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**GROUNDBREAKING CEREMONY**
for the Capital Improvement Projects,
including your new **SENIOR CENTER**, on **WEDNESDAY, April 9 at 11:00 AM**
held near Central Fire Station, Exeter & Andover Rds.

**RSVP Attendance** - SEV07-B0801
**Transportation from BTSS** - SEV07-B0802, departs 10:30 am

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**What is Feldenkrais?**
Feldenkrais Method focuses on the relationship between movement and thought, increased mental awareness and creativity accompany physical improvements. Everyone, from athletes and artists to administrators and attorneys, can benefit from the Feldenkrais Method.

**Friday, February 29**  10 am – 12 noon
Attend **free** informational classes. Find out how this **exercise program** can help people dealing with **chronic pain, sleep disorders and diabetes**. Registration required.

- **Exercise Strategy for Diabetes** (FIT17-A0801) 10-11
- **Enhanced Sleep** (FIT18-A0801) 11-12

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**ARTHRITIS SELF-HELP COURSE**
(EDU04-B0801)

1:00 – 3:00 p.m., Thursdays
**April 24, May 1, 8, 15, 22 & 29**
The **Arthritis Self-Help Course** is a six week course designed to provide participants with the skills, confidence and knowledge they need to take a more active role in their arthritis care. Registration required.

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**AARP DRIVER SAFETY PROGRAM**
April 22**th** & April 23**th**
10:00 am – 2:30 pm
(EDU03-B0801)

The nation’s first and largest classroom refresher course 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. **Fee: $10** (bring bag lunch)

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**BTSS Supportive Services**
(Details on yellow pages)
AARP Tax Assistance
Shingles Vaccine
AARP Driver Safety
Arthritis Self Help Course
“Caregiving” 101
Protecting Assets
Cat Fostering & Adoptions

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**Housing & Consumer Fair**
Friday, April 18**th**
9:30 AM – 1:30 PM
Christine's Comments

Building Update
This is the year! A ground breaking ceremony will occur on Wednesday, April 9 at 11 AM. Please join us to celebrate this historic event! Construction plans show possible move in by summer 2009!

Adult Day Service (ADS) “Friendship Club”
We recently completed our first twelve months of operation and have earned high satisfaction levels from members attending Friendship Club, and their caregivers. One important addition this year is our own van for transportation. Caregivers may now arrange rides to and from the Club. Please encourage families you may know to learn more about how this “partnership in caring” can assist them.

Try New Events–Think outside your typical “box!”
The Achatz French pastry demonstration was a great (and tasty!) event so we are offering three more this spring! Try out the tea party in May or one of the excellent day trips.

Learn about the potential Feldenkrais wellness benefits, try the fitness ball class or stretch yourself with yoga. The new PowerSit class looks like it could have come straight from Tim “the Toolman” Allen -lots of upbeat encouragement and “hoo-has!”

Travelers are again invited to spend a fall weekend at the Grand Hotel on Mackinaw Island in September 08. Learn about an exciting trip to the largest Horticultural Show in N. America and join the adventure for March 09.

Get Educated to Protect Yourself
The Housing Fair has very good speakers on Reverse Mortgages, Knox Box, and new Federal Communications issues. There are also programs on Caregiving, Driver Safety, Arthritis Self Help offered this spring. Any of these items could effect you - get educated!

Christine Tvaroha
cvaroha@bloomfield.org or (248) 341-6450

Don’t be late; Register for 2008!
BTSS membership registration (new or renew) for 2008-09 is now beginning – online, in person or by phone.

MEM01-B0801 - Bloomfield Township residents, no fee.
MEM02-B0801 - Non-Township residents, $30 per household.

If you have any questions, call BTSS at 248-341-6450.
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**
March 20 – April 28 (FIT01-A0809)
May 1 – June 12 (FIT01-B0807) no class 5/26

**Mon / Wed** 11:30 - 12:30 PM  **Shelley**
March 19 – April 28 (FIT01-A0810)
April 30 - June 11 (FIT01-B0806) no class 5/26

**Mon / Wed** EVENING HOURS 6:30–7:30 PM  **Shelley**
March 19 – April 28 (FIT01-A0811)
April 30 – June 11 (FIT01-B0805) no class 5/26

**Tue / Thur** 10 – 11 AM  **Lavon**
March 4 – April 17 (FIT01-A0812) no class 3/25 & 27
April 22 – May 29 (FIT01-B0804)

**Wed / Fri** 8 – 9 AM  **Shelley**
March 5 – April 16 (FIT01-A0813) no class 3/21
April 18 – May 28 (FIT01-B0801)

**Wed / Fri** 9 – 10 AM  **Shelley**
March 5 – April 16 (FIT01-A0814) no class 3/21
April 18 - May 28 (FIT01-B0802)

**Wed / Fri** 10 – 11 AM  **Shelley**
March 5 – April 16 (FIT01-A0815) no class 3/21
April 18 - May 28 (FIT01-B0803)

**NEW!!! On the Ball**  Instructor: Shelley Rubinstein
Stability balls offer a unique approach to exercise. Class involves; sitting on the ball, lying on the ball (both supine & prone) while performing exercises that work on the core (abdominal and back muscles) while challenging the body to balance and stabilize. Class suitable for beginners and experienced. Bring your own ball, flyer in office with information on ball size recommendations.
**Wednesday** 5 – 6 PM  6 classes Fee: $48*
March 19 – April 23 (FIT12-A0802)
April 30 – June 4 (FIT12-B0801)

**Hatha 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. Comfortable clothing; mat, small pillow water & towel.
**Wednesday** 9 – 10 AM  8 classes Fee: $56*
Feb 27 – April 23 (FIT05-A0802) no class 3/26
April 30 – June 25 (FIT05-B0801) no class 6/11

