



# Bloomfield Senior Services Township

7273 Wing Lake Rd. Bloomfield Hills MI 48301-3772  
Phone: (248) 341-6450 Fax: (248) 341-6459  
[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

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Fall 2008

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

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## Health Fair & Flu Shot Clinic\*

**Tuesday, October 28**  
**9:00 a.m. – 1 p.m.**

*Screenings Raffle Exhibitors*

(\*details in yellow Services Supplement)

Limited flu shots will be available to  
Bloomfield Twp. Residents  
and BTSS Members 65+ years.

**Appointments required.**  
Register by phone or at BTSS beginning  
October 7, 2008, 9:00 a.m.

Bring proof of residency & Medicare Card.  
Questions – Call 248-341-6450

**They're here!!!**  
ENTERTAINMENT  
BOOKS

**Only \$20**

*Get great savings;  
Support BTSS!*  
(FUN04-C0801)



### Learning for Living

- *CPR for Family & Friends*  
Friday, October 31
- *AARP Driver Safety*  
Tues. & Wed., October 21 & 22

See yellow Services Supplement for details.

### Who are caregivers?

*Those supporting elders are not likely to identify with the term, but still need information and assistance to be effective.*

Please join the Caregiver Forum to learn about programs and services available to you, including Adult Day Service. Respite care and a light meal are included. The forums are held at 2222 Franklin Road, Bloomfield Twp. from 5 – 6:30 p.m.

**Sept. 9            Oct. 14            Nov. 18**

For info and to register call 248-335-2813.

### **I Fight Back - Self-Defense Class**

Tuesday, October 7  
1 – 2:30 PM

*Instructor: Monte Oswald, MI State Police (FIT19-D0801)* Learn about Vehicle Safety, Home Security, Stalking and most of all **how to FIGHT BACK** and survive! You don't have to be a strong person to protect yourself against someone double your size. Nobody thinks they will be assaulted. Officer Oswald teaches you self-defense maneuvers that may just save your life. Previous participants gave this class an "EXCELLENT" rating.            Fee: \$7

**6<sup>th</sup> Annual  
Oakland Press  
Food Drive  
Oct. 6 - 17**



Benefiting *Food Bank of Oakland County*  
*Collection barrel is available at BTSS.*

## Christine's Comments

"Why Older Adults Should Exercise" National Institute on Aging:

*It's much more than okay for older people to exercise; it is not only safe but there is enormous advantage. This includes aerobic exercise that is good for conditioning of heart and lungs as well as weight training, which has shown that people in their sixties, seventies, eighties, and even nineties, can significantly increase muscle mass and muscle strength, all essential to maintaining independence and health throughout life.*

If "exercise" sounds boring or too hard, consider the substituting the words **activity** or **movement** instead! Fitness levels can be improved by increasing the amount of activity that we do daily and the benefits are amazing:

Maintaining healthy weight	Reduces surgical risks
Building / maintaining bone density	Joint mobility
Muscle strength and flexibility	Sense of well being
Enhanced immune system	Better sleep
Improves blood pressure	Regulates insulin

**Finally, improved brain function and prevention against the risk of dementia!**

We are committed to offering new and inspiring ways to **move your body and exercise your brain** including Zumba dance, Feldenkrais, Esperanto, Walking Club, Softball and music lessons. The longtime successful programs of strength training, yoga, chair exercise, art classes, computers and volunteering are here for your good health too! Take action today!

*Christine Tvaroha*

[ctvaroha@bloomfield.org](mailto:ctvaroha@bloomfield.org) or (248) 341-6450

**Register for 2008!** BTSS membership registration online, in person or by phone: 248-341-6450.

**MEM01-B0801** - Bloomfield Township residents\*, no fee.

**MEM02-B0801** - Non-Township residents, \$30 per household.

(\* If you previously registered as a BTSS Member, your membership has been renewed for 08-09. If in doubt, please call us at 248-341-6450 to confirm.)

## Bloomfield Township Senior Services

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

[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

### BTSS STAFF

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

### BLOOMFIELD TOWNSHIP BOARD

Dave Payne, Supervisor  
Janet Roncelli, Clerk  
Dan Devine, Treasurer  
David Buckley, Trustee  
Neal J. Barnett, Trustee  
Leo C. Savoie, Trustee  
Gregory C. Jamian, Trustee

### BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman  
Al & Donna Artzberger Shirley Colten  
John & Janice Bellefleur John Conti  
Gus & Gladys Cifelli Maxine Davison  
Julie Eskoff Don Foehr  
Marie Gemmel Victor & Suzanne Goldstein  
Tony Klemer Elizabeth Mahoney  
Tom & Ginnie Richard Ron Stinson

### BTSS will be closed on:

Monday, September 1 (Labor Day)  
Tuesday, November 11 (Veteran's Day)  
Thursday, November 27 (Thanksgiving)  
Friday, November 28 (Thanksgiving)

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

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

BTSS Membership: Adults 50 years and older.  
Membership year is April 1 – March 31.  
*Bloomfield Twp. Resident:* free with registration.  
*Non-Bloomfield Twp. Residents:* \$30 per year per household annually. Registration required.  
Register by phone, mail or online.

### 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**
- Availability of prorated fee for classes that have already begun based upon capacity and instructor approval

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

## FITNESS

### 50+ Strength Training

Instructors: Shelley Rubinstein & Lavon Cook

Certified Exercise Specialist's instructs on proper form, breathing and use of HUR pneumatic weight machines to **strengthen all major muscle groups**. Individual progress charted/reviewed in a non-competitive atmosphere. Regular exercise may lower blood pressure, increase HDL/good cholesterol and **make you feel good!** Dr.'s note & BTSS membership required. 12 classes Fee: \$68

Mon / Thurs 8 - 9 AM Shelley  
Sept 8 – Oct 20 (FIT01-C0822) no class 10/9  
Oct 23 – Dec 4 (FIT01-D0801) no class 11/27

Mon / Wed 11:30 AM - 12:30 PM Shelley  
Sept 8 – Oct 15 (FIT01-C0823)  
Oct 20 – Nov 26 (FIT01-D0802)

Mon / Wed *EVENING HOURS* 6:30–7:30 PM Shelley  
Sept 8 – Oct 20 (FIT01-C0824) no class 10/8  
Oct 22 – Dec 1 (FIT01-D0803)

Tue / Thur 10 – 11 AM Lavon  
Sept 2 – Oct 9 (FIT01-C0825)  
Oct 14 – Nov 25 (FIT01-D0804) no class 11/11  
Dec 2 – Jan 22 (FIT01-D0805) no class 12/23, 25, 30 & 1/1

Wed / Fri 8 – 9 AM Shelley  
Sept 10 – Oct 17 (FIT01-C0826)  
Oct 22 – Dec 3 (FIT01-D0806) no class 11/28

Wed / Fri 9 - 10 AM Shelley  
Sept 10 – Oct 17 (FIT01-C0827)  
Oct 22 – Dec 3 (FIT01-D0807) no class 11/28

Wed / Fri 10 – 11 AM Shelley  
Sept 10 – Oct 17 (FIT01-C0828)  
Oct 22 – Dec 3 (FIT01-D0808) no class 11/28

### 50+ Strength Training Open Hours

Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit. (AUG-FIT02-C0802) (SEP-FIT02-C0803) (OCT-FIT02-D0801)

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 11:30 - 4:00 PM  
Friday 11:30 - 4:00 PM

### Tai Chi Chuan

Instructor: Han Hoong Wang

**Yang Style World Master Instructor**, this Chinese exercise improves balance and flexibility. Strengthens the muscle skeletal system through isometric exercises of the legs and **increases oxygen to the cells** and tissues. Reduces mental and physical stress, while **exercising your brain**. Begin your **journey to better health and well-being**.

