



# Bloomfield Senior Services Township

7273 Wing Lake Rd. Bloomfield Hills MI 48301-3772

Phone: (248) 341-6450 Fax: (248) 341-6459

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

Spring 2009

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

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## Dementia Care Resources

Living with a person with dementia can be overwhelming for the family and caregiver. Join the staff of *Friendship Club*, BTSS' Dementia Care program for a series of valuable presentations which will provide you with the information and resources needed to navigate these challenging times.

**March 4 – 2-3 pm**

Dementia Early Stages & Current Data

**March 18 – 7-8 pm**

Red Flags and Community Resources

**April 1 – 7-8 pm**

Your Partner in Care? Friendship Club!

**April 22 – 2-3 pm**

Caregivers Experience –  
A Real Life Dialogue

Attend some or all of the sessions. Please call 248-335-2813 to register. All sessions will be held at BTSS' Adult Day Service, 2222 Franklin Road, Suite 200 (north of Square Lake on west side of street).

## Magnifier Available



Do you have need for a magnifier for reading, writing or viewing? BTSS has a MagniSight Magnifier available in room 103. Please stop in the office and ask for Ruth if you need assistance.

## TAX ASSISTANCE

Thursdays

February 5<sup>th</sup> – April 9<sup>th</sup>

9:00 a.m. – 3:00 p.m.

Free tax counseling and help preparing your tax returns (including E-filing) 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 and federal forms.

Please bring W-2 forms, a copy of last year's statement, pension, interest, dividend & Social Security statements.

**Appointment required: 248-341-6450**

### Who are caregivers?

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

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

Forums are held on the 2nd Tuesday of the month from 5 – 6:30 p.m. See page 1 of Services Supplement for Forum topics. For info and to register, call 248-335-2813.

March 10

April 14

May 12

**Now is the time!  
Register for 2009 Membership!  
Details page 2.**

## Christine's Comments

### Bloomfield Township Senior Center

We recently closed the current building an hour early for a "sneak preview" tour of the new Senior Center. After months of planning, meeting and studying the floor plans this was the first time that staff actually walked into what we have been dreaming about. Wow, true love at first sight - we are smitten! Here are just a few of the reactions from the staff;

*"At every turn, the building awes with its design and views. I can't wait to move in!"*

*"It will be a great place for the senior community to meet, learn, work out and play (and for us to help that happen!)"*

*"I feel energized about the future of Bloomfield Seniors."*

Watch for your chance to be "blown away" this summer!

### New Outreach Coordinator

I'm pleased to announce the addition of Denise Kolkmeier as BTSS' new Outreach Coordinator. Starting March 1<sup>st</sup>, she replaces Diane Socier, who retired at the end of the year. Following is a short note from Denise:

*Hello Fellow Seniors! I am extremely pleased to introduce myself as the newest member of the Bloomfield Seniors Staff. I've lived in Bloomfield Twp. for 25 years and embrace this opportunity to further my involvement in the community. As your Outreach Coordinator, I am ready to serve you and your family with any needs you may have as we blossom and move into new chapters of our lives.*

*I've been fortunate to have met many of you, and am blessed to have worked with the fine staff at the Center over the past year as a volunteer.*

*Please know that you may call on me, at any time, for a compassionate ear and for an answer to the many questions you may have!*  
- Denise Kolkmeier

*Christine Tvaroha*

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

## Now is the time! Register for 2009!

BTSS membership registration (new or renew) for 2009-10 for April 1 thru March 31 is now beginning – online, in person or by phone.

**MEM01-B0901** - Bloomfield Township residents, no fee.

**MEM02-B0901** - 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](http://www.bloomfieldtwp.org/seniors)

### BTSS STAFF

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

### BLOOMFIELD TOWNSHIP BOARD

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

### BTSS ADVISORY COUNCIL

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

### BTSS will be closed on:

Monday, February 16 (President's Day)  
Friday, April 10 (Good Friday)  
Monday, May 25 (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: Rubinstein/Cook  
 Certified Exercise Specialist's instruct on form, breathing  
 and use of HUR pneumatic weight machines to **strengthen**  
**all major muscle groups**. Regular exercise may lower  
 blood pressure Dr.'s note & BTSS membership required.

12 Classes Fee: \$68

Mon / Thurs 8 - 9 AM Shelley  
 Jan 26 – Mar 9 (FIT01-A0901) no class 2/16  
 Mar 12 – April 20 (FIT01-A0908)  
 April 23 – June 4 (FIT01-B0901) no class 5/25

Mon / Wed 11:30 AM - 12:30 PM Shelley  
 Jan 19 – Mar 2 (FIT01-A0902) no class 2/16  
 Mar 4 – April 13 (FIT01-A0909)  
 April 15 – May 27 (FIT01-B0902) no class 5/25

Mon / Wed *EVENING HOURS* 6:30–7:30 PM Shelley  
 Jan 26 – Mar 9 (FIT01-A0903) no class 2/16  
 Mar 11 – April 22 (FIT01-A0910) no class 4/8  
 April 27 – June 8 (FIT01-B0903) no class 5/25

Tue / Thur 10 – 11 AM Lavon  
 Jan 27– Mar 12 (FIT01-A0904) no class 2/10 & 2/12  
 March 17 – April 30 (FIT01-A0911) no class 4/14 & 4/ 16  
 May 5 – June 11 (FIT01-B0904)

Wed / Fri 8 – 9 AM Shelley  
 Jan 28 – Mar 6 (FIT01-A0905)  
 Mar 11 – April 22 (FIT01-A0912) no class 4/10  
 April 24 – June 3 (FIT01-B0905)

Wed / Fri 9 - 10 AM Shelley  
 Jan 28 – Mar 6 (FIT01-A0906)  
 Mar 11 – April 22 (FIT01-A0913) no class 4/10  
 April 24 – June 3 (FIT01-B0906)

Wed / Fri 10 - 11 AM Shelley  
 Jan 28 – Mar 6 (FIT01-A0907)  
 Mar 11 – April 22 (FIT01-A0914) no class 4/10  
 April 24 – June 3 (FIT01-B0907)

## 50+ Strength Training Open Hours

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

(FEB-FIT02-A0902) (MAR-FIT02-A0903) (APR-FIT02-B0901)

