Enriching lives with learning opportunities  ≈  Providing services that support well-being and independence  ≈  Building Community
National Senior Health & Fitness Day
Wednesday, May 30
9 AM – 12 PM

Experts say even small increases in physical activity can promote better health.

Join over 150,000 people at 1,000+ locations to walk, dance, play and learn their way to better fitness and health.

♦ healthy breakfast (SEV06-B0701)
♦ blood pressure checks
♦ mini massages
♦ audiology screenings
♦ balance testing
♦ falls prevention presentation
♦ demos of yoga, t’ai chi, fitness balls & strength training

Learn what’s available to you!

* Healthy breakfast sponsored by *

Birmingham-Bloomfield Audiology
Pre-registration required. Limited availability. (SEV06-B0701)

Power & Benefits of Physical Activity can be Yours!

The power and benefits of regular physical activity are significant. They include:

♦ Reduced risk of heart disease by helping to control major risk factors such as high blood pressure and high cholesterol. Exercise can raise the “good” cholesterol (HDL) and lower blood pressure.

♦ Reduced risk of developing diabetes. The body uses insulin more efficiently, helping to control it in those who already have diabetes.

♦ Improves the body’s muscle-to-fat ratio by building or preserving muscle mass, burning calories more efficiently.

♦ Can increase bone density, slowing bone loss – a major cause of fractures.

♦ Greater strength and endurance to stay independent longer.

♦ Promotes psychological well-being, reduced feelings of depression and anxiety and better sleep.

♦ Helps to keep weight under control – lowering the risk of some cancers.

Don’t wait another day – sign up for one of our MANY exercise classes. There is a class for EVERY body and level of fitness. It’s NEVER too late to start an active physical life.

Experience how wonderful you can feel!
Dear Friends,

**Adult Day Service (ADS)**
Reaching the caregivers in need of respite and assistance through ADS is often the most difficult part of this new service. They are typically at their physical and emotional limits and don’t have time to read the newspaper, let alone this newsletter. Can you act as an advocate for them? Educate yourself about this service; what is offered and who is eligible. You may see caregivers in your neighborhood, at worship services or in other circles that you move through daily. A kindhearted mention of available assistance could be just what they need to hear. The Services Supplement has important information and events related to ADS.

**Building Update**
Considerable thought and work have gone into the conceptual design of the new senior center. The new architects have offered a wonderful model that will be very functional and appealing. A groundbreaking will be planned for this fall as we await design development, and most importantly cost estimates. We are determined that the project is within budget prior to any shovel going in the ground.

**Services Supplement**
This yellow section of our newsletter holds invaluable information about resources offered through BTSS and many other service providers. New this season is an opportunity for receiving the Shingles Vaccine and a drive to collect personal care items for seniors in need (see page 12 for details).

Christine Tvaroha
c'tvaroha@bloomfield.org or (248) 341-6450

**Special Thanks to our sponsors…**

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**Bloomfield Township Senior Services**

7273 Wing Lake Road  
(W. of Telegraph, S. of Maple)  
(248) 341-6450 fax: 341-6459  
Monday - Friday 8 AM - 4 PM  
www.bloomfieldtwp.org

**BTSS STAFF**
Christine Tvaroha, Director  
Sally Banks, Programs Coordinator  
Diane Socier, Outreach Coordinator  
Donna DeWitte, Nutrition Coordinator  
Joan Patzelt, Volunteer/Communication Coordinator  
Ruth Nagy, Office Manager  
Kathy Birkhold, Bus Driver

**BLOOMFIELD TOWNSHIP BOARD**
Dave Payne, Supervisor  
Janet Roncelli, Clerk  
Dan Devine, Treasurer  
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**BTSS ADVISORY COUNCIL**
Steve & Julie Eskoff  
Al & Donna Artzberger  
John & Janice Bellefleur  
Gus & Gladys Cifelli  
Don Foehr  
Victor & Suzanne Goldstein  
Eleanor Myers  
Elizabeth Mahoney

**BTSS will be closed on:**
Monday, May 28 (Memorial Day)  
Wednesday, July 4 (Independence Day)  
Monday, July 30 – Friday, Aug. 3 (Cleaning Week)  
Monday, September 3 (Labor Day)

Sponsors for BTSS events are not necessarily endorsed by the BTSS or the Municipality of Bloomfield Township.

**Service area:** Bloomfield & West Bloomfield Townships, the Bloomfield Hills Schools, the Cities of Bloomfield Hills & Orchard Lake Village.

**BTSS Membership:** Adults 50 years and older. Membership year is April 1 – March 31.

**Bloomfield Twp. Resident:** free with registration.

**Non-Bloomfield Twp. Residents:** $30 per year per household annually. Registration required. Register by phone, mail or online.

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**Law Day Luncheon**

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**Housing & Consumer Resource Fair**

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**Trillium HomeCare**
**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

**MAKE CHECKS PAYABLE TO:** Bloomfield Twp.

***KNOW YOUR FITNESS LEVEL***

Please read the course descriptions carefully and check with your medical professionals about your participation. No refunds will be given for classes once they have begun. Call our office with any questions/concerns prior to enrollment.

**FITNESS**

**50+ Strength Training**  
Instructors: Shelley Rubinstein  
Lavon Cook

Certified Exercise Specialist instructs on proper form, breathing and use of HUR pneumatic weight machines to strengthen all major muscle groups. Individual progress charted/reviewed in a non-competitive atmosphere. Regular exercise may lower blood pressure, increase HDL/good cholesterol and make you feel good! Dr.'s note & BTSS membership required.

