



Senior Services

4315 Andover Rd., Bloomfield Township MI 48302

Fall 2026 September / October / November



September is National Senior Center Month!

Celebrate by connecting with friends, participating in engaging programs, and discovering all your senior center has to offer all month long!

See page 3 for more details.

Senior Comedy Show

Laugh along with talented senior comedians as they share hilarious life experiences, relatable humor, and unforgettable stories.

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

Ruth's Comments

As the days draw shorter and we turn our thoughts to fall, a brief recap of a wonderful Michigan summer includes a special thank you to our first responders for their role in keeping our community safe. A celebration of America's 250th with many themed activities that will continue into the fall.

September is National Senior Center Month, an ideal time to connect with peers and engage in vibrant community programs that are designed for older adults. Discover and experience all that our senior center offers and its vital role to our community.

As you review the pages in our catalog plan to attend the 50+ Resource Fair, our first Standup Comedy Show, Flu Shot Clinic, daytrips, lectures, Lunch & Learns, music events, land and aquatics fitness, and so much more to engage in!

Our team offers valuable supportive services – Meals on Wheels, Friendship Club, Transportation and Minor Home Repair Program. Now is the time to review your needs and reach out to us for support.

September 27th the Township will host an Open House. A popular family event held from 11 AM-3 PM. Plan to visit us at our booth!

Ruth Frketich
Director of Senior Services



Mark your Calendars, the Senior Center will be closed:

- **Monday, September 7 - Labor Day**
- **Thursday & Friday, November 26 - 27 - Thanksgiving**

Special Thank you to our Fall Sponsors:

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



Eligibility/Registration

Call 248-723-3500 or visit

www.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 08/03/26, Non-residents registration begins 08/14/26 (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.

NATIONAL SENIOR CENTER MONTH

**SEPT
14**
**Matter of Balance 8-Week
Class (Presented by Ageways)**
Mondays 10 - 12 PM

**SEPT
16**
**Senior Center Community
Resource Fair**
9 - 12 PM

**SEPT
22**
**Presidential Greatness:
Washington**
10 - 11 AM

**SEPT
25**
What's New in Medicare
10 - 11 AM

Senior Comedy Community


**STAND UP
COMEDY
show**
Friday, September 25th
1:00 - 2:30 PM
Res: Free / Non-Res: \$2

Laugh along with talented senior comedians as they share hilarious life experiences, relatable humor, and unforgettable stories.



SENIOR RESOURCE FAIR

Wednesday, Sept 16th
9:00 AM – 12:00 PM



Join us at the Senior Center to connect with valuable resources, information, and services. Enjoy festive fall treats, pick up branded giveaways, and meet representatives from local agencies and organizations offering programs and services for older adults.



Care and comfort at a moment's notice.



MEET & GREET

Thursday, August 27th
11:00 AM - 1:00 PM

Drop by and enjoy peach treats while meeting the wonderful team at StoryPoint! Discover everything their vibrant senior living community has to offer!



MEET & GREET

Tuesday, September 29th
11AM - 1PM

Drop by and enjoy seasonal treats and meet the team at All Seasons West Bloomfield and learn about their wonderful senior living community!



Friends giving

Friday, November 20th
12:00 - 2:00 PM

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

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



LUNCH & LEARN

Peace of Mind

Learn how planning for your final wishes may shield your family from unnecessary emotional and financial burden. Join us to learn more about pre-arrangements, veteran benefits, cremation, burials and more.

Please register by 9/16

Thursday, Sept 17th
11:30 AM - 1:00 PM
Res: Free / Non-Res: \$5

Meal and Event
Sponsored By:

A.J. DESMOND & SONS
FUNERAL DIRECTORS
1917 One Hundred Years 2017

Lunch & Learn: Secrets of Longevity

Wednesday, Oct 7th
11:00 - 12:30 PM
Res: Free / Non-Res: \$5

Dr. Bagne will share insightful and inspiring strategies for overcoming loneliness and depression while explaining how these challenges can impact our mental and emotional well-being.

Please register by 10/5

Meal & Event
Sponsored By:

Magnolia
by the
Lakes
The Premier European Senior Village



Lunch & Learn Scams

Wednesday, Oct 14th
11:00 AM - 12:00 PM
Res: Free / Non-Res: \$5

Join us for an educational lecture and learn how to recognize the warning signs and strategies that protect seniors from fraud and scams.

Please register by 10/12

Meal & Event
Sponsored By:



Lunch & Learn

FALL IN LOVE WITH SENIOR LIVING

Wednesday, Oct 21st
11:00 - 12:00 PM
Res: Free / Non-Res: \$5

Gain clarity and confidence in your senior living decisions. Explore options, costs, services, financial considerations, when to start your search, key questions to ask, and more.

Please register by 10/19

Meal and event
sponsored by:





PRESIDENTIAL GREATNESS

LEADERS WHO SHAPED A NATION
3-PART LECTURE SERIES W/ BRUCE ZELLER
RES: FREE / NON-RES: \$2

WASHINGTON Tue, Sept 22
10-11 AM

ROOSEVELT Tue, Oct 20
10-11 AM

JEFFERSON Mon. Nov 23
10-11 AM

MUSIC AT THE COFFEEHOUSE

Doug Neal
Friday, October 9th
1:00 - 2:00 PM
Res: Free / Non-Res: \$2

Experience the captivating sounds of Doug Neal—guitarist, vocalist, and storyteller. Through his Coffee Series, Doug pairs soothing melodies with the stories and history behind each song, creating the perfect soundtrack for a relaxing coffee break or cozy gathering.

Please call 248-723-3500 to register!