Wednesdays 10:15 – 11 AM 7 classes Fee: \$56\*  
Sept 10 – Oct 22 (FIT03-C0801)  
Oct 29 – Dec 10 (FIT03-D0801)

### Hatha Yoga

Instructor: Lavon Cook

Emphasis on alignment and flexibility. **Increase lung volume, reduce tension**, improve your energy, strength, and well-being. Seated breath awareness and relaxation. Comfortable clothing; mat, small pillow water & towel.

Wednesday 9 – 10 AM  
Sept 3 – Oct 22 (FIT05-C0802) 8 classes Fee: \$56\*  
Oct 29 – Dec 17 (FIT05-D0801) 7 classes Fee: \$49\*  
No class 11/26

### Healthy Back Yoga

Instructor: Lavon Cook

Learn back care. Good for **Arthritis and Osteoporosis**. Strengthens abdominal and back muscles. Incorporates stretches for strengthening and flexibility. Not intended to replace therapy, **good follow up to successful rehabilitation**. Bring water, small pillow & yoga mat.

Fridays 9 – 10 AM  
Sept 5 – Oct 24 8 classes (FIT06-C0802) Fee: \$56\*  
Oct 31 – Dec 19 7 classes (FIT06-D0801) Fee: \$49\*  
No class 11/28

### Pilates/Yoga

Instructor: Lavon Cook

**Certified American College of Sports Medicine**

Focusing on strengthening your back while firming your abdominals—the core of your body. Improves posture, alignment, muscle tone, joint mobility and flexibility. **Leave class feeling invigorated, yet relaxed**. Bring mat, small pillow and water. Tuesday 11:30 AM – 12:30 PM

Sept 2 – Oct 21 8 classes (FIT07-C0802) Fee: \$56\*  
Nov 4 – Dec 16 6 classes (FIT07-D0801) Fee: \$42\*  
No class 11/11

**NEW! On the Ball** Instructor: Shelley Rubinstein  
 Involves; sitting on the ball & lying on the ball while performing exercises that work on the core (abdominal and back muscles) while challenging the body to balance and stabilize. Class suitable for beginners and experienced. Bring your own ball, ball size recommendations in office.  
 Wednesday 5 – 6 PM 6 classes Fee: \$48\*  
 Sept 10 – Oct 22 (FIT12-C0802) no class 10/8  
 Oct 29 – Dec 3 (FIT12-D0801)

**Easy Does it** Instructor: Shelley Rubinstein  
 Seated exercise improves circulation, flexibility, muscle strength and reduces stress in a fun, supportive group atmosphere. Focus on balance exercises to help prevent falls. Some standing exercises. Resistance bands and hand weights used and provided. Class can benefit anyone with Arthritis, Parkinson's, Osteoporosis or MS.  
 Mon/Thurs 10:15-11 AM 12 classes Fee: \$45\*  
 Sept 8 – Oct 20 (FIT08-C0801) no class 10/9  
 Oct 23 – Dec 4 (FIT08-D0801) no class 11/27

**Senior Fit Aerobics** Instructor: Shelley Rubinstein  
 Low impact for active adults. Fun easy-to-follow moves to music. Improve coordination, balance, strengthen heart, lungs, increase muscle strength and improve flexibility. Includes floor work. Bring hand weights, mat & water.  
 Mon/Thurs 9 – 10 AM 12 classes Fee: \$45\*  
 Sept 8 – Oct 20 (FIT09-C0801) no class 10/9  
 Oct 23 – Dec 4 (FIT09-D0801) no class 11/27

*Fit/Card 10 classes \$50\*. Use within 3 months purchase.*  
 (Purchased 7/1- 9/31 FIT10-C0801; 11/1-12/31 FIT10-D0801)

**NEW!! Zumba** Instructor: Laura Lerman  
 Latin music and dance moves that create a dynamic, exciting and effective fitness exercise. Routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone the body.  
 Wednesdays 6 – 7 PM 6 classes Fee \$48\*  
 Sept 24 – Oct 29 (FIT20-C0801)  
 Nov 5 – Dec 17 (FIT20-D0801) no class 11/26

**KEYBOARDING** Instructor: Yetta Davidson  
 This course is designed to enable you to develop a basic "touch typing" skill with the use of the computer.  
 Tuesdays 4 classes 1 – 3 PM Fee: \$38\*  
 Sept 9 – Sept 30 (COM14-C0801)  
 Oct 7 – Nov 4 (COM14-D0801) no class 10/28  
 Nov 18 – Dec 9 (COM14-D0802)

**Feldenkrais - Introductory Class "Free"**  
 Instructor: Osa Jackson-Schulte  
 Does your back hurt? Have you stopped doing activities you used to enjoy? This gentle exercise can help you deal with chronic pain, diabetes and sleep disorders while improving your over-all well being.  
 Thursday, September 4<sup>th</sup> 11 – 12:30 PM  
 Registration required! (FIT17-C0801)

**Feldenkrais - Awareness through Movement**  
 lessons give you the means to take charge of your own pain improvement. It can help you overcome limitations brought on by stress, misuse, illness, or accident.  
 Thursdays 11 – 12:30 PM 6 classes Fee \$48\*  
 Sept. 25 – Oct. 30 (FIT17-C0802)

**VisionaireArts...the creation & exploration of art**  
*Creativity is linked to good brain health. Those who participate in creative activities also find new opportunities for further development and potential.*

**Creative Watercolor** Instructor Karen Halpern  
 Explore the satisfying experience of painting with watercolors. All levels of students, beginners through advanced are welcome. Painting techniques, skills, color theory and design principles, perspective, and proportion are interwoven as you explore varied subjects and styles. Develop your work in a supportive, low-key and individualized environment. Paint at your own pace. Supply list available at BTSS Office.  
 Wednesday 1:30 - 3:30 PM 9 classes Fee: \$114\*  
 Sept 10 – Nov 12 (ART02-C0801) no class 10/8  
 Dec 3 & 10 (ART02-D0801) 2 classes (mini) Fee: \$23\*

**Oil & Acrylic Painting** Instructor: Karen Halpern  
 Painters of all levels, beginners through advanced, will learn basic painting skills and work at their own level. Students work with their choice of oil or acrylic paints with individualized instruction, while learning about materials, techniques, perspectives, proportions, composition and color theory. Varied painting subjects are explored as you paint at your own pace in a relaxed and supportive atmosphere. Supply list available at BTSS Office.  
 Tuesday 1:30 – 3:30 PM 9 classes Fee: \$114\*  
 Sept 9 – Dec 2 (ART03-C0801) no class 9/30,10/28,11/4 & 11  
 Dec 9 – Dec 16 (ART03-D0801) 2 classes(mini) Fee: \$23\*

## BASIC COMPUTER & INTERNET INSTRUCTION

Micro Techniques, Inc. Instructor: Valerie Sinclair



BTSS Computer Lab has Dell Intel Pentium 28 GHZ computers with Slim Line monitors. High quality instruction with a **maximum of 7 students per class; one student per computer.** *Software: Office 2003 and Windows XP, high speed internet.*

### PC for Beginners

Slower paced course will assist students with fundamental computer skills, proper keyboard and mouse usage. Learn computer terminology and tips on purchasing equipment. Introduction to word processing using MS Word. Learn to create, save and retrieve documents.

(4) 2 hr classes 9:30–11:30 AM Wed/Fri Fee: \$123\*  
Sept 10 – Sept 19 (COM01-C0801)  
Dec 10 – Dec 19 (COM01-D0801)

### MS Word I

Learn essentials of word processing using MS Office. Topics include keyboard and mouse commands/shortcuts; use of toolbars; menus and dialog boxes. Create documents and learn difference between Save and Save as; open existing documents from various storage locations and then learn the basics of editing text plus much more! Requires some prior computer experience.