**12 classes**  
Fee: $68

**Mon / Thurs 8 - 9 AM**  
Shelley  
May 17 – July 5 (FIT01-B0702) no class 5/28, 6/25, 6/28  
July 9 – August 23 (FIT01-C0701) no class 7/30, 8/2

**Mon / Wed 11:30 - 12:30 PM**  
Shelley  
May 9 - June 20 (FIT01-B0703) no class 5/28  
July 2 – August 20 (FIT01-C0702) no class 7/4, 7/30, 8/1

**Mon / Wed EVENING HOURS 6:30-7:30 PM**  
Shelley  
May 9 - June 20 (FIT01-B0704) no class 5/28  
July 2 – August 20 (FIT01-C0703) no class 7/4, 7/30, 8/1

**Tue/Thur 10 – 11 AM**  
Lavon  
May 15 – June 21 (FIT01-B0706)  
July 10 – August 23 (FIT01-C0704) no class 7/31 & 8/2  
August 28 – October 4 (FIT01-C0705)

**Wed / Fri 8 – 9 AM**  
Shelley  
May 9 – June 15 (FIT01-B0707)                
June 20 – August 17** (FIT01-B0710)  
**no class 6/22, 6/27, 6/29, 7/4, 8/1 & 8/3

(⇒ See next column for more Strength Training Classes.⇒)

**NEW!!! On the Ball**  
Instructor: Shelley Rubinstein

Stability balls offer a unique approach to exercise. Class involves; sitting on the ball, lying on the ball (both supine & prone) while performing exercises that work on the core (abdominal and back muscles) while challenging the body to balance and stabilize. Class suitable for beginners and experienced exercisers. Fun, fun for everybody!! Bring your own ball, flyer in the office with information on ball size recommendations. More questions? ask Shelley.

**Wednesday 5 – 6 PM**  
4 classes  
Fee: $32*

May 30, June 6, 13, & 20 (FIT12-B0701)

**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*

May 2 – June 20 (FIT05-B0701)  
July 11 – Sept 5 (FIT05-C0701) no class 8/1

**Healthy Back Yoga**  
Instructor: Lavon Cook

Learn back care. Great for Arthritis or Osteoporosis. Strengthen abdominal and back muscles. Incorporates stretches for strengthening and flexibility. Not intended to replace therapy, good follow up to successful rehabilitation. Bring water, small pillow & yoga mat. Purchase mat @ class

**Fri 9 - 10 AM**  
8 classes  
Fee: $48*

May 4 - June 22 (FIT06-B0701)  
July 13 – Sept 7 (FIT06-C0701) no class 8/3
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
May 22 - June 19  (FIT07-B0701)  5 classes  Fee: $30*
June 10 – Sept 4**  (FIT07-C0701)  8 classes  Fee: $48*

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! Begin your journey to better health and well-being.

Wednesday  10:15 – 11 AM
April 18 - May 30  (FIT03-B0701)  7 classes  Fee: $56*
June 6 - June 27 (FIT03-B0702)  4 classes  Fee: $32*
No Tai Chi classes July & Aug., see you in September!

Tai Chi from Arthritis Foundation  Instructor: Karen Zylman  Based on Australian Tai Chi for Arthritis Program which was designed to improve the quality of life for people with arthritis. Sun Style Tai Chi is one of four major styles of Tai Chi. This style is particularly effective because it includes fragile steps and exercises that may improve mobility. In addition, the movements have higher stances, which make it easier and more comfortable to learn. Program consists of twelve movements 6 basic/6 advanced, a warm-up and cool down. Once familiar with movements you will be able to continue at home with the aide of a video that is available for purchase at completion of program.

Wednesday  6:30–7:30 PM  7 classes  Fee: $49*
June 6 – July 25  (FIT11-B0701)  no class 7/4

Easy Does it  Instructor: Shelley Rubinstein  Seated exercise designed to improve circulation, flexibility, muscle strength and reduce stress in a fun and supportive group atmosphere. Focus on balance exercises to help prevent falls. Some standing exercises. Resistance bands and hand weights used and provided. Class can benefit anyone with Arthritis, Parkinson’s, Osteoporosis or MS.

Mon/Thurs  10:15-11:00 AM  12 classes  Fee: $40*
May 17 – July 5  (FIT08-B0702)  no class 5/28, 6/25, 6/28
July 9 - August 23  (FIT08-C0701)  no class 7/30, 8/2

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

Mon/Thurs  9–10 AM  12 classes  Fee: $40*
May 17 – July 5  (FIT09-B0702)  no class 5/28, 6/25, 6/28
July 9 - August 23  (FIT09-C0701)  no class 7/30, 8/2

Fit/Card 10 classes $45*. Use with-in 3 months purchase. (Purchased 4/1-6/30 FIT10-B0701; 7/1-9/30 FIT10-C0701)

Visionaire…the creation & exploration of art

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. Learn about material, techniques, perspective, proportion, composition and color theory as they apply to your own work. Develop paintings at your own pace in a supportive/relaxed atmosphere. Supply list BTSS office.

Tuesday  1:30- 3:30 PM  8 classes  Fee: $101*
April 17 – June 12  (ART01-B0701)  no class 5/8
June 19 – August 21  (ART01-B0702)  no class 6/26, 7/31

Creative Watercolor Painting  Instructor Karen Halpern  Explore color, dabble with design, learn basic methods of using watercolors in a sensitive and creative way. Beginners or seasoned students work at your own level. 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 @ BTSS office.