MEET & GREET

Tuesday, October 6th
11 AM - 1 PM

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

CP CRANBERRY PARK
of WEST BLOOMFIELD | assisted living & memory care

Celebrate Fall

Tuesday, October 27th
11:00 AM - 1:00 PM

Drop by and celebrate fall with a festive fall treat. Meet the team from Hampton Manor and learn about their wonderful senior living community.

Hampton Manor
PREMIER ASSISTED LIVING

TRY ONE OF OUR NEW 3-Part Series

Lunch Bunch Series

Enjoy a fun day of shopping, lunch, and friendship—no agenda

Sept 9:
Somerset
& Cooper's
Hawk

Oct 28:
Partridge
Creek &
Andiamo's

Nov 18:
Peacock
Room &
Dime Store

See page 13 for more details

Culinary Series

Discover new flavors and techniques in these fun, hands-on classes!

Sept 17:
Sushi 101

Nov 9:
Learn to Make
Pierogi

Nov 16:
Learn to Make
Cannoli

See page 18 for more details



GROUP FITNESS & AQUA SCHEDULE

SEPT/OCT/NOV

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
	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 w/ Drumming 2:15 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		

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

Sep 1-29 5 Classes / \$50

Oct 6-27 4 Classes / \$40

Nov 3-24 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

Sep 14-28 3 Classes / \$30

Oct 5-26 4 Classes / \$40

Nov 2-30 5 Classes / \$50

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

Sep 14-28 3 Classes / \$27

Oct 5-26 4 Classes / \$36

Nov 2-30 4 Classes / \$36

**No class on 11/23*

Wednesdays w/Mari Ann 5:15-6 pm

Sep 2-30 5 Classes / \$45

Oct 7-28 4 Classes / \$36

Nov 4-18 3 Classes / \$27

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/Teresa 9-10:00 am

Sep 3-24 4 Classes / \$36

Oct 1-29 5 Classes / \$45

Nov 5-19 3 Classes / \$27

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. [Virtual Option Available]

Thursdays w/Lea 10:15-11:15 am

Sep 3-24 4 Classes / \$36

Oct 1-29 5 Classes / \$45

Nov 5-19 3 Classes / \$27

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

Sep 2-30 5 Classes / \$60

Oct 7-28 4 Classes / \$48

Nov 4-18 3 Classes / \$36



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

Sep 14-28 3 Classes / \$30

Oct 5-26 4 Classes / \$40

Nov 2-30 5 Classes / \$50

Fridays w/Jannan 12:45-1:30 pm

Sep 4-25 4 Classes / \$36

Oct 2-30 5 Classes / \$45

Nov 6-20 3 Classes / \$27

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

Sep 1-29 5 Classes / \$45

Oct 6-27 4 Classes / \$36

Nov 3-24 4 Classes / \$36

Thursdays w/Lea 12:30-1:15 pm

Sep 3-24 4 Classes / \$36

Oct 1-29 5 Classes / \$45

Nov 5-19 3 Classes / \$27

Chair Cardio w/ Drumming

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

Sep 1-29 5 Classes / \$25

Oct 6-27 4 Classes / \$20

Nov 3-24 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
Sep 4-25	4 Classes / \$60
Oct 2-30	5 Classes / \$75
Nov 6-20	3 Classes / \$45

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
Sep 1-29	5 Classes / \$45
Oct 6-27	4 Classes / \$36
Nov 3-24	4 Classes / \$36
Thursdays w/Jannan	1:30-2:15 pm
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27

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
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Wednesdays w/Amanda	1:45-2:30 pm
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	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
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Wednesdays w/Amanda	9-10 am
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	4 Classes / \$36
Fridays w/Lola	9-10 am
Sep 4-25	4 Classes / \$36
Oct 2-30	5 Classes / \$45
Nov 6-20	3 Classes / \$27

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
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27

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
Sep 1-29	5 Classes / \$50
Oct 6-27	4 Classes / \$40
Nov 3-24	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
Sep 14-28	3 Classes / \$30
Oct 5-26	4 Classes / \$40
Nov 2-30	5 Classes / \$50
Wednesdays w/Donna	12:45-1:30 pm
Sep 2-30	5 Classes / \$50
Oct 7-28	4 Classes / \$40
Nov 4-25	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
Sep 2-30	5 Classes / \$50
Oct 7-28	4 Classes / \$40
Nov 4-25	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
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27

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
Nov 2 - Dec 28	9 Classes / \$90

Tai Chi Chuan Continuing

A continuation for those experienced in Tai Chi.

Wednesdays w/Han	10:30-11:15 am
Sep 16 - Nov 25	8 Classes / \$80

*No class on 10/14, 10/21, 10/28

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.

Tuesdays w/Amanda 1:30-2:00 pm

Sep 1-29 5 Classes / \$25

Oct 6-27  4 Classes / \$20

Nov 3-24 4 Classes / \$20

Wednesdays w/Amanda 7-30-8:00am

Sep 2-30 5 Classes / \$25

Oct 7-28  4 Classes / \$20

Nov 4-25 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

Sep 4-25 4 Classes / \$20

Oct 2-30  5 Classes / \$25

Nov 6-20 3 Classes / \$15

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 7:30-8:30am

Sep 1-29 5 Classes / \$95

Oct 6-27 4 Classes / \$76

Nov 3-24 4 Classes / \$76

Thursdays w/Jason 7:30-8:30am

Sep 3-24 4 Classes / \$76

Oct 1-29 5 Classes / \$95

Nov 5-19 3 Classes / \$57

Fridays w/Jason 7:30-8:30am

Sep 4-25 4 Classes / \$76

Oct 2-30 5 Classes / \$95

Nov 6-20 3 Classes / \$57

Fridays w/Lola 11:30-12:30pm

Sep 4-25 4 Classes / \$88

Oct 2-30 5 Classes / \$110

Nov 6-20 3 Classes / \$66

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

Sep 4-25 4 Classes / \$20

Oct 2-30 5 Classes / \$25

Nov 6-20 3 Classes / \$15

SMART BALANCE



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.



