Spring 2007

Enriching lives with learning opportunities ≈ Providing services that support well-being and independence ≈ Building Community
2007-2008 MEMBERSHIP DRIVE

It's time to renew your BTSS Membership. Enjoy class & trip discounts! Receive first class mailing of your newsletter!

Membership renewal is easier than ever.

Bloomfield Township Residents:

≈ If you registered in 2006-07, you will automatically be renewed for 2007-08. (Not sure? If this newsletter arrived first class, you registered.)

≈ If you did not register in 2006-07, please do so by phone or online. Please complete a profile and also register for class: MEM01-B0701. Membership is free to you.

Outside of Bloomfield Township:

≈ Others who are not residents of Bloomfield Township can renew their membership each year: $30 per household.

≈ You may register by phone or online. Please complete a profile and also register for class: MEM02-B0701.

Membership follows our fiscal cycle of April 1, 2007 through March 30, 2008.

Questions? Need help?
Please call BTSS at 341-6450. Someone will be happy to assist you.
Dear Friends,

Membership
For years, my elder friends have said time “speeds up” as you move through life; now, in my 40’s, I am truly feeling it. One benefit of this phenomenon is that we are modifying our membership renewal procedures -primarily because they seem to get closer together each year! Rather than requiring annual renewal for the free Bloomfield Township resident membership, we will be rolling you into the next membership cycle automatically. By all means, we will remove anyone at their request; but this change offers savings in staff/volunteer hours, printing costs, your time and even trees!!

For our nonresident members, please activate your renewal for 2007 via phone, website or by mailing a check. Please see the cover for further Membership details.

Name change to “Bloomfield Township Senior Services”
With our alignment in governance to the Township, solidified by the designated Senior Service Millage of 2004, and the inclusion of the Senior Center in the recent Bond Project, the final name can now be implemented. BTSS has been elevated to the level of other essential Township services offered to strengthen and serve our residents and that is reflected in this name. BTSS identifies our primary source of funding, leadership by our Board of Trustees, and a commitment to our residents. (Checks still payable to Bloomfield Township)

BTSS Adult Day Service Upcoming Events
"Getting to Know You” Open House (SVC10-A0701)
Thursday, February 22 4-6 pm
Learn about the newest program for residents and family caregivers.

“You can’t do it All - How to be an Effective Caregiver” (SCV10-A0702)
Thursday, March 1 3:00 pm
BTSS ADS, in partnership with JVS, will present this as the first in a series offered to family caregivers.

Events held at BTSS ADS: 2222 Franklin Rd., Suite 200, Bloomfield.
For more information call Terri Ann Liller, Program Coordinator at (248) 335-2813. To register, call BTSS at (248) 341-6450.

Building update
If all goes well, we will be breaking ground in late summer. The architects have a clear understanding of our goals for the building and significant experience in designing senior focused facilities. Please check our website periodically for details.


Onward and Upward!

Christine Tvaroha

cvaro@bloomfield.org or (248) 341-6450
FITNESS

50+ Strength Training  Instructors: Rubinstein/Cook  Certified Exercise Specialist monitors’ class. Instruction on proper form and use of 13 machines that strengthen all major muscle groups. Individual progress charted and reviewed. Non-competitive atmosphere, state-of-the-art HUR fitness equipment. Comfortable clothing, sturdy shoes & water needed. Dr.’s note & BTSS membership required.  12 classes  Note evening hours  Fee: $68*

Mon / Thurs  8 - 9 AM  
Feb 12 – April 2  (FIT01-A0701)  no class 2/19, 2/22, 3/29  
April 5 – May 14  (FIT01-B0701)  
May 17 –July 5  (FIT01-B0702)  no class 5/28, 6/25, 6/28

Mon / Wed  11:30 - 12:30 PM  
Feb 7 – March 26  (FIT01-A0702)  no class 2/19, 2/21  
March 28 – May 7  (FIT01-A0705)  no class 5/28  
May 9 - June 20  (FIT01-B0703)

Mon / Wed  * EVENING HOURS  6:30 – 7:30 PM  
Feb 7 – March 26  (FIT01-A0703)  no class 2/19, 2/21  
March 28 – May 7  (FIT01-A0710)  
May 9 - June 20  (FIT01-B0704)  no class 5/28

Tue/Thur  10 – 11 AM  
Feb 20 – March 29  (FIT01-A0705)  
April 3 – May 10  (FIT01-B0705)  
May 15 – June 21  (FIT01-B0706)

Wed / Fri  8 – 9 AM  
Jan 31 – March 16  (FIT01-A0706)  no class 2/21, 2/23  
Mar 21 – May 4  (FIT01-A0711)  no class 3/30, 4/6  
May 9 – June 15  (FIT01-B0707)

Wed / Fri  9 - 10 AM  
Jan 31 – March 16  (FIT01-A0707)  no class 2/21, 2/23  
Mar 21 – May 4  (FIT01-A0712)  no class 3/30, 4/6  
May 9 - June 15  (FIT01-B0708)

Wed / Fri  10 – 11 AM  
Jan 31 - March 16  (FIT01-A0708)  
Mar 21 – May 4  (FIT01-A0713)  no class 3/30, 4/6  
May 9 - June 15  (FIT01-B0709)

50+ Strength Training Open Hours  
Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit. 
(MAR-FIT02-A0703)  (APR-FIT02-B0701)  (MAY-FIT02-B0702)

Bloomfield Twp. Members: $15 month or $80/ 6 months  
Outside Twp. Members: $20 month or $100/6 months

Monday   9 - 11 AM   1:00 - 6:15 PM  
Tuesday  7 – 10 AM   11:30 - 4:00 PM  
Wednesday  1:00 - 6:15 PM  
Thursday  7-8 & 9-10 AM   12:00 - 4:00 PM  
Friday   11:30 - 4:00 PM

Yoga  Instructor: Lavon Cook  
Instructor/Certified American College of Sports Medicine  
Emphasis on alignment and flexibility. Increase lung volume, reduce tension, improve your energy, strength, and well-being. Seated breath awareness and relaxation. Wear comfortable clothing, bring mat, water & towel.

