“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)

TAX ASSISTANCE

Thursday
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

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
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

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**Special Thanks to**

The Fountains at Franklin  
A Sunrise Senior Living Community

for graciously hosting our 2006 Holiday Gala
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-D0604) 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 12 (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)

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

MAKE CHECKS PAYABLE TO: Bloomfield Twp.

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

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)

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)

* Non-GBSA Members pay additional $5.
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.

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.

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)
HELP!!! 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

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
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!
Wednesday, January 3 (DAY01-A0701) 10:15 AM – 4:30 PM
“ALWAYS-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*

Thursday, 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.

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 10 (DAY02-A0701) 10:30 AM – 3:30 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*
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 sculptist, 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*

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**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. Lunch is on your own at O'Mara’s.

**GBSA Coach**

**Fee:** $28*

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**“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 is on your own at O'Mara’s.

**GBSA Coach**

**Fee:** $56*

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**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*

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**“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*

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**“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:** $55*

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**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*

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**“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*

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**“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*

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**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*

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**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

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 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.
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

Let me help you.

In-Home Physical Therapy

CALL TODAY
866.508.4336

Tom Linebaugh MPT
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!

Thank you volunteers! 440+ Hrs. in Aug. 06 - Oct. 06
Office Volunteers, Telephone Reassurance Callers, Special Events/Project Assistance, Leaders & Medical Appointment Drivers.


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

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.

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
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 Nevart Haroutunian

Is It a Cold or the Flu?
The following information comes from the U.S. Department of Health and Human Services.

<table>
<thead>
<tr>
<th>SYMPTOM</th>
<th>COLD</th>
<th>FLU</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fever</td>
<td>Rare</td>
<td>Usual; high (100-102°F occasionally higher); lasts 3 to 4 days</td>
</tr>
<tr>
<td>Headache</td>
<td>Rare</td>
<td>Common</td>
</tr>
<tr>
<td>General Aches, Pains</td>
<td>Slight</td>
<td>Usual; often severe</td>
</tr>
<tr>
<td>Fatigue, Weakness</td>
<td>Sometimes</td>
<td>Usual; can last up to 2 to 3 weeks</td>
</tr>
<tr>
<td>Extreme Exhaustion</td>
<td>Never</td>
<td>Usual; at the beginning of illness</td>
</tr>
<tr>
<td>Stuffy Nose</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Usual</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Sore Throat</td>
<td>Common</td>
<td>Sometimes</td>
</tr>
<tr>
<td>Chest Discomfort, Cough</td>
<td>Mild to moderate; hacking cough</td>
<td>Common; can become severe</td>
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</tbody>
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<thead>
<tr>
<th>TREATMENT</th>
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<tbody>
<tr>
<td>Antihistamines</td>
<td></td>
<td>Antiviral medicines - see your doctor</td>
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<tr>
<td>Decongestant</td>
<td></td>
<td></td>
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<tr>
<td>Nonsteroidal anti-inflammatory medicines</td>
<td></td>
<td></td>
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<tr>
<td>PREVENTION</td>
<td></td>
<td>Annual vaccination</td>
</tr>
<tr>
<td>Wash your hands often</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Avoid close contact with anyone</td>
<td>Antiviral medicines - see your doctor</td>
<td></td>
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<tr>
<td>with a cold</td>
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<tr>
<td>COMPLICATIONS</td>
<td></td>
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<tr>
<td>Sinus congestion</td>
<td></td>
<td>Bronchitis, pneumonia</td>
</tr>
<tr>
<td>Middle ear infection</td>
<td></td>
<td>Can be life threatening</td>
</tr>
<tr>
<td>Asthma</td>
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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/oig.

Annual Holiday Cookie Sharing
(VC05-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
(VC05-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.

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.

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)