RenewActive
by UnitedHealthcare

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

Attendance scanning required. Exercise classes are not included. 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

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
Sep 1-29	5 Classes / \$45
Oct 6-27	4 Classes / \$36
Nov 3-24	4 Classes / \$36
Wednesdays w/Ernie	8:30-9:15 am
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	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
Sep 1-29	5 Classes / \$45
Oct 6-27	4 Classes / \$36
Nov 3-24	4 Classes / \$36
Thursdays w/Ernie	11:00-11:45 am
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27

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
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	4 Classes / \$36
Thursdays w/Ernie	9:45-10:30 am
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27

Pool Noodle Workout

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

Mondays w/Ernie	8:30-9:15 am
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Fridays w/Ernie	8:30-9:15 am
Sep 4-25	4 Classes / \$36
Oct 2-30	5 Classes / \$45
Nov 6-20	3 Classes / \$27

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
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Fridays w/Ernie	11:00-11:45 am
Sep 4-25	4 Classes / \$36
Oct 2-30	5 Classes / \$45
Nov 6-20	3 Classes / \$27

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

Aqua Interval

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

Mondays w/Ernie	9:45-10:30 am
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Wednesdays w/Ernie	9:45-10:30 am
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	4 Classes / \$36
Thursdays w/Amanda	7:15-8:00 am
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27
Fridays w/Ernie	9:45-10:30 am
Sep 4-25	4 Classes / \$36
Oct 2-30	5 Classes / \$45
Nov 6-20	3 Classes / \$27

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
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Wednesdays w/Amanda	12:15-1:00 pm
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	4 Classes / \$36
Thursdays w/Ernie	8:30-9:15 am
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27



Aquatics

Total Body Aqua

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

Tuesdays w/Ernie	8:30-9:15 am
Sep 1-29	5 Classes / \$45
Oct 6-27	4 Classes / \$36
Nov 3-24	4 Classes / \$36

Water Wellness

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

Mondays w/Jason	2:20-3:05 pm
Sep 14-28	3 Classes / \$15
Oct 5-26	SPECIAL PRICE 4 Classes / \$20
Nov 2-30	5 Classes / \$25
Wednesdays w/Jason	2:20-3:05 pm
Sep 2-30	5 Classes / \$25
Oct 7-28	SPECIAL PRICE 4 Classes / \$20
Nov 4-25	4 Classes / \$20
Fridays w/ Jason	2:20-3:05 pm
Sep 4-25	4 Classes / \$20
Oct 2-30	SPECIAL PRICE 5 Classes / \$25
Nov 6-20	3 Classes / \$15

Gentle Water

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

Tuesdays w/Amanda	2:20-3:05 pm
Sep 1-29	5 Classes / \$25
Oct 6-27	SPECIAL PRICE 4 Classes / \$20
Nov 3-24	4 Classes / \$20
Thursdays w/Amanda	2:20-3:05 pm
Sep 3-24	4 Classes / \$20
Oct 1-29	SPECIAL PRICE 5 Classes / \$25
Nov 5-19	3 Classes / \$15

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
Sep 1-29	5 Classes / \$45
Oct 6-27	4 Classes / \$36
Nov 3-24	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
Sep 1-29	5 Classes / \$45
Oct 6-27	4 Classes / \$36
Nov 3-24	4 Classes / \$36
Thursday w/Amanda	12:15-1:00 pm
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27

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	1:30-2:15 pm
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Fridays w/Ernie	1:30-2:15 pm
Sep 4-25	4 Classes / \$36
Oct 2-30	5 Classes / \$45
Nov 6-20	3 Classes / \$27

Lap Swim

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

BT Residency Required.

Mondays w/Ernie	7:15-8:00 am
Sep 14-28	3 Classes / \$27
Oct 5-26	4 Classes / \$36
Nov 2-30	5 Classes / \$45
Tuesdays w/Ernie	1:30-2:15 pm
Sep 1-29	5 Classes / \$45
Oct 6-27	4 Classes / \$36
Nov 3-24	4 Classes / \$36
Wednesdays w/Ernie	7:15-8:00 am
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	4 Classes / \$36
Wednesdays w/Ernie	1:30-2:15 pm
Sep 2-30	5 Classes / \$45
Oct 7-28	4 Classes / \$36
Nov 4-25	4 Classes / \$36
Thursdays w/Ernie	1:30-2:15 pm
Sep 3-24	4 Classes / \$36
Oct 1-29	5 Classes / \$45
Nov 5-19	3 Classes / \$27
Fridays w/Ernie	7:15-8:00 am
Sep 4-25	4 Classes / \$36
Oct 2-30	5 Classes / \$45
Nov 6-20	3 Classes / \$27



BITES & BALANCE

THURSDAY, OCTOBER 22ND
10:00 AM - 11:00 AM
RES: FREE / NON-RES: \$2

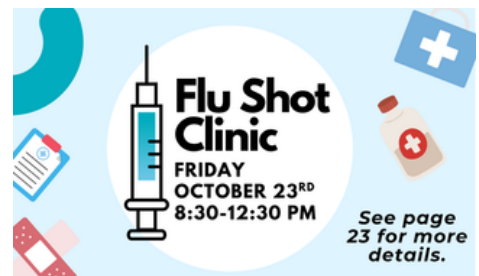
Join us for an engaging session on balance, mobility, and fall prevention. Learn simple tips and easy demonstrations to improve stability, confidence, and everyday movement. Enjoy a fun, informative experience while connecting with others. Healthy snacks will be provided.