Wednesday  9 – 10 AM   8 classes  Fee: $48*

Mar 7 - April 25  (FIT05-A0702)  
May 2 – June 20  (FIT05-B0701)

Healthy Back Yoga  Instructor: Lavon Cook  
Protect your back, learn back care. Great for those with Arthritis or Osteoporosis. Strengthen abdominal and back muscles. Incorporates stretches for strengthening and flexibility. Class not intended to replace therapy, may be a follow up to successful rehabilitation. Bring water, small pillow & yoga mat. Can purchase mat at class @ cost.

Fri 9 - 10 AM  Fee: $36* (6 wks) & $48* (8 wks)

Jan 12 – March 2 (8 wks)  (FIT06-A0701)  
March 9 - April 27 (6 wks)  (FIT06-A0702) no class 4/6, 4/20  
May 4 - June 22 (8 wks)  (FIT06-B0701)

NEW!! Pilates/Yoga Combo  Instructor: Lavon Cook  
Certified American College of Sports Medicine  
Instructor will lead you through a series of safe Pilate’s exercises focusing on strengthening your back while firming your abdominals---the core of your body. Improve posture, alignment, muscle tone, joint mobility and flexibility. Leave class feeling invigorated, yet relaxed. Bring mat.

Tuesday   11:30 – 12:30 PM  
March 13 – May 1  (FIT07-A0703)  8 classes  Fee: $48*  
May 8 - June 19  (FIT07-B0701)  7 classes  Fee: $42*

Thursday  11:30 – 12:30 PM  
Mar 15 - May 3  (FIT07-A0704)  8 classes  Fee: $48*  
May 10 - June 21  (FIT07-B0702)  7 classes  Fee: $42*

MAKE CHECKS PAYABLE TO: Bloomfield Twp.

Class Registration Policies:
- Registration begins the date the newsletter is mailed
- * Non-members pay $5 additional per class  
- $30 fee for checks returned due to insufficient funds
- $5 Cancellation fee
- No refund once class has begun
- Full payment required with registration
- Registration in classes that have already begun at a prorated fee based upon capacity and instructor approval

Class Registration Policies:
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- Registration in classes that have already begun at a prorated fee based upon capacity and instructor approval

MAKE CHECKS PAYABLE TO: Bloomfield Twp.
Tai Chi Chuan  Instructor: Han Hoong Wang  Yang Style World Master Instructor, this Chinese exercise improves balance and flexibility. Strengthens muscles that support joints. Reduces mental and physical stress. Exercises your brain...keep your mind sharp! Start your journey to better health and well-being.

Wednesday  10:15 – 11 AM    7 classes    Fee: $56*
Feb 28 – April 11 (FIT03-A0702)
April 18 - May 30 (FIT03-B0701)

Easy Does it     Instructor: Shelley Rubinstein
Gentle chair exercise for anyone who wants to improve circulation, flexibility, strength and reduce stress in a fun group atmosphere. Benefits anyone with Arthritis, Parkinson's, Osteoporosis or MS. A variety of seated moves for arms and legs to music. Resistance bands & hand weights used. You can do this!

Mon/Thurs  10:15-11:00 AM  12 classes  Fee: $40*
Feb 12 - April 2 (FIT08-A0701)  no class 2/19, 2/22, 3/29
April 5 – May 14 (FIT08-B0701)
May 17 – July 5 (FIT08-B0702)  no class 5/28, 6/25, 6/28

*Join SeniorFit & Easy Does It anytime during the session.

SeniorFit     Instructor: Shelley Rubinstein
Low impact aerobics for active seniors, fun, easy-to-follow moves to music. Improve coordination, balance, strengthen heart and lungs, increase muscle strength and improve flexibility. Includes floor work. Bring hand weights, mat & water.

Mon/Thurs  9–10 AM  12 classes  Fee: $40*
Feb 12 - April 2 (FIT09-A0701)  no class 2/19, 2/22, 3/29
April 5 – May 14 (FIT09-B0701)
May 17 – July 5 (FIT09-B0702)  no class 5/28, 6/25, 6/28

Fit/Card 10 classes $45*. Use with-in 3 months purchase. (Purchased 1/1-3/31 FIT10-A0701; 4/1-6/30 FIT10-B0701)

Creative Watercolor Painting Instructor Karen Halpern
Explore color, dabble with design and learn basic methods of using watercolors in a sensitive and creative way. Beginners or seasoned students work at your own level of ability. Information about painting a variety of subjects, applying knowledge of color theory and design principles will provide the core of this class which is individualized to meet each student’s needs. Supply list available @ BTSS office.

Wednesday  1:30–3:30 PM  8 classes  Fee: $101*
Jan 17 – March 7 (ART02-A0701)
April 18 – June 6 (ART02-B0701)

BASIC COMPUTER & INTERNET INSTRUCTION  Valerie Sinclair, Micro Techniques, Inc.
GBSA Computer Lab has new Dell Intel Pentium 28 GHZ computers with Slim Line monitors. High quality instruction with limited class size – maximum 7 students per class; one student per computer. Software: Office 2003 and Windows XP, high speed internet. All materials are included.

