

Greater Bloomfield Senior Association

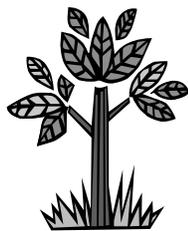
7273 Wing Lake Road
Bloomfield Hills MI 48301-3772
Phone: (248) 341-6450
Bloomfield Township Senior Services
www.bloomfieldseniors.org

Winter 2006-07

Enriching lives with learning opportunities;
Providing services that support well-being and independence;
Building Community.

Index (SS- Supplement)

Adult Day Care...2 & SS
Aerobics.....4
Art Classes.....4
Ask the Nurse.....SS
Belly Busters.....6
Blood Pressure.....SS
Bond Proposal.....2
Book Group.....6
Bowling.....6
Bridge Class.....6
Brunch & Learn..12&SS
Card Clubs.....6
Chair Exercise.....4
Chris' Comments.....2
Computers5
Current Events.....6
Day Trips.....8-10
Donations.....7
Driver SafetySS
Entertainment Bk.....12
Fitness.....3-4
Get to Know You.....12
GriefSS
Grocery Shop.....SS
Holiday Gala...1, 8 & 12
Info & Referral..... SS
Italian Club.....6
Lapidary.....6
Massage.....12
Meals (home del.).....SS
Membership12
Movies.....6
Office Information.....2
Oil & Acrylics.....4
Pet Adoption....11 & SS
Pilates/Yoga.....3
Pool (billiards).....6
Scrabble.....6
Services.....SS
Strength Training.....3
Tai Chi.....4
Tax Aid.....1 & SS
Tennis4 & 12
Tree of Life1 & SS
Transportation.....SS
Volunteers.....7
Watercolor.....4
Yoga3



“TREE of LIFE”

Home Delivered Meals are provided through GBSA to seniors in Bloomfield Township and Hills, Orchard Lake and West Bloomfield who are frail and/or low-income individuals. Make this holiday season special by sponsoring a meal for seniors in our community who are less fortunate.

Purchase a sponsor card for \$3.75 a meal and decorate our GBSA “Tree of Life”.
Donation cards available at GBSA.

Thank you for your support.
(FUN05-D0601)

Services Supplement

Check out the *Services Supplement* (yellow insert) in the middle of the newsletter. Find valuable information about:

- Telephone Reassurance
- *Holiday Grief/Hope*
- Is it a cold or the flu?
- *Home Delivered Meals*
- Transportation Services
- *Email social security scam*
- Brunch and Learn

TAX ASSISTANCE

Thursdays
February 8th – April 5th
9:30 a.m. – 1:00 p.m.

Free tax counseling and help preparing your tax returns is available for taxpayers with middle and low income (with special attention to those aged 60 and over). AARP trained volunteers will help you complete both state & federal forms. Please bring W-2 forms, a copy of last year's statement, pension, interest, dividend & Social Security statements. E-filing available.

Appointment required: 248-341-6450

Become an AARP Tax-Aide Counselor

Join the nation's largest, free, volunteer-run tax counseling and preparation service, which helps nearly 2 million low income seniors file their state and federal income tax returns. Training begins January 2007. If this sounds interesting to you, please call the local Tax-Aide Coordinator at (248) 681-4042 to learn more.



Holiday Gala

Tuesday, December 12
12:30 – 2:30 p.m.

The Fountains at Franklin
28301 Franklin Road - Southfield, MI

See Pages 8, 12 or insert (if included)
Fee: \$15

Chris' Comments

Dear Friends,

Adult Day Service

As you read this, we have our first families starting with our Adult Day Service program. These past few months of meeting with family caregivers have been very gratifying. They are conscientious, loving people who are stretched to their limits in the effort to care for their loved ones. This program has been called a "life saver", and it truly is.

Adult Day Service offers a safe, engaging and friendly environment for people experiencing dementia, which allows caregivers time for respite. It can keep people at their highest level of ability, delay or avoid nursing home placement and help keep caregivers healthy as well. Adult Day Service is an important, cost effective, and therapeutic option within the continuum of senior services.

We are offering several information meetings regarding Adult Day Service and invite everyone to attend. Even if you do not have a family member in need of this service, it is an exceptional opportunity to learn how this department is assisting your neighbors. The next meetings will be held on Monday, December 11th at 4 PM and January 9th 4 PM at the Adult Day Service facility, 2222 Franklin Rd. Please RSVP your attendance by calling 248-341-6450.

Bond Project

We are pleased to announce that the architectural services contract has been awarded and we will soon begin design work. We hope that you join in a ground breaking ceremony next summer and are looking forward to a permanent destination for programs and services.

Onward and Upward! *Christine Tvaroha*

ctvaroha@bloomfield.org or (248) 341-6450

Special Thanks to

The Fountains at Franklin
A Sunrise Senior Living Community

**for graciously hosting our
2006 Holiday Gala**

Greater Bloomfield Senior Association

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.bloomfieldseniors.org

GBSA 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

Sherry Stefanos, Trustee

David Buckley, Trustee

Neal J. Barnett, Trustee

Leo C. Savoie, Trustee

GBSA ADVISORY COUNCIL

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Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gus & Gladys Cifelli Maxine Davison

Don Foehr Marie Gemmel

Victor & Suzanne Goldstein Peggy Todd

Eleanor Myers Ron Stinson

Elizabeth & Louis Mahoney

GBSA will be closed on:

Thursday, Nov. 23 & Friday, Nov. 24 (Thanksgiving)

Tuesday, Dec. 12 – PM (Holiday Gala)

Monday, Dec. 25 & Tuesday, Dec. 26

Monday, January 1 (New Year's Day)

Monday, February 19 (President's Day)

Newsletter Advertising products & services are not necessarily endorsed by the GBSA or the Municipality of Bloomfield Township

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

GBSA Membership: Adults 50 years and older. Annual dues (April – March) \$30 per household. Bloomfield Twp. Residents free with annual completion of membership card.