(4) 2 hr classes 12 – 2 PM Wed/Fri Fee: \$123\*  
Sept 10 – Sept 19 (COM02-C0801)

### NEW!! MS PhotoStory 3

Not sure what to do with all the family, graduation and anniversary pictures on your computer, CD's and digital cameras? This class is for you! Student will create a picture story with music, slide transitions and special effects for play back on their computer. Includes how to **download** application from Microsoft's website **FREE**.

(2) 2 hr classes 9:30 – 11:30 AM Fridays Fee: \$63\*  
Oct 10 & 17 (COM13-D0801)

### Internet Basics

Learn how to access the World Wide Web. Instruction will include customizing your home page and learning to create "bookmarks" for your frequently visited pages. Surf the web using links, customizing viewing preferences and discuss internet security issues.

(2) 2 hour classes 12 – 2 PM Wed/Fri Fee: \$63\*  
Sept 24 & 26 (COM03-C0802)

### Internet Search Engines

Are you wasting valuable time looking for topics, people & places on the Internet? Learn to use various search engines and directories to locate specific information/topics on the Web. Class will cover key words & narrow searches using specific search rules.

(2) 2 hr classes 12 – 2 PM Fridays Fee: 63\*  
Oct 10 & 17 (COM16-D0801)

### E-mail & More

Keep in contact with your children, grandchildren and friends! Create a free e-mail account using Yahoo! Mail. Learn to send and open your e-mail messages, construct your e-mail address book, edit contacts, use spell check, send and open attachments. There will be general discussion regarding e-mail security options and monitoring spam/junk mail.

(2) 2 hr. classes 12 – 2 PM Fee: \$63\*  
Oct 24 & 31 (COM05-D0801) Fridays  
Dec 1 & 3 (COM05-D0802) Mon/ Wed

### Learn to Burn CD's on your PC

Learn about various types of CD media; what to look for when purchasing music and data CD's. How to gather photos and documents to be "burned" (copied) with CD burning software programs. Great tool to save files, folders and pictures! Learn to "burn" a CD as part of the class activities.

(2) 2 hour classes 9:30–11:30 AM Monday Fee: \$63\*  
Oct 13 & 20 (COM10-D0801)

### File Management

Can't find documents you saved somewhere on your computer? Create folders, organize, copy, cut, paste, and delete documents using Microsoft Explorer. Learn to zip and unzip files, place a shortcut for a file or document on the desktop, restore deleted items from the recycle bin and utilize maintenance tools. Definite must for ALL users.

(2) 2 hr classes 9:30-11:30 AM Wed/Fri Fee: \$63\*  
Sept 24 & 26 (COM04-C0801)

### Envelopes, Labels & More

Use the power of MS Word (Word Processing) to make the job of creating mailing labels and envelopes quick and easy! Create a single address label, make a page of return labels, create an address to list to print labels for specific individuals and add graphics to envelopes and labels. Requires knowledge of MS Word prior to class.

(2) 2 hr classes Fee: \$63\*  
Nov 12 & 19 (COM11-D0801) Wed 12 - 2 PM  
Dec 1 & 3 (COM11-D0802) Mon/Wed 9:30–11:30 AM

## MS Excel 1

Create, edit and format data in a spread-sheet. Write/copy formulas, adjust column width, use auto sum, print preview and printing tips. Track investments, expenses, medical history and medication schedules.  
(2) 2 hr classes 9:30 – 11:30 AM Fee: \$63\*  
Oct 24 & Nov 14 (COM17-D0801) Fridays

**eBAY INSTRUCTION** Instructor: Judy Domstein

### Intro to eBay

Navigate eBay, as a seller and/or shopper. Learn the basics and continue to be more advanced. Every session is unique. **Work on your own account in class**; learn how to sell treasures on eBay. **Work on an auction in class.** For experienced computer/email users.

(4) 2 hour classes Tues or Thurs Fee: \$120\*  
Sept 4 – Sept 25 (COM06-C0804) Thurs 12:30 – 2:30 PM  
Sept 9 – Sept 30 (COM06-C0805) Tues 9:15 – 11:15 AM  
Oct 2 – Oct 23 (COM06-D0801) Thurs 12:30 – 2:30 PM  
Oct 7 – Oct 28 (COM06-D0802) Tues 9:15 – 11:15 AM  
Oct 30 – Nov 20 (COM06-D0803) Thurs 12:30 – 2:30 PM  
Nov 18 – Dec 9 (COM06-D0804) Tues 9:15 – 11:15 AM

### Drop-in eBay – Glitches, problems & more

**Individual help.** Work on your auctions here (buy/sell) in BTSS computer lab. Schedule day/time directly with instructor at 248- 770-9770 then call BTSS to register.

(1) 1 hour session Fee: \$25\*  
(Purchased 7/1-9/31 COM12-C0801; 10/1-12/31 COM12-D0801)

## **BRIDGE LESSONS**

Instructor: Eve Berk

### Intermediate Bridge

5 PM – 6:30 PM

Students with bridge experience. On-going class, join anytime. 4 classes Monday Fee: \$40\*  
Sept 8 – Oct 6 (EDU13-C0802) no class 9/29  
Oct 13 - Nov 3 (EDU13-D0801)  
Nov 10 – Dec 1 (EDU13-D0802)

**CLUBS** Newcomers welcome! Interested *call contact listed* or check with BTSS Office 248-341-6450

Current Events Mondays 10 - 12 NOON  
(\* SOC03-08) Join in lively discussions of timely topics.

Lapidary Group Tuesdays/Thursdays 10–2 PM  
(\* SOC17-08) Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading/stain glass. Supplies and equipment available.

Bridge Mondays/Fridays  
(\* SOC04-08) Tables assigned 11:00; Play begins 11:30

Poker Wednesdays  
(\* SOC18-08) Play begins 10:00

Pool (Billiards) Tuesdays & Thursdays 1– 4 PM  
(\* SOC02-08) All levels of skill are welcome. No experience required. Two tables available, join a great group of guys.

## Gruppo Italiano - Italian Club

2<sup>nd</sup> Friday of the month. 10 AM – 12 NOON  
(\* SOC05-08) Everyone welcome. Explore the sights of Italy, informal discussions on the arts and history. Sponsored by the Michigan Chapter of the Dante Alighieri Society. More info, **Angie Giffels 248-645-0958.**

Book Club 1<sup>st</sup> Friday of the month 10 - 11:30 AM  
(\* SOC06-08) **Everyone welcome**, please join us for a stimulating book talk. Books on loan Bloomfield Twp. Library service desk. **Madelyn Doerr @ 248-851-6093.**

September	"A Fine Balance"	Mistry
October	"American Pastoral"	Roth
November	"Saturday"	McEwan

## Science Fiction or Mystery Book Club

(\*SOC22-08) Interested? please email or call Sally at [sbanks@bloomfield.org](mailto:sbanks@bloomfield.org) or 248-341-6450.

## Fall Golf @ Glen Oaks – Open Golf 62+

13 Mile Rd. West of Middlebelt (pay @ course)  
M-F, Senior play until 3 pm. Call pro shop in advance to confirm play. Still playing in fall. Phone 248-851-8356.

## Open Bowling for Fun @ Sylvan Lanes

3 games for \$6 with shoes and "free" coffee.  
9:30 AM to Noon Everybody welcome!  
Open bowling with no registration fee. Pay weekly as you play. Register on interest list (SOC09-08) call Sally

Keyboard Class Evola Music Instructor: Kasey Logan  
September 10 – October 15

I know you've always wanted to play the piano. Here's your opportunity, **sign-up today, bring a little music into your life.** Not only are these classes fun, but, they're easy too! Classes are designed to be so simple that everyone can be successful, even those who think they're "not musical." You will learn to play a song your very 1<sup>st</sup> lesson and another song each week. **Evola provides everybody with a "free" In-home keyboard (on loan), for your use while you are taking lessons.** Classes are held at Evola at 2184 Telegraph at Sq. Lake Rd. 248-334-0566.  
6 wks 2 - 3 PM \$15 book fee Fee: \$29.95

## VOLUNTEER OPPORTUNITIES

### ***BTSS Home Delivered Meals Driver***

Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule.

