascinating Detroit Irish History Tour led by historian Mickey Lyons, a traditional pub stop, and lunch at Old Shillelagh.

DSO MUSIC & LUNCH

Join us for exciting trips to the Detroit Symphony Orchestra! Enjoy great music, special performances, delicious dining, and plenty of fun along the way. From Broadway classics to timeless hits, there's something for everyone to enjoy. Come along and make wonderful memories with us!

MANDY GONZALEZ SINGS LIN-MANUEL MIRANDA
Fri, Feb 12
9:30 - 3:30 PM
R: $75 / NR: $85

THE BEE GEES & BEYOND WITH RAJATON
Fri, Mar 19
9:30 - 3:30 PM
R: $75 / NR: $85

BEHIND The Scenes

Three unique experiences offering an exciting look at what happens behind the scenes!

Epiphany Glass Bowing Tour
Tue, Dec 1st | 10:30 - 2:15pm
Res: $20 / Non-Res: $30

Amazon Fulfillment Warehouse Tour
Fri, Jan 15th | 8:45 - 12:30pm
Res: $20 / Non-Res: $30

LegaSea Private Reptarium Tour
Wed, Jan 20th | 10 - 3:00pm
Res: $35 / Non-Res: $45

Mackinac Island

May 25-27, 2027
3 Days / 2 Nights

$1265.00 Resident | $1285.00 Non-Resident
Per person/ double occcupancy

Enjoy a 3-day getaway to beautiful Mackinac Island! Travel by ferry to the island, stay downtown on Main Street, and enjoy a narrated horse-drawn carriage tour, the famous Grand Hotel luncheon, and plenty of free time to explore, shop, and take in the island's charm. The trip concludes with time at Mackinaw Crossings before heading home.

Don't wait! This trip requires early booking!

TRAVEL WITH Bianco Tours

Early reservations are essential!
Reserve your spot now with just a $200.00 deposit per person!
Full payment is due by April 14, 2027.

Unique Topics

Bright Brain Series - What's New In Alzheimer's Disease Research?

Wed Dec 2 10-11:00am Fee: Res Free/Non-Res $2

Dr. Bruno Giordani will present key findings from the 2026 Alzheimer's Association International Conference (AAIC), the largest conference on dementia science, in an accessible overview for a general audience. Dr. Giordani, PhD, is a Professor of Psychology in Psychiatry, Neurology, Nursing, and Chief Psychologist in the Medical School, with expertise in neuropsychological evaluation and cognitive impairment. The Michigan Alzheimer's Disease Center (MADC) supports research, care, education, and wellness for people living with dementia and their caregivers.

Snap Shots: Write Your Life in 30 Days

Mon Dec 7 10-11:00 am Fee: Res $0/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.

Music & Mingle

Tue Dec 8 10-11:00am Fee: Res Free/Non-Res $2

Join the Bloomfield High School special vocal group "The Jills & Chorale," as they stage a special performance just for our seniors. A small orchestra team will support the overall entertainment event. juniors and seniors enjoying in one space? What could be better?

Stu Johnson: Songs Of The Holiday Season

Mon Dec 14 10-11:30am Fee: Res Free/Non-Res $2

Created just for BTSS, this program explores the holiday season from late November through January, highlighting Hanukkah, Kwanzaa, and Christmas, as well as the shared traditions of family, food, lights, decorations, gift-giving, and music that bring people together.

Artist's Confidential: How Fine Art Should be Preserved

Tue Dec 15 10-11:00 am Fee: Res $0/Non-Res $2

Join award-winning Michigan painter Donald Cronkhite for an inside look at the creative process behind painting. A Wayne State University BFA graduate, Don's work is influenced by 17th-century Dutch landscapes and 19th-century French avant-garde art. His work has been represented by Gruen Galleries in Chicago since 2005, and he has exhibited throughout Michigan and taught painting at GPAA, BBAC, and FIA. Don will share his perspective on the inspiration, techniques, and artistic decisions that shape a finished painting.

Noon's Year's Eve with Steve Floyd

Thur Dec 31 11-12:30pm Fee: Res Free/Non-Res $2

Headliner event: Join BTSS and live sounds from Steve Floyd as we celebrate New Year 2027--but at a more agreeable hour, NOON. There will be festive snacks / celebration decorations, non-alcoholic cheer, friends and music. So put on your best new year gear and meet us at Noon on 12/31!

Ageways Presents: Caregiver Education Session

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

This session is designed to support today's caregivers with practical, real-life strategies that build confidence, understanding and connection. Session topics include: activities and life engagement, improving the care process, communication and understanding, dining and nutrition, bathing and personal care, and managing caregiver stress.

