



# Bloomfield Senior Services Township

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US POSTAGE  
PAID  
BLOOMFIELD TWP  
PERMIT NO 40

Beginning Monday, June 29:  
4315 Andover Rd, Bloomfield Hills MI 48302-2091  
Phone: (248) 723-3500 Fax: (248) 723-3519  
[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

Summer 2009

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

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# Home at Last!



On Monday, June 29<sup>th</sup> Bloomfield Township Senior Services will begin serving 50+ residents in our new and permanent location at 4315 Andover Road (see map on page 12). The support and generosity of the Bloomfield Township community has made this dream a reality. Please stop in for a tour (see page 2 for more information about tours). We look forward to serving you in our beautiful center.

*You are cordially invited to*

**Bloomfield Township Senior Services'**  
**RIBBON CUTTING CEREMONY**  
**Tuesday, July 14 ☞ 4:30 – 6:30 p.m.**  
**4315 Andover Road**

To assist in planning, please register your attendance online, in person or by phone – SEV08-C0901.

## Christine's Comments

### Bloomfield Township Senior Center

The countdown is on! We are just weeks away from our move into our forever home! We plan to be fully operational on Monday, June 29<sup>th</sup>. Current programs will start up and many new programs will begin. Of special note is the long awaited aquatics opportunities; we will have the only warm water pool dedicated to 50+ fitness programs in our area! By any survey we conducted this was the highest priority or demand from residents. Be sure to check out the Aquatics schedule on pages 3.

### New Assistant Program Coordinator

I'm pleased to announce the addition of Chris Cornell as BTSS' new Assistant Program Coordinator. Chris joined us in April and will work with Sally Banks, BTSS Programs Coordinator, to plan an engaging line up of programs for our new center. Following is a short note from Chris:

*I am so excited to join you as your new Assistant Program Coordinator. Thank you for your warm welcome. This opportunity is a dream comes true for me! Growing up in the Township has afforded me many wonderful experiences and most recently I have been blessed with serving the senior community for the past 5 years. I am truly dedicated to helping provide an outstanding Bloomfield Township Senior Services program. Please share your ideas for clubs, classes and programs with me any time. I am here to serve you and I look forward to working with each of you as we move forward into our beautiful new home.*

*Sincerely - Chris Cornell*

*Christine Tvaroha*

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

## Tours of the New Center

Guided tours of our new center are available Monday - Friday from 9:00 a.m.- 6:00 p.m. beginning Monday, June 29<sup>th</sup>. Please call to schedule a tour at the telephone numbers listed below:

Before June 12<sup>th</sup>. call 248-341-6450  
After June 12<sup>th</sup>, call 248-723-3500



## Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

(248) 723-3500 fax: (248) 723-3519

Monday/Wednesday 7 AM to 7:30 PM

Tuesday/Thursday 7 AM to 7 PM

Friday 7 AM to 4 PM

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

### BTSS STAFF

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

### BLOOMFIELD TOWNSHIP BOARD

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

### BTSS ADVISORY COUNCIL

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

### BTSS will be closed on:

Monday, May 25, 2009 (Memorial Day)  
Friday, June 12 through Friday, June 26 (Moving)  
Friday, July 3, 2009 (Independence Day)  
Monday, September 7, 2009 (Labor 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.~~

## AQUATIC FITNESS

Rejuvenate by giving yourself the gift of exercise, relaxation and fun! Our special warm-water fitness classes offer 3 of the most beneficial disciplines for maintaining health & vitality: Yoga, Aerobics and Walking. There's a class for you. Take the 1<sup>st</sup> step to a healthier and more peaceful lifestyle.

Complimentary "Open Pool" this is your chance to "test" our warm-water pool. Bring your suit, towel & enjoy...it's on us. We want everyone to try-it-out!

Tues, June 30 from 9 AM - 2 PM

Wed, July 1 from 1 - 6 PM

Thurs, July 2 from 10 AM - 3 PM

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Open pool: July & August Mon/Wed 5:15- 6:15 PM  
Drop In Fee: \$3 BT Residents / \$5 Non-BT Residents

### Why get Wet?

Instructor: Deb King

Don't swim and have never taken a water exercise class? This is the class for you. Learn the benefits of water exercise while **moving toward better health**. Gentle warm-water aerobic class is designed to relieve everyday stiffness and pain without stressing your joints.

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

July 10-Aug 3 (FIT24-C0901)

Aug 7-Aug 31 (FIT24-C0902)

### Let's Move-Water Aerobics

Instructor: Lavon Cook

Low-impact aerobic class builds endurance and muscle strength. Emphasis is on cardiovascular segment that includes high/low energy levels, using resistance equipment to **promote toning and weight loss**. Up-beat music will get you moving...**fun for everyone**.