Bloomfield Twp. Members: **\$15** month or **\$80 /6 months**

Outside Twp. Members: **\$20** month or **\$100 /6 months**

Monday	9 – 11 AM	1:00 - 6:15 PM
Tuesday	7 – 10 AM	11:30 - 4:00 PM
Wednesday		1:00 - 6:15 PM
Thursday	7-8 & 9-10 AM	11:30 - 4:00 PM
Friday		11:30 - 4:00 PM

## Tai Chi Chuan

Instructor: Han Hoong Wang

**Yang Style World Master Instructor**, this Chinese exercise  
 improves balance and flexibility. Strengthens the muscle  
 skeletal system through isometric exercises of the legs,  
**increasing 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\*

Feb 25 – April 8 (FIT03-A0902)

April 15 – May 27 (FIT03-B0901)

## Hatha Yoga

Instructor: Lavon Cook

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

Wednesday 9 – 10 AM 6 classes Fee: \$42\*

Mar 4 – April 8 (FIT05-A0902)

April 22 – May 27 (FIT05-B0901)

## Healthy Back Yoga

Instructor: Lavon Cook

**Learn back care**. Good for **Arthritis and Osteoporosis**.

Strengthens abdominal and back muscles. Incorporates  
 stretches for strengthening and flexibility. Not intended to

replace therapy, **good follow up to successful**

**rehabilitation**. Bring water, small pillow & yoga mat.

Fridays 9 – 10 AM 6 classes Fee: \$42\*

Mar 6 – April 17 (FIT06-A0902) no class 4/10

April 24 – May 29 (FIT06-B0901)

## Pilates/Yoga

Instructor: Lavon Cook

**Certified American College of Sports Medicine**

Focusing on strengthening your back while firming your  
 abdominals—the core of your body. Improves posture,  
 alignment, muscle tone, joint mobility and flexibility. **Leave**

**class feeling invigorated, yet relaxed**. Bring mat, small  
 pillow /water.

Tuesday 11:30 AM–12:30 PM 6 classes Fee: \$42\*

Mar 3 – April 7 (FIT07-A0902)

April 21 – May 26 (FIT07-B0901)

**NEW! On the Ball** Instructor: Shelley Rubinstein  
 Involves; sitting on the ball & lying on the ball while performing exercises that work on the core (abdominal and back muscles) while challenging the body to balance and stabilize. Class suitable for beginners and experienced. Bring your own ball, ball size recommendations in office.  
 Wednesday 5 – 6 PM 6 classes Fee: \$48\*  
 Feb 18 – Mar 25 (FIT12-A0901)  
 April 1 – May 6 (FIT12-B0901)

**Easy Does it** Instructor: Shelley Rubinstein  
 Seated exercise improves circulation, flexibility, muscle strength and reduces stress in a fun, supportive group atmosphere. Focus on balance exercises to help prevent falls. Some standing exercises. Resistance bands and hand weights used and provided. Class can benefit anyone with Arthritis, Parkinson's, Osteoporosis or MS.  
 Mon/Thurs 10:15-11 AM 12 classes Fee: \$45\*  
 March 12 – April 20 (FIT08-A0902)  
 April 27 – June 8 (FIT08-B0901) no class 5/25

**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\*  
 Mar 12 – April 20 (FIT09-A0902)  
 April 27 – June 8 (FIT09-B0901) no class 5/25  
*Fit/Card 10 classes \$50\*. Use within 3 months purchase.*  
 (Purchased 1/1-3/31 FIT10-A0901; 4/1-6/30 FIT10-B0901)

**NEW!! Zumba** Instructor: Laura Lerman  
 Latin music and dance moves that create a dynamic, exciting and effective fitness exercise. Routines feature aerobic fitness interval training with a combination of fast and slow rhythms that tone the body.  
 Tuesdays 9 – 10 AM 6 classes Fee \$48\*  
 February 24 – March 31 (FIT20-A0902)  
 April 14 – May 19 (FIT20-B0901)

**Register early!**

The decision to run a class or not is made prior to the start date.

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

**Walking Clinic - Feldenkrais**

Instructor: Osa Jackson-Schulte PhD, PT  
 "Free" screening to identify problems preventing you from walking with ease. Exploring ways to decrease and manage pain.  
 2 classes 1:30 – 3:30 PM Fee: None  
 Friday, March 13 & Thursday, April 9 (FIT17-A0902)

**Prime your Brain for Walking – Feldenkrais**

Would you like to walk with ease? Learn exercises that fine tune and unlock your feet, improve balance, making walking safer and more enjoyable.  
 2 classes 1:30 – 3:30 PM Fee: \$10  
 Friday, March 20 & Thursday, April 16 (FIT17-A0903)

**VisionaireArts**...the creation & exploration of art

*Creativity is linked to good brain health. Those who participate in creative activities also find new opportunities for further development and potential. Discover the artist within you.*

**Creative Watercolor**

Instructor Karen Halpern

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

Wednesday 1:30 - 3:30 PM 9 classes Fee: \$114\*  
 Jan 14 – Mar 18 (ART02-A0901) no class 2/18  
 April 1 – June 3 (ART02-B0901) no class 4/8

**Oil & Acrylic Painting**

Instructor: Karen Halpern

Painters of all levels, beginners through advanced, will learn basic painting skills and work at their own level. Students work with their choice of oil or acrylic paints with individualized instruction, while learning about materials, techniques, perspectives, proportions, composition and color theory. Varied painting subjects are explored as you paint at your own pace in a relaxed and supportive atmosphere. Supply list available at BTSS Office.

Tuesdays 1:30 – 3:30 PM  
 Jan 13 – Mar 24 (ART03-A0901) 9 classes Fee: \$114\*  
 no class 2/17 & 3/10  
 Apr 21 – June 16 (ART03-B0901) 8 classes Fee: \$102\*  
 no class 6/9

## BASIC COMPUTER & INTERNET INSTRUCTION

Micro Techniques, Inc. Instructor: Valerie Sinclair



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

### PC for Beginners

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

(4) 2 hr classes 9:30–11:30 AM Fee: \$123\*  
Feb 18 - Feb 27 (COM01-A0901) Wed/Fri  
April 16 – May 7 (COM01-B0901) Thurs

### MS Word 1

Learn word processing using MS Office. Topics include commands/shortcuts; use of toolbars; menus and dialog boxes. Create documents, open existing documents from various storage locations and then learn the basics of editing text. Some prior computer experience helpful.