New Year, New Senior Scams

Thu Jan 7 10-11:00 am Fee: Res Free/Non-Res $2

Join Captain Bryan Pizzuti as he helps you navigate today's most common scams—especially those that are particularly prevalent and often target seniors. Learn how to recognize the warning signs, protect your personal information, and avoid becoming a victim. This informative and practical presentation will give you the tools and confidence to stay one step ahead of scammers.

Munchies & Mobility

Fri Jan 8 10-11:00 am Fee: Res Free/Non-Res $2

Mobility matters: Move better, feel better. Learn simple practical strategies to improve mobility, flexibility, balance and everyday movement. Presented by our own BTSS Fitness Coordinator, Amanda Dupree.

How To Maximize The Use Of Your iPhone

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

Nowadays, everyone has a smartphone—and with it, a camera. These cameras serve multiple purposes, from high-quality photography to scanning documents to interactive shopping on websites, making them versatile tools for both personal and professional use. Learn how to get the most out of your smartphone cameras.

DIA: Georgia O'Keefe's Architecture Paintings

Wed Jan 13 10-11:00am Fee: Res Free/Non-Res $2

Join DIA Docent Harriet Hunt as she explores Georgia O'Keeffe's paintings of architecture, her favorite subject. Discover works inspired by her childhood in rural Wisconsin, summers at Lake George, early career and fascination with Manhattan, and her beloved home in New Mexico.

Stu Johnson: Road Songs Inspired by Route 66

Thur Jan 14 10-11:30am Fee: Res $3/Non-Res $5

Explore the iconic Route 66 through the songs it inspired, including "On the Road Again," "I've Been Everywhere," "Country Roads," and "Born to Be Wild." We'll listen to music, watch videos, and enjoy a few surprises along the way!

Home Safety Musts: Fire, Medical, Safe Home

Mon Jan 18 10-11:00 am Fee: Res Free/Non-Res $2

Join Lieutenant Michelle Martin from the BT Fire Department for an informative and practical discussion on mandatory safety measures to help protect you, your loved ones, and your home. Learn simple, important steps you can take to prevent common fire hazards, stay prepared, and create a safer home environment.

Sleep & Aging: Understanding What Changes and How To Get Better Rest

Wed Jan 20 10-11:00 am Fee: Res Free/Non-Res $2

Sleep often changes as we age—but poor sleep doesn't have to simply become "part of getting older." In this practical presentation, Registered Nurse Lisa DeHart will explain how aging, stress, daily routines, light exposure, movement and other lifestyle factors can affect sleep. Learn simple, realistic strategies to support better rest and discover why quality sleep is so important for energy, mood, memory, brain health and overall well-being.

The Road to Autonomous Vehicles

Thurs Jan 21 10-11:00 am Fee: Res Free/Non-Res $2

Are autonomous vehicles really coming? Learn about why autonomous vehicles are being developed - safety and the ability of seniors and others with mobility challenges to have the freedom of travel. You will hear about how the technology works and what the remaining issues are for full implementation.

Master Your Garden Series - Growing Your Own Herb Garden

Fri Jan 22 10-11:00 am Fee: Res Free/Non-Res $2

Fresh herbs bring flavor and fragrance to your home. Learn how to grow herbs indoors or outdoors, which herb varieties are easiest, how to harvest and store them, and tips for keeping your plants productive all season. Presented by MSU Master Garderner, Melanie Fuhrman.

Mid-Winter Break Concert w/ Lynn Feinberg

Fri Jan 22 1-2:30pm Fee: Res Free/Non-Res $2

Join BTSS as we present the jazzy sounds of Lynn Feinberg in live concert. Together, we will sing away the mid-winter doldrums!

Bright Brain Series - The Aging Brain: What Is Normal vs. A Warning Sign

Mon Jan 25 10-11:00am Fee: Res Free/Non-Res $2

Getting older brings many changes including celebrated ones such as retirement, travel, and adding a new grandchild to the family. It also brings changes that can be challenging and not as welcomed. During this talk, The Aging Brain: What's Normal vs. Warning Signs?", we will discuss what happens to the brain as we age, warning signs to look out for, and how to navigate clinical support. Whether you are curious about your own changes or planning to coordinate your loved one's care, this talk will provide an engaging conversation about the ins and outs of aging cognition.

Everything You Wanted To Know About Ebay...But Were Afraid To Ask

Mon Feb 1 10-11:00am Fee: Res Free/Non-Res $2

Getting ready to move or uncovering "hidden treasures" in storage? Learn the basics of online selling and discover how you can safely and easily turn unused items into extra cash!