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.

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 & GBSA membership required. 12 classes Note evening hours Fee: \$68**

Mon / Thurs 8 - 9 AM

Nov 2 - December 18 (FIT01-D0601) no class 11/6 & 11/23
Dec 21 - February 5 (FIT01-D0608) no class 12/25, 1/1
Feb 8 - March 22 (FIT01-A0701) no class 2/19

Mon / Wed 11:30 - 12:30 PM

Nov 1 - December 13 (FIT01-D0602) no class 11/6
Dec 18 - January 31 (FIT01-D0609) no class 12/25, 1/1
Feb 5 - March 19 (FIT01-A0702) no class 2/19

Mon / Wed * EVENING HOURS 6:30 - 7:30 PM

Nov 6 - December 13 (FIT01-D0602) no class 11/6
Dec 18 - January 31 (FIT01-D0610) no class 12/25, 1/1
Feb 5 - March 14 (FIT01-A0703) no class 2/19

Tue/Thur 10 - 11 AM

Oct 17 - November 30 (FIT01-D0604) no class 11/21 & 23
Jan 9 - February 15 (FIT01-A0704)
Feb 20 - March 29 (FIT01-A0705)

Wed / Fri 8 - 9 AM

Nov 8 - December 22 (FIT01-D0605) no class 11/10 & 24
Dec 20 - January 26 (FIT01-D0611)
Jan 31 - March 9 (FIT01-A0706)

Wed / Fri 9 - 10 AM

Nov 8 - December 22 (FIT01-D0606) no class 11/10 & 24
Dec 20 - January 26 (FIT01-D0612)
Jan 31 - March 9 (FIT01-A0707)

Wed / Fri 10 - 11 AM

Nov 8 - December 22 (FIT01-D0607) no class 11/10 & 24
Dec 20 - January 26 (FIT01-D0613)
Jan 31 - March 9 (FIT01-A0708)

3

50+ Strength Training Open Hours

Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit. (DEC-FIT02-D0603) (JAN-FIT02-A0701) (FEB-FIT02-A0702)

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*
Jan 10 - February 15 (FIT05-A0701)

Healthy Back Yoga

Instructor: **Lavon Cook**

Protect your back and 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.

Friday 9 - 10 AM 8 classes Fee: \$48*
Oct 6 - Dec 15 (FIT06-D0601) no class 11/3, 10 & 24
Jan 12 - March 2 (FIT06-A0701)

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
Oct 3-Dec 12 (FIT07-D0601) no class 11/21 10 wks/Fee:\$60*
Jan 9 - January 27 (FIT07-A0701) 8 wks/Fee: \$48*

Thursday 11:30 - 12:30 PM
Jan 11 - Mar 1 (FIT07-A0702) 8 wks/Fee: \$48*

NEW!! Chair Yoga Instructor: Laura Lerman

At last an easy **yoga that everyone can do**. This seated exercise improves flexibility and breathing awareness. This class is perfect for anyone that isn't able to get down on the floor for regular yoga. Wear comfortable clothing.

Tuesday 8 classes 9 - 10 AM Fee: \$48*
January 9 – February 27 (FIT12-A0701)

*** Non-GBSA Members pay additional \$5.**

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. **Exercise your brain, keep your mind sharp!** Start your journey to better health and well-being.

Wednesday 10:15 – 11 AM 7 classes Fee: \$56*
Nov 1 – December 13 (FIT03-D0601)
Jan 10 – February 21 (FIT03-A0701)
Feb 28 – April 11 (FIT03-A0702)

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!**

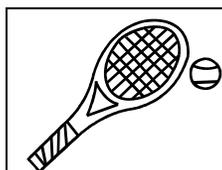
Mon/Thurs 10:15-11:00 AM 12 classes Fee: \$40*
Nov 2 – December 18 (FIT08-D0601) no class 12/23
Dec 21 – February 5 (FIT08-D0602) no class 12/25 & 1/1
Feb 8 - March 22 (FIT08-A0701) no class 2/19

*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*
Nov 2 – December 18 (FIT09-D0601) no class 11/6 & 23
Dec 21 – February 5 (FIT09-D0602) no class 12/25 & 1/1
Feb 8 - March 19 (FIT09-A0701) no class 2/19

Fit/Card 10 classes \$45*. Use with-in 3 months purchase. (Purchased anytime 10/1-12/31 FIT10-D0601, Purchased anytime 1/1-3/31 FIT10-A0701)



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,

NEW!! Tai Chi from Arthritis Foundation

Instructor: Karen Zylman

This program based on the 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 agile steps and exercises that **may improve mobility, breathing and relaxation**. In addition, the movements have higher stances, which make it easier and more comfortable to learn. The Program itself consists of twelve movements (6 basic and 6 advanced), a warm-up and a cool down using Sun Style of Tai Chi exercises. Once becoming familiar with the 12 movements, the program is designed to provide continual challenge by reversing the direction of movements.

Monday 6:30 – 7:30 PM 7 classes Fee: \$49*
January 8 - February 26 (FIT11-A0701) no class 2/19
March 5 – April 16 (FIT11-A0702)

Program materials were adapted for the Tai Chi for arthritis program & include copyrighted materials of Dr. Paul Lam and Tai Chi Productions

Visionaire...the creation & exploration of art

Oils and Acrylics Instructor: Karen Halpern

Your creative abilities will find a wonderful outlet and your imagination will take flight as you paint with your choice of either acrylics or oil paints. In this course for beginners through experienced painters, students will find encouragement, personalized instruction, and continued success. Foundational information; color theory, composition, technique, shading, proportions, perspective, and the art elements are discussed (*Material list in office*)

Tuesday 1:30 - 3:30 PM 8 classes Fee: \$101*
Sept 19 – November 14 (ART01-C0602) no class 11/7
Jan 9 - February 27 (ART01-A0701)

Watercolor Instructor: Karen Halpern

Beginners and experienced painters will explore fluid transparent nature and put it to the most effective use. Color, design, technique and individual creative ideas will be emphasized, with composition, shading, perspective and color theory as an integral part of each piece of work.
(Material list @ office)

Wednesday 1:30-3:30 PM 8 classes Fee: \$101*
Jan 10 - February 28 (ART02-A0701)

4COMPUTER



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.