**Healthy Back Yoga**  Instructor: Lavon Cook
Learn back care. Good for Arthritis or Osteoporosis. Strengthen abdominal and back muscles. Incorporates stretches for strengthening and flexibility. Not intended to replace therapy, good follow up to successful rehabilitation. Bring water, small pillow & yoga mat.
**Fridays** 9 – 10 AM  8 weeks Fee: $56*
Feb 29–April 25 (FIT06-A0802) no class 3/21
May 9–June 27 (FIT06-B0801)

**Pilates/Yoga Combo**  Instructor: Lavon Cook
Certified American College of Sports Medicine Pilate’s exercises and yoga postures 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 – 12:30 PM  8 classes Fee: $56*
Feb 26 – April 29 (FIT07-A0802) no class 3/25 4/15
May 6 – June 24 (FIT07-B0801)

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.
Pilates

*NEW EVENING CLASS  Instructor: Lavon Cook
Pilate’s exercises focusing on strengthening back while firming abdominals—the core of your body. Medical professionals recommend program for stress reduction and improved joint functioning. Leave class feeling invigorated, yet relaxed. Bring mat, small pillow and water.
Mondays 6:30 – 7:30 PM  6 classes  Fee: $54*
Feb 25 – April 7  (FIT16-A0801)  no class 3/24
April 14 – May 19  (FIT16-B0801)
June 2 – July 7  (FIT16-B0802)

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*
March 3 – April 16  (FIT03-A0802)
April 29 – May 20  (FIT13-B0802)

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 10:15-11:00 AM  12 classes  Fee: $45*
March 20 - April 28  (FIT08-A0802)
May 1 - June 12  (FIT08-B0801)  no class 5/26

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*
March 20 – April 28  (FIT09-A0802)
May 1 - June 12  (FIT09-B0801)  no class 5/26

Fit/Card 10 classes $50*. Use within 3 months purchase.
(Purchased 1/1-3/31 FIT10-A0801, 4/1-6/30 FIT10-B0801)

PowerSit Aerobics

Instructor: PowerSit Instructor
Developed by former Detroit Lion Linebacker Ernie Clark. If you can sit and watch football…you can do this program. You’ll have the sweat dripping off your body when you do this fast moving seated aerobics. Ernie calls it aerobics for couch potatoes. Join the fun!
Tuesdays 10 – 11 AM  4 weeks  Fee: $37*
March 4 – Mar 25  (FIT13-A0802)
April 1 – April 22  (FIT13-B0801)
April 29 – May 20  (FIT13-B0802)

Feldenkrais Workshop

Instructor: Osa Schulte
Does your back hurt? Have you stopped participating in activities you used to enjoy? Attend a free class.
Find out how this gentle exercise program can help people dealing with chronic pain, diabetes, and sleep disorders while improving overall well being.
Friday, February 29th  Fee: Free
Exercise Strategy for People with Diabetes
(FIT17-A0801)  10 am – 11 am
Enhanced Sleep…breathing, posture & diet!
(FIT18-A0801)  11:15 am – 12:15 pm
Please pre-register for one or both classes.

Feldenkrais/Diabetes

Instructor: Osa Schulte
Explore relationships between exercise and bloodsugar. It’s time to inventory your eating habits, exercise, weight management, flexibility, fitness and upgrade the function of your mind. Wear comfortable clothing and bring mat.
Fridays 10:30 – 11:30 AM  4 sessions  Fee: $32*
March 7, 14, 28, April 4  (FIT17-A0802)  no class 3/21

Feldenkrais/Enhanced Sleep

Instructor: Osa Schulte
Self-assess relationship between food, fitness and capacity to sleep well. It’s time to inventory your sleeping habits. You will explore ways to decrease your resting tension and strain using small, gentle movements. Wear comfortable clothing and bring mat.
Fridays 11:30 – 12:30 PM  4 sessions  Fee: $32*
March 7, 14, 28, April 4  (FIT18-A0802)  no class 3/21

Personal Self-Defense – Eye Fight Back

Friday, April 11  10:30 AM – 12 PM  (FIT19-B0801)
Every day innocent seniors become victims of violent crimes. Nobody thinks they will be the one who gets assaulted. You don’t have to be an extremely strong person to be able to protect yourself against someone double your size. Learn about self defense maneuvers, stalking, home security, and much more. Officer Oswald will give you some tips that may just save your life. This workshop is as valuable as your yearly physical.  Fee: $7*

Visionaire Arts…the creation & exploration of art

Oils and Acrylics

Instructor Karen Halpern
Beginners through advanced students learn basic painting skills while developing a personal means of expression. Painting with either oils or acrylics with individualized instruction. Learn about material, techniques, perspective, proportion, composition and color theory as they apply to your own work. Develop paintings at your own pace in a supportive/relaxed atmosphere. Supply list BTSS Office.
Tuesdays 1:30- 3:30 PM  9 classes  Fee: $114*
April 2 – June 3  (ART01-B0801)  no class 4/15
Creative Watercolor  Instructor: Karen Halpern
Explore the relaxing and 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. Supply list BTSS Office.
Wednesdays 1:30–3:30PM  9 classes Fee: $114*  
April 2 – May 28 (ART02-B0801)

Drawing Basics  Instructor: Karen Halpern
Learning to draw is an attainable goal. Find personal fulfillment, and relaxation, as you learn to see the world through new eyes. Improved perspective, proportion, shading and composition enables students to draw varied subjects using several basic materials. Essential class for beginners and experienced painters. Individualized attention, supportive, relaxed atmosphere.
Supply list available at BTSS Office.
Mondays 1:30 – 3:30 PM  8 classes  Fee:  $101*  
April 14 – June 9 (ART03-B0801)  no class 5/26