(4) 2 hr classes 9:30 –11:30 AM Mon/Wed Fee: \$123\*  
Mar 2 – Mar 11 (COM02-A0901)

### MS Word 2

Extend your capabilities with Word using Text Enhancements; add clip art, resize and crop graphics, headers & footer, set-up margins, tabs, cut/copy/paste & more. Pre-requisite: Word 1 or knowledgeable of Word.

(2) 2 hr classes 12 – 2 PM Fee: \$63\*  
Mar 16 & 18 (COM15-A0901) Mon/Wed  
Mar 30 & Apr 6 (COM15-A0902) Monday

### Internet Basics

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

(2) 2 hour classes Fee: \$63\*  
Feb 18 & 20 (COM03-A0901) 12-2 PM Wed/Fri  
Apr 7 & 14 (COM03-B0901) 9:30–11:30 AM Tues

### MS Excel 1

Create, edit and format data in a spread-sheet. Write/copy formulas, adjust column width, use auto sum, print preview and printing tips. Track investments, expenses, medical history and medication schedules.

(2) 2 hr classes 9:30–11:30 AM Mon/Wed Fee: \$63\*  
Mar 16 & 25 (COM17-A0901)

### Internet Search Engines

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

(2) 2 hr classes 12 – 2 PM Mon/Weds Fee: 63\*  
March 23 & 25 (COM16-A0901)

### 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 12 – 2 PM Fee: \$63\*  
Mar 9 & 11 (COM05-A0901) Mon/Wed  
Apr 16 & 23 (COM05-B0901) Thurs  
May 12 & 15 (COM05-B0902) Tues/Fri

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

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

(2) 2 hour classes 12 – 2 PM Fee: \$63\*  
Feb 25 & 27 (COM10-A0901) Wed/Fri  
May 19 & 26 (COM10-B0901) Tuesday

### File Management

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

(2) 2 hr classes 9:30-11:30 AM Mon/Weds Fee: \$63\*  
Apr 15 & 17 (COM04-B0901)

### Envelopes, Labels & More

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

(2) 2 hr classes Fee: \$63\*  
Mar 2 & 4 (COM11-A0901) 12 – 2 PM Mon/Wed  
Apr 22 & 24 (COM11-B0901) 9:30-11:30 AM Wed/Fri

### MS PhotoStory 3

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

(2) 2 hr Fee: \$63\*  
Mar 10 & 17 (COM13-A0902) 9:30-11:30 AM Tuesday  
May 22 & 29 (COM13-B0901) 12-2 PM Friday

### BRIDGE LESSONS

#### Intermediate Bridge

Students with bridge experience. Join anytime.

Instructor: Gail Hanson

4 classes 3:30 – 5 PM Monday Fee: \$40\*

Mar 2 – Mar 23 (EDU13-A0901)

Mar 30 – April 27 (EDU13-A0902) no class 4/13

Instructor: Reva Gornbein (returns)

4 classes 5 – 6:30 PM Monday Fee: \$40\*

May 4 – June 1 (EDU13-B0901) no class 5/25

### CLUBS Newcomers welcome! Interested?

Call contact listed or BTSS Office at 248-341-6450.

### Current Events Mondays 10 - 12 NOON

(\* SOC03-08) Join in lively discussions of timely topics.

### Lapidary Group Tuesdays/Thursdays 10–2 PM

(\* SOC17-08) Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading/stain glass. Supplies and equipment available.

### Bridge Mondays/Fridays

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

### Poker Wednesdays

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

### Pool (Billiards) Tuesdays & Thursdays 1– 4 PM

(\* SOC02-08) All levels of skill are welcome. No experience required. Two tables available, join a great group of guys.

### Euchre & Pinochle Club

Volunteer Instructor: Joanne Carmichael

Just for fun play. Everyone welcome, new players and experienced. Fridays 11:15 AM–12 Noon

Call Joanne at 248-626-0719. No fee

### Scrabble Club 1st Wednesday of Month 12:45 PM

(\* SOC07-08) Calling all Word Freaks!

All welcome! Bring a lunch and meet in the Tea Room. Just for FUN play. Madelyn Doerr @ 248-851-6093.

### Gruppo Italiano - Italian Club

2<sup>nd</sup> Friday of the month. 10 AM – 12 NOON

(\* SOC05-08) Everyone welcome. Explore sights of Italy, informal discussions on arts and history. Sponsored by Michigan Chapter of Dante Alighieri Society. More info, Angie Giffels 248-645-0958.

### Book Club 1<sup>st</sup> Friday of the month 10 - 11:30 AM

(\* SOC06-08) Everyone welcome, please join us for a stimulating book talk. Books on loan Bloomfield Twp. Library service desk. Madelyn Doerr @ 248-851-6093.

March	"Finding my Voice"	Rehm
April	"Suite Francaise"	Nemirowsky
May	"The Cave"	Saramago

### Science Fiction or Mystery Book Club

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

### The Paper Dolls – Card Shoppe

Shop-keeper: Arlene Pinkos

Re-cycled cards are sold at the Card Shoppe, profits are used for services. **WORKSHOPS RESUME IN MAY. Needed...used all-occasion cards, ribbons, rubber stamps, glitter and other craft supplies welcome.** For more information, call Sally at 248-341-6450.



## 50 + Pickleball Men's & Women's Open Doubles Play

Calling all tennis players. Love tennis but your knees won't cooperate? Try pickleball! The same great game on a smaller court and played with a paddle and a waffle ball. Don't let the name fool you, Pickle ball utilizes all the skills and strategies of tennis. Usually played in doubles format but for extremist it can be played as singles. The intensity of the sport is limited only to the skill and desires of the players. "Free" instruction at both locations, with reservation.

Experienced tennis players play at Bloomfield Open Hunt Club Indoor Tennis Courts. Bring a friend.

Tues/Thursdays 12:30 - 2:30 PM Fee: \$3 drop-in

Beginners (never played tennis before) learn to play pickleball in one hour at the Birmingham Senior Center, 2121 Midvale, off Cranbrook Rd. Bring a friend.