BASIC COMPUTER & INTERNET INSTRUCTION

Instructor: Valerie Sinclair, Micro Techniques, Inc.

Meet the PC

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: \$76*
Jan 3, 10, 17 & 24 (COM01-A0701) 12 - 2 PM
March, 7, 14, 21 & 28 (COM01-A0702) 9:30 - 11:30 AM

Microsoft Word

Students will learn the basics of this powerful word processing program. Learn to set-up documents, change the format, use the grammar and spell check.

(4) 2 hr classes Wednesday 12 - 2 PM Fee: \$76*
Feb. 7, 14, 21 & March 7 (COM02-A0701) no class 2/28

Meet the Internet

What is the "Web?" Connect and access web sites. Tips for "surfing" the web. Learn to customize your webpage.

(2) 2 hr classes Friday 12:00 - 2:00 PM Fee: \$38*
January 19 & 26 (COM03-A0701)
February 16 & 23 (COM03-A0702)

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: \$38*
January 19 & 26 (COM04-A0701)

NEW!! Using Photostory

Use program to 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: \$38*
February 16 & 23 (COM13-A0701)

* Non-GBSA Members pay additional \$5.

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 Monday 9:30-11:30 AM Fee: \$38*
January 8 & 22 (COM06-A0701)
January 29 & February 5 (COM06-A0702)
February 26 & March 5 (COM06-A0703)
March 12 & 19 (COM06-A0704)

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 Thursday 9:30-11:30 AM Fee: \$38*
January 4 & 11 (COM07-A0701)
January 18 & 25 (COM07-A0702)
February 1 & 8 (COM07-A0703)
February 15 & 22 (COM07-A0704)
March 1 & 8 (COM07-A0705)
March 15 & 22 (COM07-A0706)

Glitches, problems & more

In depth discussions and practice online selling for the experienced eBay user.

(2) 2 hour classes Monday 1-3 PM Fee: \$38*
Jan 29 & Feb 5 (COM08-A0701)
Feb 26 & Mar 5 (COM08-A0702)
March 12 & 19 (COM08-A0703)

Personalized Help @ eBay

Individualized help with all your eBay problems. Work your auctions here. By appointment only! Schedule directly with instructor (248) 770-9770.

(1) 1 hour session Fee: \$25*

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*
 January 3 – January 24 (COM13-A0701)
 January 31 – February 21 (COM13-A0702)

Bridge Lessons

Intermediate / Mondays 5 PM – 6:30 PM
 For students with bridge experience. Class is on-going, join anytime. 4 classes. Fee: \$40*

January 8 – January 29 (EDU13-A0701)
 February 5 – March 5 (EDU13-A0702) no class 2/19

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 3 – January 24 (EDU12-A0701)

January 31 – February 21 (EDU12-A0702)

DROP-IN ACTIVITIES



Movie & Popcorn

"Free" 12:30 PM
 Mondays

December 11 "Millions" Comedy Heartwarming story, two boys that find "millions" of dollars. **What should they do?**

January 8 "Click" Comedy, a father buys a universal remote control for his electronic devices and it empowers him to change his family's life. Great fun!

February 12 "RV" Comedy, **Robin Williams** takes his family on a trip in a RV, they discover the true meaning of family bonding, yeah right!

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 (Tables assigned at 10:30, play 11 AM)

Bridge Mondays/Fridays
Poker Wednesdays

NEW! Trendy Games Club Fridays 10:30 AM
 Starting date: TBD (SOC12-C0601)
HELPIII! We need a volunteer instructor for our trendy games club, if you enjoy playing any of these games and would like to share that knowledge please call Sally, 248-341-6450.

The Card Shoppe Shop Keeper: Arlene Pinko
 Friday, December 1 (SOC13-D0601) 11 – 12 Noon

Are you ready for a little fun and friendship? Do you enjoy crafts? Join Arlene, the card shoppe keeper, and learn to make recycled cards, **make 3 for the center and 3 for you.** Proceeds from the sale of recycled cards help our center. **NO FEE** Info: Arlene @ 248-988-9366.

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 more info, call **Angie Giffels 248-645-0958.**

Holiday Gathering Friday, Dec. 8, 11 a.m. to 2 p.m. RSVP to Angie Giffels or Mary Lou Rynski (248-642-6073).

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 AM – 11:30 AM
 Everyone welcome, please join us for a stimulating book talk. Books on loan at Bloomfield Township Library service desk. **Contact: Madelyn Doerr @ 248-851-6093.**

December 1	The Master	Toibin
January	-- No meeting --	
February 2	Spectator Bird	Stegner
March 2	Arc of Justice	Boyle

Belly-Busters Club **NEW!!**

Fridays 9:30 – 10:30 AM
 Join GBSA's newest club! Discover a healthy, caring and supportive approach to weight management. Everyone is welcome.

Come to a Friday meeting for more information.
 Contact Joann 248-626-4758 or jjholden@comcast.net

Bowling @ Sylvan Lanes *"Just for the Fun of It"*

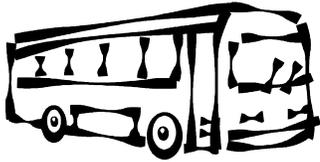
Mondays 9:30 AM

Starts 1st Monday after Labor Day – September 11

Located in shopping center @ Orchard Lk. & Middlebelt.