### ***BTSS Adult Day Service Volunteer***

Volunteers are being recruited to assist at the BTSS Adult Day Service. The ADS offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members are at work or require respite time. Volunteers will be directly involved with the program participants.

### ***New Driver Position "Errands Shopper"***

The "Errands Shopper" will assist non-driving elders with their local grocery shopping and errands. The time commitment is planned for a 2 hour visit once a month. Schedule is flexible and can be worked out between client and volunteer as to day and time trip are made utilizing the volunteer's vehicle.

### ***BTSS Office Volunteer***

Office Volunteers answer phones, direct calls, greet visitors, take registrations for trips and programs using Internet based registration software and help the staff with miscellaneous assignments. Potential Office Volunteers should have some familiarity with word processing, multi-line phone systems and basic Internet search functions. Office Volunteers work either 9 AM –12:30 PM or 12:30–4 PM Monday through Friday, weekly or once a month.

Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-341-6450 or e-mail her at [jpatzelt@bloomfield.org](mailto:jpatzelt@bloomfield.org)

**Rain or Shine Donations\***...Thank to the following for donations to BTSS' Rain or Shine project supporting the home delivered meals program: Jacinto Anaya, Maxine Davison, Sally Fuger, Marie Gemme. Pam Hoffman, Connie Jaroh, Robert Mitchell, Joan Nedeljkovic, Walter Oehrlein, Priscilla Pettengill, Nancy Porter, Shelley Rubinstein, Terry Sorrentino, Cliff & Mary Agnes Winters

**Thank You for Your Donations\***... Laura Lerman, Beth Ruskin, Shirley Allen, Kathy Radom, Nathan & Shirley Fink, Mary Butler

### **Thank you to our Home Delivered Meals Drivers!**

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

Call Joan for more  
information 341-6450.

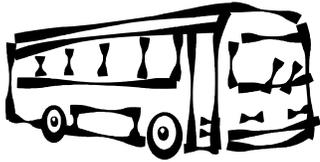
### **Thank you volunteers! 650+ Hrs. in May - July 08**

Office Volunteers, Telephone Reassurance Callers, Special Projects,  
Errands & Medical Appt. Drivers, Trip Leaders & ADS Volunteers .

Delores Atto\* Joan Barrett \* Verna Besancon \*Joan Brandt \* Ray Caloia \* Pat Caplin \*Joanne Carmichael \*Mary Ann Christ \* Dorothy Cole \* Marion Conat \* Ruth Connell \* John Conti \* Madelyn Damioli \* Maxine Davison \* Yetta Davidson \* Margaret Demark \* Inez DiPonio \* Madelyn Doerr \* Louise Dube \* Helen Efimoff \* Steve & Julie Eskoff \* Pat Fild \* Marie Gemmel \* Vera Gesse \* Mona Gibson \* Angie Giffels \* Carol Goldstein \* Jim & Irene Grady \* Nancy Heberer \* Danielle Heidemann \* Dolores Hekker \* Marcia Hiruo \* Connie Jaroh \* Sandy Johnson \* Gloria Kefalas \* Tony Klemer \* Denise Kolkmeier \* Gloria Krause \* Judy Kruse \* Dorothy Kwapisz \* Dorothy Laffrey \* Marilyn MacMillan \* Bruce Madsen \* Ruth McNair \* Katie Milam \* Delores Mooney \* Marge Morkin \* Vara Navaluri\* Joan Nedeljkovic \* Mary Ann O'Brien \* Karen Ouellette \* Arlene Pinkos \* Nancy Porter \* Tom Richard \* Jerry Rivard \* Queenie Sarkesian \* Marilyn Scheifele \* Faith Scholl \* Sonny Seckler \* Pragna Shah \* Terry Sorrentino \* Ronald Stinson \* Maurice Vachon \* Mary Varchola \* Anjali Vale \* Inez Veraldi \* Marleeta Walton \* Suzanne Winn \* Cliff & Mary Agnes Winters \* JB Yeargan \* Anjel Yessayan \* Elinor Yolles \* Charlotte Young \* Rasheeda Zafar

#### \* CHARITABLE CONTRIBUTIONS AND GIFTS

An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer's contribution base) any charitable contribution which is made within the taxable year, to a State, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.



**CLUB  
BLOOMFIELD  
TRAVEL**

**Trip Registration Policies:**

- Registration begins the date the newsletter is mailed
- \* **Non- BTSS members pay additional \$5 per trip**
- Full payment is required with registration
- **\$30 fee for checks returned due to insufficient funds**
- BTSS Emergency Card must be presented at check-in
- **No refunds with less than 3 business days' notice**
- Cancellation fee **\$5 plus costs incurred**
- **Trips depart from and return to Center. Return times are approximate.**
- If you use a wheelchair or need a special accommodation you must have a companion, please indicate this upon registration.

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

**Lunch at Historic White Horse Inn in Metamora**

**Tues., Aug. 19 (DAY14-C0801) 10:45 AM-2:30 PM**  
The Historic White Horse Inn has been a favorite Michigan restaurant destination spot for 158 years. Come experience the Inn's charming atmosphere and menu.  
**BTSS Coach Fee: \$31\***

**Apple Island Tour WAIT LIST ONLY.**

**Thurs., Aug 21 (DAY15-C0801) 9:30 AM-2:30 PM**  
**BTSS Coach Fee: \$32\***

**"The Day Everything Went Wrong"**

**Performance Network, Ann Arbor** WAIT LIST ONLY.  
**Sat., Aug. 23 (DAY16-C0801) 11:45 AM - 6:15 PM**  
**BTSS Coach Fee: \$32\***

**Tour of the IHM "Green" Motherhouse**

**Tues., Aug. 26 (DAY17-C0801) 8:45 AM-3:00 PM**  
Tour this EPA national award winning project. The **two-hour guided walking tour** begins with a video featuring the sisters' vision of sustainability and renovation of the 376,000 sq. ft. Motherhouse. The tour includes the geothermal HVAC system, the gray water recycling system and more. Also an opportunity to view their organic gardens, natural meadows and oak savannah. **Lunch included.**  
**BTSS Coach Fee: \$33\***

**Detroit Tigers vs. Los Angeles Angels WAIT LIST.**

**Thurs., Sept. 4 (DAY03-C0801) 11:30 AM-5:30 PM**  
**BTSS Coach Fee: \$39\***

**Wed., Sept. 10 (DAY19-C0801) 9:30 AM-3:15 PM**  
It's the Model T's 100<sup>th</sup> birthday! Our visit includes a ride pass which will give you access to all of the rides: the Vintage Model T's, Herschell-Spillman Carousel, horse drawn Omnibus, 1931 Model AA bus and Weiser Railroad for a narrated tour of the village. **Lunch on your own after the tour at the Eagle Tavern or Taste of Honey restaurants in the Village.**

**BTSS Coach Fee: \$33\***

**"Remember When" Novi Theatres**

**Friday, Sept. 12 (DAY20-C0801) 11:00 AM - 4:15 PM**  
Novi Parks Performing Arts presents *"Remember When – The Game Show of the Century"*. Don't miss out on this luncheon/matinee that is kicking off their Senior Variety Series. The audience will be a part of this interactive musical trivia game show that will take you through the 20<sup>th</sup> century. **Luncheon included at the Novi Senior Center.**

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

**Tour of Corktown**

**Tues., Sept. 16 (DAY21-C0801) 10:30 AM - 4:00 PM**  
Back by popular demand, Tim McKay will lead us on a bus tour of Detroit's oldest neighborhood, Corktown, whose historic streets have a rich architectural legacy. **Lunch is on your own before the tour at Mudgies Deli**, named by Detroit Free Press as "one of the best in Metro Detroit" for sandwiches.