BASIC COMPUTER & INTERNET INSTRUCTION
Valerie Sinclair, Micro Techniques, Inc.
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
Introduction to word processing. Overview of hardware and software, computer terminology and tips on buying equipment  Hand-out included.
(4) 2 hr classes  9:30–11:30 AM  Fridays  Fee: $123*  
April 18 – May 9 (COM01-B0801)

MS Word I
Learn to set-up a main document with emphasis on key boarding and mouse usage for commands from drop down menus and dialog boxes. File saving and editing.  
(4) 2 hr classes  9:30–11:30 AM  Fri/Wed  Fee: $123*  
Mar 7 & 14 (Fri) 19 & 26 (Wed) (COM02-A0802)

NEW!!  MS PhotoStory
Insert photos, pan, zoom, add sound, music and save a PhotoStory project for playback on a computer or DVD player. Includes how to download free program onto your computer free.  
(2) 2 hr classes  Fee: $63*  
May 1 & 6 (COM04-B0801)  9:30-11:30 AM  Thurs/Tues  May 14 & 16 (COM04-B0802)  12:00– 2:00 PM  Wed/Fri

Envelopes, Labels & Lists
Learn to address a single envelope, create a single address label, make a page of return address labels, create an address list, and add graphics too!  
(2) 2 hr classes  9:30 – 11:30 PM  Wed  Fee: $63*  
February 27 & March 5 (COM11-A0801)

Internet Basics
What is the “Web?” Connect and access web sites. Tips for “surfing” the web. Learn to customize your webpage.  
(2) 2 hour classes  Fridays  Fee: $63*  
Feb 22 & 29 (COM03-A0802)  12:00 –2:00 PM  
May 23 & 30 (COM03-B0801)  9:30-11:30 AM

E-mail & More
Set-up a free e-mail account with Yahoo! Send, receive forward mail; create, send and open attachments.  
(2) 2 hr classes  9:30-11:30 AM  Fee: $63*  
March 7 & 14 (COM05-A0802)  Fridays  12:00-2:00 PM  
May 14 & 16 (COM05-B0801)  Wed/Fri  9:30-11:30 AM

Learn to burn CD’s on your PC
A great tool, for saving photos and documents using your computer’s CD burner.  
(2) 2 hour classes  9:30-11:30 AM  Thurs  Fee: $63*  
May 8 & 15 (COM10-B0801)

File Management
Create and organize your computer filing systems. Learn to copy, move, delete and recover files. Must for all computer users!  
(2) 2 hr classes  9:30–11:30 AM  Fee: $63*  
Mar 7 & 14 (Fri) 19 & 26 (Wed) (COM02-A0802)

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  Fee:  $120*  
April 1–April 22 (COM06-B0801)  Tues  9:15–11:15 AM  
April 17-May 8 (COM06-B0802)  Thurs 9:15-11:15 AM  
April 17-May 8 (COM06-B0803)  Thurs 12:30-2:30 PM  
April 29-May 20 (COM06-B0804)  Tues   9:15-11:15 PM

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 1/1-3/31 COM12-A0801; 4/1-6/30 COM12-B0801)
**KEYBOARDING**  Instructor: Yetta Davidson
If you’ve never learned how to type, then this class is for you. This course is designed to enable you to develop a basic “touch typing” skill with the use of the computer. Time to practice during class to improve your speed and accuracy. Learn to type reports and business letters.
Tuesdays 4 classes 1 – 3 PM Fee: $38* April 8 – April 29 (COM14-B0801)
May 6 - May 27 (COM14-B0802)

**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* Feb 25 – Mar 17 (EDU13-A0802)
Mar 24 - April 14 (EDU13-A0803)
April 21 – May 12 (EDU13-B0801)

Beginner Bridge
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 Wednesday Fee: $40* Mar 5 – Mar 26 (EDU12-A0801)
April 2 – April 23 (EDU12-B0801)
April 30 – May 21 (EDU12-B0802)

**TRY SOMETHING NEW … (classes for every interest)**

**“Learn to Skate” Classes @ Detroit Skating Club**
Thursdays (For start date call DSC) 11 - 12 noon
Professional instructor teaches in a positive atmosphere, making the learning process enjoyable for recreational figure or “Just for Fun” skating. If you haven’t skated in years or have always wanted to try, this class is for you.
9 weeks Skate rental available Fee: $118
Registration at DSC (248) 332-3000 ext 115

**CLUBS. . . Newcomers welcome!**
* If interested in any club call contact listed, or check with the BTSS Office @ 248-341-6450 for more info

**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.

**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.

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

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

**Euchre & Pinochle Club**
Fridays 11 AM – 12 NOON (*SOC12-08)
Volunteer Instructor: Joanne Carmichael

**Scrabble Club**  (*SOC07-08) Calling all Word Freaks!
1st Wednesday of the Month 12:45 PM
All welcome! Bring a lunch and meet in the Tea Room. Just for FUN play. Madelyn Doerr @ 248-851-6093.

**The Card Shoppe**  Shop Keeper: Arlene Pinkos (*SOC13-08) The card shop will remain open in February, March and April. Crafters who make cards at home can continue to restock the shop during these months. Card workshops will resume in May. Any questions call Sally @ 248-341-6450.

**Gruppo Italiano - Italian Club**  (*SOC05-08)
2nd Friday of every month. 10 AM – 12 NOON
Everyone welcome. Explore the sights of Italy, informal discussions on the arts and history. Group is organized and sponsored by the Michigan Chapter of Dante Alighieri Society. More information, Angie Giffels 248-645-0958.

**Book Club**  (*SOC06-08)
1st Friday of the month 10AM - 11:30 AM
Everyone welcome, please join us for a stimulating book talk. Books on loan at the Bloomfield Township Library service desk. Contact: Madelyn Doerr @ 248-851-6093.
Mar 7 Artemisia  La Pierre
Apr 4 Beekeeper’s Apprentice King
May 2 To Kill a Mockingbird Lee

**Science Fiction or Mystery Book Club**  (*SOC22-C08) Interested?...please email or call Sally at sbanks@bloomfield.org or 248-341-6450.