Mon/Wed 8 - 9 AM 8 classes Fee: \$56\*

July 6 - July 29 (FIT25-C0901)

Wed/Fri 10:15-11:15 AM 8 classes Fee: \$56\*

July 8 - July 31 (FIT25-C0902)

### Aqua Yoga

Instructor: Lavon Cook

Enjoy pure peace and serenity as you drift in the warmth of a calming warm-water pool. Ancient practice benefits the mind, body, and spirit. One of the most effective programs for **relaxation, stress reduction** and **breath awareness**.

Mon/Wed 9:15 - 10 AM 8 classes Fee: \$56\*

July 6 - Aug 29 (FIT26-C0901)

Tues/Thurs 11:30 AM-12:15 PM 8 classes Fee: \$56\*

July 7 - Aug 30 (FIT26-C0902)

### Aqua Healthy Joints

Instructor: Lavon Cook

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

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

July 10 - July 31 (FIT28-C0901)

Aug 7 - Aug 28 (FIT28-C0902)

### Aqua Therapy

Instructor: Cathie Winton

Do you live with chronic pain? Are you stiff and find the simplest task too labor intensive and beyond your reach? **Become active again**. This class is for those who live with arthritis conditions, knee/hip pain, and general body aches. Includes gentle warm-water resistance exercises. Relaxes the body and helps to decrease pain.

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

July 6-July 29 (FIT29-C0901) Aug 3-Aug 26 (FIT-C0902)

### Aqua Power Walking

Instructor: Annie Chi

You can do this! All it takes is a good pair of water shoes and the determination to stick-with-it. Walk to choreographed up-beat challenging music. Take the 1<sup>st</sup> step today for a healthier you.

Tue/Thurs 5:30 - 6:30 PM 8 classes Fee: \$56\*

July 7 - July 30 (FIT27-C0901)

Aug 4 - Aug 27 (FIT21-C0902)

## LAND FITNESS

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

Studio A, Lower Level.

Mon/Thurs 10:15-11 AM 12 classes Fee: \$45\*

July 6 - Aug 13 (FIT08-C0901)

### Senior Fit Aerobics

Instructor: Shelley Rubinstein

**Low impact for active adults**. Fun easy-to-follow moves to music. Improve coordination, balance, strengthen heart, lungs, increase muscle strength and improve flexibility. Includes floor work. Bring hand weights, mat & water.

Studios A & B, Lower Level.

Mon/Thurs 9 - 10 AM 12 classes Fee: \$45\*

July 6 - Aug 13 (FIT09-C0901)

*Fit/Card 10 classes \$50\*. Use within 3 months purchase.*  
(Purchased 4/1-6/30 FIT10-B0901; 7/1-9/30 FIT10-C0901)

**Tai Chi Chuan** Instructor: Han Hoong Wang  
Yang Style World Master Instructor Don't miss this special opportunity. Each week Han will give you an opportunity to try a different Chinese Art. 1<sup>st</sup> week will be Silk Reeling, 2<sup>nd</sup> Ball, 3<sup>rd</sup> Stick and 4<sup>th</sup> Tai Chi short form. Studio B, Lower Level.  
Wednesdays 10:15 – 11 AM 4 classes Fee: \$32\*  
July 15, 22, 29 & Aug 5 (FIT03-C0901)

**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. Studio A, Lower Level. Tuesdays 9 – 10 AM 4 classes Fee: \$32\*  
July 8 – 29 (FIT20-C0901)

### **New!! Strength Training Orientation**

This one hour class is for those currently *actively working out* who wish to use our equipment. Instruction in safe and effective use of pneumatic strength training equipment, elliptical, steppers, treadmills, bikes and rowing machine. BTSS membership required.

For those *returning to a fitness program, those with health challenges or just beginning*, we strongly encourage the 6 weeks of specialized instruction, documentation and supervision for your safety. See classes below.

1 hour classes (FIT33-varies) Fee: \$25

Monday, Tuesday or Wednesday July 6 – Aug 18

Monday 4 – 5 PM 5 - 6 PM

Tuesday 11 AM – 12 PM

Wednesday 1 – 2 PM 2 – 3 PM

### **50+ Strength Training**

Instructor: Shelley Rubinstein

Certified Exercise Specialist instructs on form, breathing and use of HUR pneumatic weight machines to strengthen all major muscle groups. Regular exercise may lower blood pressure. BTSS membership required.

12 classes Fee: \$68

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

**Mon / Thurs 8 - 9 AM**

July 6 – Aug 13 (FIT01-C0901)

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

July 6 – Aug 12 (FIT01-C0902)

**Mon / Wed EVENING HOURS 6:30–7:30 PM**

July 6 – Aug 12 (FIT01-C0903)

**Wed / Fri 8 – 9 AM**

July 8 – Aug 19 (FIT01-C0904)

no class 8/14

**Wed / Fri 9 - 10 AM**

July 8 – Aug 19 (FIT01-C0905)

no class 8/14

**Wed / Fri 10 - 11 AM**

July 8 – Aug 19 (FIT01-C0906)

no class 8/14

### **50+ Strength Training Open Hours**

Must have successfully completed the instructional or orientation class. Self-supervised. Sign-in at reception desk each visit. Available during regular center hours.

