



Bloomfield Senior Services Township

4315 Andover Rd, Bloomfield Hills MI 48302-2091
Phone: (248) 723-3500 Fax: (248) 723-3519
www.bloomfieldtwp.org/seniors

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BLOOMFIELD TWP
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Fall 2009

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

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Health Fair & SEASONAL Flu Shot Clinic*

Tuesday, October 27
9:00 a.m. – 2 p.m.
Raffle Exhibitors

Limited flu shots will be available to
Bloomfield Township Residents
and BTSS Members 50+ years.

Flu shots are **FREE** for seniors 65+ with
Medicare Card. All others, \$25.

Appointments required.

Register by phone or at BTSS beginning
October 7, 2009, 9:00 a.m.

Bring proof of residency & Medicare Card.
Questions – Call 248-723-3500

*Seasonal Flu Shot will be administered,
not H1N1 (Swine Flu) vaccine.

They're here!!! ENTERTAINMENT BOOKS

Only \$20

*Get great savings;
Support BTSS!*
(FUN04-C0901)



Available at Main Level Reception Desk.

Coming Soon: Drop In "Punch" Card

For the many people who are enjoying drop-in activities (clubs, open swim), we will be offering a card for purchase that will end the urgent search for dollar bills! Relax, carry your pre-paid \$30 card, get it punched and on you go! Cards will be available at

7th Annual Oakland Press Food Drive October 2009



Benefiting *Food Bank of Oakland County*
*Look for collection barrels at BTSS in
early October. Thank you.*



MINOR HOME REPAIR

Beginning July, 2009, BTSS will receive funds from CDBG which will be allocated to assist low income Bloomfield Township seniors aged 62+ with minor home repair. Income guidelines:

# in Household	Max. Household Income
1	24,850
2	28,400
3	31,500
4	35,500

If you believe you qualify, please contact Denise at BTSS at 248-723-3500.

Christine's Comments

Successful Summer turns to Fantastic Fall!

Have doubled the number of people exercising with us and we haven't hit our busiest month of the year –September. Our beautiful new center is the place to be!

Because of the amazing number of new classes and programs this edition is 30% longer – well worth the time to read!

While “Washington” argues about health care – you can take action today to invest in your own health and ultimately your independence. There are 32 unique opportunities to improve flexibility, circulation, endurance, balance, strength– we must have one for you!

Step into the warm water pool for Tai Chi, Aqua Yoga, Power Walking and numerous aerobic workouts, or the Open Pool.

On land we have our popular strength training and cardio equipment, Pickleball, Jazz Dance, Meditation, Pilates, Zumba Gold, On the Ball, Balance Training, Kick Boxing and new Nia classes.

Move your body; then move on to your brain. Meeting new people, learning new skills and social connections are essential to your long term health too. We have over 40 opportunities via classes, clubs and special presentations-we must have one for you!

Try music, beading, drawing, painting, computer or bridge lessons. Visit clubs for Mah Jong, knitting, Italian culture, lapidary and our newest the Men's and Women's Clubs which you could help develop! The presentations cover the DIA, books, Issues & Insights, safety and Healthy U (University).

Finally, sincere gratitude goes to members, volunteers and this *successful* staff. Great attitude, flexibility and creativity has carried us through this transformational summer. Keep those suggestions coming; we may not be able to implement them all but having all the options leads to the best decisions.

Warmest Regards,

Christine Tvaroha

ctvaroha@bloomfield.org or (248) 723-3500

Thank you!



for their support of the VIP volunteer event on June 23, 2009.

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

Center: (248) 723-3500 Fax: (248) 723-3519

Senior Center: Monday - Thursday 7 AM – 7:30 PM
Friday 7 AM – 4:00 PM

Adult Day Service/Friendship Club:
Monday - Friday 8 AM - 4 PM

www.bloomfieldtwp.org/seniors

BTSS STAFF

Christine Tvaroha, Director

Sally Banks, Programs Coordinator

Kathy Birkhold, Trips Coordinator

Chris Cornell, Assistant Programs Coordinator

Donna DeWitte, Nutrition Coordinator

Denise Kolkmeier, Outreach Coordinator

Ruth Nagy, Office Manager

Joan Patzelt, Volunteer/Communication Coordinator

Delores Atto, J.B. Yeargan Jan Peters, Receptionists

Audrey Chambers Receptionist/Aquatics

Dave Greger & Al Huberty, Bus Drivers

BLOOMFIELD TOWNSHIP BOARD

Dave Payne, Supervisor

Janet Roncelli, Clerk

Dan Devine, Treasurer

David Buckley, Trustee

Neal J. Barnett, Trustee

Leo C. Savoie, Trustee

Brian E. Kepes, Trustee

BTSS ADVISORY COUNCIL

Steve Eskoff, Chairman

Al & Donna Artzberger Shirley Colten

John & Janice Bellefleur John Conti

Gladys Cifelli Maxine Davison

Julie Eskoff Don Foehr

Marie Gemmel Victor & Suzanne Goldstein

Tony Klemer Elizabeth Mahoney

Tom & Ginnie Richard

BTSS will be closed on:

Monday, September 7 (Labor Day)

Thurs. & Fri., November 26 & 27 (Thanksgiving)

Sponsors for BTSS events are not necessarily endorsed by BTSS or Municipality of Bloomfield Twp.

Service area: Bloomfield Township

BTSS Membership: Adults 50 years and older.

Membership year is Jan 1 – Dec. 31.

Bloomfield Twp. Resident: free with registration.

At this time, BTSS is accepting no new Non-Bloomfield Twp. Resident Memberships.

Warm Water Aquatic Fitness

Rejuvenate; give yourself the gift of exercise, relaxation and fun! Our water classes offer 4 of the most beneficial disciplines for maintaining health & vitality; Tai Chi, Yoga, Aerobics and Water Walking. There's a class for you. Water shoes recommended. Bring own lock to secure items in lockers. For more aquatic information, call 723-3500.

OPEN POOL: See schedule on back page of newsletter. Also available at reception desks.

Why get Wet?

Instructor: Deb King

Learn the benefits of water exercise while splashing toward better health. This gentle aerobic class is specially designed to address everyday stiffness and pain without putting stress on your joints.

Mon/Fri 7-7:45 AM 8 classes Fee: \$56*

Sept 14 – Oct 9 (FIT24-C0903)

Oct 12 – Nov 6 (FIT24-D0901)

Nov 9 – Dec 7 (FIT24-D0902) no class 11/27

Let's Move-Water Aerobics

Instructor: Lavon Cook

Get up...get out...get active...again! This low-impact aerobic class builds endurance and muscle strength. Emphasis is on the cardiovascular segment that includes high & low energy levels, using resistance equipment to promote toning and weight loss. FUN!

M/W/F 7:45 – 8:45 AM 12 classes/3days Fee: \$75*

Aug 31 – Sept 28 (FIT25-C0907) no class 9/7

Sept 30 – Oct 26 (FIT25-C0908)

Oct 28 – Nov 23 (FIT25-D0901)

M/W/F 7:45 - 8:45 AM 10 classes/3 days Fee: \$62*

Nov 30 – Dec 21 (FIT25-D0902)

W/F 10:15–11:15 AM 6 or 8 classes Fee: varies

Sept 2 –Sept 25 (FIT25-C0905) 8 classes/Fee: \$50*

Sept 30–Oct 23 (FIT25-C0906) 8 classes/Fee: \$50*

Oct 28 –Nov 20 (FIT25-D0903) 8 classes/Fee: \$50*

Dec 2 – Dec 18 (FIT25-D0904) 6 classes/Fee: \$36*

Aqua Tai Chi

Instructor: Han Hoong Wang

Step into a peaceful warm-water environment. Through a guided series of fluid movements, this gentle ancient practice of mind and body alignment increases flexibility, strength and balance. The buoyancy of the water allows your spine, joints and muscles to move in ways that would be difficult outside of the pool.

Wed 11:30 – 12:15 PM 4 weeks Fee: \$32*

Sept 16 – Oct 14 (FIT34-C0901) no class 9/30

Oct 21 – Nov 11 (FIT34-D0901)

Nov 18 – Dec 16 (FIT34-D0902) no class 11/25

Aqua Yoga

Instructor: Lavon Cook

Aqua yoga is one of the most effective programs for relaxation, stress reduction and breathe awareness. Join this life changing practice that benefits mind, body and spirit while achieving greater balance, flexibility, and restfulness.

Mondays 9:00 – 9:45 AM 4 classes Fee: \$32*

Aug 31 – Sept 28 (FIT26-C0905) no class 9/7

Oct 5 – Oct 26 (FIT26-D0901)

Nov 2 – Nov 23 (FIT26-D0902)

Nov 30 – Dec 21 (FIT26-D0903)

Tuesdays 11:15 AM-12 PM 4 classes Fee: \$32*

Sept 1 – Sept 22 (FIT26-C0906)

Sept 29 – Oct 20 (FIT26-C0907)

Oct 27 – Nov 17 (FIT26-D0904)

Tuesdays 11:15 AM-12 PM 3 classes Fee: \$24*

Dec 1 – Dec 15 (FIT26-D0905)

Thursdays 10 – 10:45 AM 4 classes Fee: \$32*

Sept 3 – Sept 24 (FIT26-C0908)

Oct 1 – Oct 22 (FIT26-D0906)

Oct 29 – Nov 19 (FIT26-D0907)

Thursdays 10 - 10:45 AM 3 classes Fee: \$24*

Dec 3 – Dec 17 (FIT26-D0908)

Aqua Therapy - AM

Instructor: Cathie Winton

Are you stiff and find the simplest task too labor intensive? Become active again. This program is for those who live with arthritis, knee/hip pain, and general body aches. Simple moves in warm water soothe and relax the body and may help decrease pain.