PC for Beginners – Daytime Class – 9:30–11:30 AM
For beginners! Overview of hardware and software, computer terminology and tips on buying equipment. Introduction to word processing. Book included.

(4) 2 hr classes       Wednesday    Fee: $95*
March, 7, 14, 21 & 28 (COM01-A0702)

PC for Beginners – Evening Class – 6:30-7:30 PM
For beginners! Overview of hardware and software, computer terminology and tips on buying equipment. Introduction to word processing. Book included.

(4) 2 hr classes   Mon or Wed    Fee:  $95*
March 28, April 4, 11, 18 (COM01-A0703)
June 4, 6, 11 & 13 (COM01-B0701)

Visionaire…the creation & exploration of art
Karen Halpern is nationally recognized instructor, her work is widely exhibited in galleries, museums and exhibitions throughout the United States.

Oils and Acrylics  Instructor Karen Halpern
Beginners and advanced students will learn basic painting skills while developing a personal means of expression. Painting with either oils or acrylics with individualized instruction, you will learn about materials, techniques, perspective, proportion, composition, and color theory as they apply to your own work. You’ll develop paintings at your own pace in a supportive and relaxed atmosphere. Supply list @ BTSS office.

Tuesday  1:30- 3:30 PM    8 classes    Fee: $101*
Jan 9 – March 13 (ART01-A0701)  (no class 1/16, 3/6)
April 17 – June 5 (ART01-B0701)

(4) 2 hr classes Wed or Fri  Fee: $95*
Feb. 7, 14, 21, Mar 7 (COM02-A0701)    12 – 2 PM
April 13, 20, 27 & May 4 (COM02-B0701) 9:30-11:30 AM

Word I
Topics included in this course are keyboard and mouse commands, use of toolbars, document templates and wizards, editing and saving documents, spelling and grammar tools, printing and document formatting.

(4) 2 hr classes Wed or Fri  Fee: $95*
Feb. 7, 14, 21, Mar 7 (COM02-A0701)    12 – 2 PM
April 13, 20, 27 & May 4 (COM02-B0701) 9:30-11:30 AM

Word II
A continuation of Word I (must have taken Word I).
(2) 2 hour classes Wed.  9:30-11:30 AM  Fee: $49*
May 2 & 9 (COM15-B0701)
Internet Basics
What is the “Web?” Connect and access web sites. Tips for “surfing” the web. Learn to customize your webpage.
(2) 2 hr classes Wed. or Fri. 12 – 2 PM Fee: $49*
February 16 & 23 (COM03-A0702)
May 2 & 9 (COM03-B0701)

Internet Search Tools
Students will learn to use various search engines and directories to locate specific information on the internet. The class will include using key words and narrow a search on the internet. Make your searches less time consuming and more efficient!
(2) 2 hour classes Wednesday 12-2 PM Fee: $49*
May 23 & 30 (COM16-B0701)

File Management
Students will learn to create and organize their computer filing systems. We will also cover how to copy, move, delete and recover files. A must for all computer users!
(2) 2 hr classes Friday 9:30 - 11:30 AM Fee: $49*
April 9 & 11 (COM04-B0701)

NEW!! Using Photostory
Create presentations with digital camera photos. Learn how to insert photos, use pan and zoom, add sound and music and save a Photostory project for playback on a computer. Course includes how to download this free program onto your Windows XP computer.
(2) 2 hr classes Friday 9:30 – 11:30 AM Fee: $49*
February 16 & 23 (COM13-A0701)

Excel
Create, edit and format data in a spreadsheet. Writing and copying formulas, adjust column width, use auto sum, print preview and printing tips. Great program to track investments, expenses, medical history and medication schedules!
(4) 2 hour classes Wed 9:30-11:30 AM Fee: $95*
May 23, 30, June 6 & 13 (COM17-B0701)

KEYBOARDING
NEW!! Keyboarding Instructor: Yetta Davidson
This course is designed to enable you to develop a basic “Touch Typing” skill with the use of the computer. You will have time to practice during class to improve your speed and accuracy. Students will learn to type short reports and business letters. If you never learned how to type, this class is for you. Wednesday
(4) 1 ½ hour classes 9:30-11 AM Fee: $38*
February 28, March 7, 14, 21 (COM14-A0703)
March 28, April 4, 11, 18 (COM14-A0704)
April 25, May 2, 9, 16 (COM14-B0701)

eBay INSTRUCTION Instructor: Judy Domstein
Expert instruction...makes learning easy. Start today!