Tuesdays 12:30 – 2 PM Fee: \$3 drop-in

More info call Jim 248-855-2676 or Sally 248-341-6450  
Renee 248-203-5284

# Supportive Services

## Bloomfield Township Senior Services

7273 Wing Lake Road, Bloomfield, MI 48301

Phone: 248-341-6450 Fax: 248-341-6459 Web: [www.bloomfieldtwp.org/Seniors](http://www.bloomfieldtwp.org/Seniors)

Spring 2009

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### BTSS Staff

Christine Tvaroha  
Director of Senior Services

Sally Banks  
Programs Coordinator

Denise Kolkmeier  
Outreach Coordinator

Donna DeWitte, R.N.  
Nutrition Coordinator

Joan Patzelt  
Volunteers & Communications  
Coordinator

Ruth Nagy  
Office Manager

Kathy Birkhold  
Trips Coordinator/Driver

### BTSS Hours

Monday, Wednesday  
8:00 a.m. – 8:00 p.m.

Tuesday, Thursday, Friday  
7:00 a.m. – 4:00 p.m.

### 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 2222 Franklin Road, Bloomfield Twp. on the 2nd Tuesday of the month from 5–6:30 p.m. For info and to register, call 248-335-2813.

**March 10** - Tips for Effective Communication with Health Care Professionals

**April 14** - What is Home Health Care?  
Presented by Home Instead Senior Care

**May 12** - Caring for the Caregiver  
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 248-335-2813.



### AARP TAX ASSISTANCE

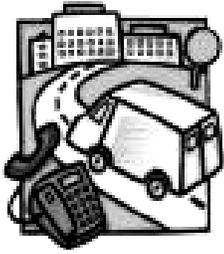
Thursdays  
February 5<sup>th</sup> – April 9<sup>th</sup>  
9:00 a.m. – 3:00 p.m.

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 and federal forms. E-filing available.

Please bring W-2 forms, a copy of last year's statement, pension, and interest, dividend & Social Security statements.

Appointment required: 248-341-6450

## TRANSPORTATION SERVICES



Please call Bloomfield Township Senior Services for more information – (248) 341-6450.

### ≈ 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 at 341-6450 for information.

### ≈ Volunteer drivers

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

## GROCERY SHOPPING & ERRANDS

### TRANSPORTATION



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

## NUTRITION SERVICES

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

### HOME DELIVERED MEALS

BTSS provides home delivered meals to homebound (unable to drive or leave the home independently) area seniors 60+.

Meals are delivered by volunteer drivers Monday through Friday between 10 a.m. and 12 noon. The suggested donation is \$3.75 per hot meal (price reflects partial funding provided by Area Agency on Aging 1B).

### NUTRITIONAL SUPPLEMENTS

Nutritional supplements are available to area seniors 60+ based on medical necessity. BTSS orders Ensure® Products monthly directly from the

manufacturer at a reduced rate. Prices vary by product. Talk to your physician and see if a nutritional supplement is recommended. Physician's note (prescription) required and must be renewed every six months.

BTSS is partially funded through the Area Agency on Aging 1-B through the Office of Services to the Aging, Nutrition Service Incentive Program (NSIP). BTSS complies with the terms and regulations of the Title V of the Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employer program. Reasonable accommodation is provided upon notification or request.

## BLOOD PRESSURE CHECKS

Certified volunteers are now available **4<sup>th</sup> Wednesday** of every month from 11 am until 12 noon. Stop in on one of these dates: (no check in February)

Mar 25<sup>th</sup>      Apr 22<sup>rd</sup>      May 27<sup>th</sup>

## LEGAL QUESTIONS AND ASSISTANCE

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

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

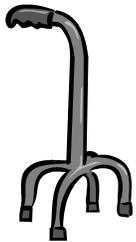


## TELEPHONE REASSURANCE

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

Volunteers call Monday through Friday, between 9 and 10 a.m. for a friendly conversation. Please call BTSS at 248-341-6450 for information.

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



## BTSS LOAN CLOSET



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

### 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.

## INFORMATION AND REFERRAL

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

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

## ESTATE PLANNING CLINIC

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

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

## ESSENTIAL OAKLAND COUNTY PROGRAMS

### Discount Dental Program

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

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

### Prescription Drug Card

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

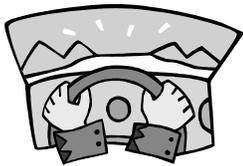
## **EXTRA HELP FOR MEDICARE BENEFICIARIES**

**You may be eligible! Would you like to find out?**

- Do you have Medicare?
- Are you single with an income below \$1,300 a month and assets below \$11,990?
- Are you married with a combined income below \$1,750 a month and assets below \$23,970?

**You may qualify for Extra Help in paying for Medicare Prescription Drug coverage (Part D) premium and lower your cost in co-pays for your medication.**

Call the Medicare/Medicaid Assistance Program (MMAP), managed locally by the Area Agency on Aging 1-B at 800-803-7174.



## **AARP DRIVER SAFETY PROGRAM**

Tuesday, April 28<sup>th</sup> &  
Wednesday, April 29<sup>th</sup>  
10:00 am – 2:30 pm  
(FDU03-B0901)

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. \$12 fee.

## **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 an application, call BTSS at 248-341-6450.

## **Caregiver Support**

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



## **Library Books and 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, please contact Sarah Ormond at the **Baldwin Public Library**, at 248-647-1700 or the **Adult Services Desk** at 248-554-4650.

## *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* Program Coordinator at 248-335- 2813.

2222 Franklin Rd., Suite 200  
Bloomfield Township, MI 48302

## **Updates from Lansing**

Rep. Chuck Moss (EDU15-A0901) - Mon, March 9; 11 am  
Sen. J. Pappageorge (EDU15-A0902) - Mon, March 23; 11 am

Please pre-register your interest and attendance.

## 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.

### ***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.

### ***New Center Volunteers Needed***

Construction on our new building is right on schedule and we anticipate moving to our new home in the Summer of 2009. Our hours of operation will increase and we are doubling our current space which will give us the opportunity to offer more classes and programs. We are anticipating a lot of interest from current members and the general public and we want to make sure that we have volunteers to help us when we open the doors. The volunteers will assist in the fitness area, leading tours and at Grand Opening events.