Tue/Thurs 8:00 – 9:00 AM 8 classes Fee: \$56*

Sept 15 – Oct 8 (FIT29-C0903)

Oct 13 – Nov 5 (FIT29-D0901)

Nov 10 – Dec 8 (FIT29-D0902)

Aqua Therapy - PM

Instructor: Annie Chi

This class is for those who live with MS, arthritis, knee and hip pain, and general body aches. Become active again. Includes gentle warm-water resistance exercises. Relaxes the body and helps decrease pain.

Mon/Wed 6:30 – 7:30 PM 8 classes Fee: \$56*

Sept 9 – Oct 5 (FIT35-C0901)

Oct 7 – Nov 2 (FIT35-D0901)

Nov 4 – Nov 30 (FIT35-D0902)

Aqua Aerobics

Instructor: Cathie Winton

Get a splash out of life warm water low-impact aerobic workout, with cardiovascular conditioning. Resistance equipment are used to enhance range of motion and increase strength. Work at your own pace, no swimming required. Fun atmosphere. . Beginners thro intermediate.

Tue/Thurs 9:00 – 10:00 AM 8 classes Fee: \$56*

Sept 15 – Oct 8 (FIT36-C0901)

Oct 13 – Nov 5 (FIT36-D0901)

Nov 10 – Dec 10 (FIT36-D0902) no class 11/24 & 26

Aqua Power Walking

Instructor: Annie Chi

You can do this! Bring your water shoes for great up-beat class. Increase your endurance for walking both on land and in the water. Great for balance too! Take the 1st step today and start making waves.

Tues/Thurs 5:30 – 6:30 PM 8 classes Fee: \$56*

Sept 8 – Oct 1 (FIT27-C0903)

Oct 6 – Oct 29 (FIT27-D0901)

Nov 3 - Dec 1 (FIT27-D0902) no class 11/26

Dec 8 - Dec 17 (FIT27-D0903) 4 classes Fee: \$28*

Aqua Healthy Joints

Instructor: Lavon Cook

Focus on strengthening muscles to improve balance and general bone health. Gentle movements provide full range of motion to all major joints and muscles. Warm water exercise is helpful for those with arthritis, MS and osteoporosis and other joint problems.

Mondays 11:30 AM – 12:15PM 4 classes Fee: \$32*

Aug 31 – Sept 28 (FIT28-C0903) no class 9/7

~~Sept 28 – Oct 23~~ **Oct 5 – Oct 26** (FIT28-C0904)

~~Oct 26 – Nov 20~~ **Nov 2 – Nov 23** (FIT28-D0901)

Fridays 11:30 AM – 12:15PM 4 classes Fee: \$32*

~~Aug 31 – Sept 28~~ **Sept 4 – Sept 25** (FIT28-C0905)

~~Sept 28 – Oct 23~~ **Oct 2 – Oct 23** (FIT28-C0906)

~~Oct 26 – Nov 20~~ **Oct 30 – Nov 20** (FIT28-D0902)

Mondays/Fridays 2 days/8 classes Fee: \$56*

Aug 31 – Sept 28 (FIT28-C0907) no class 9/7

~~Sept 28 – Oct 23~~ **Oct 2 – Oct 26** (FIT28-C0908)

~~Oct 26 – Nov 20~~ **Oct 30 – Nov 23** (FIT28-D0903)

Land Fitness

Easy Does It - Chair

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 those with Arthritis, Parkinson's, Osteoporosis or MS.

Studio A, Lower Level.

Mon/Thurs 10:15-11 AM 12 classes Fee: \$48*

Sept 10 –Nov 2 (FIT08-C0902) no class 9/17, 21, 24 & 28

Nov 5 – Dec 17 (FIT08-D0901) no class 11/26

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.

Studios A & B, Lower Level.

Mon/Thurs 9 – 10 AM 12 classes Fee: \$50*

Sept 10 – Nov 2 (FIT09-C0902) no class 9/17, 21, 24, & 28

Nov 5 – Dec 17 (FIT09-D0901) no class 11/26

Fit/Card 10 classes \$55. Use within 3 months purchase.*

(Purchased 7/1-9/30 FIT10-C0901; 10/1-12/31 FIT10-D0901)

Tai Chi Chuan

Instructor: Han Hoong Wang

Yang Style World Master Instructor Don't miss this special opportunity. Each week Han will give you an opportunity to try a different Chinese Art. 1st week will be Silk Reeling, 2nd Ball, 3rd Stick and 4th Tai Chi short form.

Studio B, Lower Level.

Wednesdays 10:15 – 11 AM 4 classes Fee: \$32*

Sept 16 – Oct 14 (FIT03-C0902) no class 9/30

Oct 21 – Nov 11 (FIT03-D0901)

Nov 18 – Dec 16 (FIT03-D0902) no class 11/25

Zumba

Instructor: Laura Lerman

Latin music and dance moves that create a dynamic, exciting and effective fitness exercise. Routines feature aerobic fitness interval training with a combination of fast and slow rhythms. Studio A, Lower Level.

Tuesdays 9 – 10 AM 4 classes Fee: \$32*

Sept 8 – Oct 6 (FIT20-C0903) no class 9/22

Oct 13 – Nov 3 (FIT20-D0901)

Tuesdays 9 – 10 AM 5 classes Fee: \$40*

Nov 10 – Dec 8 (FIT20-D0902)

Class Registration/Cancellation 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 within 2 business days of class.
- Full payment required with registration
- Proration of fees subject to instructor approval

On the Ball

Instructor: Shelley Rubinstein

This challenging class is suitable for beginners and experienced students. **Balance and strengthen core muscles** while sitting and lying on the ball both prone and supine. **Bring ball, mat, water and small hand towel.**

Studio A, Lower Level

Tuesday 11 - 12 noon 6 classes Fee: \$50*

Oct 6 - Nov 10 (FIT12-D0901)

Nov 17 - Dec 22 (FIT12-D0902)

Wednesday 5 - 6 PM 6 classes Fee: \$50*

Sept 30 - Nov 4 (FIT12-C0901)

Dec 2 - Jan 6 (FIT12-D0903)

Classic Nia

Instructor: Beth Silver

Nia brings the body, mind, emotions and spirit to optimum health through music, movement and self-expression. A dynamic blend of dance, martial and healing arts, balancing technical precision with free-form expression. **Studio A, Lower Level**

Mon 4 - 5:00 PM 4 classes Fee: \$32*

Sept 14 - Oct 5 (FIT37-C0901)

Oct 12 - Nov 2 (FIT37-D0901)

Nov 9 - Nov 30 (FIT37-D0902)

3 G's Nia

Instructor: Beth Silver

Nia addresses the whole person through music and movement integrated from the nine traditional movement forms - 3 Dance, 3 Martial and 3 Healing Arts. Practiced barefoot, each person is invited to move at his or her own level of intensity. Creates a loving relationship with one's own body and is exhilarating fun! **Studio A, Lower Level**

Friday 11 AM - 12 PM 4 classes Fee: \$32*

Sept 18 - Oct 9 (FIT38-C0901)

Oct 16 - Nov 6 (FIT38-D0901)

Nov 13 - Dec 11 (FIT38-D0902)

no class 11/27

Strength Training Orientation**

Instructor: Shelley Rubinstein

*** Required for new fitness equipment participants who choose not to take a 12 session strength training class.*

*** Recommended for current fitness equipment participants.*

For those actively working out and wish to begin using our equipment. **Instructor will review safe and effective use of our HUR pneumatic strength training equipment, as well as, elliptical, steppers, treadmills, and bike. BTSS membership required**

(3 people in class) 1 hour (FIT33-VARIES) Fee: \$25

Mondays (Dates vary) 4 - 5 PM & 5 - 6 PM

Tuesdays (Dates vary) 11 AM - 12 PM

Wednesday (Dates Vary) 1 - 2 PM 2 - 3 PM

Thursdays (Dates Vary) 4 - 5 PM & 5 - 6 PM

Fridays (Dates Vary) 11:15 AM - 12:15 AM

50+ Strength Training

Instructor: Shelley Rubinstein

Certified Exercise Specialist instructs students on form, breathing and use of our HUR pneumatic weight machines. The ultimate program for those *returning to a fitness program, those with health challenges or 1st time beginners.* For your safety we strongly recommend your participation in this 6 week program of specialized instruction. **BTSS membership required 12 classes Fee: \$68**

(Strength Training + - Upgrade your class with Open Hours on non-class dates. \$77 - BT; \$80 - Non-Twp).