Intro to eBay
Beginners, learn to navigate the eBay website and learn how the “savvy shopper” shops. Open your account and work on your auction right in class. You must have an email address and credit card to open an eBay account.
(2) 2 hour classes Fee: $38*
Monday 9:30-11:30 AM Thursday 9:30– 11:30 AM
Feb 26 & Mar 5 Apr 26 & May 3
(MCOM06-A0703) (COM06-B0702)
March 12 & 19 May 17 & 24
(MCOM06-A0704) (COM06-B0704)
April 9 & 16
(MCOM06-B0701)
May 7 & 14
(MCOM06-B0703)

More eBay
Set-up eBay and paypal seller accounts in class. Open shipper accounts, research item to sell, add photo, calculate shipping options, and create a title. A separate checking account & credit card is recommended for just eBay, and then we'll be up & selling, ready to make money. (2) 2 hour classes Fee: $38*
Monday 9:30-11:30 AM Thursday 9:30 – 11:30 AM
April 23 & 30 April 12 & 19
(MCOM07-B0702) (COM07-B0701)
May 21 & June 4 May 3 & 10
(MCOM07-B0704) (COM07-B0703)
Monday 1 – 3 PM
February 26 & March 5 (COM07-B0705)
March 12 & 19 (COM07-B0706)

Drop-in eBay – Glitches, problems & more
Individualized help with all your eBay problems. Work your auctions here. By appointment only! Schedule appointment directly with instructor (248) 770-9770 then call BTSS to register.
(1) 2 hour session (COM12-A0701) Fee: $25*
Learn to make money from home!

The decision to run a class, trip or program may be determined days (sometimes even weeks) in advance of the start date. Others fill very quickly.
Don’t delay; register today!!
Don’t miss participating in your favorite class, trip or program!!
Bridge Lessons

Intermediate / Mondays  5 PM – 6:30 PM
For students with bridge experience. Class is on-going, join anytime.  4 classes. Fee: $40*
February 5 – March 5  (EDU13-A0702)  no class 2/19
March  12 –April  2 (EDU13-A0703)
April  9 –April 30  (EDU13-B0701)
May  7 – June  4  (EDU13-B0702)  no class 5/28

Beginners /Wednesdays  5 PM – 6:30 PM
If you've always dreamed of playing bridge, or you haven't played in years and need a refresher course, this is the class for you.  4 classes. Fee:  $40*
January  31 – February 21  (EDU12-A0702)
February 28 - March 21  (EDU12-A0703)
March  28 – April  18  (EDU12-A0704)
April  25 - May  16  (EDU12-B0701)

Lapidary  Tuesdays/Thursdays  10 – 2 PM
Learn to process rocks & gemstones for the creation of art & jewelry. Beading and stained glass methods can also be learned. Assistance & equipment available.

Current Events  Mondays  10 - 12 noon
Join in lively discussions of timely topics. All welcome.

Pool (Billiards)  Tuesdays & Thursdays  1– 4 PM
All levels of skill are welcome. No experience required. Two tables available.

Cards
Bridge  Mondays/Fridays
(Tables assigned at 10:30, play begins 11 AM)
Poker  Wednesdays  (Play begins at 10 AM)

The Card Shoppe  Shop Keeper: Arlene Pinko
Learn to make beautiful and clever recycled cards. No Card workshops this winter. They will resume in June, watch for dates in the summer newsletter. Register to receive notice of future “Card Shoppe" workshops. (SOC13-A0701)

CLUBS  (Call Club contact to confirm monthly meeting)

Gruppo Italiano - Italian Club
2nd Friday of every month.  10 a.m. – 12 noon
Everyone welcome. Explore the sights of Italy, hear informal discussions on the arts and history of the country.  Group is organized and sponsored by the Michigan Chapter of Dante Alighieri Society. For info, call Angie Giffels 248-645-0958.

Scrabble Club  - Calling all Word Freaks!
1st Wednesday of the Month  12:45 PM

Everyone Welcome!  Bring a lunch & meet in the Tea Room. For info, call Madelyn Doerr @ 248-851-6093.

Book Club
1st Friday of the month  10 – 11:30 AM

Tummy Trimmers  NEW!!
2nd & 4th Fridays  9:30 – 10:30 AM
Join BTSS newest club! Discover a healthy, caring and supportive approach to weight management. Everyone is welcome.  Come to a Friday meeting for more info.

Trendy Games Club  NEW!!  Fridays  10:30 AM
We need a volunteer instructor for our trendy games club, if you enjoy playing any of these games (mah jong, euchre, rubik cube) and would like to share that knowledge please call Sally, 248-341-6450.  Help!!!!!!
(Register for club interest list: SOC12-C0601)

Check out these new clubs.....

Bloomfield 90+ Club  (SOC15-A0701)
You are invited to an organizational meeting of our newest social club for seniors aged 90+ on Tuesday, March 13 at 1 PM. Your input is greatly needed and appreciated. Lunch will be served. Entertainment, too. Call to make a reservation. (Transportation available. Call BTSS to schedule a ride.)

Walking Club  (SOC16-A0701)
Enjoy walking...like a challenge...come to an organizational meeting on Tuesday, March 2 at 1 PM. Refreshments. Come and share your ideas. Call to register.

For more information about either of these new clubs, stop by BTSS or call 248-341-6450 and ask for Sally.

Golf @ Glen Oaks – Open Golf
13 Mile Rd., West of Middlebelt
(Register on our golf interest list to receive future special golf related info: SOC10-A0701)

Groups of 4 will start as golfers arrive, first come...first play.  Cost: $12/9 holes walking, $19/9 holes riding, $19/18 holes walking, $29/18 holes riding. Call Pro Shop for hours (248-851-835). You are invited to participate in the Oakland County Senior Golf Tournament: September 14, 2007  Ages 55+. Tournament Cost: $15 (register with golf course). For questions or more info, call Pro Shop 248-851-8356.
VOLUNTEER OPPORTUNITIES

BTSS Home Delivered Meals Driver
How about giving a new meaning to “Let’s Do Lunch”? The Bloomfield Township Senior Services needs volunteer drivers for the Home Delivered Meals Program. Every weekday morning, Home Delivered Meals volunteers deliver much more than a hot meal. For Bloomfield area homebound seniors, the volunteers’ visits mean contact with the outside world and the chance for them to remain in their homes. Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule. Consider making a monthly lunch date as a Home Delivered Meals volunteer and get some real nourishment that’s good for your heart!