A MATTER OF BALANCE
MANAGING CONCERNS ABOUT FALLS

Mon Sept 14 - Nov 2
10 - 12 PM (8-Week Class)
Free / BT Residents Only

SPONSORED BY
AgeWays
AgeWays is a program of the



Flu Shot Clinic
FRIDAY
OCTOBER 23RD
8:30-12:30 PM

See page 23 for more details.



9/1	Tue	MI Central Station Tour
9/2	Wed	Amazon Fulfillment Warehouse Tour
9/9	Wed	The Lunch Bunch - Somerset
9/10	Thu	The Pink House Tea Experience
9/15	Tue	Historic Franklin Cider Mill
9/18	Fri	Downtown Detroit Donut & Pastry Tour
9/24	Thu	Detroit Princess Riverboat Cruise
9/30	Wed	Inside Look: Eisenhower Dance Company
10/2	Fri	DSO: Viva Las Vegas
10/12	Mon	Packard Proving Grounds
10/15	Thu	Purple Rose Theatre: "Bastard"
10/20	Tue	Matinee Classic: The New Sense and Sensibility
10/21	Wed	Meadowbrook: Man Who Shot Liberty Valance
10/22	Thu	Henry Ford Museum - Self Guided Tour
10/28	Wed	The Lunch Bunch - Partridge Creek
10/29	Thu	National Weather Station Tour
11/12	Thu	The Guardian Building
11/18	Wed	The Lunch Bunch - Peacock Room
11/20	Fri	DSO: The Paul Simon Songbook
12/2	Wed	Meadowbrook: A Christmas Carol
12/11	Fri	DSO: Home For The Holidays

Michigan Central Station Tour

Tue Sept 1 10:15-3:15pm Fee: Res: \$79/Non-Res: \$89

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 BBQ.

Amazon Fulfillment Warehouse Tour

Wed Sept 2 9:15-12:30pm 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.

The Lunch Bunch - Somerset

Wed Sept 9 9:45-2:00pm Fee: Res: \$10/Non-Res: \$20

Sometimes you just want to shop and lunch with no pre-planned agenda. Join your favorite friends and shop, socialize to your heart's content. September is Somerset followed by lunch on your own at Cooper's Hawk.

The Pink House Tea Experience

Thur Sept 10 9:30-3:00pm Fee: Res \$65/Non-Res \$75

Located in the heart of New Baltimore, the Pink House Tea Room is a cozy, charming spot that offers a delightful tea experience. Housed in a beautifully restored historic building, this quaint tea room serves a variety of hand-selected teas, paired with freshly baked scones, delicate finger sandwiches, and irresistible pastries.

Historic Franklin Cider Mill

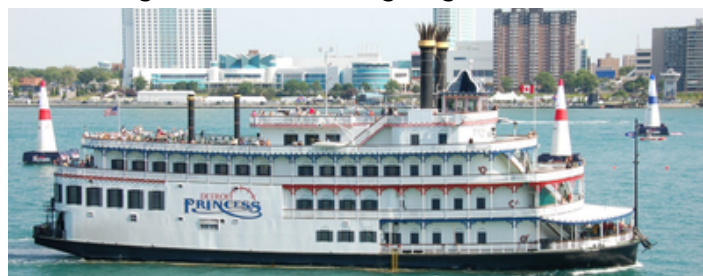
Tue Sept 15 10:00-12:00pm Fee: Res \$10/Non-Res: \$20

Be transported back to a simpler time. Enjoy a brief visit to the Franklin Cider Mill for some traditional fresh apple cider and warm donuts. Get a glimpse of the water wheel that is the heart to making fresh cider. Shop the apple shack and Franklin Market for fresh apple cider, spiced donuts, caramel apples, and apple pies and other products or just hang out and watch the ducks by the river.

Downtown Detroit Donut & Pastry Tour

Fri Sept 18 10:15-1:45pm Fee: Res \$85/Non-Res: \$95

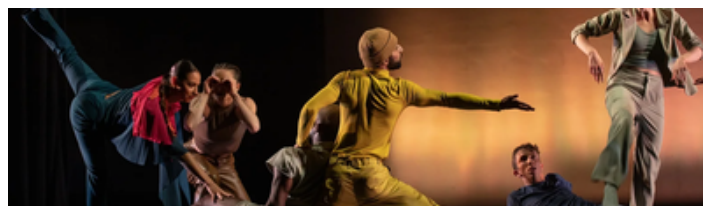
Taste your way through Detroit's history and hidden gems on a guided walking tour of Greektown and downtown. Enjoy pastries, chocolates, and desserts from local favorites while exploring iconic alleys and vibrant city spots. Discover the stories behind the city's revival as you stroll through its most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



Detroit Princess Riverboat Cruise

Thur Sept 24 10:00-3:15pm Fee: Res \$86/Non-Res \$96

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!



Inside Look: Eisenhower Dance Company

Wed Sept 30 12:30-3:30pm Fee: Res \$45/Non-Res \$55

The Eisenhower Dance Company invites you behind the scenes to experience the world of dance. See what happens when dancers arrive, how staging and sound come together, and how rehearsals unfold. You'll discuss the process with the company and enjoy selected performances. Note: You will get involved and move, so comfortable clothes and shoes are recommended.

Trips



DSO: Viva Las Vegas

Fri Oct 2 9:30-3:30pm Fee: Res \$69/Non-Res \$79

From the Golden Age of the Rat Pack and Elvis to the mega-stars of today, Las Vegas is home to the greatest acts on earth! Five-time Las Vegas Headliner of the Year Frankie Moreno, his band, and dancer Lacey Schwimmer join the DSO for an electrifying celebration of the music of the Strip!