Mon / Thurs 8 - 9 AM

Sept 10 - Nov 2 (FIT01-C0907) no class 9/17, 21, 24, & 28

Nov 5 - Dec 17 (FIT01-D0901) no class 11/26

Mon / Wed 11:30 AM - 12:30 PM

Sept 9 - Nov 2 (FIT01-C0908) no class 9/16, 21, 23, & 28

Nov 4 - Dec 16 (FIT01-D0902) no class 11/25

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

Sept 9 - Nov 2 (FIT01-C0909) no class 9/16, 21, 23 & 28

Nov 4 - Dec 16 (FIT01-D0903) no class 11/25

Wed / Fri 8 - 9 AM *starts before Labor Day

Sept 4 - Oct 28 (FIT01-C0910) no class 9/11, 18, 23 & 25

Oct 30 - Dec 16 (FIT01-D0904) no class 11/25 & 27

Wed / Fri 9 - 10 AM

Sept 4 - Oct 28 (FIT01-C0911) no class 9/11, 18, 23 & 25

Oct 30 - Dec 16 (FIT01-D0905) no class 11/25 & 27

Wed / Fri 10 - 11 AM

Sept 4 - Oct 28 (FIT01-C0912) no class 9/11, 18, 23 & 25

Oct 30 - Dec 16 (FIT01-D0906) no class 11/25 & 27

Fitness Open Hours

Must have successfully completed the instructional or orientation class. Self-supervised. Sign-in at LL reception desk each visit. Available during regular center hours. (SEPT-FIT02-C0901) (OCT-FIT02-D0901) (NOV-FIT02-D0901)

Bloomfield Twp. Members: **\$15 month** or **\$80 /6 months**
Current Outside Twp. Members: **\$20 mo.** or **\$100/6 months**

Meditation

Instructor: Lavon Cook

Emphasis on quiet meditation, **learn to let-go...and relax.** Through guided relaxation techniques, **learn to quiet the mind and calm the nervous system.** Helps lower blood pressure, reduce stress while improving one's ability to sleep. Bring mat, water

Studio A - Lower Level Thursdays 11:15 AM - 12 PM 4 classes Fee: \$32*

Sept 3 - Sept 24 (FIT31-C0903)

Oct 1 - Oct 22 (FIT31-D0901)

Oct 29 - Nov 19 (FIT31-D0902)

Dec 3 - Dec 17 (FIT31-D0903) 3 classes Fee: \$24*

Beginner Yoga

Instructor: Lavon Cook

Great class for beginners, simple moves. Emphasis on alignment and flexibility. **Increase lung volume, reduce tension, improve your energy,** strength, and well-being.

Mat, small pillow, water & towel. **Studio B, Lower Level**

Mondays 10:15 – 11:15 AM 4 classes Fee: \$32*

Aug 31 – Sept 28 (FIT44-C0901) no class 9/7

Oct 5 – Oct 26 (FIT44-D0901)

Nov 2 – Nov 23 (FIT44-D0902)

Nov 30 – Dec 14 (FIT44-D0903) 3 classes Fee: \$24*

Healthy Back Yoga

Instructor: Lavon Cook

Learn back care. Good for **Arthritis and Osteoporosis.** Strengthens abdominal and back muscles. Incorporates stretches for strength and flexibility. Not intended to replace therapy, **good follow up to successful rehabilitation.**

Bring water, small pillow & yoga mat. **Studio B, LL**

Wed & Friday 9 - 10 AM 8 classes Fee: \$56*

Sept 2 – Sept 25 (FIT06-C0903)

Sept 30 – Oct 23 (FIT06-C0904)

Oct 28 – Nov 20 (FIT06-D0901)

Dec 2 – Dec 11 (FIT06-D0902) 4 classes Fee: \$32*

Pilates/Yoga

Instructor: Lavon Cook

Certified American College of Sports Medicine

Focusing on strengthening your back while firming your abdominals—the core of your body. Improves posture, alignment, muscle tone, joint mobility and flexibility. Bring mat, small pillow & water. **Studio B, Lower Level.**

Tuesday 10 – 11 AM 8 classes Fee: \$56*

Sept 1 – Oct 20 (FIT07-C0903)

Oct 27 – Dec 15 (FIT07-D0901)

Pilates

Instructor: Laura Lerman

Focus on core strength and improve breath control.

Begin with basic exercises showing modifications with growth toward progressive movement. Mat, water.

Studio A, Lower Level

Mondays 6:15 – 7:15 PM 4 weeks Fee: \$32*

Sept 14 – Oct 12 (FIT16-C0901) no class 9/21

Oct 19 – Nov 9 (FIT16-D0901)

Nov 23 – Dec 7 (FIT16-D0902)

Artistic Dance

Instructor: Cathy Taister

This class draws its inspiration from rhythmic dance. Learn to dance with ribbon sticks, scarves, balls and other props. **Strengthens the upper body and core muscles.** Dance slippers recommended. **Studio B, Lower Level**

Tues 5:45 – 6:45 PM 4 weeks Fee: \$32*

Sept 15 – Oct 6 (FIT39-C0901)

Oct 13 – Nov 3 (FIT39-D0901)

Nov 17 – Dec 8 (FIT39-D0902)

Jazz Dance

Instructor: Cathy Taister

Have a blast learning all the latest moves. This class is an introduction to popular dance, which includes basic jazz steps. **Improve your posture, coordination & balance.**

Dance slippers recommended. **Studio A, Lower Level**

Wed 6 – 7 PM 4 weeks Fee: \$32*

Sept 16 – Oct 7 (FIT40-C0901)

Oct 14 – Nov 4 (FIT40-D0901)

Nov 18 – Dec 9 (FIT40-D0902)

The 30 Minute Workout - Circuit Training

Instructor: Jo Schirtzinger

Promotes **weight loss and healthy circulation in 30 minutes!** Workout gets you moving with a variety of exercises to **improve strength, stamina, balance and posture.** Participants work stations in 30 to 45 second intervals, utilizing equipment such as exercise balls, stretch bands, weights and/or isometrics. Stations change regularly; keep **challenging your mind and body.**

Studios A & B, Lower Level

Thurs 1 – 1:30 PM 6 classes Fee: \$24*

Sept 17 – Oct 22 (FIT41-C0901)

Nov 5 – Dec 17 (FIT41-D0901) no class 11/26

The 30 Minute Workout - Balance Training

Instructor: Jo Shirtzinger

It only takes 30 minutes to improve your balance and posture, build bone density, strengthen core and leg muscles to help prevent falls. Fun and effective exercise.

Studios A & B, Lower Level

Thurs 1:40 – 2:10 PM 6 classes Fee: \$24*

Sept 17 – Oct 22 (FIT42-C0901)

Nov 5 – Dec 17 (FIT42-D0901) no class 11/26

The 30 Minute Workout – Modified Kickboxing

Instructor: Jo Shirtzinger

Combines kickboxing techniques with traditional aerobic steps! Fun and energetic cardio workout. Work at your own pace. **Combines 30 minutes of strength training and core conditioning.** Pads provided. Bring mat, water bottle and hand weights. **Studios A & B, LL**

Thurs 2:30 – 3:15 PM 6 classes Fee: \$24*

Sept 17 – Oct 22 (FIT43-C0901)

Nov 5 - Dec 17 (FIT43-D0901) no class 11/26

Pickleball (Experienced Players)

Love tennis? Same great game on a smaller court played with a paddle & a waffle ball. Utilizes all the skills & strategies.

Free instruction by appt.—call Jim Luzod 248-855-2676.

Studios A/ B, Lower Level

Open Play Tuesday 1 – 3 PM & Thursday 4 – 6 PM

Drop In Fee: \$3 BT Resident / \$5 Non-Resident

COMMUNITY CLASSROOMS

Visionaire...the creation & exploration of art
Creativity is linked to good brain health. Discover the artist within you. The instructor, Karen Halpern has taught at Indiana State University and the Birmingham Bloomfield Art Center. Extensive museum and gallery exhibitions and awards of recognition mark her career.

Creative Watercolor (ART02-C0902)

Instructor: Karen Halpern 9 classes Fee: \$114*
Wednesday 1:30 - 3:30 PM Community Room B
September 23 – December 2 (no class 9/30, 11/25)

Explore the satisfying experience of painting with watercolors. All levels of students, beginners through advanced are welcome. Painting techniques, skills, color theory and design principles, perspective, and proportion are interwoven as you explore varied subjects and styles. Develop your work in a supportive, low-key and individualized environment. Paint at your own pace. **Supply list available at BTSS Office.**

Drawing Basics (ART03-C0901)

Instructor: Karen Halpern 9 sessions Fee: \$114*
Tuesday 1:45 – 3:45 PM Community Room A
Sept. 15 – December 1 (no class: 9/29, 10/27, 11/24)

Find personal fulfillment, and relaxation, as you learn to see the world through new eyes. Noted artist, Karen Halpern of Bloomfield Hills, introduces methods and information which help you to competently draw subjects using varied basic materials. Instruction centers on shading, composition, proportions and perspective. Students receive individualized attention in a supportive and relaxed atmosphere. Good introductory class for individuals wanting to try painting in the future.

Supply list available at BTSS Office.

Lowery Music Makers (EDU37-C0901)

Instructor: Susie Woodman 10 classes Fee: \$30*
Tuesday 12:15 - 1:15 PM Community Room A
Orientation: 9/22 +2 private lessons in store
September 29 – December 8 no class: 10/27

Join Evola Music and make beautiful music together. Music makers are healthier! Come exercise your mind and spirit. Make friends and fulfill your dreams of music making! Open to all music lovers. You do not have to be a musician or have a music background to enjoy a music-making hobby.