**Golf @ Glen Oaks – Open Golf 62+**
13 Mile Rd. West of Middlebelt (pay @ course)
9 holes walk: $12  9 holes ride: $19
18 holes walk: $19  18 holes ride: $29
M-F, Senior play until 3 pm. Call pro shop in advance to confirm play.  Phone 248-851-8356.

Glen Oaks Senior Tournament, June 20th, 9 holes $15
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”
According to AARP polls, almost 9 in 10 Americans over the age of 60, wish to remain in their own homes and community. BTSS currently offers services like HDM, Medical Transportation and Telephone Reassurance to make “aging in place” safe and affordable for our elderly residents. To further this effort we are adding a new volunteer driver position “Errands Shopper” to 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

Thank you to our Home Delivered Meals Volunteers!

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

Thank you volunteers! 637+ Hrs. in Nov. 07-Jan. 08 Office Volunteers, Telephone Reassurance Callers, Special Events/Project Assistance, Leaders & Medical Appointment Drivers.
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.

“A Funny Valentine” DSO
Thursday, Feb 14 (DAY14-A0801) 9:30 AM – 4:00 PM
Lunch on your own after the performance at Fishbones.
BTSS Coach Fee: $56*

Tour of the Fox Theatre WAIT LIST ONLY!
Tuesday, Feb 19 (DAY15-A0801) 9:45 AM – 2:45 PM
BTSS coach Fee: $31*

Tour of the Renaissance Center
Wednesday, Feb 27 (DAY17-A0801) 9:00 AM – 3:30 PM
Enjoy a guided tour of this huge building which is really a group of seven interconnected skyscrapers, and the tallest building in Michigan. There will be time for shopping after lunch. A lunch of Chicken Picata, salad, dessert and a beverage at Andiamo's Riverfront is included.
BTSS Coach Fee: $32*

“Peter Pan” Michigan Opera Theatre WAIT LIST ONLY!
Friday, Feb 29 (DAY18-A0801) 8:30 AM – 3:45 PM
BTSS Coach Fee: $46*

Tour of “Cork Town” & Lunch at Baile Corcaigh
Thursday, March 6 (DAY19-A0801) 10:30 AM - 4:00 PM
Back by popular demand! Experience Baile Corcaigh; meaning “town of cork” in Gaelic. When you enter the restaurant you’ll be met with the scent of a genuine peat fire. The food is authentic Irish fare; with some familiar foods, “Tim the Tour Guide” will lead the 2 hour walking/bus tour. Lunch is on your own.
BTSS Coach Fee: $17*

OCC Grand Buffet in the Ridgewood Cafe
Thursday, March 13 (DAY22-A0801) 10:30 AM – 1:15 PM
Enjoy the finest cuisine, prepared by the students of the Culinary Studies Institute. Make sure you visit the on campus bakery before lunch to purchase the delicious pastries and desserts. Bring your friends, sign-up today. Includes: Buffet, beverage, tax, and tip.
BTSS Coach Fee: $15*

“Stadtfeld’s U. S. Debut with Neeme Jarvi” DSO
Friday, March 14 (DAY20-A0801) 9:30 AM – 4:00 PM
Stadtfeld’s meteoric rise to the top of the classical music world was precipitated by producing his own record. Upon completion the record was presented to Sony. Blown away by this young talent, they immediately signed him to an exclusive contract. Lunch on your own after the performance at Fiddleheads.
BTSS Coach Fee: $56*

Tour of the Kirk
Tuesday, March 18 (DAY23-A0801) 9:30 AM – 2:00 PM
Everyone who travels on Long Lake Road is familiar with this beautiful church. Enjoy a guided tour of this local landmark patterned after Scotland's Melrose Abbey. Kirk in the Hills is a majestic gothic-style church, located on a 40-acre setting on Island Lake in Bloomfield Twp. Lunch on your own after the tour at Brandy's.
BTSS Coach Fee: $12*

Cranbrook Art Museum
“Eero Saarinen: Shaping the Future”
Thursday, March 20 (DAY24-A0801) 10:15 AM – 3:30 PM
The North American premiere of this exhibition explores the work of one of the most prolific, unorthodox, and controversial masters of 20th-century architecture. “Shaping the Future” examines the architect’s wide-ranging career - which was based in Bloomfield Hills - from the 1930s through the early 1960s. One hour docent led tour followed by 20 minute film and time to view the exhibits. Followed by lunch on your own at Bistro Bordeaux.
BTSS Coach Fee: $18*

Detroit Historical Museum Tour
Wednesday, March 26 (DAY25-A0801) 10:15 AM -3:30 PM
Join us for this docent led tour of the permanent exhibits including the signature exhibit “The Streets of Old Detroit.” Constructed in uniform scale at ¾ life size, the Streets transport visitors to 19th and early 20th century Detroit through the re-creation of commercial shop settings, from the 1840s, the 1870s and the early 1900s. Lunch on your own after the tour at Kruse & Muer in Troy.
BTSS Coach Fee: $18*

“The Beat Goes On” DSO
Thursday, March 27 (DAY21-A0801) 9:30 AM – 3:45 PM
A nostalgic program of tunes from America’s most famous generation - The Baby Boomers! From the songs of Burt Bacharach, The Beatles and the Beach Boys to the music of primetime television and film, you won’t want to miss this amazing event. **Lunch on your own after the performance at The Vinsetta Grill.**

