



Bloomfield Senior Services Township

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Spring 2008

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

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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

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

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.



AARP DRIVER SAFETY PROGRAM

April 22th & April 23th
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)

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

Housing & Consumer Fair

Friday, April 18th
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

ctvaroha@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.

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

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

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David Buckley, Trustee

Neal J. Barnett, Trustee

Leo C. Savoie, Trustee

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BTSS ADVISORY COUNCIL

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Julie Eskoff

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Marie Gemmel

Victor & Suzanne Goldstein

Tony Klemer

Elizabeth Mahoney

Tom & Ginnie Richard

Ron Stinson

Peggy Todd

BTSS will be closed on:

Monday, February 18 (President's Day)

Friday, March 21 (Good Friday)

Monday, May 26 (Memorial Day)

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

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

BTSS Membership: Adults 50 years and older.

Membership year is April 1 – March 31.

Bloomfield Twp. Resident: free with registration.

Non-Bloomfield Twp. Residents: \$30 per year per household annually. Registration required.

Register by phone, mail or online.

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

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)

50+ Strength Training Open Hours

Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit.

(FEB-FIT02-A0801) (MAR-FIT02-A0801) (APR-FIT02-B0801)

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

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)

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 23 – June 4 (FIT03-B0801)

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 Fri Fee: \$63*
Feb 22 & 29 (COM04-A0802) 9:30-11:30 AM
April 18 & 25 (COM04-B0801) 12:00- 2:00 PM

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

Just for fun play. Will resume in May. Call 248-624-1903.

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 for Your Donations*... Laura Lerman, John Redfield, Beth Soggs, Irene MacDonald, John Conti, Kathy Carey, June Capps, Marcia Dickman, Donna Fegley, Alan Huberty, Edith Kovach, St. Hugo of the Hills Church, Joann Stutzman

Thank you to our Home Delivered Meals Volunteers!

Roxanne Andoni * Catherine Angeli * Louise Angermeier * Les Baron * Diane Barrow-Fields * Kerstin Baumann * Ray Becker * Shahina Begg * Marion Benedict * Lou Bogart * Camille & Don Breen * Julie Brown * Grant Burnham * Ray Caloia * Bill Carson * Mary Ann Christ * Suchuan Chuang * Cindy Clement * Frank & Sally Cliff * Greg Coatsworth * Ruth Connell * Dianne Cornell * Carla Cronin * David Dinger * Ursula Dobbs * Kitty Dobritt * Judy Domstein * Marge Edwards * Jim Eichner * Carole & Ted Elder * Phyllis Gara * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Rose Ann Hanley * Bob & Francois Harrod * Rob Heeren * Dolores Hekker * John Hoban * Pam Hoffman * James Holden * Shendy Hopkins * Linda Hsing * Susan Hugel * Pat Jacoby * Maryvonne Jacquemart * Gail Jaworski * Clare & Jerry Kabel * Doris Keydel * Judy King * Jane Levy-Sowers * June Linklater * Marcie Lloyd * Huey Lynn * Bill Mack * Bruce Madsen * Fritzie Mager * Joan Mann * Sue Martin * Richard May * Barry & Helene Mayo * Marian Rey McIntyre * Denise & John McKewan * Beth Mergel * Katie Milam * Jean Miller * Debbie Mitchell * Robert & Barbara Munn * Walter Oehrlein * Lee Ann Pantalone * Nancy Pavy * Deb Payne * Judy & Lawrence Pazol * Kathleen & Robert Pelkey * Bill Penz * Priscilla Pettengill * Alfred & Sarinna Ping * Marie Pryce * Rita Ravikrishnan * Tom Richard * Jerry Rivard * Lionel Robbins * Janice Rushton * Janet Russell * Michael Samson * Mindy Saunders * Ann & Jerry Scheel * Linda Scheidemantel * Hudson Scheifele * Rita Schwimer * Theresa Shea * Mary Shepline * Jean Smith * Connie Szymczak * Louise Taylor * Marjorie & Mario Trafeli * Maurice Vachon * Ginny Vincent * Elfriede & Frank Voeffray * Don Waples * Bill Warner * Joan & Dick Wells * Lynn & Corey Wert * Bill Williams * Clint Williams * Rasheeda Zafar



Volunteering is important to long and healthful lives.