Purple Rose Theatre: "Bastard"

Thu Oct 15 1:30-6:00pm Fee: Res \$75/Non-Res \$85

What do an aging country rocker and a buttoned-down financial whiz have in common? Not much — except their last name. The Lambert brothers have never agreed on much. And now with the death of their mother, old wounds resurface, and a new wound threatens to tear the family apart. From Award winning journalist, former WDIV-TV news anchor, author, and musician, Devin Scillian, comes a world premiere that'll have you on the edge of your seat from beginning to end.

Packard Proving Grounds

Mon Oct 12 9:00-2:30pm Fee: Res \$94/Non-Res \$104

Enjoy a special fall outing touring the tree-lined Packard Proving Grounds while nature's colors are changing. You will see the original home, the historic auto barn where priceless classics are stored and cap off the day with vintage car rides (weather permitting). Lunch is included during the tour along with after lunch specialty sundaes served in clawfoot souvenir bowls.



Matinee Classic: The New Sense and Sensibility

Tue Oct 20 10:30-2:30pm Fee: Res \$15/Non-Res \$20

Introducing Classic Matinee Tuesday: First, lunch on your own at Zalman's on Woodward. Then, we will travel to the Birmingham 8 Theater to see this new 2026 movie adaptation of author Jane Austen's classic "Sense and Sensibility" starring Daisy Edgar-Jones. The story follows the Dashwood sisters—Elinor, Marianne, and Margaret—who, after their father's death, are forced to leave their family estate and navigate love, heartbreak, and financial challenges in Georgian-era England.

Meadowbrook: The Man Who Shot Liberty Valance

Wed Oct 21 11:00-5:00pm Fee: Res \$105/Non-Res \$115

Journey into the Wild West of 1890 in this classic tale of good versus evil. When a young scholar from New York heads west in search of a new life, he arrives in the dusty streets of Two Trees beaten and half-dead. Rescued by the townspeople, he soon finds a place to call home. Lunch is included at Loccino Italian Grill.



Henry Ford Museum - Self Guided Tour

Thurs Oct 22 9:15-2:45pm Fee: Res \$48/Non-Res \$58

Visit the Henry Ford Museum at your own pace. Don't miss Driving America, featuring the 1896 Ford Quadricycle and historic concept and race cars, or Your Place in Time, showcasing five generations of American pop culture, including an interactive 1980s MTV exhibit. Enjoy lunch on your own at Lamy's Diner or Plum Market.

The Lunch Bunch - Partridge Creek

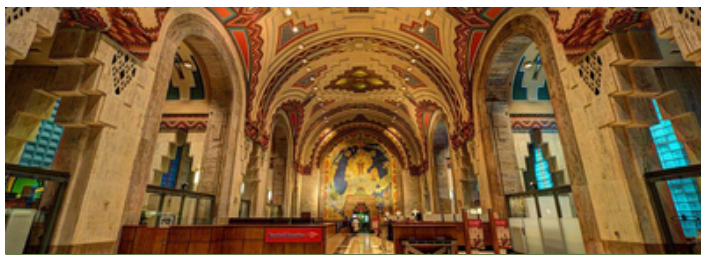
Wed Oct 28 10:00-3:00pm Fee: Res: \$10/Non-Res:\$20

Sometimes you just want to shop and lunch with no pre-planned agenda. Join your favorite friends and shop, socialize to your heart's content. October is The Mall at Partridge Creek followed by lunch on your own at Andiamo's Clinton Twp.

National Weather Station Tour

Thur Oct 29 9:15-1:30pm Fee: Res: \$20/Non-Res:\$30

Join us for a tour of the National Weather Station in White Lake, Michigan, to learn about weather forecasting, technology, and the science behind the skies. Afterward, enjoy lunch on your own at Kruse's Deer Lake Inn.



The Guardian Building

Thur Nov 12 9:45-3:00pm Fee: Res \$68/Non-Res \$78

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



The Lunch Bunch - Peacock Room

Wed Nov 18 9:30-2:00pm Fee: Res: \$10/Non-Res: \$20

Join the Lunch Bunch for a fun day in Detroit! We'll start with brunch at the popular The Dime Store, then visit The Peacock Room, Detroit's newest antique store, where you'll have time to browse for vintage treasures, unique finds, and one-of-a-kind gifts.



DSO: The Paul Simon Songbook

Fri Nov 20 9:30-3:30pm Fee: Res \$67/Non-Res \$77

Conductor Jeff Tyzik returns for an evening of music from the legendary Paul Simon. Explore his unique artistry as a songwriter from his years with Simon and Garfunkel through his solo albums Graceland and Rhythm of the Saints. You'll enjoy songs including "Bridge Over Troubled Water," "Me and Julio Down by the Schoolyard," "The Sound of Silence," and "50 Ways to Leave Your Lover." Then, enjoy lunch on your own at Dose Detroit Midtown.



Meadowbrook: A Christmas Carol

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

Celebrate the season with Meadow Brook Theatre's beloved A Christmas Carol. For 44 years, audiences have enjoyed this timeless tale of Ebenezer Scrooge's journey from miser to man of generosity in a heartwarming holiday tradition filled with festive spirit.



DSO: Home For The Holidays

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 gourmet diner in midtown Detroit, Babo.

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 information!

Ontario Wine Tour

Wed, Sept 23rd
9:30 AM - 5:00 PM
Res: \$152 /
Non-Res: \$162
Enjoy a relaxing
Ontario wine
country day trip to
Harrow with tastings
at Viewpoint Estate
Winery, North 42
Degrees Estate
Winery (with lunch),
and Cooper's Hawk
Vineyards.



Harvest Adventure

Wed, Oct 7th
10:45 AM - 4:30 PM
Res: \$114 /
Non-Res: \$129
Enjoy a relaxing day
trip with lunch at the
historic White Horse
Inn in Metamora,
followed by a scenic
wagon ride, seasonal
fruit gift, and wine
tasting at Westview
Orchards & Winery.