(JUNE-FIT02-A0901) (JULY-FIT02-C0901) (AUG-FIT02-C0901)

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

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

### **Yoga Meditation**

Instructor: Lavon Cook

Emphasis on quiet meditation, learn to let-go...and relax. Through guided relaxation techniques, learn to quiet the mind and calm the nervous system. Helps lower blood pressure, reduce stress while improving ones ability to sleep. Studio A - Lower Level

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

July 9 – July 30 (FIT31-C0901)

Aug 6 – Aug 27 (FIT31-C0902)

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

Mondays 10:30 – 11:30 AM 4 classes Fee: \$32\*

July 6 – July 27 (FIT05-C0901)

Aug 3 - Aug 24 (FIT05-C0902)

### **Healthy Back Yoga**

Instructor: Lavon Cook

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

Bring water, small pillow & yoga mat. Studio B Lower Level

Fridays 9 - 10 AM 4 classes Fee: \$32\*

July 10 – July 31 (FIT06-C0901)

Aug 7 - Aug 29 (FIT06-C0902)

### **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. Studio B, Lower Level.

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

July 7 – July 28 (FIT07-C0901)

Aug 4 - Aug 25 (FIT07-C0902)

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

**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.*

**Community Room A**  
**Wednesday 1:30 - 3:30 PM 8 classes Fee: \$114\***  
**July 1 – August 26 (ART02-C0901) no class 7/29**

**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.*

**Community Room A**  
**Tuesdays 1:30 – 3:30 PM 8 sessions Fee: \$114\***  
**June 30 – August 25 (ART03-B0902) no class 7/28**

**BRIDGE LESSONS**

**Intermediate Bridge**      **Instructor: Reva Gornbein**  
 Students with bridge experience. Join anytime. On-going!  
**4 classes Monday 5 – 6:30 PM Fee: \$40\***  
 New Center: **Community Room B**  
**July 6 – July 27 (EDU13-C0901)**  
**August 3 – August 24 (EDU13-C0902)**

Beginners learn to play. Call: 248 723-3500, for Fall classes

**BASIC COMPUTER & INTERNET INSTRUCTION**



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.*

*Watch future newsletters for return of computer classes instructed by Micro Techniques.*

**BASIC COMPUTER CLASSES**

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

**COMPUTER BASICS I** (COM18-C0901)  
**Thursday, August 13 10 - 11:30 AM**  
 Beginning adult computer users learn the basics – from how to use the mouse, to how to click and scroll.

**FIND IT ONLINE** (COM19-C0901)  
**Thursday, August 20 10 - 11:30 AM**  
 Discover BTPL's outstanding database of full-text articles and reference sources and learn about the Adult Services staff's favorite websites.

**COMPUTER BASICS II** (COM20-C0901)  
**Thursday, August 27 10 – 11:30 AM**  
 Once you can use the mouse, click, and scroll, we'll help you use the library's catalog, find a website and begin exploring the web.

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

Explore more at: [www.btpl.org](http://www.btpl.org)

**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.**

**Glen Oaks – Open Golf**

Senior 62+ . Now open for play  
 Call **248-851-8356** for operating hours  
**Monday – Friday, opening until 3:00 PM**

**Green fees: \$12/9 holes \$19/18 holes**  
[www.golf@oakland.us](http://www.golf@oakland.us)

## CLUBS

Newcomers welcome! Please register for all Clubs.  
Call: Club Facilitator or BTSS Office: 248-723-3500.

Issues & Insights (SOC03) Tuesday 1 - 2 PM  
Join us for thought-provoking discussions on current issues. **Conference Room**

Bloomfield Senior Men's Club (SOC27)  
3<sup>rd</sup> Wednesday 9:30 - 11:00 AM  
Breakfast club to begin in September. Watch for upcoming speaker list. **Community Room A**  
Facilitator: **Chris Cornell, 248-723-3500**

Lapidary (SOC17) Tuesday/Thursday 1 - 4 PM  
Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading and stain glass is provided, supplies and equipment available for your use. **Community Room B**

Bridge (SOC04) Monday/Friday **Community Room B**  
Old Center: Tables assigned 11:00 Play begins 11:30 AM  
New Center: Tables assigned 12:30 Play begins 1:00 PM

Poker (SOC18) Wednesday **Community Room B**  
Old center: 10 AM New center: 9 AM – 12:30 PM