**BTSS Coach**

Fee: $56*

**“Moonlight and Magnolias” at Meadowbrook Theatre**

Wednesday, April 2 (DAY01-B0801)  11:00 AM – 5:15 PM

This delightful new play takes audiences into the inner sanctum of 1939 Hollywood for one hilarious week as three icons of the film industry battle over how to save what became one of the greatest movies ever made: *Gone With The Wind.* **Lunch on your own before the performance at Red Ox Tavern.**

**BTSS Coach**

Fee: $31*

**Polish Treat**

Thursday, April 10 (DAY03-B0801)  11:00 AM – 2:30 PM

Wawel Restaurant (pronounced Vavel) located inside the American Polish Cultural Center features pierogis & stuffed cabbage at affordable prices. **Lunch on your own at the restaurant followed by shopping at the Polish Market.**

**BTSS Coach**

Fee: $12*

**“Movin Out” at the Macomb Center**

Saturday, April 12 (DAY04-B0801)  11:15 AM-5:30 PM

5-time Grammy winner Billy Joel and legendary director/choreographer, Twyla Tharp, have joined forces to create this spectacular musical. *Movin Out* brings 24 Billy Joel classics to electrifying new life as it tells the story of five life-long friends over two turbulent decades. It all adds up to one unforgettable Broadway musical. **Lunch on your own before the performance at The Olive Garden.**

**BTSS Coach**

Fee: $62*

**Restaurant of the Month “Shula’s”**

Wednesday, April 16 (DAY05-B0801)  11:30 AM-2:30 PM

A great opportunity to dine at the legendary Shula’s American Steak House at a fabulous price. In America’s top 5 Steak Houses, Shula’s serves only certified Angus Beef. This **all inclusive** menu will be Caesar Salad; a choice of Roasted Penne Aegean with Grilled Shrimp, Prime Rib or Cedar Roasted Salmon, Key Lime Pie for dessert and coffee, tea or soft drink. **Tax and tip included.**

**BTSS Coach**

Fee: $43*

**“La Rondine” Michigan Opera Theatre**

Friday, Apr 18 (DAY02-B0801)  8:30 AM – 3:30 PM

Join us for the dress rehearsal of La Rondine (“The Swallow”) by Puccini. The opera is a poignant romance filled with unexpected moments of genuine passion and heartbreak. A heartwarming story of a 19th century Paris courtesan who hopes that love will carry her on wings above memories of a sordid past. **Lunch on your own after the performance at Mario’s.**

**BTSS Coach**

Fee: $46*

**Macomb Culinary Institute Buffet & Morley’s**

Tuesday, April 22 (DAY06-B0801)  10:30 AM - 3:30 PM

The students from the Culinary Institute’s International classes will be preparing and serving an extensive buffet featuring regional dishes from the Pacific Northwest and Southwest. After lunch we will have a staff tour of Morley’s Chocolate Maker in Clinton Township. **Lunch on your own after the tour at The Big Rock Chophouse.**

**BTSS Coach**

Fee: $21*

**The “New” Bloomfield Township Public Library Tour**

Thursday, April 24 (DAY07-B0801)  9:30 AM-3:30 PM

The BTPL is nearing completion of their reconstruction and renovation project that will take the library from 62,000 to almost 102,000 sq ft. Join us for a two hour, staff-led walking tour of the new additions. **Lunch on your own after the tour at The Big Rock Chophouse.**

**BTSS Coach**

Fee: $6*

**Detroit Institute of Arts Tour**

Friday, April 25 (DAY08-B0801)  9:45 AM-3:15 PM

What a great way to visit the newly remodeled DIA. This docent led tour offers a unique, customized experience of the DIA. The “new” DIA has more gallery space and art for public viewing to further enhance your personal experience. **Lunch on your own after the tour at Café DIA.**

**BTSS Coach**

Fee: $20*

**“Growing Pretty” at The Purple Rose Theater**

Wednesday, April 30 (DAY09-B0801)  11:00 AM-6:30 PM

At the age of twelve, Lucy Keen decides to become a supermodel in order to be noticed, even though she is not exactly a supermodel type. When her mother steals the love of her young life, a photographer named Jack, Lucy devotes herself to mastering the use of his ancient, discarded camera. Both Jack and her best friend Hami follow Lucy through her life as she learns to navigate the twisted and humorous path of becoming an artist. **Lunch on your own before the performance at The Common Grill.**

**Motorcoach**

Fee: $60*

**“A Tribute to Benny Goodman” DSO**

Thursday, May 1 (DAY10-B0801)  9:30 AM-3:30 PM

His revolutionary style and incomparable artistry helped establish the big band sound and earned him the title “The King of Swing.” The DSO joins forces with the amazing Dave Bennett and his sextet to pay tribute to Benny Goodman!
Lunch on your own after the performance at The Woodward.

BTSS Coach                  Fee: $56*

“Nunsense” starring Cindy Williams at Meadowbrook
Wednesday, May 7 (DAY11-B0801)  11:00 AM-5:15 PM
Nunsense is a hilarious talent show staged by five survivors at the Little Sisters of Hoboken nunnery. The show is staged to raise funds so that the last four of the dearly departed can be buried. Amid the merriment is a riotous audience participation quiz that is sure to have everyone rolling in the aisles. Ms. Williams is best known for starring as Shirley Feeney in the TV series *Laverne & Shirley.*

Lunch on your own before the performance at Bistro Bordeau.

BTSS Coach                  Fee: $40*

“Musical Comedie” DSO
Friday, May 9 (DAY12-B0801)  9:30 AM - 3:45 PM
This program pairs two works inspired by the great master of literary comedy: Molière. Mandragora was written as a coda to the original comédie-ballet, Le Bourgeois Gentilhomme, while Strauss' was written as a revival of this satirical work.

Lunch on your own after~at McCormick & Schmick’s.