**BTSS Coach Fee: \$17\***

**Star Clipper Train Luncheon "Sentimental Journey"**

**Thurs., Sept. 18 (DAY22-C0801) 10:15 AM - 3:00 PM**  
Join us on the Michigan Star Clipper for a special two hour luncheon train ride. **Enjoy a leisurely three course meal (included)** as the scenic countryside rolls by your window. *Choice of Vegetarian Pasta Primavera, Chicken Cordon Bleu, or South Carolina Crab Cakes.* The luncheon show musical revue, "Sentimental Journey", is the perfect recipe of musical hits from an era "gone by but not forgotten."

**BTSS Coach Fee: \$63\***

**Scarab Club Tour**

**Friday, Sept. 19 (DAY23-C0801) 10:45 AM - 3:45 PM**  
Don't miss a docent led tour of this historic Detroit landmark. Constructed in 1928, it features a famous walled garden and courtyard. The Club was founded in 1907 by a group of artists and art lovers who met regularly to discuss art and socialize. The club's themed costumed balls were the social event in Detroit each year. **Lunch on your own before the tour at Lily's Seafood in Royal Oak.**

**BTSS Coach Fee: \$17\***

This Neil Simon romantic comedy follows the story of two people (one a widower, the other a divorcee) who have recently lost their loves. Come for an afternoon of witty repartee and stay for the heartwarming "happily ever after". **Lunch on your own before the play at J Alexander's.**  
BTSS Coach Fee: \$36\*

### Detroit Institute of Arts Tour

**Thurs., Sept. 25 (DAY25-C0801) 9:45 AM - 3:45 PM**  
Each trip to the DIA is a new experience and a feast for the eyes. Get to know the newly renovated DIA. We'll start the day with a 1½ hour docent led tour followed by **lunch on your own in Café DIA.** Following lunch there will be time to view the special exhibits of photographer *Kenzo Izu: Sacred Places* and *The Private World of India's Mughal Emperors.*  
BTSS Coach Fee: \$20\*

### Historic Redford Theatre

**Sat., Sept. 27 (DAY26-C0801) 10:45 AM - 6:00 PM**  
The historic Redford Theatre offers visitors the rare opportunity of stepping back in time to the lavish movie going experience of the 1920's. Enjoy a ½ hour pipe organ concert prior to the matinee screening of *Casablanca* with Humphrey Bogart and Ingrid Bergman, with a guided tour of the restored theatre following the movie. **Lunch on your own before the tour & movie at Peabody's.**  
BTSS Coach Fee: \$17\*

### Selfridge Military Air Museum

**Tues., Sept. 30 (DAY27-C0801) 9:30 AM - 3:30 PM**  
Join us for a tour of one of the nation's oldest and most historic military installations. More than 26 aircraft are on display, representing a cross section of aviation for World War II to the present. Indoor exhibits include: aircraft engines, paintings and drawings, memorabilia, scale models, military artifacts, F-16 cockpit and historic photographs. **Lunch on your own after the tour at Brann's steakhouse.**  
BTSS Coach Fee: \$17\*

### Louis Armstrong's New Orleans, DSO

**Thurs., Oct. 2 (DAY02-D0801) 9:30 AM - 3:45 PM**  
Louis Armstrong influenced the music that characterized 20th century jazz. "Armstrong's New Orleans" features classics by Armstrong and such contemporaries as Fats Waller, Cab Calloway and Dizzy Gillespie, including "Basin Street Blues," "Hello Dolly" and "What a Wonderful World.", Conducted by Jeff Tyzik and featuring DSO singer and trumpet player, Byron Stripling. **Lunch on your own after the performance at the Sea Grille.**  
BTSS Coach Fee: \$56\*

### Everything Milford

**Fri., Oct. 3 (DAY03-D0801) 9:00 AM - 3:45 PM**  
Our guided tour of Milford will begin at the Milford Historical Society Museum, an 1853, structure built by a local cabinet

maker, followed by Milford's Powerhouse, a remnant from Henry Ford's "Village Industries" experiment. After lunch we will visit the Mary Jackson House (Miss Emily Baldwin of the *Walton's*). **Lunch on your own at The Gravity Bar & Grill.**  
BTSS Coach Fee: \$24\*

### "Eurydice", Hilberry Theatre

**Wed., Oct. 8 (DAY04-D0801) 11:15 AM - 5:15 PM**  
A modern twist to a classic tragedy of Orpheus, a man goes on a rescue mission when his beloved Eurydice dies. As he ventures into the underworld to retrieve her, he charms the gods with his sweet music and is eventually granted permission to visit her and bring her back. Can he find and bring her back or will he lose her forever? This moving piece will compel audience members to explore their own beliefs about true love, life, and death. **Lunch on your own before the play at Twingo's.**  
BTSS Coach Fee: \$31\*

### Brahms & Bruch, DSO

**Fri., Oct. 10 (DAY05-D0801) 9:30 AM - 3:45 PM**  
The Detroit Symphony Orchestra will perform Overture to Oberon by Weber, Violin concerto No. 1 by Bruch and Symphony No. 1 by Brahms. The featured violinist is Tianwa Yang and the conductor is Günther Herbig. **Lunch on your own after the concert at Tavern on 13.**  
BTSS Coach Fee: \$56\*

### "Sh-Boom (Oh, Those Crazy Kids!)", Hartland Seniors

**Wed., Oct. 15 (DAY06-D0801) 10:00 AM - 4:30 PM**  
Come enjoy the music, dance and hilarious antics of the Sage Productions performers of the Hartland Senior Center as they present "Sh-Boom (Oh, Those Crazy Kids!)" featuring life and music from the 1950's. **Lunch on your own before the performance at the Highland House.**  
BTSS Coach Fee: \$20\*

### "Margaret Garner", Michigan Opera Theatre

**Fri., Oct. 17 (DAY07-D0801) 8:30 AM - 3:30 PM**  
"Margaret Garner" is a new American opera based on a significant pre-Civil War fugitive slave story. Fleeing Kentucky's Maplewood Farm in 1856, Margaret made the horrific decision to sacrifice her own children when facing recapture, rather than see them returned to the bonds of slavery. Her trial became the subject of intense national debate. The music is composed by Richard Danielpour, with a libretto in English by Toni Morrison. **Lunch on your own after the performance at the Vinsetta Grill.**  
BTSS Coach Fee: \$46\*

### "Murder by Poe, Meadowbrook Theatre

**Wed., Oct. 22 (DAY08-D0801) 11:15 AM - 5:15 PM**  
"Murder by Poe" is a theatrical re-imagining of some of Edgar Allan Poe's most famous tales of terror— including "The Tell-Tale Heart," "The Murders in the Rue Morgue,"

"The Fall of the House of Usher" and others. As each haunted figure tells a story of crime and mayhem, the woman must solve the puzzle of the house and the riddle of the man who ushers her into its mysteries. **Lunch on your own before the performance at Bistro Bordeaux.**

BTSS Coach Fee: \$38\*

**Touch of Light Hand-Blown Glass Studio, Ferndale**

Tues., Oct. 28 (DAY09-D0801) 10:45 AM - 3:30PM

John Fitzpatrick will give us a tour of his gallery and studio, Touch of Light. Fitzpatrick studied and worked in Denmark and Sweden, eventually settling in Michigan and opening Touch of Light in 1984. His contemporary and decorative hand-blown art glass includes vases, bowls, perfume bottles, lamps, paperweights, sun catchers and ornaments. **Lunch will be on your own before the tour at Pronto.**