BTSS Adult Day Service Volunteer
Volunteers are being recruited to assist at the BTSS Adult Day Service. The ADS offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members are at work or require respite time. Volunteers will be directly involved with the program participants. The BTSS Adult Day Care is open weekdays (8:30 AM – 4:30 PM). Training session will be scheduled this spring, date TBD.

BTSS Office Volunteer
Do you enjoy meeting new people? Office Volunteers generally answer phones, direct calls, greet visitors, take registrations for trips and programs and help the staff with miscellaneous assignments. Also our OV’s have the opportunity to use our online software training tutorials. Office volunteers work either 9 AM –12:30 PM or 12:30–4 PM Monday through Friday, weekly or once a month. For information about BTSS volunteer opportunities, please contact Joan Patzelt at 341-6450.

Thank You for Your Donations*... Marie Gemmel, Florence Brownfain, Patricia Dore, Kathy McLeod, Mary Butler, John Redfield, Mary Lou Rynski, Rose Samarian, Jean Rusing, Lillian Cohl, Eleanor Whitson, Bill Wise, John & Elizabeth Erwin, George & Mary Bloom, St. Hugo of the Hills Parish

Volunteering is important to long and healthful lives.
Call Joan for more information - 341-6450.

Thank you volunteers! 450+ Hrs. in Nov. 06–Jan. 07
Office Volunteers, Telephone Reassurance Callers, Special Events/Project Assistance, Leaders & Medical Appointment Drivers.

Thank you to our Home Delivered Meals Volunteers!

Tree of Life – Twenty-eight people donated* to our annual Tree of Life project. $757.50 was collected to benefit BTSS’s Home Delivered Meal Program.

* CHARITABLE CONTRIBUTIONS AND GIFTS
An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer’s contribution base) any charitable contribution which is made within the taxable year, to a State, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.
Trip Registration Policies:
- Registration begins the date the newsletter is mailed
- * Non-BTSS members pay additional $5 per trip
- Full payment is required with registration
- $30 fee for checks returned due to insufficient funds
- BTSS Emergency Card must be presented at check-in
- No refunds with less than 3 business days’ notice
- Cancellation fee $5 plus costs incurred
- Trips depart from and return to Center.
  Return times are approximate.

MAKE CHECKS PAYABLE TO: Bloomfield Twp.

Lunch with Friends @ Ridgewood Café OCC
Thursday, February 22  (DAY10-A0701)       10AM – 2 PM
It’s back and oh-so-good! Enjoy the finest cuisine, 2nd to none. Beautiful selection of salads, vegetables, potatoes, meats, fish, and a beautiful dessert table. Limited space! Bring your friends, sign-up today.
Includes: Buffet, beverage, tax, tip and transportation.
BTSS Coach Fee: $15*

“On Golden Pond” Meadow Brook Theatre
Wednesday, February 28  (DAY11-A0701) 11 AM – 5:00 PM
This play just ended a successful Broadway revival. Moving tale of generations. All mayhem breaks loose during a family’s visit to its lakeside cottage. Lunch is on your own before the play at Applebee’s. Limited tickets!
BTSS Coach Fee: $30*

“Ohlsson Plays Mozart” DSO
Friday, March 2  (DAY12-A0701) 9 AM – 4 PM
WAIT LIST ONLY!
Fee: $30*

“The Subject is Roses” Purple Rose Theatre
Wednesday, March 7  (DAY13-A0701) 10:30 AM – 6:30 PM
WAIT LIST ONLY!
Fee: $59*

“Musical Revue” Oakland University Varner Hall
Friday, March 9  (DAY14-A0701) 9 AM – 2 PM
Oakland University’s premiere ensemble returns with a Musical Revue! Lively entertainment, great music & dancing are sure to brighten the day. Lunch is on your own after the show at Deli Unique.
BTSS Coach Fee: $12*

“Salon Concert & High Tea” @ Christ Church Cranbrook

Wednesday, March 14  (DAY17-A0701)       1 PM – 5:30 PM
Tea and great music...a lovely way to spend a spring afternoon. Singers from the CCC Choir are the featured performers and are offering a variety of selections from light opera, art songs and Broadway. Lunch will be on your own before the concert at Fox & Hounds.
BTSS Coach Fee: $12*

“Celtic Celebration” DSO
Thursday, March 15 (DAY18-A0701) 9 AM – 4 PM
Natalie MacMaster’s rise to fame coincided with the success of the “Lord of the Dance.” She may be the only violinist who can dance across the stage while playing six notes a second. Celebrate St. Patrick’s Day with this very special concert. Lunch is on your own after the concert at O’Mara’s featuring tasty Irish and American food.
BTSS Coach Fee: $56*

Lunch & Movie @ The Palladium
Tuesday, March 20  (DAY05-A0703)       11 AM – 4 PM
Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy “free” popcorn and pop during the movie.
BTSS Coach Fee: $26*

NEW Macomb Cultural Center MCCC
Thursday, March 22  (DAY19-A0701) 9:45 AM – 3:30 PM
Tour this new cultural center and enjoy a series of exhibits that focus on an overview of World War II. Exhibits include: Anne Frank Story, Michigan Women Who Served in WWII, Faith & Courage, Tuskegee Airmen, and Life on the Home Front – from rationing to victory gardens. Lunch will be on your own before tour at the Macomb Culinary Institute.
BTSS Coach Fee: $12*