BTSS Coach                  Fee: $56*

Dossin Great Lakes Museum Tour
Friday, May 16 (DAY13-B0801)  10:00 AM-3:30 PM
What a great way to visit Belle Isle! A trained guide from the Dossin Great Lakes Museum will hop on the bus to explore this unique oasis on the Detroit River. Learn about the history of the island and visit fountains, sculptures and landmarks that make Belle Isle so popular. Tour will be 90 minutes. 

Lunch on your own after the tour at Sinbad’s.

BTSS Coach                  Fee: $18*

“OY”, JET Theatre
Wednesday, May 21 (DAY14-B0801)  11:30 AM-5:00 PM
Playwright Richard Orloff’s marvelously funny, skewed (but not untrue) perspective on life, is expressed in a dozen playlets that will strike a note of recognition and encourage us to laugh at ourselves. 

Lunch on your own before the performance at the Stage Deli.

BTSS Coach                  Fee: $42*

Detroit Tigers vs Seattle Mariners (Subject to availability) 10
Thursday, May 22 (DAY15-B0801)  11:30 AM – 5:30 PM
The Tigers have made some promising trades during the off season to add to their All Star roster. There are great expectations for the team in 2008 with the addition of Edgar Renteria, Jacque Jones, Miguel Cabrera and Dontrelle Willis. 

Lunch (hot dog or pizza and drink) at the ball park.

BTSS Coach                  Fee: $39*

“Ashkenazy’s Pictures” DSO
Friday, May 23 (DAY24-B0801)  9:30 AM – 3:45 PM
Ashkenazy, recognized as a consummate musician who has distinguished himself as pianist, chamber musician and conductor, now leads the DSO in his own orchestration of Mussorgsky's thrilling showpiece.

Lunch on your own after the performance at Bahama Breeze.

BTSS Coach                  Fee: $56*

“The Color Purple” at the Fox Theatre
Saturday, May 24 (DAY16-B0801)  11:00 AM-5:15 PM
This unforgettable and inspiring story of a woman named Celie, who finds the strength to triumph over adversity, and discover her unique voice in the world. With a joyous GRAMMY-nominated score featuring gospel, jazz, pop and the blues, *The Color Purple* is about hope and the healing power of love.

Lunch on your own before the performance at O’Mara’s.

BTSS Coach                  Fee: $83*

Historical Crocker House Museum in Mt. Clemens
Wednesday, May 28 (DAY17-B0801)  10:00 AM-3:30 PM
Travel back in time to Michigan in the 18th century during this tour of the Crocker House Museum. This Italianate style home of the 1870’s-90’s features a collection of work from the Michigan artist Franklin H. Haywood and an exhibit on the popular mineral bath industry that faded away with time.

Lunch on your own after the tour at Mac & Ray’s Harbor Bistro.

BTSS Coach                  Fee: $18*

The Mall at Partridge Creek
Friday, May 30 (DAY18-B0801)  10:00 AM-3:45 PM
The Mall features 90 stores, including Nordstrom's and Parisian, amidst lushly landscaped grounds with fountains, a children’s play area and bocce courts. 

Lunch on your own from many restaurant options in the mall.

BTSS Coach                  Fee: $6*

Trip announcements: Give us your email address, and you'll receive special notices. If we already have it, please make sure it's current. Thanks!

“Sister Amnesia’s Country Western Nunsense Jamboree” starring Lee Meriweather, Meadowbrook
Wednesday, June 4 (DAY19-B0801)  11:00 AM-5:15 PM
This is the second sequel in the *Nunsense* tour. The production is presented as a stop on the promotional tour for Sister Amnesia’s new album, *I Could’ve Gone to Nashville.* In this edition, the audience participates in a rousing auction. The role of Sister Amnesia is played by Lee Meriweather, Miss America 1955 and remembered for her roles in *Barnaby Jones* and as *Catwoman* in the Batman TV series.
Lunch on your own before the performance at LaShish.
BTSS Coach                   Fee: $39*

“The Mambo Kings” DSO
Thursday, June 5 (DAY20-B0801)         9:30 AM-3:30 PM
Hold on to your seat and get ready for a sizzling excitement guaranteed to make you want to get up and dance in the aisles. The Mambo Kings serve up their explosive blend of Latin jazz and Afro-Cuban rhythms that have made them internationally known. Lunch on your own after the performance at P.F. Chang’s at Somerset Mall.
BTSS Coach                   Fee: $56*

The Detroit Skating Club Ice Show
Saturday, June 7 (DAY21-B0801)         10:45 AM-4:15 PM
Don’t miss out on this great opportunity for reserved “Gold Seats” to see local figure skating talent in the 9th annual ice show, “Jungle-Zoo on Ice”. The performers train at the internationally renowned DSC. Lunch on your own before the show at The Gallery Restaurant.
BTSS Coach                   Fee: $40*

“Historical Houses of Worship Tour”
Wednesday, June 11 (DAY 22-B0801)      9:00 AM-5:00 PM
Since 1972, the Detroit Historical Society has acquainted metropolitan Detroiter with the most fascinating and interesting religious institutions the area has to offer with its Historic Houses of Worship tours. Luncheon included and served at one of the churches on the tour.
BTSS Coach                   Fee: $43*

Wednesday, August 13 (DAY01-C0801)  9:00 AM-5:00 PM
Enjoy a trip back in time to Crossroads Village, with its 34 historic structures. Stroll around the 51-acre Village where friendly folks in period attire welcome you to the homes, mills and shops dating back to the 1800’s. Board a historic coach of the Huckleberry Railroad for a nostalgic 8-mile, 35-minute ride. Lunch will be served on the Genesee Belle paddle-wheel riverboat as you float on beautiful Mott Lake.
Motorcoach                   Fee: $60*

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

Ford Piquette Avenue Plant “Birthplace of the Model T”
Friday, June 13 (DAY23-B0801)         9:45 AM-3:15 PM
The Ford Piquette Avenue plant is a major national landmark. This is the first plant built by the Ford Motor Company and the birthplace of the Model T. It is well preserved and largely unchanged from its original 1904 appearance. The tour will include the secret “experimental room” where the Model T was developed. Lunch on your own after the tour at Polonia in Hamtramck.
BTSS Coach                   Fee: $18*

Crossroads Village, Huckleberry RR, Genesee Belle

Interest List - EXT01-A0801a
Rescheduled for March 2009
This is the world’s largest indoor show with 20 acres of fantastic flora, 500+ education programs, and 140 vendors.
To receive more information, register on the interest list “Philadelphia Flower Show 2009” - EXT01-A0801a
Registration will begin with Fall 08 newsletter.