DIA: In the Garden

Wed Feb 3 10-11:00 am Fee: Res Free/Non-Res $2

Join Harriet Hunt for this presentation as she explores the meanings behind images of flowers, plants and gardens, featuring some of our favorite works of art.

Abe Lincoln Delivers The Gettysburg Address

Thur Feb 4 10-11:00 am Fee: Res $0/Non-Res $2

Mr. Lincoln talks about his most famous speech (debunking some myths!), including the background and context to the familiar phrases, some interesting events happening at the same time, and the extremely varied responses to his speech. **This program is structured more as a one-man play than a lecture.**

Unique Topics

Julie Dawson: Seeing the World Through The Heart of Its Bells

Mon Feb 8 10-11:30am Fee: Res $3/Non-Res $5

Bells are truly unique creations! Throughout history, every culture in every country has used bells for so many purposes and reasons. This talk is indeed about Bells. It is also about world cultures, art, and Julie's travels with her husband, Peter, and their extraordinary life together. You will gain a new perspective on the amazingly inventive ways people have devised to use bells.

Financial Fraud & Scams

Wed Feb 10 10-11:30am Fee: Res Free/Non-Res $2

Fraud and scams are increasingly sophisticated. Join a Special Agent from the FBI's Detroit Field Office to learn about common scams, warning signs, ways to protect yourself and loved ones, what to do if you become a victim, and how AI is changing financial fraud.

Stu Johnson: Music & Dance Of The Harlem Renaissance

Thu Feb 11 10:00-11:30am Fee: Res $3/Non-Res $5

After the First World War, a mass migration took place as African-Americans fled North to escape the harsh realities they faced in the South. Many settled in New York's Harlem district where they flourished in the Arts, that included music and dance. This presentation explores the development of music and dance of the era that live on today. A joint presentation with Sharon O'Brien.

Bright Brain Series - What is Healthy Cognitive Aging

Tue Feb 16 10-11:00am Fee: Res Free/Non-Res $2

Cognitive decline is not necessarily an inevitable part of aging. Learn about SuperAgers—adults 80+ whose memory performance rivals that of middle-aged adults—and what researchers are discovering about their remarkable cognitive health. Join Dr. Amanda Maher as she discusses the factors that may protect cognitive health and how these insights could help detect and slow cognitive decline related to Alzheimer's disease and related disorders.

Ageways Presents: Powerful Tools for Caregivers - Managing Stress Workshop

Wed Feb 17 11-12:00pm Fee: Res Free/Non-Res $2

This session is designed to help family caregivers develop skills to manage the stress and demands of caregiving before it leads to burnout. The highly interactive workshop will focus on stress management techniques, problem solving, goal setting, and self-care practices to improve overall well-being.

Master Your Garden Series - How Gardening & Houseplants Support a Healthy Mind & Body

Thu Feb 18 10:00-11:00am Fee: Res Free/Non-Res $2

Gardening and indoor plants offer more than beauty - they support mental and physical well-being. Explore research-based benefits including stress reduction, improved mood, sensory engagement, and gentle physical activity. Leave with ideas for integrating healing plants and gardening practices into daily life. Presented by MSU Master Garderner, Melanie Fuhrman.

Valentine's Concert: Love Songs Through The Ages

Fri Feb 19 10:00-11:30am Fee: Res Free / Non-Res $2

Join Kelly & Darryl Roenicke, violin and piano duo, as they inspire wonderful memories of love through their orchestral renditions of familiar love songs over the ages.

Unique Classes & Workshops

Baklava Holiday
Thu, Dec 17th 10:00 - 11:30am
Res: $50 / Non-Res: $60
Celebrate the holidays with golden, flaky baklava that looks bakery-perfect. Step-by-step guidance makes this impressive treat simple—perfect for hosting, gifting, or sharing at a party.

Painting: Winter Cardinal
Thu, Jan 21st 10:00 - 12:00pm
Res: $45 / Non-Res: $55
Please join Jannan for this guided painting class. Together, step by step, you will jointly create this vibrant cardinal on a snowy winter day.

Live Terrarium
Thu, Jan 28th 10:00 - 11:30am
Res: $25 / Non-Res: $35
Create a beautiful, cylinder glass terrarium that fits easily onto a windowsill or table filled with a variety of tropical houseplants and decorative materials.