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

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

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

**Thank You for Your Donations\***... Marcie Lloyd, Rema Frankel, Dante Alighieri Society, George & Elizabeth Frost, Anna Gerarduzzi, Ron Lech, George Miotke, Sheila Pearlman, Joan Birrell, Naomi Siegel, Barbara Long, Clover Weeks, Elizabeth Grant, St. Hugo of the Hills, Irving Gordon, Hedy Elliott, Shelley Rubinstein, Martha Wells, Ron Lech, Tonya Collier

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

Roxanne Andoni \* Catherine Angeli \* Louise Angermeier \* Les Baron \* Diane Barrow-Fields \* Kerstin Baumann \* Ray Becker \* Paulette Bednas \* Shahina Begg \* Marion Benedict \* Julie Brown \* Grant Burnham \* Sandi Burton \* Ray Caloia \* Bill Carson \* Mary Ann Christ \* Suchuan Chuang \* Cindy Clement \* Frank & Sally Cliff \* Greg Coatsworth \* Cam & Judy Corbett \* Dianne Cornell \* Carla Cronin \* Marchel Dargin \* Ken Davis \* David Dinger \* Ursula Dobbs \* Kitty Dobritt \* Judy Domstein \* Marge Edwards \* Jim Eichner \* Carole & Ted Elder \* Karin Eynon \* Richard Favret \* Phyllis Gara \* Mona Gibson \* Carol Goldstein \* Jim & Irene Grady \* Jason Grills \* Bob & Francois Harrod \* Rob Heeren \* Dolores Hekker \* John Hoban \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Susan Hugel \* Pat Jacoby \* Gail Jaworski \* Clare & Jerry Kabel \* Judy King \* Karen Krieger \* Jane Levy-Sowers \* June Linklater \* Marcie Lloyd \* Bill Mack \* Bruce Madsen \* Fritzie Mager \* Joan Mann \* Sue Martin \* Richard May \* Barry & Helene Mayo \* Marian Rey McIntyre \* Mary Lynn McLachlan \* Beth Mergel \* Jean Miller \* Debbie Mitchell \* Rick Morrison \* Robert & Barbara Munn \* Walter Oehrlein \* Darlene Ottolini \* Lee Ann Pantalone \* Nancy Pavy \* Kathleen & Robert Pelkey \* Bill Penz \* Priscilla Pettengill \* Alfred & Sarinna Ping \* Marie Pryce \* Rita Ravikrishnan \* Tom Richard \* Jerry Rivard \* Janet Russell \* Michael Samson \* Mindy Saunders \* Ann & Jerry Scheel \* Linda Scheidemantel \* Hudson Scheifele \* Rita Schwimer \* Theresa Shea \* Mary Sheipline \* Janet Smith \* Jean Smith \* Connie Szymczak \* Louise Taylor \* Marjorie & Mario Trafeli \* Maurice Vachon \* Frank Voeffray \* Don Waples \* Bill Warner \* Joan Wells \* Lynn & Corey Wert \* Bill Williams \* Clint Williams \* Elinor & Murray Yolles \* Rasheeda Zafar



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

Call Joan for more information 341-6450.

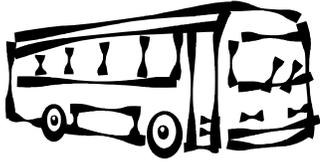
### **Thank you volunteers! 550+ Hrs. in Nov. 08-Jan 09**

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

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

#### \* CHARITABLE CONTRIBUTIONS AND GIFTS

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



**CLUB  
BLOOMFIELD  
TRAVEL**

**Trip Registration Policies:**

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

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

**Tour and Lunch at the Book Cadillac Hotel** WAIT LIST  
**Wednesday, Feb.18 (DAY17-A0901) 9:00 AM - 2:00 PM**  
 See pages 9 and 10 for encore offerings of this very popular trip on April 15<sup>th</sup> and June 17<sup>th</sup>. Sure to fill quickly!!  
 BTSS Coach Fee: \$44\*

**"Beethoven & Strauss" DSO – WAIT LIST**  
**Friday, Feb. 20 (DAY18-A0901) 9:30 AM - 3:30 PM**  
 BTSS Coach Fee: \$56\*

**"All My Sons" Hilberry Theatre** CANCELLED!  
**Saturday, Feb. 21(DAY19-A0901) 10:45 AM - 5:15 PM**  
 BTSS Coach Fee: \$31\*

**"A Streetcar Named Desire" Purple Rose** CANCELLED!  
**Wednesday, Feb. 25 (DAY20-A0901) 11:30 AM - 6:15 PM**  
 BTSS Coach Fee: \$38\*

**"Aladdin" Michigan Opera Theatre** WAIT LIST  
**Friday, Feb. 27 (DAY21-A0901) 8:45 AM - 3:00 PM**  
 BTSS Coach Fee: \$46\*

**Museum of Contemporary Art Detroit (MOCAD)**  
**Friday, March 6 (DAY23-A0901) 10:30 AM - 3:00 PM**  
 Displaying the city's rawest artworks, the Museum of Contemporary Art (MOCAD) opened in October 2006 and is set in an unadorned former car dealership in Detroit's Cultural District. Our one hour guided tour will take us through the museum and exhibits that explore the entanglement between visual art and language. **Lunch will be on your own before the tour at O'Mara's.**  
 BTSS Coach Fee: \$12\*

**"Dirty Rotten Scoundrels", Macomb Center** WAIT LIST

**Saturday, Mar. 7 (DAY02-A0901) 10:45 AM - 5:30 PM**  
 BTSS Coach Fee: \$60\*

**American Chronicles: Art of Norman Rockwell, DIA**  
**Friday, March 13 (DAY25-A0901) 9:45 AM - 3:15 PM**  
 From idyllic childhood scenes to commentaries on the post-war era and segregation, Norman Rockwell is one of America's most enduring artists. This wonderful exhibition features every Saturday Evening Post cover and a large number of his exquisitely detailed paintings. **Lunch on your own after the 1 ½ hour audio guided tour at Café DIA.**  
 BTSS Coach Fee: \$26\*