Wednesday  1:30–3:30 PM  8 classes  Fee: $101*
April 18 – June 6  (ART02-B0701)  no class 5/8
June 20 – August 29  (ART02-B0702)  no class 6/27,7/4, 8/1

The decision to run a class may be determined days in advance of the start date. Others fill quickly. Don’t miss participating in your favorite class. Don’t delay register today!!

Instructors/Volunteers Wanted!  Bloomfield Township Senior Services is in search of individuals with special skills or a hobby they are willing to share! This is a great way to express your passion/insight for a particular topic with others. The format could be a one-time informal presentation to a defined class schedule – we work with you to develop what may be best.
BTSS Computer Lab has 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.

Internet Search Tools
Learn to use various search engines and directories to locate specific information on the internet. Use key words to 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)

Excel
Create, edit and format data in a spread-sheet. Write/copy formulas, adjust column width, use auto sum, print preview and printing tips. Track investments, expenses, medical history and medicaition schedules! (4) 2 hour classes Wed 9:30-11:30 AM Fee: $95* May 23, 30, June 6&13 (COM17-B0701)

Learn to burn CD’s on your PC
A great tool, a must for all computer users! (2) 2 hr classes Fri/Wed 9:30-11:30 AM Fee: $49* June 15 & 20 (COM10-B0701)

Envelopes & Labels
Learn to address a single envelope, create a single address label, make a page of return address labels, create an address list, and add graphics to your labels or envelopes and more! (2) 2 hr classes Friday 9:30-11:30 AM Fee: $49* July 6 & 13 (COM11-B0701)

PC for Beginners
For beginners! Overview of hardware and software, computer terminology and tips on buying equipment. Introduction to word processing. Book included. (4) 2 hr classes Wed/Fri 9:30–11:30 AM Fee: $95* July 11, 18, 25 & July 27 (COM01-C0701)

File Management
Create and organize your computer filing systems. Learn to copy, move, delete and recover files. Must for all computer users! (2) 2 hr classes Wed 9:30–11:30 AM Fee: $49* August 8 & 15 (COM04-C0701)

E-mail
Set-up a free e-mail account with Yahoo! Learn to send, receive and forward mail. Create, send and open attachments and more. (2) 2 hr. classes Fee: $49* July 11 & 18 (COM05-C0701) Wed 12:00– 2:00 PM August 17 & 22 (COM05-C0702) Fri/Wed 9:30–11:30 AM

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/Thurs 12 – 2 PM Fee: $49* August 22 & 30 (COM03-C0701)

NEW!! MS PhotoStory
Learn how to insert photos, pan and zoom, add sound, music and save a PhotoStory project for playback on a computer. Includes how to download free program onto your computer. (2) 2 hr classes Wed/Fri 9:30-11:30 AM Fee: $49* August 29 & 31 (COM13-C0701)

EBAY INSTRUCTION  Instructor: Judy Domstein

Intro to eBay
Beginners, navigate eBay website, learn how the “savvy shopper” shops. Open your own account in class, learn how sell treasures on eBay. Work on an auction in class. Need email address & credit card to open eBay account. (4) 2 hour classes Fee: $92* Mon 9:30 - 11:30 AM Thurs 1:15 – 3:15 PM June 11, 18, 25 & July 9 June 7, 14, 21 & 28 (COM06-B0706) (COM06-B0705)

More eBay  (Prerequisite - Intro to eBay)
Set-up eBay and paypal seller accounts in class. Open shipper accounts, research item to sell, photo tools, calculate shipping options, creating title and description. Separate checking account & credit card recommended just for PAYPAL. (4) 2 hr classes Fee: $92* Mon 1:15 – 3:15 PM Thurs 9:30 - 11:30 AM June 11, 18, 25 & July 9 June 7, 14, 21 & 28 (COM07-B0706) (COM07-B0705)

Drop-in eBay – Glitches, problems & more
Individual help with all your eBay questions. Work on your auctions here (buy/sell) in our computer lab. Schedule day/time directly with instructor (248) 770-9770 then call BTSS to register. (1) 2 hour session (COM12-B0701) Fee: $30*
Bridge Lessons
Instructor: Eva Berk
Intermediate / Mondays 5 PM – 6:30 PM
Students with bridge experience. On-going class, join anytime. 4 classes.
Fee: $40*
June 11 - July 2 (EDU13-B0703)
July 9 – Aug 6 (EDU13-C0701) no class 7/30
Aug 13 – Sept 10 (EDU13-C0702) no class 9/3

Novice Duplicate/Wednesdays 5 PM – 7 PM
It's played in clubs, leagues and back halls. Now it's here!
Join this relaxed non-competitive novice game of Duplicate Bridge for intermediate and advanced players.
Drop-in program, pre-registration not required!
"No master points."
Fee: $3

Gruppo Italiano - Italian Club († SOC05-07)
2nd Friday of every month. 10 a.m. – 12 NOON
Everyone welcome. Explore the sights of Italy, informal discussions on the arts and history. Group is organized and sponsored by the Michigan Chapter of Dante Alighieri Society. Meeting June 8th, no meeting in July or August. More information, Angie Giffels 248-645-0958.

Scrabble Club († SOC07-07) Calling all Word Freaks!
1st Wednesday of the Month 12:45 PM
Continues throughout Summer. All welcome! Bring a lunch and meet in the Tea Room. Just for FUN play.
For info, call Madelyn Doerr @ 248-851-6093.