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.

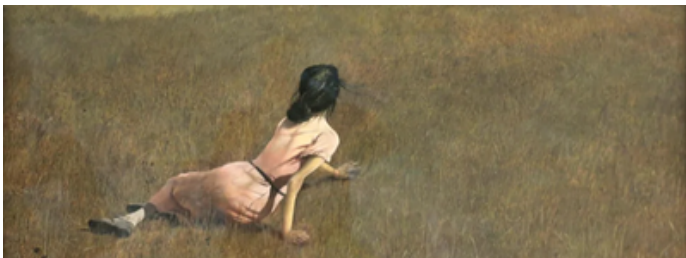
Unique Topics



Mighty Mac! Mackinac Bridge Then and Now

Mon Sept 14 10-11:00am Fee: Res Free/Non-Res \$2

Step into the remarkable history of the Mighty Mac with the Executive Director of the Mackinac Bridge Authority. Discover the vision, innovation, and determination that brought this engineering marvel to life. Through captivating stories and historic insights, she'll reveal why the bridge remains one of Michigan's greatest icons. Don't miss this unique opportunity to hear the legacy.



DIA: Tell Me A Story

Mon Sept 21 10-11:00 am Fee: Res \$0/Non-Res \$2

Making meaning of the world around us is a fundamental human instinct. Throughout history, cultures across the globe have used art to express ideas, preserve traditions, and teach essential beliefs and values. Explore the many ways visual artists have drawn inspiration from stories—whether drawn from mythology, religion, history, literature, or everyday life—to create works that inform, inspire, and connect us across generations.

Presidential Greatness: Washington

Tue Sept 22 10-11:00am Fee: Res Free/Non-Res \$2

Explore the life and leadership of George Washington, the nation's first president and commander of the Continental Army. Discover how his character, decisions, and vision helped shape the founding of the United States and established traditions that continue to influence the presidency today.

Stu Johnson: Timeless Nostalgic & Forever

Thur Sept 24 10-11:30am Fee: Res \$3/Non-Res \$5

One of the greatest books ever written is not a book at all. It is the Great American Songbook, the canon of the most influential, timeless, and enduring American songs. With this new presentation, we'll learn about a few unknown or lesser known composers and lyricists whose output is every bit as good as Rodgers, Arlen, Porter and Gershwin. These are the Other Guys. We'll listen to their songs, the best of the best, performed by the best of the best, performed by the stars of yesterday and today.

What's New in Medicare

Fri Sept 25 10-11:00am Fee: Res Free/Non-Res \$0

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.



Senior Comedy Show

Fri Sept 25 1:00-2:00pm Fee: Res Free/Non-Res \$2

Get ready for an afternoon of laughter with talented senior comedians as they share hilarious life experiences, relatable humor, and unforgettable stories. Their wit, wisdom, and unique perspectives prove that comedy only gets better with age. Join us for a fun-filled show packed with laughs, heart, and plenty of memorable moments!



Why Murder She Wrote Was a Big Hit

Mon Sept 28 10-11:00am Fee: Res Free/Non-Res \$2

Bridget Kies, Associate Professor of Film Studies and Production at Oakland University, explores why cozy mysteries have remained a beloved genre for generations of fans. She will also discuss Angela Lansbury's enduring appeal, her remarkable career, and how she helped keep the series fresh and successful.



Alden B Dow Midwestern Modern

Mon Oct 5 1:00-2:00pm Fee: Res \$2/Non-Res \$4

Join Craig McDonald, Executive Director of the Alden B. Dow Home and Studio, as he showcases Midland's 403 mid-century modern (MCM) buildings through architectural photography and historical documentation. Built between 1930 and 1970, these homes, schools, and public buildings highlight the distinctive design that defines the community and attracts visitors from across the country.



Music at the Coffee House - Doug Neal

Fri Oct 9 1:00-2:00pm Fee: Res Free/Non-Res \$2

Experience the captivating sounds of Doug Neal—guitarist, vocalist, and storyteller. Through his Coffee Series, Doug pairs soothing melodies with the stories and history behind each song, creating the perfect soundtrack for a relaxing coffee break or cozy gathering.



Stu Johnson - Harry Warren

Thurs Oct 15 10:00-11:30am Fee: Res \$3/Non-Res \$5

Join Stu Johnson for an engaging music history presentation exploring the life and legacy of Harry Warren, one of Hollywood's most celebrated songwriters. Learn the stories behind his timeless songs, his remarkable career in film and Broadway, and the lasting influence his music has had on jazz and American popular music.



History of Vernors

Fri Oct 16 10-11:00 am Fee: Res \$3/Non-Res \$5

How did James Vernor make his ginger ale so successful? It all began in a small pharmacy on Woodward Avenue in Detroit right after the Civil War. By 1940, it had grown into a huge factory, called the most modern bottling facility in the world. Go back in time with presenter Keith Wunderlich and hear the story of how Vernors developed from 1866 to today. You'll learn about the 160-year history of America's longest continuously produced soda pop and see memorabilia from its remarkable past.

Presidential Greatness: Roosevelt

Tue Oct 20 10-11:00am Fee: Res Free/Non-Res \$2

Join us as we celebrate our nation's 250th birthday with a fascinating look at President Theodore Roosevelt. Young, energetic, and already an accomplished political leader, Roosevelt became President following the assassination of William McKinley. His bold leadership and Square Deal reforms helped modernize America, and by 1912 he had embraced an even more progressive vision for the nation, leaving a lasting impact on the presidency and the country.