VOLUNTEER DRIVERS NEEDED
New Driver Position “Errands Shopper”
According to AARP polls, almost 9 in 10 Americans over the age of 60, wish to remain in their own homes and community. BTSS offers services to make “aging in place” safe and affordable for our elderly residents.

To further this effort, we are adding a new volunteer driver position, “Errands Shopper”, to 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. Call Joan for more information, 248-341-6450.
Getting To Know You  1:30 – 2:30 PM
Thursday, March 6 (SEV03-A0802)  
Thursday, April 10  (SEV03-B0801)  
Thursday, May  15  (SEV03-B0802)
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 and good conversation!  
We'd love to get to know you. RSVP  248-341-6450

Getting To Know You  1:30 – 2:30 PM
Thursday, March 6 (SEV03-A0802)  
Thursday, April 10  (SEV03-B0801)  
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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 and good conversation!  
We'd love to get to know you. RSVP  248-341-6450

Pie Extravaganza  (EDU25-A0801)
Tuesday, March 11  1 – 2:30 PM
Chef Jean Marc will demonstrate and help you create a pie of your choice, from mixing and rolling the dough to filling and crimping your own 8” pie that will be ready to freeze and save or bake immediately at home. There will also be a demo and sampling of other tasty treats.

Breakfast in Paris  (EDU26-B0801)
Tuesday, April 15  1 – 2:30 PM
Achatz’s, Chef, Jean Marc will demonstrate the secrets of making perfect Crepes and you will enjoy eating them. Your French breakfast will also include quiche and fresh tasty pastries. – Plenty to take home, too.

All About Apples  (EDU27-B0802)
Tuesday, May 13  1 – 2:30 PM
He’s back… your favorite chef. Jean Marc will demonstrate how to use apples in many recipes including pies, cookies, Brown Betty and more! Learn about the many varieties of apples and best uses. Take home an array of apple delights!

Give a Homeless Cat a Home!
Companion Animals Touching Seniors (CATS), a program of the Adoption Center, will be bringing cats and kittens to BTSS on Friday, April 18th (during the Housing and Consumer Resource Fair) from 9:30 am to 1:30 pm. You may even decide to adopt yourself! Free cat food, litter, litter boxes and pet medical care are available for the first two months. For more information, contact Diane at 248-341-6450.

The Grand Hotel Mackinac Island
September 23 –26  (EXT01-C0801)
Ride a ferry to Michigan’s crown jewel, Mackinac Island. Spend three nights and four days at the regal Grand Hotel. Enjoy fine dining as the GH Orchestra plays. It's all here great food, garden & history lectures, movies, dancing to live music, teas, island tours, carriage rides, cooking demo and more. New this year, tour Fort Michilimackinac. Bring clubs and enjoy unlimited golf ~ $75. See the Island without the summer crowds! Consider making it a mother/daughter trip. Sign-up early, it was a sell-out last year! All-inclusive, no tipping in hotel.  
Limited to 15 rooms
Double $725**  Triple $677**  Single $968**  
(** Non-BTSS Members $25 additional per person)

Afternoon Tea & Lunch  (EDU28-B0801)
Thursday, May 8  12 Noon – 1:30 PM
….a time of elegance; china teacups, a silver teapot and a table adorned with a lace tablecloth, and fragrant flowers. Add the freshest sandwiches, light fluffy scones served with real cream, and sweet jam; a mouthwatering array of fine pastries...and of course, perfectly brewed tea. You will have a wonderful experience with friends. With lots of tasty food, you won't go away hungry. Held at BTSS, your hostess is Denise Whipple a native of England with a culinary degree and a passion for perfection. 
Limit 27  Fee: $20*
Supportive Services
Bloomfield Township Senior Services
7273 Wing Lake Road, Bloomfield, MI 48301
Phone: 248-341-6450  Fax: 248-341-6459  Web: www.bloomfieldtwp.org/Seniors
Spring 2008

HOUSING & CONSUMER RESOURCE FAIR

Friday, April 18th
9:30 AM – 1:30 PM

PRESENTATIONS: (Please pre-register online, in person or call 248-341-6450.)

9:30 Reverse Mortgages (SEV02-B0801)
   Kathy Williams, Oakland County Community and Home Improvement Division

10:30 Tips for Avoiding Foreclosure & Foreclosure Scams (SEV02-B0802)
   Greg Stern, Lighthouse Community Development

11:30 Knox Box – Rapid Entry System (SEV02-B0803)
   Mike McCully – Fire Marshall Bloomfield Township Fire Department

12:30 Digital Transition is Coming: Are You Ready? (SEV02-B0804)
   Alethia Nicholson, Federal Communications Commission

Limited FREE LUNCH WITH REGISTRATION (SEV02-B0805)

SPONSORED BY:

Lunch sponsored by:

ADULT DAY SERVICE

The Bloomfield Township Adult Day Service is the newest addition to the services offered by BTSS. The ADS (also known as “Friendship Club”) offers significant support to elder Bloomfield Twp. residents living with dementia, as well as to their caregivers.