Book Club († SOC06-07)
1st Friday of the month 10 – 11:30 AM
June 1 Known World Jones
**No Book Club July & August, resumes in September

NEW!!!
Walking Club
Tuesdays & Thursdays 9 AM
(† SOC16-07)
Enjoy walking?? Join us for local walks around the BTSS neighborhood. Meet at BTSS.
For more info call Sally @ 248-341-6450

Golf @ Glen Oaks – Open Golf-On-Your-Own
(† SOC10-07) Call Pro Shop (248-851-8356) for days/hours. Located at 13 Mile Rd., West of Middlebelt.
Cost: $12/9 holes walking, $19/9 holes riding, $19/18 holes walking, $29/18 holes riding.
Glen Oaks invites you to participate in the Oakland County 55+ Senior Golf Tournament on Sept 14, (register @ golf course.)
VOLUNTEER OPPORTUNITIES

BTSS Home Delivered Meals Driver
BTSS needs volunteer drivers for the Home Delivered Meals Program. Every weekday morning, 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.

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.

Special Volunteer Needed for Blood Pressure Checks
BTSS is seeking volunteers to do blood pressure checks on the 2nd Monday & 4th Thursday of every month at 11:00 a.m. Individuals must have had some training which certifies them in this procedure (eg. MD, RN, LPN, EMT, Certified Nursing Aide, Certified Medical Assistant). Special volunteers work either 9 AM –12:30 PM or 12:30–4 PM Monday through Friday, weekly or once a month.

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

Thank you to our Home Delivered Meals Volunteers!


Thank You for Your Donations*… John Redfield, Queenie Sarkisian, Howard Schaefer, Anne Sharako, Florence Sigler, Eleanor Whitson, Bill Wise, Beate Sturges, Anthony Cote, Dana Waterman

* 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 an 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.

<table>
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<tr>
<th>Event Details</th>
<th>Fee</th>
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<td><strong>Lasagna Dinner &amp; Concert</strong> Lahser Student Council</td>
<td>$5</td>
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**Tigers vs Seattle** @ Comerica Park  
**WAIT LIST ONLY!**  
**Thursday, May 10 (DAY16-B0701)**  
**11 AM – 5 PM**

Dress for weather; sun-block & hat.  
Outfield box seats.  
**BTSS Coach**  
**Fee: $37**

**“Abduction from the Seraglio”**  
**DOT**  
**WAIT LIST ONLY!**  
**Friday, May 11 (DAY11-B0701)**  
**8:30 AM – 3:45 PM**

By Amadeus Mozart.  
Lunch on own afterwards at The Whitney.  
**BTSS Coach**  
**Fee: $40**

**Lunch & Movie @ The Palladium**  
**Tuesday, May 15 (DAY05-B0702)**  
**11 AM – 4 PM**

Begin with a delicious buffet lunch (included) with beverage and dessert.  
Then sink into a luxurious leather seat for a private showing of “Georgia Rule,” staring Jane Fonda.  
Enjoy “free” popcorn and pop during the movie.  
**BTSS Coach**  
**Fee: $26**

**“Sisters of Swing: Story of the Andrews Sisters”**  
@ Meadow Brook Theatre  
**WAIT LIST ONLY!**  
**Wednesday, May 16 (DAY12-B0701)**  
**11 AM – 5:30 PM**

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**

Last DSO performance of the season!  
You won’t want to miss this impassioned interpretation of 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 own after concert Fox & Hounds.  
**BTSS Coach**  
**Fee: $56**

**“Respect” Gem Theatre**  
**WAIT LIST ONLY!!**  
**Thursday, May 24 (DAY14-B0701)**  
**11 AM – 5:30 PM**

A 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.  
**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.  
Lunch before show, **Included:** Chicken lavash, salad, beverage and dessert.  
**BTSS Coach**  
**Fee: $28**

**“When the Lights Come On”**  
**Purple Rose Theatre**  
**Wednesday, May 30 (DAY19-B0701)**  
**11:30 AM – 6 PM**

Written by a former football coach, this play explores the high-stress world of coaching and the impact on the women in the coaches’ lives.  
Tommy Leonard needs to sign a brilliant new recruit to save his career.  
His new wife Jamie wants a baby.  
Surrounded by the insanity of the coaching world, it’s hard to make the right call.  
Lunch on own before play at the Common Grill.  
**Luxury Motor Coach**  
**Fee: $59**

**Nunsensations Vegas Revue**  
**Wednesday, June 6 (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 before the play @ TGI Friday’s.  
**BTSS Coach**  
**Fee: $45**

**Doppler National Weather Station**  
**Friday, June 8 (DAY20-B0701)**  
**9 AM – 3 PM**
Potentially deadly weather impacts every American. Learn how the National Weather Service’s Storm Ready program can help safeguard our community. Don’t miss the tour of this state-of-the-art national weather station. Lunch on your own after the tour at Red Knapps.

**BTSS Coach**

Fee: $12*

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**Franklin Garden Walk**

**Wednesday, June 13 (DAY18-B0701) 9:30 AM – 3:30 PM**

Stroll back in time in the historical village of Franklin. Enjoy the fragrances of quaint gardens. **Tour 4 gardens, then enjoy a beautiful salad buffet luncheon** by the Franklin Garden Club (included) a tasty treat! Following the luncheon you’ll **tour 2 more gardens**. To add a special touch to your whimsical day… there will be artists painting in the gardens.