BTSS Coach Fee: \$10\*

**"Say Good Night Gracie", Gem Theatre**

Thurs., Oct. 30 (DAY10-D0801) 10:45 AM - 5:15 PM

"Say Good Night Gracie" is a tender love story and uproarious comedy that will guide you through century of entertainment. This memorable performance centers on George Burns' devotion to his wife, Gracie, who was his friend, sweetheart, and partner for life. **Lunch is included at the Century Grille before the performance. Please indicate your meal choice of Seafood Croissant, Maurice Salad or Classic Chicken Salad Lavash when registering.**

BTSS Coach Fee: \$63\*

**"Love Boat" OPC**

Wed., Nov. 5 (DAY21-D0801) 10:30 AM - 4:00 PM

The 650 Players of the Older Person's Commission presents "What Happens on the Love Boat Stays on the Love Boat" at the OPC Ruth Cattell Theatre. **Lunch is included at the OPC Café before the performance.**

BTSS Coach Fee: \$22\*

**"AVENUE Q", Fisher Theatre**

Thurs., Nov. 6 (DAY11-D0801) 10:15 AM - 4:15 PM

AVENUE Q is Broadway's smash-hit 2004 Tony Award winner for BEST MUSICAL, SCORE and BOOK. A hilarious show full of heart and hummable tunes, AVENUE Q is about trying to make it in NYC with big dreams and a tiny bank account. It features a cast of people and puppets who tell the story in a smart, risqué and downright entertaining way. *Show contains Adult Language and Content.* **Lunch before the play at the Birmingham Deli in the Fisher Theatre.**

BTSS Coach Fee: \$53\*

**"Mozart & Beethoven", DSO**

Fri., Nov. 7 (DAY12-D0801) 9:30 AM - 3:45 PM

The DSO will perform Mozart Symphony No. 30, Mozart Violin Concerto No. 3 and Beethoven Symphony No. 2 featuring Marek Janowski, conductor and Baiba Skride, violin. **Lunch will be on your own after the performance at the Pi Restaurant in Southfield.**

BTSS Coach

Fee: \$56\*

**"Classic Broadway", DSO**

Thurs., Nov 13 (DAY13-D0801) 9:30 AM - 3:45 PM

Erich Kunzel, with DSO guest vocalists, Kathleen Brett, Michael Loewe and Steven Morgan, and the Wayne State University Chorale, will raise the curtain on the Orchestra Hall stage for "Classic Broadway", featuring beloved tunes from musicals by some of the greatest composers and lyricists in history, including *West Side Story, The Sound of Music, Showboat, Chicago, My Fair Lady.* **Lunch on your own after the performance at the Clawson Steak House.**

BTSS Coach Fee: \$56\*

**Museum Bronze**

Fri., Nov. 14 (DAY14-D0801) 9:15 AM - 1:45 PM

An interactive and educational experience, Museum Bronze is a must see collection for history enthusiasts and automobile lovers. It includes a collection of more than 1,000 hand-made working models steam engines, trains, ships and automobiles. You'll gain an appreciation of automotive history and hands-on craftsmanship. **Lunch on your own after the tour at Kruse & Muer.**

BTSS Coach Fee: \$12\*

**"Hamlet", Hilberry Theatre**

Wed., Nov. 19 (DAY15-D0801) 11:15 AM - 5:15 PM

Foul play, power struggles, and love invade the life of a young prince trying to deal with the death of his father, the deception of his mother, and the deceit of his uncle. Standing the test of time, Hamlet ensures an afternoon of shock, entertainment, and excitement. Hamlet will constitute the first part of a two- part series, the second part being *Rosencrantz and Guildenstern are Dead.* Check the Winter Newsletter for the January performance date. **Lunch on your own before the play at The Majestic Café.**

BTSS Coach Fee: \$31\*

**"White Christmas", Fox Theatre**

Wed., Dec. 3 (DAY16-D0801) 10:45 AM - 5:30 PM

Back by popular demand, this beloved holiday musical by Irving Berlin tells the story of two showbiz buddies putting on a show in a picturesque Vermont inn and finding their perfect mates in the bargain. Full of dancing, laughter and some of the greatest songs ever written. **Lunch on your own before the performance at Shiraz.**

BTSS Coach Fee: \$60\*

**"The Rat Pack is Back", Gem Theatre**

Thurs., Dec. 4 (DAY17-D0801) 10:45 AM - 5:30

PM  
Join Frank, Sammy, Joey and Dean as they add a touch of holiday flare to the Rat Pack's famous "Summit at the Sands" show. It's as if you turned back the clock half a century to see some of the greatest performers who ever lived take the stage to laugh, dance, and sing. **Lunch on your own before the performance at Union Street.**

BTSS Coach

Fee: \$46\*

"The Nutcracker" Detroit Opera House

Fri., Dec. 5 (DAY20-D0801) 9:15 AM-4:15 PM

The Joffrey Ballet's dazzling presentation of The Nutcracker is a Detroit holiday tradition. The Nutcracker features stunning choreography by Robert Joffrey and Gerald Arpino, 50+ of the finest dancers in the world, 80+ local children and lavish Victorian scenery and costumes. **Lunch on your own after the performance at Ocean Prime.**

BTSS Coach

Fee: \$46\*

"Wicked", Detroit Opera House

Thurs., Dec. 11 (DAY01-D0801) 10:00 AM - 4:45 PM

Don't miss this Broadway hit! When Dorothy triumphed over the Wicked Witch, we only heard one side of the story. Two girls meet in the Land of Oz. One, born with emerald-green skin, is smart, feisty and misunderstood. The other is beautiful, ambitious and very popular. "Wicked" is the story of these two unlikely friends and how they end up as the Wicked Witch of the West and Glinda the Good Witch. **Lunch on your own before performance at Pegasus.**

BTSS Coach

Fee: \$93\*

"The Dinner Party", Tipping Pointe Theatre

Sat., Dec. 13 (DAY22-D0801) 12 noon - 6:15 PM

Five people are invited to dine at a first rate restaurant. They do not know who the other guests will be or why they have been invited. They have a sneaking suspicion that this unorthodox dinner party will forever change their lives. Filled with playful antics, sudden zaniness and masterful comic dialogue as the mystery unfolds. **Lunch on your own before the performance at Rocky's of Northville.**

BTSS Coach

Fee: \$32\*

"Christmas Carol", Meadowbrook Theatre

Wed., Dec. 17 (DAY18-D0801) 11:15 AM - 5:15 PM

This classic by Charles Dickens continues to entertain. "Christmas Carol" is the tale of an old and bitter miser, Ebenezer Scrooge, who undergoes a profound experience of redemption over the course of one night. Thrill as the ghosts of Christmas past, present and future transform Ebenezer. **Lunch on your own before the performance at The Parkway Grill.**

BTSS Coach

Fee: \$42\*

"Home for the Holidays", DSO

Thurs., Dec. 18 (DAY19-D0801) 9:30 AM - 3:45 PM

The DSO rings in the holidays with this annual Pops favorite, "Home for the Holidays", conducted by DSO Resident Guest Conductor, Thomas Wilkins. The concerts blend classical favorites, contemporary carols and holiday music from around the world to create a winter wonderland. **Lunch on your own after the performance at Dolce Vita.**

BTSS Coach

Fee: \$56\*

"Beyond the Rainbow", Meadowbrook

Wed., January 21 (DAY01-A0901) 11:00 AM - 5:15 PM

Join us for the Michigan premiere of "Beyond the Rainbow". At a Carnegie Hall concert performance, Judy Garland looks back on her life as each song she sings brings back memories of her days as Frances Ethel Gumm. Come along on her journey from poverty to stardom as she sings "When You're Smiling," "The Trolley Song," "Over the Rainbow," "Stormy Weather," and many other career favorites. **Lunch on your own before performance at The Parkway Grille.**

BTSS Coach

Fee: \$31\*

"Dirty Rotten Scoundrels", Macomb Center

Sat., March 7 (DAY02-A0901) 10:45 AM - 5:30 PM

Set on the glorious, glamorous Riviera, "Dirty Rotten Scoundrels" is a delicious musical comedy that follows two con artists as they take on the lifestyles of the rich and shameless, and end up with a lot more than they bargained for. Don't delay, register today! *Early registration required!* **Lunch on your own before the performance at Champps.**

BTSS Coach

Fee: \$60\*



Interest List - EXT01-A0801a

Coming March 2009!