Contact: Terri Ann Liller, Program Coordinator, 248-335-2813
Location: 2222 Franklin Road, Suite 2000
Hours: Weekdays, 8:30 a.m. – 4:30 p.m

AARP TAX ASSISTANCE

Thursdays, February 7th – April 3rd
9:30 a.m. – 2:00 p.m.

Free tax counseling and help preparing your tax returns is available for taxpayers with low and middle income (with special attention to those aged 60 and over). AARP trained volunteers will help you complete both state & federal forms.

Please bring W-2s, last year’s statement, pension, interest, dividend & Social Security statements. E-filing available.

Appointment required: 248-341-6450

CAREGIVING 101
(EDU24-A0801)

Wednesday, March 5th
1:30 p.m.

Caregiving 101 offers simple techniques and strategies for helping to smooth out the process of caregiving. Lynn Alexander, Your Aging Well Advisor, will present information that you never thought you might need when you take on caregiving duties for loved ones.

Reservations appreciated – 248-341-6450.
TRANSPORTATION SERVICES

Please contact Diane Socier, Outreach Coordinator at 341-6450, 12 - 4 p.m. Monday-Friday, for reservations and 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. (*Availabilty of rides subject to BTSS use of bus for scheduled trips.)

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

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

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

GROCERY SHOPPING TRIPS

BTSS is pleased to announce that a new program to assist with grocery shopping and errands has been developed. Volunteers are available to aid 60+, non-driving Bloomfield Township residents who need assistance, 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.

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.

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+. 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 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.

BLOOD PRESSURE CHECKS

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

- February 27th
- April 23rd
- May 28th

THERAPEUTIC MASSAGE 1st & 3rd Wednesday table massage with Laura Lerman. Appointments start at 10:30 a.m. $30/30 minute session. Call 341-6450 to schedule an appointment. Treat yourself!
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.

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

Comforting Hands Companion Care   248-588-9301
BrightStar Healthcare      248-449-5110
ComForCare Senior Services     248-745-9700
Josephine DeLorenzo           248-245-8001

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

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.

DENTAL DISCOUNT & PRESCRIPTION DRUG CARD PROGRAMS

Oakland County Discount Dental Program
Dental care is now more accessible through a new 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 or call 866-498-7914.

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

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

KNOXBOX SAFETY PROGRAM AVAILABLE IN

The Bloomfield Township Fire Department offers a new initiative to enhance resident safety. The Knox Box Safety Program ensures that emergency responders can access your home without any damage to doors or windows in the event that you cannot open the door for them. 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.

This program is for residents, who live alone, are disabled or who care for someone unable to open a door. The cost of the Knox Box and installation are paid by the homeowner. For more information, call Senior Services 248-341-6450 or the Bloomfield Township Fire Dept, 248-433-7745.

In Memoriam...
Deepest sympathies to the families and friends of:
Harold Weiner, Fred Ringe, George Abbott, Dick Munson
Barbara Weston, Robert Linkner, Hermon McPherson,
Nicholas Ioannou, Bernice Taylor & Manuel Shelden
LEARNING FOR LIVING...

ARThritis Self-Help Course
(EDU04-B0801)
1:00 – 3:00 p.m., Thursdays
April 24, May 1, 8, 15, 22 & 29

The Arthritis Self-Help Course is designed to provide participants with the skills, confidence and knowledge they need to take a more active role in their arthritis care. Course covers disease-specific information, medication use, stress management strategies, exercise alternatives, and coping techniques.

This is a six week course. There is no charge, but reservations are required. Call Diane for more information (248-341-6450).

AARP Driver Safety Program
Tues, April 22 & Wed, April 23
10:00 am – 2:30 pm
(EDU03-B0801)

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.

CAREgiving 101
(EDU24-A0801)

Wednesday, March 5th 1:30 p.m.

Caregiving 101 offers simple techniques and strategies for helping to smooth out the process of caregiving. Lynn Alexander, Your Aging Well Advisor, will present information that you never thought you might need when you take on caregiving duties for loved ones. Reservations appreciated – 248-341-6450.

Protecting Your Assets
James Schuster, Certified Elder Law Attorney
(EDU23-A0801)

Thursday, March 13 1:30 p.m.

Protect yourself from common estate planning problems. Learn how to retain control and direction of your medical care should a nursing home become necessary. Don’t lose control of medical decisions affecting your life.

MEDical Alert Systems

There are many medical alert systems available to individuals who live alone and would feel more secure with a personal necklace or wristband that connects to a service that provides emergency help when needed.

If you have any questions, please contact Diane at 248-341-6450.

ADT Monitoring (James Dunlap) 248-629-3123
Alert Alarm, Inc. 248-288-5100
AARP – LifeResponseUSA 800-921-2008
Philips Lifeline 800-543-3546 x 3050

SHINGLES VACCINE
Tuesday, March 4th
12:00 Noon to 3:30 PM

The shingles vaccine will be available at BTSS through The Greater Oakland VNA of Waterford, in cooperation with Pontiac Trail Pharmacy. Inoculations will be provided to those 60 and older who are members of BTSS or are Bloomfield Township Residents. The cost is $200. Please check with your insurance provider in advance about possible coverage. Representatives from Pontiac Trail Pharmacy will be available to provide assistance with claims to your insurance carrier.

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

Give a Homeless Cat a Home!

The Oakland Pet Adoption Center is in need of loving temporary homes for cats and kittens until permanent homes can be found.

Companion Animals Touching Seniors (CATS), a program of the Adoption Center, will be bringing cats and kittens to BTSS on Friday, April 18th (during the Housing and Consumer Resource Fair) from 9:30 am to 1:30 pm. You may even decide to adopt yourself! Free cat food, litter, litter boxes and pet medical care are available for the first two months. For more information, contact Diane at 248-341-6450.