Painting: Love Birds
Thu, Feb 11th 10:00 - 12:00pm
Res: $45 / Non-Res: $55
Celebrate the holidays with golden, flaky baklava that looks bakery-perfect. Step-by-step guidance makes this impressive treat simple—perfect for hosting, gifting, or sharing at a party.

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

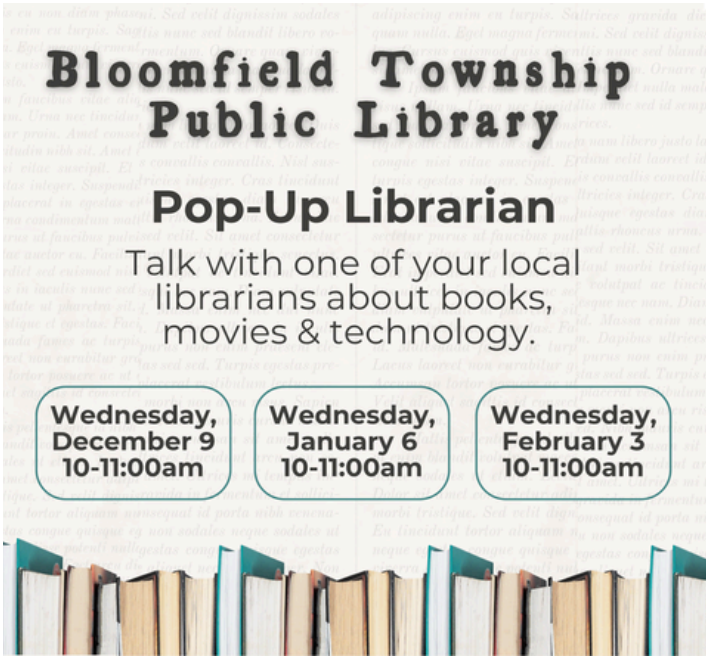
Billiards	Facilitator: B. Haw Group play, all levels welcome. Call for availability.	Tue & Thu 1:00-3:00
Duplicate Bridge	Facilitator: C. Wood Max 7 tables. **Arrive at 11:00 for table assignments.**	Tue 11:30-3:00
Mah-Jongg	Facilitator: M.A.Williams For brain health & memory skills.	Tue & Thu 12-3:00
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

Jan 8

How to Read a Book
Monica Wood

Feb 5

A Tree Grows in Brooklyn
Betty Smith



Bridge - Advanced & Play

Fri Jan 15 - Feb 26 10:00-12:00pm Fee: Res $175/NR $185

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.**

Bridge - Learn to Play Bridge Part I

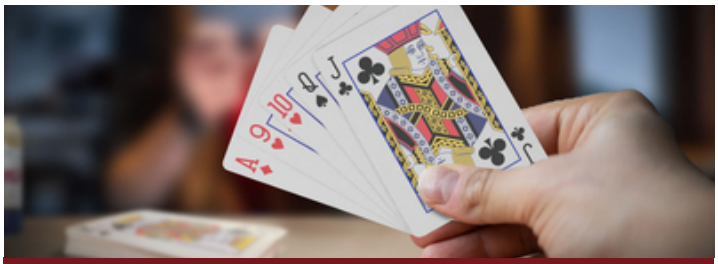
Fri Jan 15 - Feb 26 12:00-2:00pm Fee: Res $175/NR $185

Learn to play bridge. No experience required. This is the first class in a three-part series. **$25 Book Fee paid 1st week to instructor.**

Learn to Play Mah-Jongg

Tue Jan 5 - 26	**9:30-11:30am**	**Fee: Res $70/NR$80**
Wed Jan 6 - 27	**9:30-11:30am**	**Fee: Res $70/NR$80**
Tue Feb 2 -23	**9:30-11:30am**	**Fee: Res $70/NR$80**
Wed Feb 3 - 24	**9:30-11:30am**	**Fee: Res $70/NR$80**

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.**



Euchre Refresher

Tue Jan 26	**11-12:30pm**	**Fee: Res $25/NR $30**
Tue Feb 2	**11-12:30pm**	**Fee: Res $25/NR $30**

This refresher is geared toward those who may have played in the past or have taken a class before but are in need of a refresher. This one-day only class will allow practice and refresh strategies to reactivate playing again. Both one-day sessions are exactly the same.

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.

CURRENTLY OFFERING TOURS & TRIAL VISITS

FRIENDSHIP CLUB OPEN HOUSE
1:00 - 2:30 PM
December 9 January 13
February 10

Contact Us
248-723-3531
KDavidson@bloomfieldtwpmi.gov

Hours of Operation
Mon, Wed, Thurs
10:00 AM - 2:00 PM

4315 Andover Road
Bloomfield Twp, MI
48302

Scan the QR code to learn more about Friendship Club.