This is the world's largest indoor show with 20 acres of fantastic flora, 500+ education programs, and 140 vendors.

For more information, call 248-341-6450, ask for Sally  
**Registration begins soon!**

Getting To Know You 1:30 – 2:30 PM

Thursday, September 4 (SEV03-C0802)

Thursday, October 2 (SEV03-D0801)

Thursday, November 6 (SEV03-D0802)

Attention new members and those considering membership! Join us for a fun informative gathering to meet other members and tour the center. Warm cookies and good conversation! RSVP by calling 248-341-6450.

## Walk Michigan Walking Club

Let's walk...Join Sally and other members.



Wednesday mornings on local trails through September 3rd. Strengthen your heart, lungs, and vascular system! Do something healthy for yourself and enjoy nature, too! Meet at BTSS in Rm. 105 at 9 AM on Wednesdays. (Register SOC16-08)

Aug 6 – Indian Springs Aug 13 – West Bloomfield  
Aug 20 – Paint Creek Aug 27- Indian Springs  
Sept 3 – River Walk/Detroit

## The Paper Dolls ~ Card Shoppe

Shop-keeper: Arlene Pinkos

Join a fun loving group of ladies that spent their childhood cutting paper dolls. Well they're still playing with scissors. Today, they're using their artistic talents to create beautiful all-occasion cards, using re-cycled cards, bows, stamps and sparkles. Cards are sold at the Card Shoppe and profits are used for services.

Training provided. Curious...come join us. Arlene 248-988-9366 or Sally 248-341-6450 Register SOC13-08  
Needed donations of used all-occasion cards.

## NEW/Chicks with Sticks ~ Knitting

Leader: Karen Ouellette

Join a warm and friendly group. There are many projects to be involved in - making tiny hats for premature babies, knit/crochet lap blankets for veterans and cancer patients, or just sharing your current project.

More info, call Karen 248-408-2083 or Sally 248-341-6450 Sign-up today, be included in a future tour of a local hospital to see the premature babies that receive the special hats. Knitters drop-by on Mondays @ 1:00 PM bring your lunch, if you like. Register SOC25-08

Needed: NEW cotton or acrylic yarn donations! Any color, plain or fancy will be gratefully accepted.

3 key principles for good brain exercise:  
Novelty, Variety & Constant Challenge!

## *Esperanto*

Monday, September 22, 11:30 AM

Used in over 100 countries, for over 120 years, as the global 2<sup>nd</sup> language. Sherry A. Wells, will present this amazing, easy to learn language. You can use it in Europe, Canada, Brazil and even Transylvania! It's helpful while traveling or emailing around the world. "FREE"  
Register (EDU29-C0801) Refreshments

## Grand Hotel Mackinac Island September 23 – September 26, 2008

Champagne Reception & Elegant Banquet,  
Tours, lectures, golf discounts, classes,  
demo's, shopping, cards & much more.  
Or just relax and enjoy elegant dining.

Call Today **2 Rooms left!** (EXT01-C0801)  
Check with office for deadline date!

Double \$725\*\* Triple \$677\*\* Single \$968\*\*  
\*\*Non Residents \$25 additional

## Bloomfield Horticultural Society *Bloomfield Blooms*

Here's an opportunity to spread a little sunshine in your community by recycling fresh flowers. Learn how to design lovely fresh floral arrangements to be delivered to a special person in need of a fragrant pick-me-up and a friendly smile. Register as a Bloom Designer and get ready for fun. Register SOC23-B0802  
Needed: Vases & planter donations.

## Bloomfield Township 55+ Men's Softball Team

Remember the camaraderie of the guys, the feel of the bat on the ball? We are looking for players interested in playing in the 2009 Northwest Parks/Recreation Assoc. Senior Softball League. You haven't played in 20 years? No problem, there are 3 levels of play in the league. The only person who can set your limits is you!

Sign-up today! Come on out, be a part of the action and have the time of your life! On August 27 and September 10 at 10:00 AM we'll meet, throw the ball around, take some swings and possibly play a pick-up game. Meet at the Bloomfield Township Senior Center, 7273 Wing Lake Rd., West of Telegraph, between 14 & 15 Mile Roads.

2009 League starts 1<sup>st</sup> wk May and runs through 2<sup>nd</sup> wk August. Contact Jim Luzod at 248-855-2676 (jamesluzod@hotmail.com) or Sally 248-341-6456 (sbanks@bloomfield.org).  
Register 248-341-6450 (FIT21-C0801)

# Supportive Services

Bloomfield Township Senior Services

7273 Wing Lake Road, Bloomfield, MI 48301

Phone: 248-341-6450 Fax: 248-341-6459 Web: www.bloomfieldtpw.org/Seniors

Fall 2008

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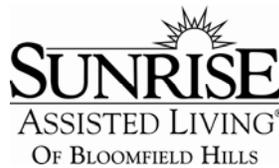
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# Health Fair & Flu Shot Clinic

Tuesday, October 28, 2009

9:00 a.m. – 12:30 p.m.

Sponsored by:



Health Screenings



Exhibitors



Free Raffle

## HEALTH SCREENINGS

Provided by  
*Advanced Diagnostic Services*

- Hearing
- Vision
- Blood Pressure
- Blood Glucose
- Blood Cholesterol
- Diabetic Screening
- Bone Mineral Density Test\* \$\$
- ABI Doppler Testing\* \$\$  
(Preliminary Vascular Screening)

\*Appointments necessary.  
Call BTSS at 341-6450 to schedule.

*Pharmacist available to discuss medications*

## FLU SHOTS

Provided by  
*Visiting Nurses of Waterford*

Limited flu shots available to:

- BTSS Members 65+
- Bloomfield Twp. residents 65+

### APPOINTMENTS REQUIRED

Register for appointments in person  
or by phone beginning

**Tuesday, October 7 at 9:00 am**

**Call 248-341-6450**

Pneumonia Shots also available \$35  
Bring proof of residency & Medicare card

## Who are caregivers?

*Those supporting elders are not likely to identify with the term, but still need information and assistance to be effective.*

Please join the **Caregiver Forum** to learn about programs and services available to you, including Adult Day Service. Respite care and a light meal are included. The forums are held at 2222 Franklin Road, Bloomfield Twp.

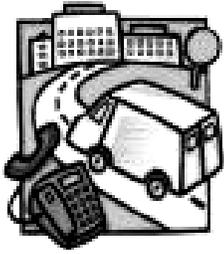
Forums are held on the 2nd Tuesday of the month from 5 – 6:30 p.m. For info and to register, call 248-335-2813.

September 9

October 14

November 18

## TRANSPORTATION SERVICES



Please contact Diane Socier, Outreach Coordinator at 341-6450, 12 - 4 p.m. Monday-Friday, for more information.

### ≈ Rides from your home to BTSS\*

Service is provided to residents of the Bloomfield Hills School District, the City of Bloomfield Hills and Bloomfield Township. Call 248-341-6450 to schedule a ride. Two business days' notice required. Fee: \$2 each way. (\*Availability of rides subject to BTSS use of bus for scheduled trips.)