Material Fee: \$15.90 book fee collected by instructor on the first day of class.

Bridge Lessons

Instructor: Bonnie Ward 7 classes Fee: \$84*
Instructor is certified by the State of Michigan! Please welcome her back! Classes fill quickly; register early to secure your spot.

Beginning Bridge - Part I (EDU12-C0903)

Monday 10:30 – 12:30 PM Community Room B
September 21 – November 9 (no class 10/19)

Build your bridge on a solid foundation with prearranged hands to teach you the basics while you play. The first of a three-part course designed to introduce you to the game. Evaluate hands and become familiar with major and minor openings and responses.

Supervised Bridge Play (EDU35-C0901)

Monday 1:00 – 3:00 PM Community Room B
September 21 – November 9 (no class 10/19)

This class gives you an opportunity to use what you have learned with "help" when necessary. A short lecture is followed by play with supervision.

Mah-jongg

Instructor: Sharon Houghtby 5 classes Fee: \$5/\$7
Thursday 10:30 AM – 12:30 PM Community Room B
September 10 – October 8 (EDU36-C0901)

Looking for Mah-jongg instruction? Come learn this ancient Chinese strategy game, using tiles. It is similar to the card game, Rummy, but much more exotic and exciting. Use your hands, eyes, brain and memory to enjoy a morning of fun in a stimulating social setting. **Material fee:** \$8 collected by instructor first day of class.

Lapidary – Beading Class I

Instructor: Nicole Lesperance 1 class Fee: \$10*
Tuesday 1:30 - 3:30 PM Community Room B
September 15 (ART04-C0901)

Tap into your creative spirit. Come try a one-time beading class and finish your project the same afternoon!

Material fee: \$8 collected by instructor day of class.

Lapidary - Beading Class II

Instructor: Nicole Lesperance 2 classes Fee: \$15*
Tues/Thurs 1:30 - 3:30 PM Community Room B
October 13 & 15 (ART04-D0901)

Try something new! Create a matching necklace and bracelet in a two afternoon program!

Material fee: \$12 collected by instructor 1st day of class.

Knitters needed!

"Chicks with Sticks"

Knitting Gifts from the Heart

Monday 1:00 – 3:00 PM Cafe

Facilitator: Karen Ouellette 248-408-2083

Love to Knit? Join a warm, friendly group of knitters who knit and crochet tiny hats & car seat blankets for infants, scarves & hats for foster-care teens and lap blankets & hats for chemo-therapy patients, all in support of our community! *New knitters, please call Karen so we can welcome you to the "Chicks with Sticks".*

***Our group knits exclusively for babies born at the new Henry Ford Hospital in West Bloomfield and Judson Center in Royal Oak. (SOC25)**

At home knitters needed!

We gladly accept "like new" yarn donations.



COMPUTER LAB

Software: Office 2003 and Windows XP

High speed Internet

Maximum of 7 students per class

1 student per computer

Instruction by: Valerie Sinclair, Micro Techniques Inc.

File Management

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

(2) 2 hr classes

Fee: \$63*

Tuesdays, Oct. 20 & 27 (COM04-D0901) 5:30 - 7:30 PM

Mon/Wed, Nov. 16 & 18 (COM04-D0902) 10:00 AM-Noon

E-mail & More

Keep in contact with your children, grandchildren and friends! Create a free e-mail account with *Yahoo!* Learn to send, receive and forward mail. Practice creating, sending and opening attachments. There will be general discussion regarding e-mail security options and monitoring spam/junk mail.

(2) 2 hr classes

Fee: \$63*

Fridays, Oct. 23 & 30 (COM05-D0901) 10:00 AM- Noon

Envelopes, Labels & More

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

(2) 2 hr classes

Fee: \$63*

Mondays, Nov. 2 & 9 (COM11-D0901) 10:00 AM - Noon

BASIC COMPUTER LESSONS

Bloomfield Township Senior Services in cooperation with the Bloomfield Township Public Library (BTPL) will provide a series of **FREE** computer basic classes in our new center computer lab. Pre-registration required.

Computer Lab

COMPUTER BASICS I (COM18-D0901)

Thursday, October 15 10:00 - 11:30 AM

Beginning adult computer users learn the basics – from how to use the mouse, to how to click and scroll.

FIND IT ONLINE (COM19-D0901)

Monday, October 12 1:00 - 2:30 PM

Discover BTPL's outstanding database of full-text articles and reference sources and learn about the Adult Services staff's favorite websites.

COMPUTER BASICS II (COM20-D0901)

Thursday, October 29 10:00 – 11:30 AM

Once you can use the mouse, click, and scroll, we'll help you use the library's catalog, find a website and begin exploring the web.

Register today for your **FREE** introduction to computers, small class size, no more than 7 students per class. Don't miss this exciting opportunity to join the computing world!

Explore more at: www.btpl.org

Class Registration/Cancellation 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** within 2 business days of class.
- Full payment required with registration
- Proration of fees subject to instructor approval

CLUBS

↓ Indicates Drop-In Fee: \$1 Resident / \$2 Non-Resident
Sign In and Pay Drop-In Fees at Main Level Reception
Other listed fees: \$ Township Resident / \$ Non-Township Resident
Complimentary Coffee and Tea
Please call facilitator listed for club information. All are welcome!

↓ Book Club (SOC06)

Facilitator: Madelyn Doerr 248 851-6093
Books on loan: Bloomfield Twp. Library service desk.
1ST Friday 10 – 11:30 AM Conference Room
September 4: "The Book Thief" by Marcus Zusak
October 2: "As I Lay Dying" by William Faulkner
November 6: "Optimist's Daughter" by Eudora Welty

↓ Bridge Club (SOC04) Beginning: September 4

Facilitator: Maurice Vachon
Monday/Friday Community Room A
Tables assigned: 12:30 Play begins: 1:00 PM

↓ Euchre & Pinochle Club (SOC24)

Facilitator: Joanne Carmichael 248 626-0719
New and experienced players join us, everyone welcome!
Thursday 11:15 – 2:15 PM Community Room A
September: 3 & 17
October: 8 & 22
November: 5 & 19

↓ Italian Club - Gruppo Italiano (SOC05)

Facilitator: Angie Giffels 248 645-0958
Sponsored by: Michigan Chapter Dante Alighieri Society
Members informally discuss sights, art and history of Italy.
(No meeting July or August) *Note: New Drop-In Fees
2nd Friday 10 – 12 PM Community Room A

↓ Lapidary (SOC17)

Facilitator: Nancy Porter 248 797-5660
Learn to process rocks and gemstones for the creation of
art and jewelry. Informal instruction in beading and stain
glass is provided, supplies and equipment available.
Tuesday/Thursday 1 - 4 PM Community Room B
No meeting: 10/27, 11/26

↓ Poker Club (SOC18)

Facilitator: Frank & Joann Capoccia 248 681-8533
Wednesday 9 – 12:30 PM Community Room B

↓ Pool Club (Billiard) (SOC02)

Facilitator: Jim Slater 248 626-5087
All levels of skill welcome, no experience required.
Tuesday/Thursday 1 – 4 PM Billiard Room
No club: 11/26
Open Billiards during regular Center hours

↓ Scrabble Club (SOC07)

Facilitator: Madelyn Doerr 248 851-6093
Calling all word freaks! Enjoy a stimulating game of
scrabble. Bring a lunch. Join the fun!
1st Wednesday 12:45 PM Community Room A

Senior Men's Club

Fee: \$6/\$8

Facilitator: Bruce Madsen
Chris Cornell 248 723-3500
We are currently looking for a "few good men" to form a
new Bloomfield Twp. Senior Men's Club. Please register
for our **light breakfast program** and enjoy camaraderie
with fellow Bloomfield Twp. senior men. Great way to start
a Wednesday morning!
3rd Wednesday 9:30 – 11 AM Community Room A

September 16 (SOC27-C0901)

Dave Payne, Supervisor Bloomfield Township

October 21 (SOC27-D0901)

*Author: Richard Tennent,
"Destroyermen: Three Minutes to War"*

November 18 (SOC27-D0902)

*Jerry L. Walker, President
Traffic Improvement Assn. of Oakland County*

Senior Women's Club

Facilitator: Chris Cornell 248 723-3500
Please join us in forming a new Senior Women's Club.
Experience exciting programs from historic teas to
wonderful current information on gardening, philanthropic
interests, wardrobe tips and any other topic you can
imagine! Fun and friendship will be shared by all.
**Morning and afternoon presentations with light
breakfast or an afternoon tea** can be expected! Pre-
registration requested. Community Room A

Wednesday, September 23 (SOC28-C0901)

10 AM – Noon Fee: \$6/\$8
Aging Well: The Best Revenge, Lynn Alexander

Wednesday, October 28 (SOC28-D0901)

10 AM – Noon Fee: \$6/\$8
To Be Announced

Wednesday, November 18 (SOC28-D0902)

1 – 3 PM Fee: \$30/\$32
Fall Tea & Speaker

ENRICHMENT

↓ Books for Lunch

Wednesday **Noon – 1:00 PM** **Cafe**
September 9 **November 11**
Bring your bag lunch and join Connie Silver of the Bloomfield Twp. Public Library in the beautiful, new BTSS Café for an informal book talk over lunch. Munch and listen with fellow book lovers. What a great lunch experience!