Our Body UNIVERSE WITHIN Detroit Science Center
Wednesday, March 28  (DAY20-A0701) 9 AM – 4 PM
Once-in-a-lifetime opportunity to encounter firsthand the beautiful complexity of the human body. Observe what only doctors and scientists are normally allowed to see.
AMAZING * ENLIGHTENING * INSPIRING
This exhibit literally goes “under the skin” to reveal the mysteries of human anatomy through a fascinating presentation of REAL human specimens. The exhibit features 20 REAL human bodies. You will also view the IMAX movie “The Human Body.” Breakfast is on your own before the exhibit/movie at the Original Pancake House.
BTSS Coach Fee: $35*

“Flea in Her Ear” Meadow Brook StudioTheatre
Friday, March 30  (DAY21-A0701) 10 AM – 3 PM
Misplaced suspenders and an anonymous love note send...
Victor’s curiosity to naughty places in Feydeau’s hysterical farce. He tangles with his wife’s suspicions, his nephew’s palate and the revolvers of a jealous Spaniard before the dust settles. Lunch is on your own after the play at Mountain Jacks.
BTSS Coach
Fee: $22*

“Hurricane on the Bayou” IMAX The Henry Ford
Tuesday, April 3 (DAY01-B0701) 9:30 AM – 3 PM
The movie takes viewers on a breathtaking tour of the Louisiana bayou and the city of New Orleans. Here, in the wetlands, alligators, humans and other wildlife have lived in harmony for centuries. Tragically, these wetlands are eroding into the sea, one acre every thirty minutes, leaving the region more vulnerable to major hurricanes. HURRICANE ON THE BAYOU offers an emotional portrayal of this environmental calamity and the staggering effects of one of the most devastating natural disasters in American history, Hurricane Katrina. See the beauty and horror of the Bayou. Lunch is on your own at Ten Eycke after the movie.
BTSS Coach
Fee: $18*

“Macbeth” Meadow Brook Theatre
Wednesday, April 11 (DAY02-B0701) 11 AM – 5:30 PM
Classic tale of murder, madness and mayhem in pursuit of the Scottish throne. Spectacular, fast-paced exploration of hubris and the contaminating force of violence. Lunch will be on your own before the play at Bistro Bordeaux.
BTSS Coach
Fee: $25*

“Ray Charles Tributes” DSO
Thursday, April 12 (DAY03-B0701) 9 AM – 3:30 PM
Hear the DSO and favorite vocalist, Dee Daniels, perform Ray’s memorable melodies, including American classics such as “Hit the Road Jack,” “What’d I Say” and “Georgia on My Mind.” Lunch will be on your own after concert at DSO Coffee Shoppe.
BTSS Coach
Fee: $56*

Lunch & Movie @ The Palladium
Tuesday, April 17 (DAY05-B0701) 11 AM – 4 PM
Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy “free” popcorn and pop during the movie.
BTSS Coach
Fee: $26*

Lunch with Friends @ Ridgewood Café O.C.C.
Thursday, April 19 (DAY04-B0701) 10 AM – 1:30 PM
It’s back and oh-so-good! Enjoy the finest cuisine, 2nd to none. Beautiful selection of salads, vegetables, potatoes, meats and fish, including a fabulous pastry table. Includes: Buffet, beverage, tax, tip and transportation.
BTSS Coach
Fee: $15*

“Turandot” Detroit Opera Theatre
Friday, April 20 (DAY06-B0701) 8:30 AM – 3 PM
A brave, brilliant and determined suitor can warm the flesh of even the most cold-hearted beauty. The Imperial Palace in ancient China is the setting for the legend of the Princess Turandot—a woman who is determined that no man shall ever possess her. But, Prince Calaf risks everything on the chance that the fire of love burns within the icy princess. This is one of the most beautiful opera ever composed. Lunch is on your own after the opera at Sinbad’s.
BTSS
Fee: $40*

Habitat Glass International Exhibit ’07
Tuesday, April 24 (DAY07-B0701) 10:30 AM – 3:30 PM
World-Class exhibit featuring the work of 100 international glass artists. It’s sure to take your breath away. Followed by lunch on your own before the tour at the Clawson Steak House.
BTSS Coach
Fee: $12*

Paws with a Cause
Wednesday, April 25 (DAY08-B0701) 10 AM – 2 PM
Stop and think…what if…you were unable to turn lights on/off…or open doors. What if you…couldn’t get up from a fall…or if you were having a stroke and were unable to obtain help. What would life be like? PAWS clients are people who deal with situations like these everyday. PAWS provides custom-trained Assistance Dogs free-of-charge. Tour this wonderful training facility learn how the dogs are making a difference in people lives. Lunch is on your own after tour at Max & Erma’s.
BTSS Coach
Fee: $12*

Fine Dining with Friends at The Tribute
Friday, April 27 (DAY09-B0701) 11 AM – 1:30 PM
From the moment you walk through the door, The Tribute dining experience does more than wow you. The atmosphere throughout is one of pure elegance. The restaurant has a 4-Star Diamond rating and is quite simply…Michigan’s most spectacular restaurant. Enjoy lunch ON YOUR OWN (ordering from the menu with individual billing) special price of $20 for an Entrée & Dessert, or Entrée & salad your choice.
BTSS Coach
Fee: $12*

“Forbidden Broadway” DSO
Thursday, May 3 (DAY10-B0701) 9 AM – 4 PM
Hilarious musical comedy pokes fun at 40 years of Broadway’s biggest shows and brightest stars, including Cats, Phantom of the Opera, Chicago, Annie and many others. Lunch on your own after concert at Mc Cormick
& Schmick's.