Join this informal social league at any time.

Fee: \$4 for 3 games, pay weekly as you play



**CLUB
BLOOMFIELD
TRAVEL**

Trip Registration Policies:

- Registration begins the date the newsletter is mailed
- Non- GBSA members pay additional \$5 per trip
- Full payment is required with registration
- \$30 fee for checks returned due to insufficient funds
- GBSA 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.

Brunch & Movie @ Palladium

Tues., November 21 (DAY05-D0602) 10:45 AM – 4 PM
It's all here, a **tasty buffet lunch (included)** with dessert. Then sink into a luxurious leather seat for a private showing of "A Good Year" starring Russell Crowe. **Free popcorn & pop** during movie too!
GBSA Coach Fee: \$28*

Closed for Thanksgiving, November 23rd & 24th
HAPPY HOLIDAY TO ALL

Federal Reserve Tour WAIT LIST ONLY!

Thurs., November 30 (DAY13-D0601) 9 AM – 2:30 PM
Ever wonder just where all the money comes from and how it all happens? This is the tour for you. **Lunch is on your own at Giovanni's.** GBSA Coach Fee: \$12*

"The Nutcracker Ballet" @ MOT WAIT LIST ONLY!

Friday, December 1 (DAY14-D0601) 9:30 AM – 4 PM
The holidays wouldn't be the same without the **magic of this beautiful ballet.** This classic fairy tale comes to life with all the grace and beauty that only a ballet can do. **Followed by lunch on your own at the Whitney.**
GBSA Coach Fee: \$35*

Pine Grove Historical Museum ~ Wisner Mansion

Tues., December 5 (DAY15-D0601) 10:15 AM – 4 PM
The Wisner Mansion, built in 1845, was the home of Moses Wisner, 12th Governor of Michigan. This Victorian Mansion will be all decked out for the holiday's. Enjoy a lovely tour of the Mansion, one room Drayton Plains Schoolhouse, Carriage House & gift shop. **Lunch on your own at the Parkway Grill.**
GBSA Coach Fee: \$12

"Roman Holiday" DSO WAIT LIST ONLY!

Friday, December 8 (DAY17-D0601) 9:30 AM – 4 PM
The DSO and conductor Rafael Frubeck de Burgos with Respighi's colorful and delightful depictions of The Eternal City. **Lunch on your own at Seldom Blues.**
GBSA Coach Fee: \$56*

The GALA '06 (FUN01-D0601)

Tuesday, December 12 12:30 – 2:30 PM
The pleasure of your company is requested at the GBSA Gala at **The Fountains at Franklin** in Southfield. Enjoy a lovely buffet that includes **Chef Carved Roast Beef and Salmon**, with all the trimmings, including dessert. Arrive at 12:30 for some good conversation, **hors d'oeuvres** and a tour of this lovely senior residence, if you like. Lunch will be followed by entertainment. Your presence will brighten the event. Limited transportation (FUN01-D0602) available (pre-registration required) or drive yourself. **Fee: \$15.**

"Home for the Holidays" DSO

Thurs., December 14 (DAY19-D0601) 9:30 AM – 4 PM
Fun, festive concert including "How the Grinch Stole Christmas", "A Charlie Brown Christmas", and even a visit from St. Nick. The perfect way to celebrate your holiday season with friends, don't miss it. **Lunch is on your own at J Alexanders.**
GBSA Coach Fee: \$56*

Movie & Brunch @ Palladium

Tues., December 19 (DAY05-D0603) 10:45 AM – 4 PM
Nothing like a **tasty buffet (included)** to make the season special. Then sink into a luxurious leather seat for a private showing of a first run movie. **Free popcorn & pop** during movie too!
GBSA Coach Fee: \$28*

"White Christmas" Fox Theatre WAIT LIST ONLY!

Wed, December 27 (DAY18-D0601) 10:45 AM – 5:30 PM
Musical full of dancing and great songs like "Sisters" and "White Christmas." **Lunch own @ Whitney.** Fee: \$52*

"Spamalot" Fisher Theatre

Wed., January 3 (DAY01-A0701) 10:15 AM – 4:30 PM
"A NO-HOLDS-BARRED SMASH HIT"—*New Yorker* Winner Tony Award Best Musical. Monty Python's Spamalot is the outrageous new musical comedy. Tells the tale of King Arthur & his Knights of the round Table as they embark on their quest for the Holy Grail. Show **stopping musical numbers**, audiences everywhere are eating up Spamalot. **Sure to sell-out.** **Lunch on your own Grand City Grill.** Main floor seats.
GBSA Coach Fee: \$75*

Oakland County Forensic Lab

Wed., January 10 (DAY02-A0701) 10:30 AM – 3:30 PM

Fighting crime, just like on TV...learn about crime scene investigation, see real-life experts solve crimes using the latest technology. Tour the 3 million dollar lab. Meet **Barbara Martin**, Oakland County's well-known head sculptor, she discovers long-lost victims identities by applying clay to the victims' skull. **Limited to 15 participants.**

Lunch is on your own at Brandy's.

GBSA Coach

Fee: \$12*

Movie & Brunch @ Palladium

Tues., January 16 (DAY05-A0701) 10:45 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.

GBSA Coach

Fee: \$28*

"Big Band Hit Parade" DSO

Thurs., January 18 (DAY03-A0701) 9:30 AM – 4 PM

Sit back and enjoy songs that define an era: Remember "Woodchopper's ball," "String of Pearls" "Sing, Sing, Sing," "Caravan," and "Night and Day"--the list goes on and on. Relive the glory days of the Big Bands with a concert of these beloved classics. **Lunch on your own at O'Mara's.**

GBSA Coach

Fee: \$56*

Lunch & Tour of The Royal Park Hotel & Restaurant

Wed., January 24 (DAY04-A0701) 11 AM – 4 PM

Relaxed Elegance is the mood at this 4-star restaurant, located on the Paint Creek River in Rochester. Dine with friends in a setting full of Old World charm, you're sure to have a regal time.