Dessert & DIA (EDU34-C0901) **\$5/\$7**
Thursday, Sept. 24 **1:00 PM** **Community Room A**

Rivera's Detroit: "The Detroit Industry Murals"
Please come enjoy dessert and an outstanding presentation by the Detroit Institute of Arts featuring: Diego Rivera. Rivera considered the Detroit Industry murals the most successful of his career. Explore the DIA's signature artwork and the stories behind it. Presented by, Wendy Evans, DIA's Speakers Bureau. Pre-registration required.

↓ Issues & Insights (SOC03)

3rd Tuesday **1:00 – 2:30 PM** **Conference Room**
Facilitator: Chris Cornell 248 723-3500
Join us for thoughtful discussion on current issues. Need an outlet for those insights you have? Come share them with fellow enthusiasts! **Drop In Fee: \$1 residents 2 non**

Healthy U - Healthy University

Tuesdays 10:00-11:30 AM **Community Room B**
Monthly ongoing series of health related presentations for today's senior. Please pre-register for these free programs.

September 22 (EDU32-C0901)
"Osteoporosis and Your Bones"
Visiting Nurses Association of SE Michigan

October 13 (EDU32-D0901)
Pack Your Bag Event & "Saving Money with Medicare Part D", CVS Pharmacy
CVS pharmacist will share with us some secrets to "Saving Money with Medicare Part D. Plus, bring in your prescription and non-prescription medications for individual review consultations.

November 17 (EDU32-D0902)
"Five Wishes - Your Living Will"
Visiting Nurses Association of SE Michigan
Frank talk and information on advanced care planning and how to properly structure Your Living Will.

↓ Movie Mania

3rd Friday **1:00 – 3:30 PM** **Community Room B**
Have you seen a good movie lately? Grab your friends & neighbors and join in the fun. Friday afternoon at the movies has come to the senior center. Smell the popcorn? We will offer some late release films for your viewing pleasure. (Popcorn \$1 at movie.)

September 18: **"Last Chance Harvey"**
Starring: Dustin Hoffman and Emma Thompson
A funny and sweet late in life love affair surprises all.

October 16: **"Grand Torino"**
Starring: Clint Eastwood
This movie was filmed in Detroit and centers around an older man trying to mind his own business but impacting the lives of some young men on a road to nowhere.

November 20: **"Julie & Julia"**
Starring: Meryl Streep (If out on video in November)
This is a story of a young woman who decides to prepare every recipe in the Julia Childs cookbook in a year's time and the adventure that follows.

Safety First

Tuesdays 10:00 AM **Community Room A**
The Bloomfield Township Police and Fire Department will be making us all safer in our homes and out. These subject are things every one of us need to know in today's environment! Everything you always wanted to know about your safety but weren't sure who to ask. We will have the experts for your questions and solutions. Please pre-register for these free presentations.

Sept. 29 (EDU33-C0901) **"File for Life" & " Knock Box"**
Oct. 20 (EDU33-D0901) **"Charity Fraud"**
Nov. 24 (EDU33-D0902) **"Fire Prevention"**

The Paper Dolls – Card Shoppe (SOC13)

Workshops: Thursday 1– 4 PM

September 10 & October 1

Community Room A

Facilitator: Arlene Pinkos 248 988-9366
Join a fun loving group of ladies using their artistic talents to create beautiful all-occasion cards, using re-cycled cards, bows, stamps and sparkles. Cards are sold at BTSS and profits used for senior services. Training provided.

Needed: Donations of used all-occasion cards

Supportive Services

Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

Phone: 248-723-3500 Fax: 248-723-3519

Web: www.bloomfieldtwp.org/Seniors

Fall 2009

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MINOR HOME REPAIR

Beginning July, 2009, BTSS will receive funds from CDBG which will be allocated to assist low income Bloomfield Township seniors aged 62+ with minor home repair. Income guidelines:

# in Household	Max. Household Income
1	24,850
2	28,400
3	31,500
4	35,500

If you believe you qualify, please contact Denise at BTSS at 248-723-3500.

Who are caregivers?

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

The Caregiver Forum offers the opportunity to learn about programs and services available to you, including Adult Day Service. Respite care and a light meal are included for current members of the *Friendship Club*.

Caregiver Forums are held at the Friendship Club, 4315 Andover Rd., Bloomfield Twp. on the 2nd or 3rd Tuesday of the month from 5–6:30 p.m. For info and to register, call 248-723-3530.

Sept. 15th Getting to know you

October 13th "I need a Break;" Community-based options presented by AAA 1b (15 minutes)

November 10th "Holidays; Adapting Family Traditions."

Co-sponsored by the Alzheimer's Assn.

IS ADULT DAY SERVICE THE RIGHT CHOICE FOR YOUR SITUATION?

How do you know if Adult Day Service (ADS) is right for your situation as a caregiver? Honestly assess your situation to see whether or not ADS is an appropriate solution.

- Do you need occasional assistance with taking care of your relative?
- Are you worried about their safety when you cannot be around?
- Are you leaving your relative alone too often in order to do errands or go to work?
- Do you find you are taking off more time from work to care for your relative?
- Would you feel better if he/she was able to enjoy a nutritious meal during the day, the opportunity to socialize more or to get more exercise?
- Has a good relationship with your relative turned into a troubled one? Are arguments increasing?
- Is your relative feeling isolated by not having the company of other older people?

A "yes" to even one of these questions could mean that ADS might be an answer to your relative's care giving needs. This doesn't mean it will be easy for you or the individual for whom you are providing care. Feelings of guilt...may be an initial reaction when considering an adult day program. But remember that you need time to care for you, to be able to work without worrying about how your family member is managing, and time to relax and regroup, so that when you are providing care you're at your best. (From "SinceYouCare" Guide prepared by MetLife Mature Market Institute. To request complete guide, call 203-221-6580.)

ADS activities encourage confidence, laughter and friendship for your loved ones.

If you would like to talk to someone about Adult Day Service, please call Terry Ann Liller, Program Coordinator BTSS Adult Day Service (*Friendship Club*) at 248-723-3530.

BTSS Staff

Christine Tvaroha
Director of Senior Services

Sally Banks
Programs Coordinator

Chris Cornell
Asst. Programs Coordinator

Donna DeWitte, R.N.
Nutrition Coordinator

Denise Kolkmeier
Outreach Coordinator

Joan Patzelt
Volunteers & Communications
Coordinator

Ruth Nagy
Office Manager

Kathy Birkhold
Trips Coordinator

Delores Atto
Audrey Chambers

JB Yeargan
Receptionists

TRANSPORTATION SERVICES



Please call Bloomfield Township Senior Services for more information – (248) 723-3500

≈ SMART Community Transit

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

≈ Medical transportation services

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township thru SMART funding. Application and eligibility for program required. Call BTSS 723-3500 for information.

≈ Volunteer drivers

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

GROCERY SHOPPING & ERRANDS TRANSPORTATION



BTSS provides assistance with *grocery shopping* and *errands*. Volunteers are available to aid 60+, non-driving Bloomfield Township residents who need transportation with a maximum of 2 hours per month and flexibility between client and driver. Please call Denise at BTSS at 248-723-3500 for more information.

BLOOD PRESSURE CHECKS

Certified volunteers are available one day of each month from 11 am until 12:30 pm. Stop in on:

Sept. 23rd October 28th Nov. 18th

We are currently looking for qualified volunteers to help with this program. If you are interested please call Denise at 248-723-3500.

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, 723-3500.



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

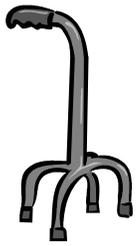
Liquid nutritional supplements are available to area seniors 60+ based on medical necessity. Monthly, BTSS orders Ensure products directly from the manufacturer at a reduced cost from retail prices. A physician's order is required which must include the medical reason for supplementation, the recipient's weight, and the number of cans to be consumed daily. The order must be renewed every six months. Additionally, a home visit is required every six months in order to participate in the program.

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.

Citizens for Better Care Collection

BTSS continues to collect personal care items (cream, perfume, combs, brushes, or any small items that may be appropriate), which are donated to Citizens for Better Care, a non-profit organization serving the neglected or forgotten in long-term facilities. Drop off items at BTSS Main Level Reception.

For more information about Citizens for Better Care, go to www.cbcmi.org or call the local office serving the south-eastern Michigan area at 800-833-9548.



BTSS LOAN CLOSET



Please consider recycling and borrowing medical equipment through the BTSS. We accept donations of gently used wheelchairs, walkers, canes and other equipment. We can all help with rising medical costs by participating in this program.

All over stock items are donated to The World Medical Relief. Any questions? Please contact Denise at BTSS, 248-723-3500.

LEGAL QUESTIONS AND ASSISTANCE

Lakeshore Legal Aid offers FREE consultations to senior citizens through the Council & Advocacy Law Line at 1-888-783-8190. Visits are available to homebound seniors or to nursing homes, as necessary.



TELEPHONE REASSURANCE

If you or someone you know lives alone and would like to receive a daily telephone call, we would be happy to include you in our program.