BTSS Coach Fee: $56*

Tigers vs Seattle @ Comerica Park
Thursday, May 10 (DAY16-B0701) 11 AM – 5 PM
Take me out to the ball game! The sky was blue, the sun was warm and the Tigers won. ’06 was a summer to remember. Come out and support the home town team and make ’07 the BEST season yet. Lunch @ the Park included, your choice: hotdog or pizza and a coke. Dress for the weather. Outfield box seats Don’t miss it!

BTSS Coach Fee: $37*

“Abduction from the Seraglio” Detroit Opera Theatre
Friday, May 11 (DAY11-B0701) 8:30 AM – 3:45 PM
Blinded by love, the fiendish Pasha Selim of Turkey has enslaved the captivating Konstanze. But, the hunter becomes the prey when Konstanze’s true love, Spanish Nobleman Belmonte, gains entrance to the Pasha’s palace. In a climactic denouement, the lovers are reunited and the Pasha is absolved from his crime of passion. Amadeus Mozart. Lunch on your own after Opera at The Whitney.

BTSS Coach Fee: $40*

Lunch & Movie @ The Palladium
Tuesday, May 15 (DAY05-B0702) 11 AM – 4 PM
Your afternoon begins with a delicious buffet lunch (included) with beverage and dessert. Then sink into a luxurious leather seat for a private showing of a first-run movie. Enjoy “free” popcorn and pop during the movie.

BTSS Coach Fee: $26*

“Sisters of Swing: Story of the Andrews Sisters” @ Meadow Brook Theatre
Wednesday, May 16 (DAY12-B0701) 11 AM – 5:30 PM
Step back in time to the era of swing as we follow the meteoric rise of musical icons the Andrew Sisters. Touching tribute features elegant harmonies and 20 toe-tapping favorites like “Boogie Woogie Bugle Boy” and “Don’t Sit Under the Apple Tree.” This musical is sure to leave you with a song in your heart and a smile on your face. Lunch is on your own before play at Papa Vino’s.

BTSS Coach Fee: $59*

“Znaider Returns” DSO
Friday, May 18 (DAY13-B0701) 9 AM – 4 PM
Back by popular demand, you won’t want to miss his impassioned interpretation of these lovely pieces, Brahms Violin concerto, Siegfried’s Idyll and La Mer’s The Sea. Join us in celebrating the conclusion of another banner DSO season! Lunch on your own after concert Fox & Hounds.

BTSS Coach Fee: $56*

Lasagna Dinner Lahser Student Council
Tuesday, May 22 (FUN03-B0701) 5:30 – 6:30 PM
A personal favorite…It’s so heartwarming to see young adults rolling out the red carpet for us and providing a nice dinner for all to enjoy. If you’ve never attended, come on out for some good food and conversation. This is also a fund raiser. Your donation helps support BTSS programs.

(Transportation possible, please call.) Fee: $5

NEW “Respect” Gem Theatre
Thursday, May 24 (DAY14-B0701) 11 AM – 5:30 PM
Funny, exuberant, look at the lives of women as reflected in music through-the-years from “Someone to Watch Over Me” to “I Will Survive.” (Lunch included) before the play at The Century Grille @ the Gem.

Menu choice: (register for trip and menu choice)
#1 (DAY14-B0702) Napa Salad w/Half tuna salad lavash & fresh fruit
#2 (DAY14-B0703) Maurice Salad, sliced turkey, ham & swiss cheese served over a bed of shredded lettuce
#3 (DAY14-B0704) Chicken Salad Lavash & fresh fruit.

All choices include rolls, dessert, beverage, tax & gratuity.

BTSS Coach Fee: $59*

“City Light & Moonshine” Heartland Players
Wednesday, May 30 (DAY15-B0701) 10 AM – 3:30 PM
Delightful, musical comedy presented by well-seasoned talent of Sage Productions. Song, music and dance recreates the era of the ‘20s and ‘30s. Prohibition, gangsters, marathon dancers, country music and moonshiners. Enjoy music we can relate to and comedy we can enjoy. Sure to bring sunshine into your life. Lunch before show included: Chicken Lavash, salad, beverage and dessert.

BTSS Coach Fee: $28*
Nunsensations Vegas Revue  Meadow Brook Theatre
Thursday, May 31  (DAY17-B0701)   10:45 AM– 4:30 PM
The nuns from Hoboken are at it again, their doing their act in Vegas to secure a $10,000 pledge from a parishioner. Did they clear it with the Pope?  Oh no, close your eyes...USA Today calls it “Hilarious, another sure winner!”
Lunch is on your own at TGI Friday’s before show.
BTSS Coach   Fee: $45*

Franklin Garden Walk
Wednesday, June 13  (DAY18-B0701)  9:45 AM – 3:30 PM
Stroll back in time in the historical village of Franklin. Enjoy the fragrances of quaint gardens. Tour 3 gardens, then enjoy a beautiful salad buffet (included) by the Franklin Garden Club, a tasty treat! Following the luncheon you’ll tour 3 more gardens. As a special treat for your enjoyment there will be artist painting in the gardens ...adding a special touch to your whimsical day.
BTSS Coach   Fee: $23*

"Miss Saigon" Huron Country Playhouse, Ontario
Thursday, July 19  (DAY20-C0701)   Time: TBD
One of Ontario’s most popular summer theatres, it has all the charm of Stratford and Shaw with a hint of country. "Miss Saigon" tells the tragic tale of a doomed romance involving an Asian woman abandoned by her Soldier lover. The setting of the plot is the 1970’s Saigon during the Vietnam War. It’s a musical full of beautiful music that takes you to the heights of the human spirit and touches the soul. Main floor seating. A tasty chicken dinner (included) with all the trimmings including dessert and beverage at the Forest Golf & Country Club.
Luxury Motor Coach   Fee: $99*

The decision to run a class, trip or program may be determined days (sometimes even weeks) in advance of the start date. Others fill very quickly.
Don’t delay: register today!!
Don’t miss participating in your favorite class, trip or program!!