Lunch is on your own before tour. Treat yourself.

GBSA Coach

Fee: \$12*

"Same Time Next Year" Meadow Brook Theatre

Wed., January 31 (DAY06-A0701) 11 AM – 5 PM

Romantic comedy tells the story of two people who find enduring love with each other despite being married to other people. After a chance meeting at a romantic California Inn, the pair begin a 25 year-long affair in which they meet for only one-weekend every year. It's a crazy affair. Tony award-winning play, **full of laughter and tears.**

Lunch is on your own at Applebee's.

GBSA Coach

Fee: \$30*

"All Beethoven" DSO

Fri., February 2 (DAY07-A0701) 9:30 AM – 4 PM

Even today, Beethoven towers above the musical landscape. Enjoy an all-Beethoven program highlighted by

this Pastoral symphony and his first piano concerto performed by Angela Hewitt, "one of the most mesmerizing musicians of the day." **Lunch on your own Red Coat Inn.**

GBSA Coach

Fee: \$56*

Cirque Dreams ~ a jungle fantasy Fisher Theatre

February 3 (DAY15-A0701) 10:15 AM – 5 PM

Jungle Fantasy is a new adventure that takes audiences soaring into a magical forest through the air and on stage. There are aerialists, spine bending contortionists, vine swinging characters, strong men and balancers that bring this jungle dream to life in a lush Broadway setting filled with wildly unpredictable special effects, inventive choreography, puppets and dazzling costumes.

Lunch on your own at Grand City Grill.

Luxury Motor Coach

Fee: \$82*

"As It Should Be" Jet Theatre

Wed., February 14 (DAY08-A0701) 11 AM – 4:30 PM

Set against the poverty of the 1930's, this comedy highlights an indomitable matriarch who makes **everything better and as it should be!** A comedy that will leave you laughing.

Lunch on your own at Champps.

GBSA Coach

Fee: \$29*

"Mancini at the Movies" DSO

Thurs., February 15 (DAY09-A0701) 9:30 AM – 4 PM

"Breakfast at Tiffany's," "Days of Wine and Roses," "Pink Panther," ---- all classics whose character was defined by the beloved music of Henry Mancini. Now enjoy his daughter, Monica, perform her father's greatest melodies, illustrated with clips from the movies.

Lunch on your own at Sweet Lorraines.

GBSA Coach

Fee: \$56*

Movie & Brunch @ Palladium

Tues., February 20 (DAY05-A0702) 10:45 AM – 4 PM

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. **GBSA Coach** **Fee: \$28***

*** Non-GBSA Members pay additional \$5.**

Lunch with Friends @ Ridgewood Café

Thurs., February 22 (DAY10-A0701) 10:30 AM – 2 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.
GBSA Coach Fee: \$15*

"On Golden Pond" Meadow Brook Theatre
Wed., February 28 (DAY11-A0701) 11 AM – 5:00 PM
Play just ended a successful Broadway revival. Moving tale of generations. All may-ham breaks loose during a family's visit to its lakeside cottage. Lunch is on your own at Applebee's. GBSA Coach Fee: \$30*

"Ohlsson Plays Mozart" DSO
Fri., March 2 (DAY12-A0701) 9:30 AM – 4 PM
A truly astounding example of Mozart's genius, his piano concerto N. 22 is one his greatest achievements—and it was written within only a few weeks, while he was working on his opera The Marriage of Figaro. Lunch is on your own at Fox and Hounds. GBSA Coach Fee: \$56*

Luxury Motor Coach Fee: \$59*

"Musical Revue" Oakland University/Varner Hall
Fri., March 9 (DAY14-A0701) 9 AM – 2 PM
Oakland University's premiere ensemble returns with a Musical Revue! Lively entertainment, great music & dancing sure to brighten the day. Lunch is on your own at Deli Unique. GBSA Coach Fee: \$12*

* Non-GBSA Members pay additional \$5.

Four Easy Ways to Register for classes, trips and programs:

1. Call us at 248-341-6450 and register with Visa or MasterCard during regular office hours.
2. Come to the office and register and pay with cash, check or credit card.
3. Mail in your registration with check or credit card information.
4. Register online and pay with Visa or MasterCard.

Visit the Bloomfield Seniors website at www.bloomfieldseniors.org

What can you do on our site?

- Visit our newsletter class and trip listings 24 hours a day
- Create and update account profiles for family members
- Register yourself and family members for classes
- Review details for classes for which you have already registered
- Monitor your waitlist status
- Print receipts for payments you have made

"The Subject is Roses" Purple Rose Theatre
Wed., March 7 (DAY13-A0701) 10:30 AM – 6 PM
Winner of the Pulitzer Prize, the NY Drama Critics' Circle Award. A son who left as a pampered boy returns from the war as a man in his own right. His parents compete for his affection and struggle to recognize him as the man he's become. Lunch is on your own at The Common Grill.

PET ADOPTIONS

Looking for a pet? Bloomfield Township's Animal Welfare Unit occasionally has puppies and kittens available for adoption. In cooperation with the prospective pet owner and local veterinarians, the Animal Welfare Officers assure pet sterilization as a condition of adoption to control the pet population in Bloomfield Township. The Animal Welfare Officers are required by state law to take a \$25.00 refundable deposit to insure that the animal will be neutered or spayed.

Newsletter Advertising products & services are not necessarily endorsed by the GBSA or the Municipality of Bloomfield Township. We appreciate their support.

"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 home!"