Bites & Balance

Thurs Oct 22 10-11:00am Fee: Res Free/Non-Res \$2

Join us for a fun and informative talk on balance and fall prevention. Learn simple tips to improve stability, reduce your risk of falls, and try a few easy hands-on demonstrations. Plus, enjoy healthy snacks while discovering delicious ways to support your overall wellness!

Tricks or Treats By Wendy Evans

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

Join Wendy Evans as she explores tricks and treats in art. Spooks and scares, tricks and treats are part of the fun of Halloween and of this presentation. It will focus on the tricks artists use to bring you their treats. But, there will be plenty of spooks and scares too! Prepare to be terrified!

Indigenous Connections to Oakland County

Thu Nov 5 1:00-2:00pm Fee: Res Free/Non-Res \$2

The history of Oakland County is often told in the stories of settlers in the wagons coming to start farms but the human history of the county begins thousands of years before that. This presentation explores that early history and the challenges of researching it.

The Grieving Brain

Thu Nov 5 10:00-11:00am Fee: Res Free/Non-Res \$2

A presentation by Angela Hospice exploring how grief affects cognition, memory, concentration, and emotional regulation, and what these changes mean for daily life, judgment, and decision-making. The presentation also explains how grief can temporarily impair focus, problem-solving, and emotional balance, making everyday tasks more challenging.

Retirement Reimagined

Mon Nov 9 10-11:00am Fee: Res Free/Non-Res \$2

Retirement Reimagined explores how retirement can become one of life's most rewarding chapters. Learn practical strategies for creating a renewed sense of purpose, building meaningful social connections, and embracing new opportunities for personal growth.

Veterans Day Jazz Band Performance

Mon Nov 9 1-2:00pm Fee: Res Free/Non-Res \$2

Join us this Veterans Day for a soulful live jazz performance in honor of our veterans. Enjoy smooth melodies, timeless classics, and a memorable tribute filled with music, gratitude, and appreciation as we celebrate the courage and sacrifice of those who have served.

Unique Topics

Senior Frauds & Scams Holiday Watchouts

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

Join BTPD Officer Heather Glowacz to discuss the latest scams and frauds Seniors may be facing particularly around the holidays. This one is not to be missed for your own safety.

Benefits of Personal Training

Thu Nov 12 10-11:00am Fee: Res Free/Non-Res \$2

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



Prohibition in Hamtramck

Fri Nov 13 10-11:00am Fee: Res Free / Non-Res: \$2

Join Board Chairman, Joe Kochut, from the Hamtramck Museum to discuss what prohibition was like in the day. This was a vivid and intense period, shaped by the city's unique social and cultural makeup. Speakeasies—secret bars—flourished, and homebrewing was common. The community found ways to keep their traditions alive despite the legal restrictions.

Stu Johnson: Travelogue In Jazz

Thu Nov 19 10:00-11:30am Fee: Res \$3/Non-Res \$5

The premise of this program is to highlight various cities with songs that have that city's name in the title. A short history of each city is given with songs such as Chicago, Kalamazoo, El Paso, Charleston and New York playing over slides of the city's features.



Friendsgiving

Fri Nov 20 12:00-2:00pm Fee: Res \$20/Non-Res \$25

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

Presidential Greatness: Jefferson

Mon Nov 23 10-11:00am Fee: Res Free / Non-Res \$2

Examine the life and legacy of Thomas Jefferson, principal author of the Declaration of Independence and the nation's third president. Explore his contributions to American democracy, the Louisiana Purchase, and his lasting impact on education, government, and the ideals of liberty.



Painting w/ Jannan - Sunflower

Thu Sept 3 10-12:00pm Fee: Res \$45/Non-Res \$50

Join Jannan and paint this vibrant sunflower against an old red barn. All materials are provided as you are guided step by step.

Sushi 101

Thu Sept 17 10-12:00pm Fee: Res \$60/Non-Res \$65

Learn the basics of sushi making as you prepare fresh ingredients and create four maki and four inside-out rolls to take home.

Frivolous Fall Pumpkin Arrangement

Thu Oct 1 10-11:30am Fee: Res \$20/Non-Res \$30

Join us to create a beautiful fall floral arrangement in a gourd or pumpkin vase. Learn simple flower arranging techniques and take home your festive fall creation.

Senior Meal Prep

Wed Oct 14 1-2:30pm Fee: Res \$58/Non-Res \$63

Master meal prep with simple recipes using ingredients you may already have. Learn to batch-cook, store food safely, and take home a few ready-made meals.

Painting w/ Jannan - Grinch

Thu Oct 29 10-12:00pm Fee: Res \$45/Non-Res \$50

Join Jannan and paint this holiday classic: "Grinch." All materials are provided as you are guided step by step.

Make Your Own Pierogi!

Mon Nov 9 10-11:30am Fee: Res \$58/Non-Res \$63

Make homemade pierogi from scratch with a classic potato, cheese & onion filling, then take them home to cook and enjoy.

Painting w/ Jannan - Gnome

Thu Nov 12 10-12:00pm Fee: Res \$45/Non-Res \$50

Join Jannan and paint this whimsical and beloved holiday figure. All materials are provided as you are guided step by step.

Make Your Own Cannoli!

Mon Nov 16 10-11:30am Fee: Res \$45/Non-Res \$50

Make classic homemade cannoli from scratch—create crisp shells, creamy fillings, and a bakery-style finish. Take home 12 cannoli and six cannoli forms.

Autumn Holiday Centerpiece

Tue Nov 17 10-11:30am Fee: Res \$28/Non-Res \$38

Join certified ExtensionMaster Gardener, Karen Koenigbauer as she walks you through a step by step originally designed centerpiece for your holiday festivities.