Volunteers call Monday through Friday, between 9 and 11 a.m. for a friendly conversation and to check on the welfare of the client. Please call or 723-3500 for information.

Volunteers for this program are always welcome.

In Memoriam...

Deepest sympathies to the families and friends of:
Wanda Allen, Robert Bouwman, Ann Griggs, George Frost,
Art Snider, Edith Kovach, Pam Slater, Nick Thomas,
Franklin Read, Katherine McGowan

Home Improvement Loan Program

Oakland County provides home improvement loans with an emphasis on health and safety items. The program is available to low/moderate income residents. The loans have no interest and payments are 100% deferred until you sell, move or lease your home. For more information about this program, call 248-858-0493 or visit the Oakland County Community & Home Improvement Division website at www.oakgov.com/chi. For an application, call 248 858-5401.

ESTATE PLANNING CLINIC

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

If you are an Oakland County resident over the age of 60 living alone with an estate valued at a maximum of \$150,000 without a home or a married couple with an estate valued at \$250,000 not including the value of a home, and would like legal assistance with your estate planning documents at no charge, please contact the Estate Planning Clinic at 248-751-7800 ext. 7724 or epc@cooley.edu.

AARP DRIVER SAFETY PROGRAM

Monday & Tuesday
September 14th & 15th
8:00 am - 12:30 pm
(EDU03-C0901) Fee: \$12

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 will not be required to take a test but must attend class on both dates.

This program is newly updated and revised! Includes information on aggressive drivers, anti-lock brakes, cell phones and more!

"I learned much I didn't know – things and rules are changing more than I realized!"

Graduate, AARP Driver Safety Program



Library Books & Audio Tapes Mailed to You!

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

Books are mailed to your home and returned in the same package, postage free. To receive books, contact:

- Baldwin Public Library, Sarah Ormond at 248-647-1700
- Bloomfield Twp Library, Adult Services Desk at 248-554-4650.

ESSENTIAL OAKLAND COUNTY PROGRAMS

Discount Dental Program

Dental care is now more accessible through a discount program provided through Oakland County. This is not an insurance program, but promises discounts on many services ranging from 20 to 50 percent on most dental procedures for a monthly fee of \$6.96 per month or \$69 per year through participating dentists. For more information or to register, call 866-498-7914 or go to www.ocdiscountdental.com

Prescription Drug Card

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

FINANCIAL HELP FOR ADULTS 60+

Many seniors and caregivers in Michigan are struggling to make ends meet. Help is available through the Legal Hotline for Michigan Seniors new Benefits Enrollment Center. Qualified and disabled people can call the Hotline for help finding programs and services they can apply for that could ease their financial situation. Screening for a variety of programs, including: tax credit assistance, food assistance, utility payment programs, home improvement services, help with medical premiums and prescription drug costs.

IT'S EASY TO GET A BENEFITS SCREENING! Call the Legal Hotline at (800) 347-5297.

Detroit Edison Offers Discount for Low Income Customers

You may be eligible for a short term reduction on your monthly electric rates this winter under Detroit Edison's new Low Income Energy Assistance rate reduction program. Residential electric customers whose household income does not exceed 150% of the federal poverty level are eligible. Submission of specific qualifying information is required. Customers with questions can contact Edison at 1-800-477-4747.

Friendship Club

Adult Day Service-Dementia Care



Friendship Club dementia care is a therapeutic day program for elders with memory impairment. The program gives respite for family caregivers, as well as complementing in-home health care. This safe and stimulating homelike environment supports member's highest level of ability, encourages well-being and promotes dignity.

Friendship Club Members enjoy:

Art & Music Therapy	Cooking & baking
Gardening	Reminiscence therapy
Community outings	Daily exercise
Pet visits	Intergenerational visits
New hobbies	Inspirational & cultural programs
Life Skill Activities	A new confidence
Pleasant conversation	Lots of laughter
Encouragement and care from compassionate well trained staff	

Additionally, the program includes: meals and snacks; assistance with eating, grooming, toileting, mobility and bathing; counseling and support for participants provided by a licensed Social Worker.

With the much needed respite, caregivers and family members are supported by monthly caregiver forums, community referral information and assistance.



To learn more or arrange a tour, please contact Terri Ann Liller, *Friendship Club* Program Coordinator.

Friendship Club
Bloomfield Township Senior Center
4315 Andover Road, Bloomfield Twp., 48302
248-723-3535

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.

BTSS Errands Shopper

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

BTSS Medical Appointment Driver

2009 has seen an increase in the number of calls to BTSS from homebound seniors requesting assistance with transportation. Our most pressing need for volunteers is for Medical Appointment Drivers. This service allows seniors who may not have family members nearby to assist them with their routine medical appointments. The time commitment for the volunteer can be as little as two hours per month or more as their schedules permit.

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 248-723-3500 or e-mail at jpatzelt@bloomfieldtwp.org

Thank You for Your Donations*... George Frost, Nancy Gruenberg, Richard Morrison, Barbara Driver, Cecil Bauer, Holy Spirit Lutheran Church WELCA, Betty and George Maddox

Thank you to our Home Delivered Meals Drivers!

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Volunteering is important to long and healthful lives.

Call Joan for more information 723-3500.

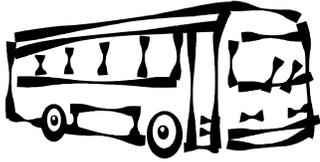
Thank you volunteers! 660+ Hrs. in May-July 09

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

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*** 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.

Tour of the Detroit Historical Museum featuring Detroit's Classic TV Personalities Exhibit WAIT LIST!

Friday, August 28 (DAY15-C0901) 9:30 AM - 3:00 PM
For 80 years, the Detroit Historical Museum has chronicled
BTSS Coach Fee: \$14*

Dale Chihuly: Seaforms Exhibit

Wednesday, Sept. 2 (DAY21-C0901) 9:45 AM-4:45 PM
Dale Chihuly: Seaforms features 39 internationally acclaimed works at the Flint Institute of Arts. See fully executed blown glass pieces, as well as preparatory works on paper and early works, when Chihuly began the series in 1980. **Followed by lunch on your own at Blackstone's Pub & Grill.**
BTSS Coach Fee: \$17*

"Music Movies & Madness" Novi Senior Theatre

Thursday, Sept. 10 (DAY16-C0901) 11:00 AM - 4:00 PM
Join us for a fun-filled romp through movies and music of yesteryear. You will smile, laugh and tap your toes as we bring your favorite entertainment moments to life. Reminisce while enjoying **lunch (included)** and a show.
BTSS Coach Fee: \$34*

Guided Tram Tour Detroit Zoo

Tuesday, Sept. 15 (DAY17-C0901) 9:45 AM - 3:30 PM
Don't miss this great opportunity for a docent led tram tour of the Detroit Zoo. The zoo offers 125 acres of naturalistic exhibits with over 2,500 animals in landscaped, 'barless' exhibits. **Followed by lunch on your own at Bagger Dave's.**
BTSS Coach Fee: \$31*

Clinton River Cruise

Thursday, Sept. 17 (DAY22-C0901) 10:30 AM-4:00 PM
Enjoy a lovely fall day aboard the "Clinton Friendship" with lovely cabins, homes and lush green foliage lining the banks. A 3 hour cruise and tasty buffet **lunch** are **included** on the boat. (Roast chicken, Meatloaf, potatoes, salad, vegetable, rolls, coffee, tea & dessert).
BTSS Coach Fee: 43*

"The Blonde, the Brunette and the Vengeful Redhead" Performance Network WAIT LIST!

Saturday, Oct. 10 (DAY11-C0901) 11:45 AM-6:30 PM
BTSS Coach Fee: \$37*

University of Michigan Museum of Modern Art

Tuesday, Sept. 22 (DAY18-C0901) 9:30 AM - 3:30 PM
Reopened after an award-winning \$42 million addition and renovation, it's more than doubled the space and increased displays from Asian holdings to collections of Tiffany architectural glass. *One hour docent led tour followed by an hour to tour the museum on your own.* **Followed by lunch on your own at The Gandy Dancer.**
BTSS Coach Fee: \$19*

"The Phantom the Opera" Detroit Opera WAIT LIST!!