**"Pop Goes Las Vegas" DSO**  
**Thursday, March 19 (D1627-A0901) 9:30 AM - 3:30 PM**  
 The glitz, the glamour....that's right, **"Vegas baby!"** It's a night honoring the music and celebrities that put Vegas on the map. *Luck Be A Lady, Hey Big Spender, Viva Las Vegas...*the music of Paul Anka, Barry Manilow...and Mr. Showmanship himself, the legendary Liberace. Just remember "What happens at the DSO, stays at the DSO."  
**Lunch on own after performance at Christine's Cuisine.**  
 BTSS Coach Fee: \$56\*

**"I Love You, You're Perfect, Now Change" Gem Theatre**  
**Wednesday, March 25 (DAY07-B0901) 11:00 AM - 5:15 PM**  
**CHANGE IN DATE FROM MAILED NEWSLETTER.**  
 Presented in the form of a series of vignettes connected by the central theme of love and relationships, this longest-running Off-Broadway musical celebrates the modern-day suburban mating game. The theatre fills with laughter as the cast explores the joys of dating, romance, marriage, lovers, husbands, wives, and in-laws. **Club Lunch is included before the performance at The Century Grille.**  
 BTSS Coach Fee: \$55\*

**Grand Buffet at OCC**  
**Thursday, March 26 (DAY28-A0901) 10:15 AM - 1:15 PM**  
 Prepared and served by the Orchard Ridge Culinary Arts students and staff, this fabulous dining experience is the culmination of the student semester. You'll enjoy a delicious buffet at the Ridgewood Café & Bakery. The student bakery will be open for you to purchase sweets to take home.  
 BTSS Coach Fee: \$18\*

**"The French Connection" DSO**  
**Friday, March 27 (DAY29-A0901) 9:30 AM - 3:30 PM**  
 Making her DSO debut, Susanna Mälkki bookends the passionate playing of Peter Serkin with Bizet's youthful and exuberant Symphony and Ravel's dreamlike Suite from Daphnis and Chloé. **Lunch on your own after the concert at Shiraz.**  
 BTSS Coach Fee: \$56\*

**"A Feminine Ending" Performance Network**  
**Saturday, March 28 (DAY26-A0901) 11:45 AM - 6:30 PM**  
 A quirky, comic look at feminine choices in the new

millennium. Recently graduated from a major conservatory, with a rock star boyfriend on the brink of mega-stardom, Amanda Blue's "extraordinary life" seems to be all mapped out. When her mother calls her home to help with a marital crisis, Amanda's grand plans unravel to make way for something a bit more... original. An offbeat tale for anyone who has dreamed of having it all. **Lunch on your own before the performance at Weber's Inn.**

BTSS Coach

Fee: \$32\*

"One Flew Over the Cuckoo's Nest" Hilberry Theatre

Saturday, April 4 (DAY01-B0901) 11:15 AM - 5:00 PM

You may have seen this Oscar winning movie starring Jack Nicholson, now see the production LIVE. Avoiding jail time, Randle Patrick McMurphy declares himself insane, in hopes of finding more comfortable quarters in an insane asylum. His plan goes awry when he finds himself under the iron fist of a domineering nurse. This award-winning play will expose the beauty of humanity in the most unusual of circumstances. **Lunch is on your own before the performance at Peabody's.**

BTSS Coach

Fee: \$31\*

"The Trip to Bountiful" Meadowbrook Theatre

Wednesday, April 8 (DAY03-B0901) 10:45 AM - 5:15 PM

Mrs. Watts is running away from home. "Not her home" she'll tell you, but a home she shares with her son and daughter-in-law. She can no longer bear being an imposition on others and needs to get back to her old home in the town of Bountiful. An American classic by Horton Foote. **Lunch on your own before the play at Mind, Body, Spirit.**

BTSS Coach

Fee: \$31\*

"Riverdance Farewell Performance" Fox Theatre

Thursday, April 9 (DAY02-B0901) 10:30 AM - 5:30 PM

Don't miss your last chance to see *Riverdance* at this farewell performance! A thunderous celebration of Irish music, song and dance that has tapped its way onto the world stage thrilling millions of people. **Lunch on your own before the performance at Sindbad's.**

BTSS Coach

Fee: \$78\*

Tour of the Book Cadillac Hotel

Wednesday, April 15 (DAY04-B0901) 9:00 AM - 2:00 PM

Back by popular demand another chance to see this fabulous renovation. Once the grandest of Detroit's downtown hotels, this Italian-renaissance-style hotel, originally built in 1924, quickly became the tallest building in Detroit and tallest hotel in the world but eventually closed in 1986. The historic Book Cadillac Hotel has been restored and rejuvenated to its original splendor with a massive \$180 million renovation, reclaiming its position as Detroit's premier lodging and social gathering destination. **Lunch included after tour at the Boulevard restaurant.**

BTSS coach

Fee: \$44\*

"The Music of Billy Joel & More" DSO

Thursday, April 16 (DAY05-B0901) 9:30 AM - 3:30 PM

His lyrics are about love, friendship and life. His music is a soundtrack for our generation. Michael Cavanaugh, the "Toast of Broadway" and the star of the hit musical *Movin' Out*, comes to Orchestra Hall to sing the songs and play the music of the "piano man" - Billy Joel. **Lunch on your own after the performance at Kirk's Barbeque.**

BTSS Coach

Fee: \$56\*

"An Evening with Patti LuPone & Mandy Patinkin" Fisher Theatre

Saturday, April 18 (DAY06-B0901) 11:00 AM - 5:00 PM

Finally appearing together again after their Tony Award winning performances in *Evita*. Patti LuPone and Mandy Patinkin are two of Broadway's most venerated performers. Featuring songs by Richard Rodgers, Stephen Sondheim, Vernon Duke and Antonio Carlos Jobim. LuPone's and Patinkin's performances are full of dramatic context, sure to make you laugh and cry. **Lunch on your own before the performance at Angelina's Italian Bistro.**

BTSS Coach

Fee: \$88\*

"I Love You, You're Perfect, Now Change" Gem Theatre

Wednesday, April 22 **DATE CHANGED TO MARCH 25.**

"Sweet Charity" The Farmington Players

Friday, April 24 (DAY08-B0901) 5:00 PM - 10:45 PM

This Neil Simon play is both a musical and a comedy. Charity wants to be loved so much that she has lost sight of who she is. She sings, dances, laughs and cries her way through romances while never losing faith in the goodness of the human race. Your toes will be tapping to any one of the memorable musical numbers, including *Big Spender*, *If My Friends Could See Me Now*, *Too Many Tomorrows*, *I'm a Brass Band*, and *Baby, Dream Your Dream*. **Dinner on your own before the play at The Franklin Grille.**