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

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Tom Linebaugh MPT

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VOLUNTEER OPPORTUNITIES

GBSA Home Delivered Meals Driver

How about giving a new meaning to "Let's Do Lunch"? The Greater Bloomfield Senior Association 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!

GBSA Adult Day Care Volunteer

Volunteers are being recruited to assist at the GBSA Adult Day Care. The Center will offer 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. Activities may include art, music, playing various types of tabletop games, reading, reminiscing, cooking and exercise. The GBSA Adult Day Care will be open weekdays (8 AM - 5PM). Scheduling based on your availability. Training and support will be provided.

GBSA 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. 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 GBSA volunteer opportunities, please contact *Joan Patzelt* at 341-6450.

Thank You for Your Donations...

Ruth Carr, Kathy McLeod, Ethel Stoloff, Nathan and Shirley Fink, John Redfield, Anthony Cote, AAUW (Birmingham Branch), Mary Reynolds, George Bloom, John & Shirley Erwin, John Jesser, Henry Hafeli, Harris Interactive, Esther Marquardt

Thank You for Your Food Donations...

Food Bank Drive – The annual food drive to benefit the Food Bank of Oakland County (collected at GBSA and in Bloomfield Township offices) yielded enough food to feed 8,000 people.

Peanut Butter & Jelly – A combined total of 70 jars of peanut butter & jelly were donated by GBSA participants to be donated to Lighthouse in Pontiac.

Thank you to our Home Delivered Meals Volunteers!

Roxanne Andoni * Val Andrews * Catherine Angeli * Louise Angermeier * Diane Barrow-Fields * Kerstin Baumann * Ann Bedekar * Shahina Begg * Marion Benedict * Mary Bleisch * Louis Bogart * Jan Boyd * Julie Brown * Ray Caloia * Bill Carson * Mary Ann Christ * Suchuan Chuang * Cindy Clement * Frank & Sally Cliff * Greg Coatsworth * Barb Collison * Ruth Connell * Bill & Dianne Cornell * Carla Cronin * Denise Cruz * David Dinger * Ursula Dobbs * Kitty Dobritt * Judy Domstein * Jim Eichner * Phyllis Gara * Igor Gesse * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Bob & Francois Harrod * Dolores Hekker * Rob Heeren * John Hoban * Pam Hoffman * Shendy Hopkins * Linda Hsing * Susan Hugel * Pat Jacoby * Doris Keydal * Judy King * Marian Lam * June Linklater * Marcie Lloyd * Jane Levy-Sowers * Bill Mack * Bruce Madsen * Fritzie Mager * Sue Martin * Richard May * Barry & Helene Mayo * Maggie McKinney * Mary Lynn McLachlan * Beth Mergel * Wendy Metzger * Donald Michau * Katie Milam * Jean Miller * Debbie Mitchell * Robert & Barbara Munn * LeeAnn Pantalone * Nancy Pavy * Deb Payne * Judy & Lawrence Pazol * Kathleen & Robert Pelkey * Bill Penz * Alfred & Sarinna Ping * Marie Pryce * Lekha Rao * Rita Ravikrishnan * Tom Richard * Jerry Rivard * Lionel Robbins * Janet Russel * Mary Ellen Sabol * Michael Samson * Mindy Saunders * Ann & Jerry Scheel * Hudson Scheifele * Pamela Schmidt * Rita Schwimer * Theresa Shea * Ralph Shefferly * Jean Smith * Connie Szymczak * Marjorie & Mario Trafelli * Maurice Vachon * Ginny Vincent * Elfride & Frank Voeffray * Don Waples * Bill Warner * Lou Wasko * Joan & Dick Wells * Bill Williams * Clint Williams * Rasheeda Zafar * Harry Ziegler



**Volunteering is
important to long
and healthful lives.**

Call Joan for more
information - 341-6450.

Thank you volunteers! 440+ Hrs. in Aug. 06 - Oct. 06

Office Volunteers, Telephone Reassurance Callers, Special Events/Project Assistance, Leaders & Medical Appointment Drivers.

Shirley Allen * Corlene Ashley * John & Judith Balint * Donna Barion * Joan Barrett * Verna Besancon * John Bowker * Joan Brandt * Pat Caplin * Ruth Barr * Ruth Carr * Dorothy Cole * Marion Conat * John Conti * Madelyn Damioli * Maxine Davison * Yetta Davidson * Phyllis Day * Inez DiPonio * Judy Domstein * Louise Dube * Helen Efimoff * Russell Fisher * Marie Gemmel * Vera Gesse * Dolores Hekker * Ann Horaczek * Betty & Robert Janssen * Chitra Joshi * Mary Kelly * Patricia Kubik * Dorothy Kwapisz * Leo Linsenmeyer * Marilyn MacMillan * Jeannette MacWilliams * Amber McDonald * Ruth McNair * Marge Morkin * Art Mullkoff * Eleanor Myers * Joan Nedeljkovic * Mary Ann O'Brien * Jean Pahlow * Nancy Porter * Roger Rice * Tom Richard * Jerry Rivard * Lynda Sandberg * Marilyn Scheifele * Faith Scholl * John Scholl * Pragna Shah * Terry Sorrentino * Leo Steinel * Jo Stephen * Ronald Stinson * Gladys Theus * Marge Thomas * Peggy Todd * Maurice Vachon * Inez Veraldi * Marleeta Walton * Suzanne Winn * Cliff & Mary Agnes Winters * Hope Yates * JB Yeargan * Anjel Yessayan * Rasheeda Zafar

