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 5th – April 9th
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**
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 Kolkmeyer as BTSS’ new Outreach Coordinator. Starting March 1st, 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 Kolkmeyer

Christine’s Comments

Bloomfield Township Senior Services
7273 Wing Lake Road
(W. of Telegraph, S. of Maple)
(248) 341-6450 fax: 341-6459
Monday - Friday 8 AM - 4 PM
www.bloomfieldtwp.org/seniors

BTSS STAFF
Christine Tvaroha, Director
Sally Banks, Programs Coordinator
Denise Kolkmeyer, 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.

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.

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

50+ Strength Training  Instructors: Rubinstein/Cook
Certified Exercise Specialist 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) no class 5/25
April 23 – June 4 (FIT01-B0901)

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) no class 5/25
April 15 – May 27 (FIT01-B0902)

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) no class 4/10
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) no class 4/10
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) no class 4/10
Mar 11 – April 22 (FIT01-A0914) no class 4/10
April 24 – June 3 (FIT01-B0907)

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
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)

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.
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 Halpem
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  9 classes  Fee: $114*
Jan 13 – Mar 24 (ART03-A0901)  9 classes  Fee: $114*
no class 2/17 & 3/10
April 1 – June 16 (ART03-B0901)  8 classes  Fee: $102*
no class 6/9
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 I
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)
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

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<th>BRIDGE LESSONS</th>
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<td><strong>Intermediate Bridge</strong></td>
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<td>Students with bridge experience. Join anytime.</td>
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<td>Instructor: Gail Hanson</td>
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<td>4 classes 3:30 – 5 PM Monday Fee: $40*</td>
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<td>Mar 2 – Mar 23 (EDU13-A0901)</td>
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<td>Mar 30 – April 27 (EDU13-A0902)  no class 4/13</td>
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<td>Instructor: Reva Gornbein (returns)</td>
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<td>4 classes 5 – 6:30 PM Monday Fee: $40*</td>
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<td>May 4 – June 1 (EDU13-B0901)  no class 5/25</td>
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<th>CLUBS</th>
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<td><strong>Newcomers welcome! Interested?</strong> Call contact listed or BTSS Office at 248-341-6450.</td>
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<td><strong>Current Events</strong> Mondays 10 - 12 NOON (Soc03-08) Join in lively discussions of timely topics.</td>
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<td><strong>Lapidary Group</strong> 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.</td>
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<td><strong>Bridge</strong> Mondays/Fridays (Soc04-08) Tables assigned 11:00; Play begins 11:30</td>
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<td><strong>Poker</strong> Wednesdays (Soc18-08) Play begins 10:00</td>
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<td><strong>Pool (Billiards)</strong> Tuesdays &amp; Thursdays 1– 4 PM (Soc02-08) All levels of skill are welcome. No experience required. Two tables available, join a great group of guys.</td>
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<td><strong>Euchre &amp; Pinochle Club</strong> Volunteer Instructor: Joanne Carmichael</td>
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<td><strong>Scrabble Club</strong> 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.</td>
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| Gruppo Italiano - Italian Club                               |                |                |

| 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 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 |
Supportive Services
Bloomfield Township Senior Services
7273 Wing Lake Road, Bloomfield, MI 48301
Phone: 248-341-6450  Fax: 248-341-6459  Web: www.bloomfieldtwp.org/Seniors
Spring 2009

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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 5th – April 9th
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

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Christine Tvaroha
Director of Senior Services
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Donna DelWitte, 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.
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.

BLOOD PRESSURE CHECKS
Certified volunteers are now available 4th Wednesday of every month from 11 am until 12 noon. Stop in on one of these dates: (no check in February)

Mar 25th  Apr 22nd  May 27th

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.

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**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.

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**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.

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

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**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.

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**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.

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**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 28th & Wednesday, April 29th
10:00 am – 2:30 pm
(EDU03-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.

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 schedule.

Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-341-6450 or e-mail her at jpatzelt@bloomfield.org

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Thank you to our Home Delivered Meals Drivers!

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


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Thank You for Your Donations*…

* 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.
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 15th and June 17th. 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

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 theater 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...
after tour at the Boulevard restaurant.

Back by popular demand another chance to see this fabulous renovation! 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 Peabody's.

BTSS Coach  Fee: $32*


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 "It's a Hard-Knock Life," "Easy Street," "N.Y.C." and the ever-


BTSS Coach  Fee: $31*


The timeless tale of Little Orphant 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-


BTSS Coach  Fee: $56*


“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*


BTSS Coach  Fee: $12*


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: $31*


“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.

“Pink Martini” The Detroit Symphony Orchestra
Tuesday, April 28 (DAY07-B0901)  7:30 PM - 9:30 PM
The Pink Martini is a multi-ethnic, international pop-jazz ensemble who have been entertaining audiences all over the world on the strength of their unique approach. Their music spans a wide range of styles, including jazz, big band, Latin, klezmer, polka, tango, pop, and even the music of the "piano man" - Billy Joel. Lunch on your own before the performance at Kirk's Barbeque.

BTSS Coach  Fee: $44*


Friday, May 1 (DAY09-B0901)  10:00 AM - 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: $31*


“Annie” Fisher Theatre
Wednesday, May 6 (DAY10-B0901)  10:30 AM - 4:45 PM
The timeless tale of Little Orphant 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-


BTSS Coach  Fee: $12*


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: $31*


“Annie” Fisher Theatre
Wednesday, May 6 (DAY10-B0901)  10:30 AM - 4:45 PM
The timeless tale of Little Orphant 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-


BTSS Coach  Fee: $12*


The time
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 another, 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. Josaits. 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 1½ 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**

**“Nunsense 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 Nunsense 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
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*
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

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**Getting to Know You** 1:30 – 2:30 PM

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<td>Wednesday, May 13</td>
<td>SEV03-B0902</td>
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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.

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**“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.

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**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.)

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**BTSS Walk Michigan Club** - Join our own club on weekly walks at area parks beginning on Wed, May 13th, 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

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

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<th>Date</th>
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<tr>
<td>March 5, 12, 26 &amp; April 2</td>
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<td>$40*</td>
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Now is the time to register for 2009 Membership!