**BTSS Coach**

Fee: $28*

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**Oakland County Forensic Lab**

**Thursday, June 14 (DAY21-B0701) 10:30 AM – 3:30 PM**

Are you a CSI junkie? Tour Oakland’s 3 million dollar Crime Lab. Meet Barbara Martin, Oakland County’s well-known head sculptor. Barbara discovers identities of long-lost victims by applying clay to the victims’ skull. Learn about crime scene investigation and how local experts solve crimes using the latest technology. **Lunch is on own before tour at the Lion’s Den.**

**BTSS Coach**

Fee: $57*

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**Detroit Princess Riverboat**

**Thursday, June 21 (DAY22-B0701) 9:45 AM – 2:30 PM**

Cruise the Detroit River with the power of a real paddle-wheel. Enjoy live musical entertainment and a buffet lunch (included) Turkey, vegetarian lasagna, mashed potatoes, cornbread casserole, assorted salads, green beans, corn, rolls, dessert, coffee and iced tea. **Luncheon served during cruise.** A lovely way to begin the summer.

**BTSS Coach**

Fee: $57*

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**Chamber Music Festival @ The Music Box DSO**

**Friday, June 22 (DAY23-B0701) 10 AM – 4 PM**

Enjoy Zemlinsky’s String Quartet No. 4, Johansen’s Sonata No. 2 for Piano “Pearl Harbor”, Ravel’s, La Valse, for two Pianos and Shostakovich’s Piano trio No. 2. This is a first time for the festival in the new Music Box at the Music Hall. It’s sure to be an intimate and enchanting morning.

**Followed by lunch on your own at the Old Woodward.**

**BTSS Coach**

Fee: $45*

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**IKEA Swedish Department Store**

**Tuesday, June 26 (DAY24-B0701) 10AM – 4 PM**

Sign-up today. It’s sure to be a sell-out. Be prepared to walk. Lots of European gadgets, it’s everything you can imagine and more. The food court has both American and Swedish food, be adventurous, try some Swedish treats. **Lunch is on own after shopping at Buffalo Wild Wings.**

**BTSS Coach**

Fee: $12*

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**Tigers vs Texas**

**Thursday, June 28 (DAY16-B0702) 11 AM – 5 PM**

Take me out to the ball game! Make ’07 the BEST season yet. **Lunch @ the Park included** your choice: hotdog or pizza and a soda. Dress for the weather in outfit box seats; hat and cool, comfortable clothes, water bottle.

**BTSS Coach**

Fee: $37*

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“**High School Musical” @ The Fisher Theatre**

**Thursday, July 5 (DAY03-C0701) 10:15 AM – 4:30 PM**

Pre-Broadway Tour… don’t miss it. This musical burst onto the stage with a soundtrack that climbed to the top of the billboard charts earlier this year, with great hits like “We’re all in this Together!” Take a journey back to your high school days with all the crazy friends, fun and music. Created by Disney Theatrical Productions, this exciting up-beat play will leave you singing. **Lunch on own before play at Grand City Grill or the Deli** it’s your choice.

**BTSS Coach**

Deadline May 11

Fee: $89*

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**Cranbrook House & Gardens**

**Friday July 6 (DAY04-C0701) 10:45 AM – 3:30 PM**

Enjoy a tour of the Cranbrook House followed by a whimsical tour of the gardens, it’s an authentic glimpse of elegant living. Dress for weather, wear comfortable shoes.

**Lunch on your own will follow at Brandy’s.**

**BTSS Coach**

Fee: $59*

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**“Sea of Fools”** **Purple Rose Theatre**

**Wednesday, July 11 (DAY06-C0701) 11:30 AM– 6 PM**

Set in the McCarthy era, this farce glimpses a company of actors who live in an elaborately-constructed fantasy world. As they mourn the passing of their leader, an undercover FBI agent infiltrates the funeral in the guise of a gossip columnist. The entire company freely admits to being “Commies,” and when Elia Kazan joins the party, it’s anyone’s guess what that actually means. **Lunch on your own at the Common Grill before play.**

**Luxury Motor Coach**

Fee: $59*

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**Senior Showcase** **Macomb Center**

**Friday, July 13 (DAY07-C0701) 10:30 AM – 5 PM**

Enjoy the combined talents of 90 Michigan Seniors as they grace the stage of the Macomb Center for the Performing Arts. Auditions were held earlier this year and only the best-
of-the-best were selected. There will be lots of great music and beautiful costumes. Lunch on your own before show at your favorite The Aspen.
BTSS Coach Fee: $24*

“Boat Week” @ Port Huron
Wednesday, July 18 (DAY01-C0701) 10 AM – 9:30 PM
Your day begins with lunch (included) overlooking the beautiful St. Clair River at The Voyageur. Be a part of a Great Lakes tradition; view the sailboats preparing for the Port Huron to Mackinac Race. Enjoy a cruise on the Huron Lady II on the Black, St. Clair Rivers and Lake Huron. Take an up close and personal view of the sailboats as they arrive for the race. There will be time for shopping in town, or strolling the waterfront and soaking up a little festival ambience. Space is very limited, sign-up early.
Luxury Coach Fee: $84*

“Miss Saigon” Huron Country Playhouse, Ontario
Thursday, July 19 (DAY02-C0701) Time: TBD
One of Ontario’s most popular summer theatres, “Miss Saigon” tells the tragic tale of 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 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*

Detroit News/Free Press Production Plant.
Friday, July 27 (DAY09-C0701) 10 AM – 4 PM
The goal of the tour is to offer an understanding of how a paper is born, from the tree…to your own front porch. There will be a walk through the massive facility to watch staff and machinery in action. This facility has just gone through a four-year $177 million renovation. Lots of walking. Lunch will be on own after at Café Mario, Troy.
BTSS Coach Fee: $12*

Tigers vs. Tampa Bay Rays
Thursday, August 9 (DAY16-C0701) 11 AM – 5 PM
Come on out and support the home-town team! Lunch at the Park included your choice: hotdog or pizza and a coke. Dress for the weather; hat; outfield box seats.
BTSS Coach Fee: $37*