GBSA Support Services Supplement

Greater Bloomfield Senior Association, Bloomfield Township Senior Services

7273 Wing Lake Road, Bloomfield, MI 48301

Phone: 248-341-6450 Fax: 248-341-6459 Web: www.bloomfieldseniors.org

Winter 2006-07

Index

Adult Day Care.....	1
Arthritis	3
Ask the Nurse.....	2
Blood Pressure.....	2
Brunch and Learn...1	
Cold or Flu	3
Cookie Share.....	4
S.S. Email Scam.....	4
Ensure.....	2
Eyeglass Drop Off...4	
Fall Clean-Up	1
Grief Series.....	3
Grocery Shopping...2	
Hope for Holidays ...1	
Info & Referral.....	2
Legal Assist	3
Meals (Home Del.)...2	
Medical Rides.....	2
Medicare Part D	3
Memoriam	3
Tax Assistance.....	1
Tree of Life.....	1
Pet Adoption.....	4
Prescription Card ...3	
Reassurance.....	3
Rides to GBSA.....	2



“TREE of LIFE”

Home Delivered Meals are provided through GBSA to seniors in Bloomfield Township and Hills, Orchard Lake and West Bloomfield who are frail and/or low-income individuals.

Make this holiday season special by sponsoring a meal for seniors in our community who are less fortunate.

Purchase a sponsor card for \$3.75 a meal and decorate our GBSA “Tree of Life”.

Cards available at GBSA.

Thank you for your support.

ADULT DAY SERVICE INFORMATIONAL MEETINGS

Adult Day Service offers a safe, engaging and friendly environment for people experiencing dementia, which allows caregivers time for respite.

We are offering several information meetings regarding Adult Day Service and invite everyone to attend. Even if you do not have a family member in need of this service, it is an exceptional opportunity to learn how the Senior Services Department is assisting your neighbors.

Meetings will be held on Monday, December 11th at 4 p.m. and again on January 9th at 4 p.m. at the Adult Day Service facility, 2222 Franklin Road.

RSVP your attendance at 248-341-6450.

HOPE FOR THE HOLIDAYS

Thursday, December 14th

2:00 – 3:30 p.m.

(EDU09-D0601)

Hospice of Michigan Grief Support Services presents a supportive program for adults who have experienced the death of a loved one. This presentation will provide information, encouragement, and hope through this winter season.

Call to register yourself or tell someone you know about this helpful program.

Reservations – 248-341-6450.

TAX ASSISTANCE

Thursdays, February 8th – April 5th

9:30 a.m. – 1:00 p.m.

Free tax counseling and help preparing your tax returns is available for all taxpayers with middle and low income (with special attention to those aged 60 and over). AARP trained volunteers will help you complete both state & federal forms. Please bring W-2 forms, a copy of last year's statement, pension, interest, dividend & Social Security statements. E-filing available.

Appointment required: 248-341-6450

BRUNCH AND LEARN

First Tuesday of the Month

beginning February 6th

10:30 a.m. – 12:00 p.m.

Join us for a Health and wellness seminar series on the first Tuesday of each month. The Senior Network will be providing program materials and informational pamphlets on a variety of health related topics. FREE BRUNCH with registration.

February 6 (EDU14-A0701) – Topic - Diabetes

March 5 (EDU14-A0702) – Topic - TBD

GBSA Staff

Christine Tvaroha

Director of Senior Services

Sally Banks

Programs Coordinator

Diane Socier

Outreach Coordinator

Donna DeWitte, R.N.

Nutrition Coordinator

Joan Patzelt

Volunteers & Communications
Coordinator

Ruth Nagy

Office Manager

Kathy Birkhold

Bus Driver

GBSA Hours

Monday, Wednesday

8:00 a.m. – 8:00 p.m.

Tuesday, Thursday, Friday

7:00 a.m. – 4:00 p.m.

TRANSPORTATION SERVICES



A number of transportation options are available to GBSA 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 GBSA*

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 GBSA 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 GBSA Members. Subject to availability.

GROCERY SHOPPING TRIPS



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

Nov. 28	Dec. 13 & 28
Jan. 9 & 25	Feb. 6 & 21

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 –

December 4 – Depression is “Curable”

February 5 – Shortcuts for Living -

With an Occupational Therapist

NUTRITION SERVICES

GBSA 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

GBSA 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. GBSA 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.

GBSA is partially funded through the Area Agency on Aging 1-B through the Office of Services to the Aging, Nutrition Service Incentive Program (NSIP). GBSA complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employer program. Reasonable accommodation is provided upon notification or request.

BLOOD PRESSURE CHECKS

ComForCare Senior Services provides blood pressure checks on the **2nd Monday & 4th Thursday** at 11:00 a.m.



Please stop and have your blood pressure checked!

December 11 & 28

January 8 & 25

February 12 & 22

INFORMATION AND REFERRAL

GBSA 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

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.

In Memoriam...

Deepest sympathies to the families and friends of:

Frank Whitson, James Murphy, Harriet Burchi,
Withold & Josephine Kozbial, Al Smith,
"Candy" Saltsman and Nevert Haroutunian



MEDICARE PRESCRIPTION PART D

*Registration help is available.
If you have any questions,*

Area Agency on Aging 1B – 800-852-7795
Medicare – website – www.medicare.gov
Medicare – 1-800-Medicare (1-800-633-4227)

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 **GBSA**, Bloomfield Township offices, the Bloomfield Twp. Library, and other county facilities. For more information contact Diane at 248-341-6450.

Is It a Cold or the Flu?

The following information comes from the U.S. Department of Health and Human Services.