Call Joan for more information 341-6450.

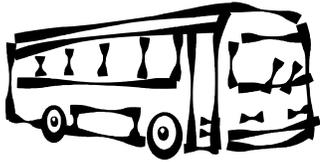
Thank you volunteers! 637+ Hrs. in Nov. 07-Jan. 08

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

Shirley Allen * Delores Atto * Joan Barrett * Verna Besancon * John Bowker * Joan Brandt * Ray Caloia * Lisa Caoili * Pat Caplin * Joanne Carmichael * Mary Ann Christ * Dorothy Cole * Marion Conat * Ruth Connell * John Conti * Madelyn Damioli * Maxine Davison * Yetta Davidson * 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 * Dolores Hekker * Sandy Johnson * Tony Klemer * Denise Kolkmeier * Gloria Kraus * Patricia Kubik * Dorothy Kwapisz * Marilyn MacMillan * Bruce Madsen * Ruth McNair * Katie Milam * Delores Mooney * Marge Morkin * Raji Murthy * Eleanor Myers * Joan Nedeljkovic * Mary Ann O'Brien * Arlene Pinkos * Nancy Porter * Tom Richard * Jerry Rivard * Queenie Sarkesian * Marilyn Scheifele * Faith Scholl * Sonny Seckler * Pragna Shah * Terry Sorrentino * Ronald Stinson * Liong Tan * Peggy Todd * Maurice Vachon * Mary Varchola * Inez Veraldi * Marleeta Walton * Suzanne Winn * Cliff & Mary Agnes Winters * Hope Yates * JB Yeargan * Anjel Yessayan * 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.

"A Funny Valentine" DSO

Thursday, Feb 14 (DAY 14-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 9
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.
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*

"Nonsense" starring Cindy Williams at Meadowbrook
Wednesday, May 7 (DAY11-B0801) 11:00 AM-5:15 PM

Nonsense 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 Bordeaux.**

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 Nonsense Jamboree" starring Lee Meriweather, Meadowbrook

Wednesday, June 4 (DAY19-B0801) 11:00 AM-5:15 PM

This is the second sequel in the *Nonsense* 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 Detroiters 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*

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"¹¹

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

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*



Philadelphia **FLOWER SHOW**

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



Class size limited to 30
Fee: \$25* per class
*Register early
these will sell-out!*

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 Michimilimac. Bring clubs and enjoy unlimited golf ~ \$75. See the Island without the summer crowds! Consider making it a mother/daughter trip.

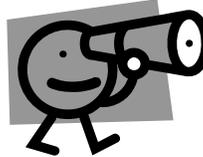
Sign-up early, it was a sell-out last year!

All-inclusive, no tipping in hotel.

Limited to 15 rooms

Double \$725** Triple \$677** Single \$968**

(** Non-BTSS Members \$25 additional per person)



✓ CHECK THESE OUT

- ✓ PowerSit Aerobics (couch potato aerobics) - pg. 4
- ✓ Caregiver 101 class – page SS1
- ✓ Personal Defense Class – pg. 4
- ✓ Yoga (EVENING CLASS) – pg. 4
- ✓ Bridge classes (beginner & intermediate) – pg. 6
- ✓ Feldenkrais – pg. 1 & 4
- ✓ On the Ball Fitness (EVENING CLASS) – pg. 3



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.bloomfieldtpw.org/Seniors

Spring 2008



HOUSING & CONSUMER RESOURCE FAIR



Friday, April 18th
9:30 AM – 1:30 PM

SPONSORED BY:



Lunch sponsored by:



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)

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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. (*Availability of rides subject to BTSS use of bus for scheduled trips.)

≈ SMART Community Transit

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

≈ Medical transportation services

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

≈ Volunteer drivers

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

GROCERY SHOPPING TRIPS



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).

Bloomfield Township Senior Services both acknowledges and appreciates **Chrysler Financial Services** in-kind support of the Home Delivered Meals program through their partnership with our meal provider, **Corporate Food Services**, by lending them use of their kitchen facility.

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 on the **4th Wednesday** of every month from 11 am until 12 noon. Stop in on one of these dates:

February 27th
April 23rd

March 26th
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.

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

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.

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.