The Grand Hotel
Mackinac Island
Saturday, September 29 - Tuesday, October 2  (EXT01-C0601)
Back by popular request. The fantasy begins...with a ferry ride to Michigan’s crown jewel, “Mackinac Island.” Spend 3 days at the regal Grand Hotel, enjoy fine dining as the Grand Hotel Orchestra plays, then retire each evening to luxury accommodations. It’s all here great food, garden lectures, history talks, movies, dance to a live band, teas, island tours, bike rides, and lots more. All-inclusive...no tipping. Not to mention ½ off shopping galore. See the Island without the summer crowds and enjoy the fall colors, too! Treat yourself to a leisurely vacation...where the wealthy relax.

Limited to 15 rooms, sign-up early!
Brochure available in the office.
For more information, see Sally.

Double $697**  Triple $639**  Single $940**
(** Non-BTSS Members pay $25 additional per person)

"I am happy to say...my condition greatly improved and I no longer need my walker!"
Mrs. Katherine M. Kirschner
Bloomfield Township

What I liked best was "the privacy and time of using my own toilet!"
Mrs. Sandra Samolin
Novi

"My rehab has gone great...even my neighbors were impressed"
Mr. Neville R. Whitney
White Lake

"Best results I’ve ever had from therapy"
Mrs. Karen St Jon
Livonia

Let me help you.
In-Home Physical Therapy
CALL TODAY
866.508.4336

Tom Linebaugh MPT

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Getting To Know You  1 – 2:30 PM  
Tuesday, February 13 (SEV03-A0702)  
Thursday, March 8 (SEV03-A0703)  
Tuesday, May 8 (SEV03-B0701)  
Attention new members and those considering membership! Join us for a fun, informative gathering to meet other new members and tour the center. Warm cookies & good conversation!  **We’d love to get to know you.** RSVP appreciated. 341-6450

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**THERAPEUTIC MASSAGE**

Call 341-6450 to schedule an appointment. Treat yourself!

1st & 3rd Wednesday **table massage** with Laura Lerman (beginning at 10:00 a.m.). $30/30 minute session.

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**Somewhere in Time...**

Our own Sonny Kippe will be featured on **Somewhere In Time** radio show **Sunday, February 25 at 6 PM on WMUZ 103.5.**

**Somewhere in Time** radio programs (www.somewhereintimeradio.com) are devoted to nostalgic memories of the past. This nationally syndicated show is created and hosted by another member of BTSS, Tom Wilson with his co-host, Heather Novak. Tune in!

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**BTSS Adult Day Service Upcoming Events**

"Getting to Know You" Social – (SVC10-A0701)  
Thursday, February 22 from 4-6 pm. Learn about the newest program available for Bloomfield Twp. residents and family caregivers.

**Caring Partners Workshop for Family Caregivers – (SCV10-A0702)** Thursday, March 1 at 3:00 pm BTSS ADS, in partnership with Jewish Vocational Services, will present a workshop, entitled “You can’t do it All -- How to be an Effective Caregiver”. Each workshop will focus on a particular topic of interest to family caregivers.

Events will be held at Bloomfield Twp. ADS: 2222 Franklin Rd., Suite 200; Bloomfield Hills, MI 48302

For information call Terri Ann Liller, Program Coordinator at 335-2813. To register, call BTSS at 341-6450.

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**BCTV Volunteer Workshop**

Join us at our next workshop to learn basic camera operation and procedures. Be a part of our TV production team!

**May 1, 2007**  
10 AM – Noon  or  6:30 – 8:30 PM  
Call 248-433-7790 to register.

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**TENNIS ANYONE??**

Attention Tennis Players: Help us build a new tennis program with our friends at Bloomfield Tennis & Fitness. We have an opportunity for court time during the early afternoons, Monday through Thursday, at a reduced rate. We could have open play or a league. Let us know what you think! Register on our interest lists (one or both). You will be contacted with more information.

Interested in open play? Register for **SOC14-D0601**  
Interested in a league? Register for **SOC14-D0602**

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**Check out these new BTSS clubs.....**

**Bloomfield 90+ Club** (SOC15-A0701)  
You are invited to an **organizational meeting** of our newest social club for seniors aged 90+ on **Tuesday, March 13 at 1 PM**. Your input is greatly needed and appreciated. **Lunch will be served. Entertainment, too.** Call to make a reservation.  
(Transportation available. Call BTSS to schedule a ride.)

**Walking Club** (SOC18-A0701)  
Enjoy walking...like a challenge...come to an **organizational meeting on Tuesday, March 2 at 1 PM.** Refreshments. Come and share your ideas. Please call to register.

For more information about either of these new clubs, stop by BTSS or call 248-341-6450 and ask for Sally.