SYMPTOM	COLD	FLU
Fever	Rare	Usual; high (100-102°F occasionally higher); lasts 3 to 4 days
Headache	Rare	Common
General Aches, Pains	Slight	Usual: often severe
Fatigue, Weakness	Sometimes	Usual; can last up to 2 to 3 weeks
Extreme Exhaustion	Never	Usual; at the beginning of illness
Stuffy Nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore Throat	Common	Sometimes
Chest Discomfort, Cough	Mild to moderate; hacking cough	Common; can become severe

TREATMENT	COLD	FLU
	Antihistamines	Antiviral medicines - see your doctor
	Decongestant	
	Nonsteroidal anti-inflammatory medicines	
PREVENTION	Wash your hands often	Annual vaccination
	Avoid close contact with anyone with a cold	Antiviral medicines - see your doctor
COMPLICATIONS	Sinus congestion	Bronchitis, pneumonia
	Middle ear infection	Can be life threatening
	Asthma	

Get Connected, Get Answers

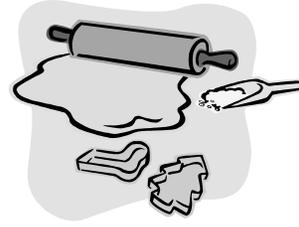
Get the help you need or give the help you can by calling 211. This *United Way for Southeastern Michigan* hotline connects callers in Wayne, Oakland and Macomb counties in non-emergencies to call center specialists who provide information and referral to service agencies and programs, for anyone at any time, as well as volunteer and donor opportunities. For additional information, call 211 or 1-800-552-1183.

Public Warned about E-mail Scam

The *Social Security Administration* recently issued a warning about a new email scam that has surfaced. The Agency received several reports of an email message being circulated with the subject: "*Cost-of-Living for 2007 update*". The email claims to be from the Social Security Administration and requests that personal information be updated or accounts may be "suspended indefinitely".

The reader is directed to a website which looks like Social Security's Internet website. Once there, the individual is asked to register for a password and confirm their identity by providing personal information such as the individual's Social Security number, bank account information and credit card information. Individuals are urged to take precaution when giving out personal information over the internet or by telephone unless you are extremely confident about whom you are giving the information to.

Report receipt of this email message or other suspicious activity to Social Security's Office of Inspector General on their Hotline at 1-800-269-0271. (If you are deaf or hard of hearing, call the OIG TTY number at 1-866-501-2101). A Public Fraud Reporting form is also available online www.socialsecurity.gov/oia.



Annual Holiday Cookie Sharing

(SCV05-D0601)

**Thursday,
December 14th -
1:00 p.m.**

Join the GBSA staff in sharing the holiday spirit. Bring 3 dozen of your favorite holiday recipe HOME MADE cookies to be distributed to our Home Delivered meal clients. Please bring cookies to GBSA office anytime on Wed. 12/13 or by 1:00 p.m. Thurs. 12/14.

Join us Dec. 14th to package the cookies for delivery and enjoyment during holiday season.

Valentine Cookie Sharing

(SCV05-A0701)

Tuesday, February 13, 2007, 1:00 p.m.
Bring 3 dozen of your favorite recipe HOME MADE cookies as we remember our Home Delivered meal clients on Valentine's Day. Please bring cookies to GBSA office anytime on Mon. 2/12 or by 1:00 p.m. Tues. 2/13. Cookie packaging on Feb. 13th.

RSVP for one or both dates at 248-341-6450.

PET ADOPTIONS

Looking for a pet? Bloomfield Township's Animal Welfare Unit occasionally has puppies and kittens available for adoption. In cooperation with the prospective pet owner and local veterinarians, the Animal Welfare Officers assure pet sterilization as a condition of adoption to control the pet population in Bloomfield Township. The Animal Welfare Officers are required by state law to take a \$25.00 refundable deposit to insure that the animal will be neutered or spayed.

The Animal Welfare Shelter is located in the Bloomfield Township Hall near the Police Department, and is open every day from 8:00 a.m. to 4:00 p.m. If you are interested in adoption or need more information, please telephone the Animal Shelter at 248.433.7757.



Eyeglasses and Hearing Aid Drop Off Site



Do you have outdated eyeglasses or hearing aids? The *Lions of Michigan Recycle for Sight and Sound* is collecting these used items for distribution.

Don't throw them away bring them to GBSA anytime during open hours. They will be donated to the Lions. The collection box is kept in room 105

Getting To Know You 1 – 2:30 PM

Wednesday, December 6 (SEV06-D0601)

Friday, January 19 (SEV03-A0701)

Tuesday, February 13 (SEV03-A0702)

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

They're here... but not for long!!!

2007 ENTERTAINMENT BOOKS

Get great savings;
support GBSA!

Only \$20
(FUN04-C0601)



Available now in GBSA Office



THERAPEUTIC MASSAGE



1st & 3rd Mondays *table massage* with Laura Lerman
(beginning at 12:30 p.m.)

2nd & 4th Mondays *table massage* with Kathy McLeod
(beginning at 10:00 a.m.)
(\$30/30 minute session)

1st & 3rd Wednesday *chair massage* with Laura Lerman
(beginning at 10:00 a.m.)

Pricing: Laura - \$15/15 minute session (15 min. increments)
Kathy - \$30/30 minute session (30 min. increments)

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



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**

BRUNCH AND LEARN
First Tuesday of the Month
beginning February 6th
10:30 a.m. – 12:00 p.m.

Join us for a Health and wellness seminar series on the first Tuesday of each month. The Senior Network will be providing program materials and informational pamphlets on a variety of health related topics. *Brunch free with registration.*

February 6 (EDU14-A0701) – Topic - Diabetes
March 5 (EDU14-A0702) – Topic - TBD



Holiday Gala



The Fountains at Franklin
28301 Franklin Rd. - Southfield, MI
Tuesday, December 12, 2006 12:30 – 2:30 p.m.
Only \$15

NAME: _____ PHONE: _____

- _____ Yes, I am planning to attend the Holiday Gala (Payable by credit card, check or cash.) (FUN01-D0601)
- _____ Yes, I would like transportation to the Holiday Gala on GBSA's bus. *Bus departs from GBSA at 12:00 p.m.*
- _____ No charge. Limited availability. (FUN01-D0602)