BTSS Coach

Fee: \$31\*

Partridge Creek Mall

Friday, May 1 (DAY09-B0901) 10:00AM - 3:30 PM

The Mall at Partridge Creek is an open-air shopping mall in Clinton Township. Its unique amenities include Bocce ball courts, free WiFi, pop jet fountains, a TV court and a 30' fireplace. Nordstrom and Parisian stores anchor the mall in addition to over 90 shops and restaurants. **Lunch on your own at one of the mall restaurants.**

BTSS Coach

Fee: \$12\*

9 "Annie" Fisher Theatre

Wednesday, May 6 (DAY10-B0901) 10:30AM - 4:45 PM

The timeless tale of Little Orphan Annie is back. Boasting one of Broadway's most memorable scores, including "It's the Hard-Knock Life," "Easy Street," "N.Y.C." and the ever-

optimistic "Tomorrow," ANNIE is a delightful theatrical experience for the entire family. **Lunch on your own before the performance at Mr. Mike's.**

BTSS Coach

Fee: \$58\*

### DuMouchelle's Art Gallery

**Tuesday, May 12 (DAY12-B0901) 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, Du Mouchelles has been a leader in the antique, arts and collectibles industry. Located in the heart of downtown, just a few steps from the Ren Cen, Greektown and Cobo Center. Du Mouchelles' representatives have made appearances at *Sotheby's* and on *The Antique Road Show*. **Lunch on your own after the tour at Vincente's Cuban Restaurant.**

BTSS Coach

Fee: \$14\*

### "Halpern & Johnson" JET Theatre

**Wednesday, May 13 (DAY13-B0901) 11:00 AM - 5:00 PM**

This poignant comedy-drama examines the relationship of two men, who couldn't be more different from one other, yet find they have something very much in common. In an unusual setting, these two discover what brings them together is far stronger than what keeps them apart...loving the same woman. **Lunch on your own before the play at J Alexander's.**

BTSS Coach

Fee: \$42\*

### "A John Williams Adventure" DSO

**Thursday, May 14 (DAY14-B0901) 9:30 AM - 3:30 PM**

Hold on to your seat and get ready for a musical thrill ride you won't forget. Experience the exciting worlds of *Harry Potter*, *Close Encounters of the Third Kind*, *Jurassic Park*, *Raiders of the Lost Ark*, and the *Star Wars* saga. **Lunch on your own after the concert at Brassiere Zinc.**

BTSS Coach

Fee: \$56\*

### Tour of Focus: HOPE

**Tuesday, May 19 (DAY15-B0901) 9:15 AM - 2:30 PM**

Focus: HOPE is a nationally recognized civil and human rights organization founded in 1968 by Fr. William T. Cunningham and Eleanor M. Josaitis. Their programs include a food program for eligible mothers, children and senior citizens; education and training in information technology, manufacturing and engineering; community arts programs; community and economic development initiatives, and children's day care. Focus:HOPE does this work in downtown Detroit. Join us for a short video and 1 ½ hour tour of the five campus buildings. A donation to Focus:HOPE is included in the price of the trip. **Lunch on your own after the tour at Bahama Breeze.**

BTSS Coach

Fee: \$20\*

### "A Musical Collaboration" DSO

**Friday, May 22 (DAY16-B0901)**

**9:30 AM - 3:45 PM**

Hans Graf leads the husband and wife team of Laredo and Robinson in a dazzling performance of the Double Concerto written for them by Ellen Taaffe Zwilich, the first woman to receive the Pulitzer Prize in music. This program is presented in collaboration with the Chamber Music Society of Detroit. **Lunch on your own after the performance at Lily's Seafood.**

BTSS Coach

Fee: \$56\*

### Hamtramck Tour

**Wednesday, May 27 (DAY17-B0901) 10:30 AM - 3:30 PM**

Hamtramck was originally settled by German farmers, but Polish immigrants flooded into the area when the Dodge Brothers plant opened in 1914. The city is now the home to many more immigrants but still is dominated by Polish culture. We'll meet our tour leader and author, Greg Kowalski at St. Florian's for the 1½ hour bus tour, which includes many of the city's famous locations such as the Polish Art Center and a Polish bakery. **Lunch on your own before the tour at Polonia Polish Restaurant.**

BTSS coach

Fee: \$18\*

### Corktown Tour

**Friday, May 29 (DAY18-B0901)**

**10:30 AM - 3:45 PM**

Don't miss this popular bus tour of Detroit's oldest neighborhood, Corktown. The historic streets have a rich architectural legacy of Victorian-era row houses, Queen Anne Colonial and Greek Revival residences. Built in 1855, Most Holy Trinity Roman Catholic Church stands as the center of this tight-knit community. The neighborhood is a with a mix of lifelong residents, young couples and singles. **Lunch on your own before the tour at Nemo's.**

BTSS Coach

Fee: \$18\*

### "Nonsense 2 – the Second Coming" Meadowbrook

**Thursday, June 4 (DAY19-B0901)**

**11:00 AM - 5:00 PM**

Those wacky nuns are back in the habit with the second installment of the Nonsense series. This zany show takes place six months after the original and is a "thank you" for all the people who supported them in their mission of raising funds to bury their dead sisters. Marcia Wallace from "The Bob Newhart Show," "Match Game" and "The Simpsons" stars in this edition. **Lunch on your own before the play at Bistro Bourdeau.**

BTSS Coach

Fee: \$32\*

### Detroit Skating Club Show

**Saturday, June 6 (DAY20-B0901)**

**11:00 AM - 4:15 PM**

"10th Anniversary Celebration...The Tradition Continues". The Detroit Skate Club is the home of many national and international award winning skaters as well as beginning skaters and precision skate teams. Since 1999 they have

## 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!

produced a show featuring all of these talented skaters in a highly acclaimed, professional production. Seating is in the reserved "Gold Seat" section at the DSC. **Lunch on your own before the show at the Moose Preserve.**

BTSS Coach Fee: \$41\*

### Franklin Garden Walk

Wednesday, June 10 (DAY21-B0901) 9:30 AM - 3:15 PM

Stroll back in time in the historical village of Franklin. After the bus tour to three gardens, enjoy a **beautiful salad buffet (included) by the Franklin Garden Club** and time to shop at the Gazebo Garden Shop. Following the luncheon the tour will continue to three more gardens. Wear sturdy shoes for walking in the gardens.