August 10 (DAY10-C0701) 11:45 PM – 5 PM
If you enjoy watching the Public Broadcasting Station you won’t want to miss this opportunity to visit the station. See the station in action and meet the people who make it all happen. Lunch will be on own before the tour at the Red Coat Inn.
BTSS Coach Fee: $12*

Diamond Jack River Cruise
Wednesday, August 15 (DAY11-C0701) 10 AM – 4:30 PM
Last cruise of the season, enjoy a 2 hr. narrated cruise down the Detroit River, and review the history of the Detroit & Windsor waterfronts. View the Ambassador Bridge as you enjoy a leisurely lunch on your own at the River Café, before the cruise.
BTSS Coach Fee: $45*

Kars Nuts Factory
Thursday, August 16 (DAY12-C0701) 9 AM – 2:30 PM
Calling all nuts…or shall I say, calling all nut lovers! Tour this nut processing plant, learn nut facts, or just enjoy sampling some tasty and unusual nuts. **Anyone with any nut allergies cannot attend this tour. Lunch will be on your own after tour at Antonio’s.
BTSS Tour Fee: $12*

Henry Ford Estate
Tuesday, August 21 (DAY13-C0801) 10 AM – 4:30 PM
Visit the home of auto manufacturing pioneer Henry Ford and his wife Clara. The mansion resides along the Rouge River, built in 1915 and was occupied by the Fords until their passing. Don’t ask about the tunnels though, they’ll deny they exist…After the house tour enjoy dining on your own at the estate, order from the menu, individual checks. After lunch there’s time to stroll the grounds.
BTSS Coach Fee: $20*

Tisket a Tasket Oak County Market
Thursday, August 23 (DAY08-C0701) 10 AM – 2:30 PM
Put flowers and veggies in your basket followed by lunch on your own after market at the Red Lobster.
BTSS Coach Fee: $8*

Michigan State Fair 2007
10 Monday, August 27 (DAY14-C0701) 9 AM – 2:30 PM
The Michigan State Fair was established in 1849, it was the 1st State Fair in America. From live entertainment to baby lambs, to delicious food, it’s all here. Its senior day so there will be “free” donuts, orange juice & raffle tickets (while they last.) Re-live the memories...
BTSS Coach Fee: $12*

WTMLS Channel 56 PBS
**Gourmet Dining @ It's a Matter of Taste**

**Wednesday, August 29 (DAY15-C0701) 10:30 AM – 2 PM**

Eating out can be three things. It can be just eating, it can be dining with a white tablecloth, or it can be an experience. The experience is ambience, service, and cuisine. It's a Matter of Taste, with its graceful building and lakefront veranda is the perfect place for intimate dining with friends. The food...what an experience! Lunch is on your own.

**BTSS Coach**  
**Fee:** $12*

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**Senior Day @ Zoo**

**Wednesday, Sept. 5 (DAY17-C0701) 9 AM – 3:30 PM**

Start your day with a tasty breakfast on your own at the Whistle Stop, followed by a self-guided tour of the zoo. The zoo has changed, there's everything from baby kangaroos running loose...to the Arctic Ring of Life, where you're submerged in a glass tube to observe the underwater antics of polar inhabitants. Lunch is on your own at the zoo.

**BTSS Coach**  
**Fee:** $12*

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**“Hit Parade” Novi Theatre**

**Thursday, Sept. 6 (DAY18-C0701) 11 AM – 4:30 AM**

Here's your chance to re-live the memories and excitement that have been, and always will be a Hit Parade. Swing and sway to the sounds of a live band. Reminisce with Frank Sinatra, Ethel Merman, and Judy Garland and how could we forget Jackie Gleason and the June Taylor dancers?

Luncheon included @ theatre.

**BTSS Coach**  
**Fee:** $29*

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**Around Town ~ Lunch @ Baile Corcaigh**

**Tuesday, Sept. 11 (DAY19-C0701) 10 AM- 2:30 PM**

In the heart of Corktown you'll discover a wee bit of Ireland in the form of a pub/restaurant. Baile Corcaigh means “town of cork” in Gaelic. When you enter the restaurant you'll be met with the scent of a genuine peat fire. The hearth wall is similar to the walls of Donegal Castle, built with stones from 32 Irish counties. The owner personally imported the menus, as well. For those that prefer familiar foods there's steak, salmon, chicken, etc. Lunch is on your own.

**BTSS Coach**  
**Fee:** $12*

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**Cranbrook House & Gardens**

**Thursday, Sept. 20 (DAY20-C0701) 10:15 AM – 3:30 PM**

The centerpiece is the 1908 Booth House surrounded by lush greenery, fountains and works by Marshall Fredricks and Carl Mille. Start with a docent led tour of the Cranbrook House, followed by a lovely Salad Buffet (included) with ham, turkey or beef, with finger desserts and coffee or tea. After lunch there will be a guided docent tour of the gardens.

**BTSS Coach**  
**Fee:** $36 *
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

**SHINGLES VACCINE AVAILABLE AT BTSS MAY 30TH**

The shingles vaccine will be available at BTSS on Wednesday, May 30 from 9 AM to 1 PM. The Greater Oakland VNA of Waterford, in cooperation with Farmer Jacks, will provide the inoculations. The cost is $190. Please check with your insurance provider in advance about possible coverage. Representatives from Farmer Jack will be available to provide assistance with claims to your insurance carrier.