### ≈ SMART Community Transit

Smart offers curb-to-curb service in the Service Area of: Bloomfield Township, West Bloomfield Twp., Beaumont Hospital and Rehab (Royal Oak), Henry Ford Hospital (West Bloomfield), Huron Valley Hospital (Commerce Twp.), St. Joseph Hospital (Pontiac), Somerset Collection (Troy), Downtown Birmingham and Bloomfield Town Square. Service hours are 6 a.m. to 7 p.m. Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours are 7 a.m. to 4 p.m. Monday through Friday. **866-962-5515**

### ≈ Medical transportation services

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

### ≈ Volunteer drivers

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

## GROCERY SHOPPING & ERRANDS

### TRANSPORTATION



BTSS provides assistance with *grocery shopping* and *errands*. Volunteers are available to aid 60+, non-driving Bloomfield Township residents who need transportation with a maximum of 2 hours per month and flexibility between client and driver. Please call Diane Socier, Outreach Coordinator, at 248-341-6450 for more information.

## NUTRITION SERVICES

BTSS addresses the nutritional needs of area (Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake) seniors 60+ with two essential programs, Home Delivered Meals and Liquid Nutritional Supplements. For additional information on either program, contact *Donna DeWitte, Nutrition Coordinator* at 341-6450.

### HOME DELIVERED MEALS

BTSS provides home delivered meals to homebound (unable to drive or leave the home independently) area seniors 60+. Monday through Friday, between 10 a.m. and 12 noon. Meals are delivered by volunteer drivers. 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 60+ based on medical necessity. BTSS orders Ensure® Products monthly directly from the manufacturer at a reduced rate. Prices vary by product. Talk to your physician and see if a nutritional supplement is recommended. Physician's note (prescription) required and must be renewed every six months.

BTSS is partially funded through the Area Agency on Aging 1-B through the Office of Services to the Aging, Nutrition Service Incentive Program (NSIP). BTSS 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

Certified volunteers are now available **4<sup>th</sup> Wednesday** of every month from 11 am until 12 noon. Stop in on one of these dates:

**August 27<sup>th</sup>    Sept. 24<sup>th</sup>    Oct. 22<sup>nd</sup>    Nov. 26<sup>th</sup>**

## 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.

**THERAPEUTIC MASSAGE** Mondays 10 am – 1 pm  
Introducing **Annie Parker** our "new" Massage Therapist. Treat yourself to a **relaxing clothed Table Massage**. Beginning Sept. 15. Call 248-341-6450 to make an appointment.  
**\$15/15 min    \$30/30 min**



## 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 and 10 a.m. for a friendly conversation. Please call Diane at 248-341-6450 for information.

**Volunteers for this program all always welcome.**

## INFORMATION AND REFERRAL

BTSS maintains files on many subjects of interest to seniors. If you need information about any of the subjects below, call Diane at 248-341-6450. Information can also be obtained by calling the Area Agency on Aging 1B at 800-852-7795.

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

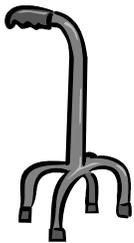
### FROM OUR RESOURCE GUIDE

Personal Aide/Companion

**Melinda Cunningham**

**248-356-4624**

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



## BTSS LOAN CLOSET



Did you know that Bloomfield Township Senior Services has a loan closet that provides wheelchairs, walkers, canes and other equipment to anyone who would like to borrow them for short term use? Call Diane at 248-341-6450 for more information.



## **KNOXBOX SAFETY PROGRAM AVAILABLE IN BLOOMFIELD TWP.**

The Bloomfield Township Fire Department offers a new initiative to enhance resident safety. Mounted outdoors, the Knox Box gives the fire department quick access to a home in an emergency or when the homeowner is not home. It is completely secure - only the Fire Department/EMS can open your door. It eliminates the need for forced entry and/or dependence upon family or neighbors who may not be available.

The cost of the Knox Box and installation are paid by the homeowner. For more information, call Senior Services at 248-341-6450 or the Bloomfield Township Fire Dept, 248-433-7745.

## New Use for Unused Medical Supplies

Don't throw away unused medical supplies and equipment! Barbara Stone (248-592-1327), a local contact for *World Medical Relief*, will pick up small unopened items, such as medications and supplies. If you have any large items, please call the *World Medical Relief - Detroit office* at 313-866-5333.

## ESSENTIAL OAKLAND COUNTY PROGRAMS

### Discount Dental Program

Dental care is now more accessible through a discount program provided through Oakland County. This is not an insurance program, but promises discounts on many services ranging from 20 to 50 percent on most dental procedures for a monthly fee of \$6.96 per month or \$69 per year through participating dentists.

For more information or to register, go to [www.ocdiscountdental.com](http://www.ocdiscountdental.com) or call 866-498-7914.

### Prescription Drug Card

The Oakland County Board of Commissioners has provided a new discount prescription drug card for any Oakland County resident. It is available to those who are uninsured or underinsured by their insurance plan, with an average savings of 20%. It can be used when prescriptions are not covered, even through mail-order purchases. The card is available at **BTSS** and at other locations. For more information call 877-321-2652.

## LEARNING FOR LIVING...



### **CPR For Family and Friends**

(EDU06-D0801)

Friday, October 31, 2008

Rich Watson, BTFD EMS Coordinator will conduct a course in CPR at BTSS. It will cover adult, infant and child CPR, relief of foreign body airway obstructions (Heimlich Maneuver), and the signs and symptoms of heart attack and strokes. This class does not provide certification. Limited class size and *registration is required*. Call 248-341-6450.

### ESTATE PLANNING CLINIC

Are you looking for information about preparing your Will, Durable Power of Attorney or Medical Power of Attorney? The Thomas M. Cooley Law School can help.

If you are an Oakland County resident over the age of 60 with an estate valued at a maximum of \$150,000 without a home or \$250,000 including the value of a home and would like legal assistance with your estate planning documents at no charge, please contact the Estate Planning Clinic at 248-751-7800 ext. 7724 or [epc@cooley.edu](mailto:epc@cooley.edu).



### Oakland County Senior Cell Phone Program

Cell phones are available free of charge to any Oakland County Senior Citizen for their use in contacting 911 in the event of an emergency. These phones are distributed every Friday from 9:00 a.m. to 12:00 noon at the Oakland County Sheriff's Office, 1201 North Telegraph Road, Pontiac, 48341.

The Sheriff's Officer also accepts donations of unwanted inactive cell phones with the AC/DC recharging unit. They may be dropped off or mailed to their office.

For more information, please call the Sheriff's Office at 248-858-5000.



### AARP DRIVER SAFETY PROGRAM

Tuesday, October 21<sup>st</sup> & Wednesday, October 22<sup>nd</sup>  
10:00 am – 2:30 pm  
(EDU03-D0801)

The nation's first and largest classroom refresher course geared especially to your safety needs will be available at BTSS. Learn defensive driving techniques, how to adjust to age-related changes in vision & hearing and get an insurance discount for taking the class. You must attend both days.

Lunch not provided. Bring a bag lunch. Pre-registration and payment required. \$10 registration fee.

### Call 211

#### Get Connected, Get Answers, Give Help

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 specialists who provide information and referral to Government, Health and Human Service agencies and programs. This service is available to anyone at any time 24/7. They also provide volunteer and donor opportunities.



### Library Books and Audio Tapes Mailed to You!

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

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

### Caregiver Support

*AssistGuide Information Services (AGIS)*, an organization that helps caregivers and their families live healthier, happier lives has developed a valuable website. The website provides free access to a broad range of worthwhile eldercare and senior information, combining AGIS content with material from many other unbiased sources. Check it out at [www.agis.com](http://www.agis.com).