Thursday, Sept. 24 (DAY19-C0901) 10:30 AM - 4:00 PM
BTSS Coach Fee: \$51*

Elmwood Cemetery Walking Tour

Tuesday, Sept. 29 (DAY20-C0901) 9:30 AM - 3:30 PM
Elmwood Cemetery, on Detroit's east side and the final resting place for the city's elite, is a striking architectural landscape. Founded in 1846, its 87 acres are modeled on the breathtaking Mt. Auburn Cemetery in Cambridge, Mass. Wear comfortable shoes for this 2 hour walking tour. **Followed by lunch on your own at Sinbad's.**
BTSS Coach Fee: \$17*

"Barber's Adagio & Don Quixote" DSO

Friday, Oct. 2 (DAY01-D0901) 9:30 AM-3:45 PM
A salute to Samuel Barber; presenting three of his works, including Adagio for Strings. Detroit favorite James Tocco plays the demanding Piano Concerto. Also featured is the orchestra's principal cellist, Robert deMaine, performing the role of the protagonist in Strauss' "Don Quixote". **Followed by lunch on your own at The Clawson Steak House.**
BTSS Coach Fee: \$49*

"Ethel Merman's Broadway" The Gem Theatre

Wednesday, Oct. 7 (DAY02-D0901) 11:00 AM-5:15 PM
This smash Off-Broadway hit has had a remarkable run with

rave reviews. The words and music of Porter, the Gershwins, and Berlin come alive in the incomparable style of Ms. Merman. "There's No Business Like Show Business," "I Got Rhythm," and "Everything's Coming Up Roses" are only a few of the numbers in this musical salute to the golden age of American Musical Theatre. **Start with lunch on your own at Peabody's.**

BTSS Coach

Fee: \$48*

"A Night at the Movies" DSO

Thursday, Oct. 8 (DAY03-D0901) 9:30 AM-3:30 PM

Music makes the movies magical! Join Academy Award® - winning composer Dave Grusin as he leads the DSO in some of his most memorable scores from the Silver Screen including "Tootsie," "On Golden Pond" the "Milagro Beanfield War" and other Oscar-nominated gems. You'll also be treated to music by Mancini, Gershwin, some of Mr. Grusin's popular jazz works and a whole lot more. **Followed by lunch on your own at Mitchell's Fish Market.**

BTSS Coach

Fee: \$49*

"And the Winner Is" Farmington Players Barn Theatre

Sunday, Oct. 11 (DAY04-D0901) 11:30 AM-5:00 PM

On the most important night of his life, Oscar-nominated Tyler Johnes discovered Heaven isn't like he thought it would be. Now with the help of his agent, friends, ex-wife and a crotchety "bar-keep" named Seamus, Tyler has one night to prove his life (and death) weren't wasted. Best selling author Mitch Albom brings to the stage this poignant comedy about discovering the things in life that are truly important. **Start with lunch on your own at Stage Deli.**

BTSS Coach

Fee: \$29*

DuMouchelle's Art Gallery

Wednesday, Oct. 14 (DAY05-D0901) 9:15 AM-2:30 PM

Do you have a family heirloom or antique that you think might be a valuable collectible? This is your chance to have it evaluated as we visit the renowned DuMouchelle's. For close to three-quarters of a century, DuMouchelle's has been a leader in the antique, arts and collectibles industry. Du Mouchelles' representatives have made appearances at Sotheby's and on The Antique Road Show. **Followed by lunch on your own at Vincente's Cuban Restaurant.**

BTSS Coach

Fee: \$14*

Parade Company Tour

Friday, Oct. 16 (DAY06-D0901) 9:30 AM-2:15 PM

Join us on an awesome adventure that is unique to Detroit, a

magical tour through Paradeland at The Parade Company Studio. Step into a story land of color and fun as the staff gets ready for a most anticipated holiday event, America's Thanksgiving Parade®. Wander through a wonderland of fantasy and floats. Visit the Costume Department where characters come to life. **Followed by lunch on your own at Big Fish.**

BTSS Coach

Fee: \$21*

"Cut-Rate Cruises Hi-Jinx on the High Seas" Hartland Senior Center

Wednesday, Oct. 21 (DAY07-D0901) 10:15 AM-4:30 PM

Sage Productions presents "Cut Rate Cruises" an original production. This show will feature 80 Center members from their vocal and dance groups involved both on stage and behind the scenes to make this their best show ever. **Start with lunch on your own at Big Boy.**

BTSS Coach

Fee: \$22*

Bowers School Farm & Corn Maze

Thursday, Oct. 22 (DAY08-D0901) 10:45 AM-3:30 PM

Fall is a great time to visit the Bloomfield Hills School District Historic Bowers Farm. Our tour will include a horse-drawn wagon ride and time to explore a corn maze (3 separate mazes from beginner to advanced with woodchip trails). Celebrate your successful journey through the maze with fresh donuts and apple cider. **Start with lunch on your own at the Alibi.**

BTSS Coach

Fee: \$17*

"The Fantasticks" Hilberry Theatre

Saturday, Oct. 24 (DAY09-D0901) 11:00 AM-5:00 PM

"The Fantasticks" is the longest running off-Broadway musicals of all time. Matt and Luisa are in a forbidden love that is prohibited by their feuding fathers resulting in a wall to keep them apart. Can Luisa's vision of being saved by Matt from a kidnapper save their love, or will it be lost forever? **Start with lunch on your own Lily's Seafood.**

BTSS Coach

Fee: \$25*

"The Legend of Sleepy Hollow" Meadowbrook Theatre

Wednesday, Oct. 28 (DAY10-D0901) 11:30 AM-5:00 PM

This American classic tells the tale of the hapless school master, Ichabod Crane, Katrina Von Tassel, the woman he loves, and Brom Bones, her would be suitor. As we find love in this quaint town of Sleepy Hollow, danger also lurks around every corner. Ghosts, mischief and the Headless Horseman lay in wait. **Start with lunch on your own at Bistro Bourdeau.**

BTSS Coach

Fee: \$37*

Register early!

Some trips fill very quickly and others are closed well in advance of their date.

Don't miss out on your favorite trip, register today!

The Accidental Mummies of Guanajuato

Tuesday, Nov. 3rd (DAY11-D0901) 9:30 AM-3:30 PM

The Accidental Mummies of Guanajuato at the Detroit Science Center is an exhibition featuring 36 accidental mummies who have never been seen outside of Mexico. The exhibit combines science, history and cultural anthropology to immerse the visitor in the world of a Mexican city over 100 years ago where deceased residents naturally mummified in their crypts. **Lunch on your own after at Rosie O'Grady's.**

BTSS Coach Fee: \$35*

Tour of the Michigan Design Center

Friday, Nov. 6 (DAY12-D0901) 10:30 AM-2:30 PM

Do you love interior design? Don't miss this great tour of showrooms filled with resources, inspiration and ideas that represent the very best of the design industry. The 35+ showrooms offer over 1,000 of the most exclusive names in furniture, fabrics, flooring, wall covering, tile, rugs, lighting, kitchens, artwork, accessories and more. **Followed by lunch on your own at Splendid Plates Café in MDC.**

BTSS Coach Fee: \$12*

"Disco Days & Boogie Nights" DSO

Thursday, Nov. 12 (DAY13-D0901) 9:30 AM-3:45 PM

Remember the 70's? Put on that white polyester suit and boogie on down to relive the days of disco balls, lava lamps, platform shoes and unforgettable music from the likes of the Bee Gees, ABBA, Queen, Gaynor and more. **Followed by lunch on your own at McCormick & Schmick's.**

BTSS Coach Fee: \$49*

"A Little Night Music" Michigan Opera House

Friday, Nov. 13 (DAY14-D0901) 9:45 AM-3:45 PM

Based on Ingmar Bergman's film *Smiles of a Summer Night*, Stephen Sondheim and Hugh Wheeler's musical, "A Little Night Music", is a witty and stylish celebration of romance. The story centers on the elegant actress Desiree Armfeldt and the spider's web of sensuality, intrigue and passion that surrounds her. **Followed by lunch on your own at the Detroit Fish Market.**

BTSS Coach Fee: \$38*

"Every Christmas Story Ever Told" Tipping Pt. Theatre

Saturday, Nov. 14 (DAY15-D0901) 12:30-6:00 PM

Three quick-witted actors put the audience to the test as they portray as many holiday traditions and stories as they can remember. Say BAH! to traditional Tiny Tim and HA! to a show that takes Christmas traditions to the extreme. The Grinch, Frosty, Linus, Rudolph, Marley and more! **Start with lunch on your own at Rocky's.**

BTSS Coach Fee: \$34*

"The Cemetery Club" Stagecrafters/Baldwin Theatre

Sunday, Nov. 15 (DAY16-D0901) 11:45 AM-5:00 PM

Three Jewish widows meet once a month to visit their husbands' graves. Each widow has her own humorous eccentricities, expectations and modes of survival. Sweet-tempered Ida is ready to begin a new life, feisty and flashy Lucille just wants to have fun, and proper Doris is fully committed to widowhood. Enjoy a poignant and playful tribute to the art of living and challenges of aging. **Start with lunch on your own at The Peking House.**

BTSS Coach Fee: \$29*

"LaMer & Michel Camilo" DSO

Friday, Nov. 20 (DAY17-D0901) 9:30 AM-3:30 PM

Leonard Slatkin and the DSO's new Jazz Creative Director Chair Michel Camilo share the stage to perform a concerto that Michel wrote. We also honor the French tradition of the DSO with works by Debussy and Berlioz. **Followed by lunch on your own at Vinsetta Grill.**

BTSS Coach Fee: \$49*

"Hello Dolly!" Village Players

Saturday, Nov. 21 (DAY18-D0901) 11:45 AM-5:00 PM

This turn of the twentieth century adventure of America's most beloved matchmaker, Dolly Gallagher Levi, is an irresistible story of joy and living, full of loving scenes and memorable songs including: "Before the Parade Passes By", "It Only Takes a Moment", and the most memorable "Hello Dolly". **Start with lunch on your own at LaMarsa.**

BTSS Coach Fee: \$28*

Meadow Brook Hall Holiday Walk & Luncheon

Wednesday, Dec. 2 (DAY19-D0901) 11:00 AM-3:15 PM

This historic estate built by one of the automotive aristocracy's most remarkable women includes 110 rooms of Tudor revival style aglow with historic and holiday treasures. The **luncheon (included)** menu includes roll and butter, beverages, Mixed Greens with Cranberry Orange Vinaigrette, Beef and Winter Root Vegetable Pot Pie, Broccoli Spears and Pecan Pie with Chocolate Drizzle.