If you have had chickenpox, you are at risk for shingles. The older you get, the more you are at risk for long-term nerve pain. One out of two people who live to age 85 will have shingles. The first signs of shingles are itching, tingling and burning, followed by a rash of fluid-filled blisters. The blisters may take 2 to 4 weeks to heal.

Please call to make an appointment (248-341-6450).

**07-08 MEMBERSHIP DRIVE**

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

**Bloomfield Township Residents:** Please complete a profile and also register for class: MEM01-B0701. Membership is free to you.

**Outside of Bloomfield Township:** You may register by phone or online. Please complete a profile and also register for class: MEM02-B0701. $30 per household.

**Still working? Busy during the day?**

BTSS offers a variety of evening classes. Check out these offerings:

- **50+ Strength Training** (pg. 3)
  
  (Monday/Wednesdays, 6:30 - 7:30 p.m.)

- **Tai Chi from Arthritis Foundation** (pg. 4)
  
  (Wednesdays, 6:30 - 7:30 p.m.)

- **On the Ball (Stability Ball Training)** (pg. 3)
  
  (Wednesdays, 5 – 6 p.m.)

- **Intermediate Bridge** (pg. 6)
  
  (Wednesdays, 5 – 6:30 p.m.)

**CALLING ALL BASKETBALL & VOLLEYBALL PLAYERS!!**

BTSS and BHSD Recreation are working together to make daytime basketball and volleyball available to 50+ players. Please register on one or both interest lists. You will be contacted as information becomes available.

Basketball (SOC19-07) Volleyball (SOC20-07)

**PERSONAL CARE ITEMS DRIVE**

BTSS is hosting a Personal Care Items Drive during the month of July for Citizens for Better Care (CBC).

CBC is a non-profit people call when their loved ones are neglected, abused or forgotten in long-term care facilities. When visiting a facility, CBC often sees seniors who have no immediate family. They are very lonely and need small items that family members often provide.

BTSS will collect small personal care items for CBC who will distribute as needed. Items might include – skin cream, perfume, cologne, brushes, combs, hair clips, and any other small items that can be used by seniors. A drop-off container will be available in the office throughout July. For more information call Diane.

**Special Volunteer Needed for Blood Pressure Checks**

BTSS is seeking volunteers to do blood pressure checks on the 2nd Monday and 4th Thursday of every month at 11:00 a.m. Individuals must have had some training which certifies them in this procedure (e.g. MD, RN, LPN, EMT, Certified Nursing Aide, Certified Medical Assistant).

For information about BTSS volunteer opportunities, please contact Joan Patzelt at 341-6450.
Adult Day Service is a community-based, therapeutic program designed to provide care for frail elders with memory impairment with a focus on safety and maintaining abilities.

Program services offer a full complement of social, recreational, and therapeutic activities based on the individual members’ interest and ability. Supporting our members with:

Art Therapy     Cooking & Baking
Music Therapy     Pet Therapy
Reminiscence Therapy     Community Outings
Exercise & Physical Activities

Additionally, the Program Provides:

- Continental Breakfast, Hot Lunch, and Nutritious Snacks
- Assistance with activities of daily living (ADLs) (eating, grooming, toileting, ambulating, and bathing)
- Counseling & Support for members provided by a licensed Social Worker

Caregiver-Family Services:

Besides providing that much needed respite, the ADS program supports our families with:

- Caregiver counseling and support
- Caregiver resource and community referral information and assistance
- Monthly caregiver support group meetings

For More Information Please Contact:

Terri Ann Liller, M.B.A., Program Coordinator
Bloomfield Township Adult Day Service - “Friendship Club”
2222 Franklin Road, Ste. 200, Bloomfield Hills, MI 48302
Phone: (248) 335-2813            Email: tliller@jvs
BTSS ADULT DAY SERVICE ("The Friendship Club")

CAREGIVER SUPPORT GROUP

A Caregiver Support Group meets at the Friendship Club the second Tuesday of the month from 2–4 p.m. The group is co-sponsored by the Alzheimer’s Association. Upcoming meeting dates are:

June 11th
July 9th
August 14th

Please RSVP your attendance by calling Cathie Yunker at 248-335-2813. If you are in need of respite services during the meeting, please let her know when you call.

"FRIENDSHIP CLUB"
Bloomfield Township Senior Services
Adult Day Service
2222 Franklin Road
(North of Square Lake on west side of street)

Fostering pleasant moments…. 
and Peace of Mind

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 will be scheduled. Call Joan Patzelt, Volunteer Coordinator for more information (248-341-6450).

Adult Day Service Wish List

Please contact the ADS @ 248-335-2813 to arrange for drop off.

piano      small throws
small foot stools (2-3)
stuffed animals     4-6 large out-door pots
planting soil     annuals—flowers
tea cups     tea pots
hair dryer     curling iron
fabric remnants     modeling clay
card stock paper     beads & wire
yarn     knitting & crochet needles
books: humor, sports, the arts, poetry, travel, bibliographies
music CDs: from the 1940s - 1970s and musicals, classical, jazz, early rock & roll (50s & 60s)
movies (DVDs): musicals, travel, comedy, adventure

Library Books and Audio Tapes Mailed to You!

The Baldwin Public Library, in partnership with the Bloomfield Township Public Library, provides library books and audio tapes to homebound seniors in the Bloomfield Township area who have a library card for either library.

Books will be mailed to your home and are returned in the same package, postage free. To receive books, please contact Sarah Ormond at the Baldwin Public Library, at 248-647-1700 or the Adult Services Desk at 248-554-4650.