Caregiver Support Group

Tuesdays
10-11 AM
Dec 15 / Jan 19 / Feb 10

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: American House Senior Living Communities Stone & Elmwood

Companion Cafe

memory cafe alliance

Fridays
1- 2:30 PM
Dec 4 & 18 / Jan 8 & 22 / Feb 5 & 19

Join us for welcoming social gatherings designed for individuals living with memory challenges, along with their caregivers, family members, and friends. Enjoy meaningful shared experiences that foster connection, conversation, and engagement in a supportive setting. Gather with us for refreshments, music, and fun activities!

Advanced Registration Required.

exhale

Join us for these special community events!

Jan 22
Mid-Winter Break Concert

Feb 19
Love Song Through the Ages

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 can 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 Infomation

Mary Osborne
Nutrition Coordinator

Phone Number
248-723-3513

MEDICARE & YOU
Understanding Your Medicare Choices

Medicare Counseling
Wednesday
11am - 3pm
Dec 16 | Jan 20 | Feb 17

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

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 Infomation

Jeff Howes
Transportation Coordinator
248-723-3512

SMART RIDE

MICHIGAN SECRETARY OF STATE
MOBILE OFFICE
IS COMING TO YOU

Friday, January 29th
10 AM - 1:00 PM

First time Michigan ID
Renew Drivers License or ID
Vehicle Services
Apply for/renew Disability Placard and more!

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

MINOR HOME REPAIR PROGRAM

*Free repairs for Bloomfield Twp Seniors 60+

***To Qualify: The gross annual 2026 household income is $58,700 for one person or $67,100 for two people. The 2026 home's value cannot exceed $420,000, and financial assets are limited to $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.**

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

Replacement of: Water heaters, toilets, faucets, lighting, locks, handrails, driveways, furnaces/AC units, and ADA-compliant ramps.

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

Corrections of: Single code violations.

Funded by Community Development Block Grant (CDBG).

EQUAL HOUSING OPPORTUNITY

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

DEMENTIA Live®

Tuesday, February 9th
12:00 - 2:00 PM (20 Min Appts)
Free for BT Residents

An interactive simulation that offers insight into the challenges of living with dementia. Using specialized goggles, headphones, and other equipment, participants attempt everyday tasks to build understanding, empathy, and better communication skills.

Please call 248-723-3500 for appointment!

This program is intended for caregivers, family members, and care partners, and is not for individuals living with dementia.

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 a the center.

AGEWAYS PRESENTS: Caregiver Education Session

Wednesday, January 6th
11:00 AM - 12:00 PM
Res: Free / Non-Res: $2

This session offers practical strategies to build caregiver confidence, understanding, and connection, covering meaningful activities, care techniques, communication, dining and nutrition, personal care, and stress management.

BLOOD DRIVE

Wednesday, December 9th
8:00 AM - 1:00 PM
Please visit www.versiti.org to schedule an appointment.

Scan the QR Code to schedule an appointment

versiti Blood Center of Michigan

Rotary

Buy A Brick Program

Honor your loved one with a memorial paver brick which will be placed along the BTSS walkways.

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

BLOOD PRESSURE CHECKS

Thursdays
Dec 17, Jan 21, & Feb 18
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.

Senior Services
4315 Andover Rd.
Bloomfield Twp., MI

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

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

HOME SAFETY MUSTS: FIRE , MEDICAL , SAFE HOME

W/ BTFD LT. MICHELLE MARTIN

MONDAY, JANUARY 18TH
10:00 - 11:00 AM
RES: FREE / NON-RES: $2

Join Lieutenant Michelle Martin from the BT Fire Department for an informative and practical discussion on mandatory safety measures to help protect you, your loved ones, and your home. Learn simple, important steps you can take to prevent common fire hazards, stay prepared, and create a safer home environment.

New Year, New Senior Scams

Join Captain Bryan Pizzuti as he helps you navigate today's most common scams—especially those that are particularly prevalent and often target seniors. Learn how to recognize the warning signs, protect your personal information, and avoid becoming a victim. This informative and practical presentation will give you the tools and confidence to stay one step ahead of scammers.

Thursday, January 7th
10-11:00 am
Res/Free, Non-Res $2

What's Happening This Winter

- **Blood Drive** Dec 9 | Pg 6
- **Noon Year's Eve** Dec 31 | Pg 3
- **Mid-Winter Break Concert** Jan 22 | Pg 5
- **Financial Fraud & Scams** Feb 10 | Pg 4