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

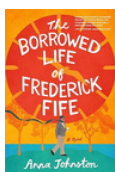
Sept 11



Oct 2



Nov 6



Bridge - Advanced & Play

Fri Sept 11 - Oct 30 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 Sept 11 - Oct 30 1:00-3:00pm Fee: Res \$200/NR \$210

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



Learn to Play Mah-Jongg

Tue Sept 8-29 9:30-11:30am Fee: Res \$60/NR \$70

Tue Oct 6-27 9:30-11:30am Fee: Res \$60/NR \$70

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.**



Senior Frauds & Scams Holiday Watchouts

**Tuesday, November 10th
10:00 - 11:00 AM**

Join BTPD Officer Heather Glowacz to discuss the latest scams and frauds seniors may be facing particularly around the holidays. This one is not to be missed for your own safety.

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**

Bloomfield Township Public Library

Pop-Up Librarian

**Wed, Oct 7
10-11:00am
Complimentary**

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

Book Talk

**Wed, Nov 4
10-11:00am
Complimentary**

Hear about popular new books & find your next read!





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
September 16 October 14
November 11

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@bloomfieldtwpmi.gov

Scan the QR code to learn
more about Friendship Club.



Caregiver Support Group

Tuesdays
10-11 AM

Sept 15 / Oct 20 / Nov 17

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

Fridays
1- 2:30 PM

Sept 11 & 25 / Oct 9 & 30 / Nov 6 & 20

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

Advanced Registration Required.



Join us for these special community events!

Sept 25:
Senior Comedy
Show

Oct 9:
Music at the
CoffeeHouse

Nov 20:
Friendsgiving
(12-2pm)





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.

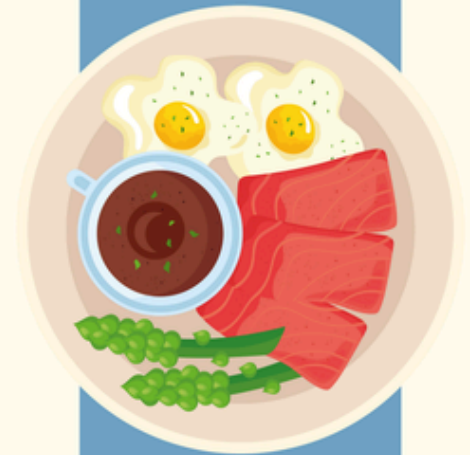
- Frozen meals come in a bulk pack (3 meals or 5 meals) and are delivered on Monday mornings only.
- Hot meals are available for delivery Monday through Friday.

Request Information

Mary Osborne
Nutrition Coordinator



Phone Number
248-723-3513



**MEDICARE
& YOU**

Understanding Your
Medicare Choices

Medicare Counseling
Wednesday
Sept 16 11am-3pm
Oct 14 1pm-3pm

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 Information

Jeff Howes
Transportation Coordinator

 248-723-3512



MICHIGAN SECRETARY OF STATE
MOBILE OFFICE
IS COMING TO YOU

Thursday, October 8th
10 AM - 2:00 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 2025 household income is \$56,600 for one person or \$64,650 for two people. The 2025 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).



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, October 13th
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!



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.



Buy A Brick Program

In Memory of

BLOOMFIELD TOWNSHIP
SENIOR SERVICES
BRICK CAMPAIGN
www.brickerus.com

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.



Flu Shot Clinic

FRIDAY
OCTOBER 23RD
8:30-12:30 PM

For BT Residents 50+ Advance Registration Required!
Please call 248-723-3500 to get registered!

Shots free for 65+ with Medicare.
Please bring Medicare card & ID to appointment.

Flu Shots Provided By:

Walgreens



MMAP
MICHIGAN MEDICARE
ASSISTANCE PROGRAM
Navigating Medicare

Open Enrollment Counseling for BT Residents

Wednesday, November 11th
Appointments Only: 10-3:00 pm
Call in advance to schedule.

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

 **AgeWays**
Support. Guide. Empower.

BLOOD PRESSURE CHECKS

Thursdays
Sept 17, Oct 15, & Nov 19
11:30 AM - 12:30 PM

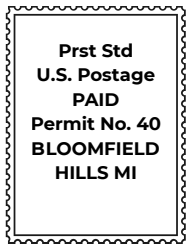
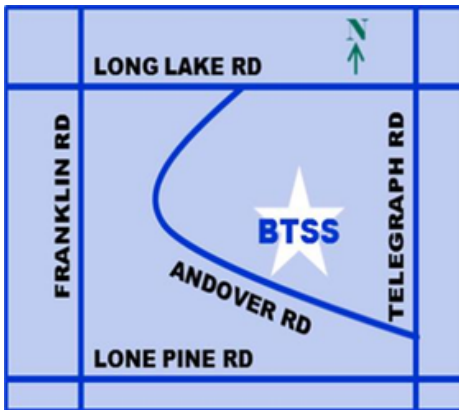
Take charge of your health with our free blood pressure monitoring service. Stop by for a quick, easy check-up and take control of your well-being.





Senior Services
4315 Andover Rd.
Bloomfield Twp., MI

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



**Veterans Day
Jazz Band
Performance**

**MONDAY,
NOVEMBER 9TH
1:00 - 2:00 PM**

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

Res: Free / Non-Res: \$2



**SENIOR
RESOURCE
FAIR**

**Wednesday, Sept 16th
9:00 AM - 12:00 PM**



Join us at the senior center to connect with valuable resources & information, enjoy festive fall treats and snag some branded giveaways.

See page 4 for more details.



**What's
Happening
This Fall**

- **Mobile SOS**
Oct 8 | Pg 22
- **Dementia Live**
Oct 13 | Pg 23
- **Scam Prevention - Lunch & Learn**
Oct 14 | Pg 5
- **Flu Shot Clinic**
Oct 23 | Pg 23