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BTSS is hosting a Personal Care Items Drive during the month of July for Citizens for Better Care (CBC).

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BTSS will collect small personal care items for CBC to distribute as needed. Items might include – skin cream, perfume, cologne, brushes, combs, hair clips, and any other small items that can be used by seniors. A drop-off container will be available in the BTSS office. For more information call Diane.
TRANSPORTATION SERVICES

A number of transportation options are available to BTSS members and/or residents of our service area. For more information about all these options, please contact Diane Socier, Outreach Coordinator at 341-6450, 12 - 4 p.m. Mon-Friday.

≈ Rides from your home to BTSS*
Service is provided to residents of the Bloomfield Hills School District, the City of Bloomfield Hills and Bloomfield Township. Call 248-341-6450 to schedule a ride. Two business days’ notice required. Fee: $1 each way. (*Availability of rides subject to BTSS use of bus for scheduled trips.)

≈ SMART Community Transit
Small SMART bus service is available from your home in Bloomfield Township to many destinations. Call Diane at 341-6450 for information or to schedule a ride.

≈ Medical transportation services
Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township thru SMART funding. Application and eligibility for program required. Call Diane at 341-6450 for information.

≈ Volunteer drivers
Volunteer drivers provide transportation to local medical appointments to BTSS Members. Subject to availability.

GROCERY SHOPPING TRIPS

Rides from home to a grocery store within Bloomfield Township can be scheduled on the following dates:

May 17 & 29
July 12 & 25
June 12 & 27
August 8 & 22

Shoppers will be dropped off at the grocery store and picked up approximately 90 minutes later. Trips will be to Meijer’s in Southfield. Service is for non-drivers who are Bloomfield Township residents 60+. To register, please call 248-341-6450 by noon one or more days prior.

ASK THE NURSE  Mondays, 11 a.m. – Noon
Nurses from the Greater Oakland Visiting Nurses Association will be discussing the following topics –

June 4 – The Hospital Maze
July 2 – Cooking for One

NUTRITION SERVICES

BTSS addresses the nutritional needs of area seniors with two essential programs, Home Delivered Meals and Liquid Nutritional Supplements. For additional information on either program, contact Donna DeWitte, Nutrition Coordinator at 341-6450.

HOME DELIVERED MEALS

BTSS provides home delivered meals to homebound (unable to drive or leave the home independently) seniors 60+ living in Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake. Meals are delivered by volunteer drivers Monday through Friday between 10 a.m. and 12 noon. The suggested donation is $3.75 per hot meal (price reflects partial funding provided by Area Agency on Aging 1B).

NUTRITIONAL SUPPLEMENTS

Nutritional supplements are available to area seniors based on medical necessity. BTSS orders Ensure Products monthly directly from the manufacturer at a reduced rate. Prices vary by product. Talk to your physician and see if a nutritional supplement is recommended. Physician’s note (prescription) required and must be renewed every six months.

INFORMATION AND REFERRAL

BTSS maintains files on many subjects of interest to seniors. If you need information about any of the subjects below, call Diane at 248-341-6450.

Energy Assistance   Housing Options
Home Repair    Service People
Home Health Care   Transportation
Tax Assistance    Medicare
Social Security   Support Groups

FROM OUR RESOURCE GUIDE

Personal Aide/Companion

Jan McHale  248-858-7443
Global Care Services  248-588-9683

If you need information about selecting a personal aid/companion, please call Diane at 248-341-6450.
LEGAL QUESTIONS AND ASSISTANCE

Lakeshore Legal Aid offers FREE consultations to senior citizens through the Council & Advocacy Law Line at 1-888-783-8190. Visits are available to homebound seniors or to nursing homes, as necessary.

TELEPHONE REASSURANCE

If you or someone you know lives alone and would like to receive a daily telephone call, we would be happy to include you on our list.

Volunteers call Monday through Friday between 9 & 10 a.m. for a friendly conversation. Please call Diane Socier at 248-341-6450 for information.

OAKLAND COUNTY PRESCRIPTION DRUG CARD

The Oakland County Board of Commissioners has provided a new discount prescription drug card for any Oakland County resident. It is available to those who are uninsured or underinsured by their insurance plan, with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases.

The card is available at BTSS, Bloomfield Twp. offices, the Bloomfield Twp. Library, and other county facilities. For more information contact Diane at 248-341-6450.

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Please call to make an appointment (248-341-6450).

HELP AVAILABLE TO PAY FOR PRESCRIPTION DRUGS

Thousands of older adults and persons with disabilities are eligible to receive the Medicare Part D Prescription Drug Plan Low Income Subsidy (LIS), which helps pay the costs of prescription drug coverage (i.e., premiums, deductibles, co-pays), but have not yet enrolled in the benefit.

Eligibility criteria are:

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<th>Single</th>
<th>Couple</th>
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<tr>
<td>Income</td>
<td>≤ $15,315</td>
<td>≤ $20,535</td>
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<tr>
<td>Assets</td>
<td>≤ $11,710</td>
<td>≤ $23,410</td>
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For more information or assistance in applying, please contact the Medicare Medicaid Assistance Program at 1-800-803-7174. Trained staff/volunteers are available to answer questions and assist with the LIS application process.

ICE – In Case of Emergency

Put ICE in your cell phone and make it easier for emergency personnel to contact loved ones in case of an emergency.

Make a new entry with the word “ICE” followed by the name of the person you want called. Make sure your emergency contact knows your medical history.

FROM: Oakland County Emergency Response and Preparedness

In Memoriam...

Deepest sympathies to the families and friends of:

Anna Mickel, David Porter and Ginnie Sharpe