BTSS Coach Fee: \$41*

"The Nutcracker" Michigan Opera Theatre

Friday, Dec. 4 (DAY20-D0901) 9:45 AM-3:30 PM

Be there as the acclaimed Cincinnati Ballet and the MOT

Orchestra bring to life Tchaikovsky's holiday classic featuring Dance of the Sugar Plum Fairy, Waltz of the Flowers and March of the Toy Soldiers. Enjoy this internationally recognized ballet powerhouse. **Followed by lunch on your own at the Big Beaver Tavern.**

BTSS Coach

Fee: \$38*

"Holiday Ball" & Dinner at DanceSport Academy

Saturday, Dec. 5th (DAY21-D0901) 4:15-11:45 PM

Don't miss this evening of dinner and dancing at the DanceSport Academy in Dearborn. The evening begins with two hours of student/teacher exhibitions, followed by a catered dinner, dessert and three hours of dancing. Wear your dancing shoes!

BTSS Coach

Fee: \$55*

"The Seagull" Hilberry Theatre

Wednesday, Dec. 9 (DAY22-D0901) 11:15 AM-5:15 PM

Chekov's story of Konstatin, a man living in the shadow of his famous mother Abkadina, who writes and directs a revolutionary play to validate his ability as an artist. The play written to impress his mother also feature Nina, the woman he adores and who has big dreams of her own. **Start with lunch on your own at Shiraz.**

BTSS Coach

Fee: \$25*

Buffet at the Ukrainian Cultural Center

Friday, Dec. 11 (DAY23-D0901) 10:45 AM-2:00 PM

Treat yourself to the "Ultimate Luncheon Buffet" featuring Chef Jay's famous homemade soups, fresh garden salads & rolls, fresh entrees, delectable side dishes and more. Coffee & tea included.

BTSS Coach

Fee: \$21*

"Home for the Holidays" DSO

Thursday, Dec. 17 (DAY24-D0901) 9:30 AM – 4:00 PM

It's a winter wonderland of holiday fun and musical treats the whole family will enjoy. This family-friendly and heartwarming concert captures the essence of the season with a mix of carols and songs from around the world. **Followed by lunch on your own at TreMonti.**

BTSS Coach

Fee: \$49*

"Jersey Boys" Fisher Theatre TWO DATES!!

Friday, Dec. 18 (DAY25-D0901) 10:15 AM – 4:15 PM

Wednesday, Dec. 23 (DAY26-D0901) 10:15 AM – 4:15 PM

Two opportunities to see this Grammy, Tony and Olivier winning musical. A story of how four blue-collar kids became one of the greatest successes in pop music history - The Four Seasons. They wrote their own songs, invented their own sounds and sold 175 million records worldwide – all before they were 30! (Show has smoke, gun shots, strobe lights, profane "authentic Jersey Language".) **Start with lunch on your own at Mr. Mike's.**

BTSS Coach

Fee: \$90*

"Swingin With Sinatra & Dorsey" DSO

Thursday, Jan. 7 (DAY01-A1001) 9:30 AM – 3:45 PM

Swing into the New Year and come fly away with Las Vegas favorite Steve Lippia and Jim Pugh as they warm up the night with the velvety smooth style of Frank Sinatra and big band flare of Tommy Dorsey with hits like My Way, Fly Me to the Moon, New York New York and Maria. **Followed by lunch on your own at Pi.**

BTSS Coach

Fee: \$49*

North American International Auto Show

Tuesday, Jan. 19 (DAY02-A1001) 9:30 AM – 3:00 PM

Entering its 22nd year as an international event, the NAIAS is ranked among the most prestigious auto shows in the world and one of the largest media events in N. America. Transportation only, travelers will purchase own ticket at the door. **Followed by lunch on your own at Bagger Dave's.**

BTSS Coach

Fee: \$12*

"Boeing Boeing" Meadow Brook Theatre

Wednesday, Jan. 20 (DAY03-A1001) 11:15 AM – 5:00 PM

Meet Bernard, a Parisian Lothario, who has three fiancées all stewardesses on different airlines. He keeps "one up, one down and one pending" and has the seventh day to rest until schedule changes bring all three to Paris at the same time. **Start with lunch on your own at the Parkway Grille.**

BTSS Coach

Fee: \$31*

"Hahn & Higdon" DSO

Friday, Jan. 22 (DAY04-A1001) 9:30 AM – 3:00 PM

The extraordinary Hilary Hahn returns bringing a new work written for her. It is a violin concerto by Jennifer Higdon, one of this country's leading composers. **Followed by lunch on your own at The Whitney.**

BTSS Coach

Fee: \$49*

"The Servant of Two Masters" Hilberry Theatre

Wednesday, Jan. 27 (DAY05-A1001) 11:00 AM – 5:15 PM

This wonderful homage to American vaudeville barely contains the bedlam of the wise-cracking servant Truffaldino as he confuses everyone around him while moonlighting for two employers.irate fathers, thwarted lovers and mistaken identities add to the lunacy of this commedia dell'arte (a form of improvisational theatre) inspired play, **Start with lunch on your own at O'Mara's.**

BTSS Coach

Fee: \$25*

Senior Men's Club

Fee: \$6/\$8

Facilitator: Bruce Madsen & Chris Cornell 248 723-3500
We are currently looking for a "few good men" to form a new Bloomfield Senior Men's Club. Please register for our **light breakfast program** and enjoy camaraderie with fellow Bloomfield seasoned men. See you here!

3rd Wednesday 9:30 – 11 AM Community Room A

September 16 (SOC27-C0901)

Dave Payne, Supervisor Bloomfield Twp.

October 21 (SOC27-D0901)

Author: Richard Tennent, "Destroyermen: 3 Minutes to War"

November 18 (SOC27-D0902)

Jerry L. Walker, President

Traffic Improvement Association of Oakland County

Senior Women's Club

Facilitator: Chris Cornell 248 723-3500

Please join us as we form a new Senior Women's Club. Experience programs from historic teas to interesting current information on gardening, philanthropic interests, wardrobe tips and other exciting topics! Fun and friendship will be shared by all. Morning and afternoon presentations **with light breakfast or an afternoon tea!** Pre-registration requested. Community Room A

Wed, Sept. 23 (SOC28-C0901) 10 AM – Noon \$6/\$8

Ageing Well: The Best Revenge, Lynn Alexander

Wed, Oct. 28 (SOC28-D0901) 10 AM – Noon \$6/\$8

Topic: To Be Announced

Wed, Nov. 18 (SOC28-D0902) 1 – 3 PM \$30/\$32

Fall Tea & Speaker

Getting To Know You!

Come tour your new senior center and join us in the new BTSS Café for an informal gathering of new members and those considering membership. Please pre-register. **We would love to get to know you!** For more information, call Chris Cornell @ 248-723-3500.

Friday, September 18 (SEV03-C0903) 10:30 – 11:30 AM

Tuesday, October 13 (SEV03-D0901) 6:00 – 7:00 PM

Thursday, November 12 (SEV03-D0902) 2:00 – 3:00 PM

Patriots' Week

Celebrating America, Lest We Forget

Patriots' Week (September 11 – 17) works to reinvigorate America's spirit by celebrating the principles and persons that make America great. Join Oakland County Judge, Michael Warren, in an invaluable presentation. Judge Warren is the author of "America's Survival Guide...Reclaiming Our First Principles, Founding History, And The Constitution." Pre-registration for this free presentation is appreciated. Community Room B
Wednesday, September 16 1–3 PM (EDU40-C0901)

PATH Chronic Disease Self-Management Program

(EDU38-C0901)

PATH is a group health education program created for the people with chronic diseases like diabetes, heart disease, lung disease, arthritis and more. Program provides participants with skills, confidence and the knowledge they need to take a more active role in the management of their conditions. Course includes lecture, discussion and group activities. Leaders are certified by the Arthritis Foundation. Pre-registration required for this free program.

Fridays 1:00-4:00 PM Community Room B

September 25 – November 6 (6 classes) (no class 10/16)

Protect your investment:

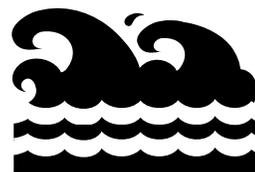
Stop Browsing Deer and Rabbits from Destroying Your Landscape

(EDU39-D0901)

Are you frustrated watching the investment you made in your landscape be destroyed by browsing deer and rabbits? Thru trial and tribulation, Julia Hofley, garden writer and experienced gardener, has learned tools and techniques to keep the insatiable beasts at bay. Pre-register for this hands-on talk to get armed and informed. Community Room A & B

Thursday, October 15 10:30 AM - Noon \$2/\$4

M	T	W	TH	F
10-11:15	12:30-2:30	10-11:15	12:30-2:30	12:30-2:00
5:15-6:15	3-5:00	5:15-6:15	3-5:00	2:15-4:00
	6:30-7:30		6:30-7:30	



September Open Pool

Hours

Check in at the Main Level Reception