BTSS Coach Fee: \$31\*

### Grease, Fisher Theatre

Thursday, June 11 (DAY22-B0901) 10:30 AM - 4:00 PM

Take a trip to a simpler time of poodle skirts, drive-ins, and T-birds. "Bad boy" Danny and "the girl next door" Sandy fall in love all over again to the tune of your favorite songs: "Summer Nights," "Greased Lightnin'" and "We Go Together" as well as additional songs from the hit movie: "Grease Is the Word," "Hopelessly Devoted to You" and "You're the One That I Want." **Lunch on your own before the performance at the Club House Tavern.**

BTSS Coach Fee: \$54\*

### Tour of the Book Cadillac Hotel

Wednesday, June 17 (DAY11-B0901) 9:00 AM - 2:00 PM

Due to huge demand, we're offering this great tour again. Once the grandest of Detroit's downtown hotels and a member of the National Registry of Historic Buildings, this Italian-renaissance-style hotel, originally built in 1924 by the Book brothers, it quickly became the tallest building in Detroit and tallest hotel in the world but eventually closed in 1986. Upon completion of a massive \$180 million renovation, the historic Book Cadillac Hotel has been restored and rejuvenated to its original splendor, reclaiming its position as Detroit's premier lodging and social gathering destination. **Lunch is included following the tour at the Boulevard restaurant.**

BTSS coach Fee: \$44\*

### Mexicantown Tour

Thursday, June 18 (DAY22-B0901) 10:30 AM - 3:45 PM

Located on the city's southwest side at the foot of the Ambassador Bridge, Mexicantown is Detroit's small, but thriving Hispanic community. Tim McKay, our Corktown tour

guide, will take us on a tour which includes St. Anne de Detroit, the second oldest Catholic Parish in the US, and a visit to one of the local bakeries. **Lunch will be on your own before the tour at Los Galanes.**

BTSS Coach Fee: \$18\*



## The Grand Hotel Mackinac Island

Tues, Sept. 29 – Fri, Oct. 2  
(EXT01-C0901)

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 Michilimiac.**

Golfers bring clubs, 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

*(Same great price as last year!)*

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## Getting to Know You

1:30 – 2:30 PM

Wednesday, March 18 (SEV03-A0903)

Wednesday, April 15 (SEV03-B0901)

Wednesday, May 13 (SEV03-B0902)

Attention new members and those considering membership. Join us for a fun and informative gathering to meet other members and tour the center. **We'd love to get to know you.** RSVP 248-341-6450.

### "Chicks with Sticks" Knitting Gifts from the Heart

Leader: Karen Ouellette Mondays, 1 PM – Room 105

Love to knit? Join a warm and friendly group that supports our community through many outreach projects; including knitting or crocheting *tiny hats & car seat blankets for infants, sewing lap blankets for chemotherapy patients, or knitting scarves & hats.* Knit with the group or at home. Register interest: SOC255-08

Our group knits exclusively for the *new* Henry Ford Hospital in West Bloomfield. Attend the hospital's private grand opening on Sunday, Feb. 22, at 10 am. Tour and refreshments included.

More info, Karen 248-408-2083 or Sally 248-341-6450.



### Michigan State Capitol, Lansing

Wednesday, May 20

9:30 AM–4:30 PM

**Get Fit!** Or walk for the sheer enjoyment of it! Fun begins at the Capitol with a walk and a big festival with music, healthy snacks and more. Lunch on your own at Clara's after festival. Walk is free. Transportation cost TBD. Register interest: FIT23-B0901

(Sponsored by Michigan Parks and Recreation Assoc.)



**BTSS Walk Michigan Club** - Join our own club on weekly walks at area parks beginning on Wed, May 13<sup>th</sup>, at 9 AM. Do something healthy for yourself and enjoy nature. Lunch on your own following walks at local restaurants. For more info call Sally at 248-341-6450. Register Interest: FIT23-09

*Esperanto...* For 120 years, Esperanto has been used in over 100 countries, as the global 2<sup>nd</sup> language it was created to be. Sherry A. Wells, will teach this amazing, easy to learn language.

4 classes Thursdays 10 AM–12 PM Fee: \$40\*  
March 5, 12, 26 & April 2 (EDU29-A0901) no class 3/19

## Bloomfield Horticultural Society

### Bloomfield Blooms

Here's an opportunity to spread a little sunshine in your community by recycling fresh flowers.

Learn how to design lovely fresh floral arrangements to be delivered to a special person in need of a fragrant pick-me-up and a friendly smile.

Register to become a Bloom Designer. (Free training) and get ready for fun.

Register SOC23-B0802

Meeting Friday, February 27, 1:00 PM

BTSS – Tea Room

For more info call, Sally 248-341-6450



### Pickleball Open Men's & Women's Doubles Play

Calling all tennis players. Love tennis but your knees won't cooperate? Try pickleball! The same great game on a smaller court and played with a paddle and a waffle ball. Don't let the name fool you, pickle ball utilizes all the skills and strategies of tennis. Usually played in doubles format but for extremist it can be played as singles. The intensity of the sport is limited only to the skill and desires of the players.

Experienced tennis players play at Bloomfield Open Hunt Club Indoor Tennis Courts. Bring a friend.

Tues/Thursdays 12:30 - 2:30 PM Fee: \$3 drop-in

Beginners (never played tennis before) learn to play pickleball in one hour at the Birmingham Senior Center, 2121 Midvale, off Cranbrook Rd. Bring a friend.

Tuesdays 12:30 – 2 PM Fee: \$3 drop-in

More info call Jim 248-855-2676 or Sally 248-341-6450

Please register on your interest list: FIT22-09

### Medical & Electronic Waste Disposal

Bloomfield Twp Medical & Electronic Waste drop-off and paper shredding will occur on Saturday, April 18, 2009; 9 AM – 2 PM. Service is for residents only (proof of residency is required). Check the BT Spring Newsletter or website for more details ([www.bloomfieldtwp.org](http://www.bloomfieldtwp.org)).

Now is the time to register for 2009 Membership!