Pool (Billiards) (SOC02) **Billiards Room**  
All levels of skill welcome, no experience required.  
Old Center: 1 - 4 PM, Tuesday/Thursday  
New Center: M-F, Regular Center Hours

Euchre & Pinochle (SOC24) Friday 11:15 AM – NOON  
New and experienced players join us, everyone welcome!  
Facilitator: **Joanne Carmichael, 248 626-0719**

Scrabble (SOC07) 1st Wednesday 12:45 PM  
Calling all word freaks! Bring a lunch. Join the fun!  
Facilitator: **Madelyn Doerr, 248 851-6093**  
**Conference Room**

Gruppo Italiano-Italian Club (SOC05) 2<sup>nd</sup> Friday  
10 AM – 12 PM **Community Room B**  
Explore the sights of Italy with informal discussions on the art and history. Sponsored by: Michigan Chapter of Dante Alighieri Society Everyone Welcome!  
Facilitator: **Angie Giffels, 248 645-0958**

Book Club (SOC06) 1<sup>st</sup> Friday 10 - 11:30 AM  
Books on loan from Bloomfield Twp. Public Library service desk. Facilitator: **Madelyn Doerr, 248 851-6093**  
June 5 "Three Cups of Tea" Mortensen  
Join us again in September. See Fall Newsletter for books and dates.

### The Paper Dolls – Card Shoppe

Workshop: Friday, July 10, 1 – 4 PM (SOC13-C0901)  
Shopkeeper: **Arlene Pinkos, 248-988-9366**

Join a fun loving group of ladies using their artistic talents to create beautiful all-occasion cards, using re-cycled cards, bows, stamps and sparkles. Cards are sold at BTSS and profits used for senior services. **Training provided.** Please pre-register for workshop.

**Needed: Donations of used all-occasion cards**

### *"Chicks with Sticks"* (SOC25)

Knitting Gifts from the Heart  
Mondays: 1 – 3 PM

Love to Knit? Join a warm and friendly group of knitters who knit or crochet *tiny hats & car seat blankets for infants, scarves & hats for foster-care teens and lap blankets & hats for chemo-therapy patients*, all in support of our community. Knit with the group or at home.

\*Our group knits exclusively for the new babies born at the *new* Henry Ford Hospital in West Bloomfield.

Leader: **Karen Ouellette 248-408-2083** or  
**Chris Cornell 248-723-3500**



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

Calling all tennis players. Love tennis but your knees won't cooperate? Try pickleball! Same great game on a smaller court 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. Intensity limited only by skill and desires of players. "Free" instruction. Bring a friend.

Play at Bloomfield (FIT22-0901) 4315 Andover Rd.

Call for details. **Studio A&B**

Thursday July 7–Aug 27 1:00–3 PM

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

More info Bloomfield: **Sally 248-723-3500.**

Play at Birmingham, 2121 Midvale, off Cranbrook Rd.

Tuesday 12:30 – 2 PM Fee: \$3 drop-in

More info Birmingham: **Renee 248-203-5284**

Forgot your password to register online?  
Call BTSS and we can help.

# Supportive Services

## Bloomfield Township Senior Services

Beginning June 29:

4315 Andover Road, Bloomfield, MI 48302-2091

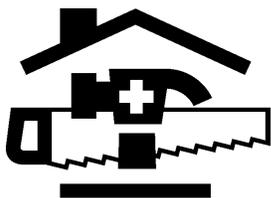
Phone: 248-723-3500 Fax: 248-723-3519

Web: [www.bloomfieldtpw.org/Seniors](http://www.bloomfieldtpw.org/Seniors)

**Summer 2009**

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### **MINOR HOME REPAIR**

Beginning July, 2009, BTSS will receive funds from Community Development Block Grant which will be allocated to assist low and moderate income Bloomfield Township seniors aged 62 and over with minor home repair. If you are interested in this program and would like more information, please contact Denise at 248-723-3500.

### **Who are caregivers?**

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

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

Caregiver Forums are held at 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.

**June 9<sup>th</sup>** – Preventing Falls: Risk Assessment—presentation by Northwest Home Health Services.

**July 14<sup>th</sup>** – Taking Care of the “Intimate”: Approaches of Providing Personal Care – Topic of discussion.

**August 11<sup>th</sup>** – What to do When I Need a Break: Community-Based Options (presenter not confirmed)

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.

### **BTSS Staff**

Christine Tvaroha  
Director of Senior Services

Sally Banks  
Programs Coordinator

Chris Cornell  
Asst. 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

## TRANSPORTATION SERVICES



Please call Bloomfield Township Senior Services for more information –  
(248) 341-6450 (thru 6/12)  
(248) 723-3500 (effective 6/15)

### ≈ 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 341-6450 (thru 6/12) or 723-3500 (effective 6/15) 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.

## BLOOD PRESSURE CHECKS

Certified volunteers are available the 4<sup>th</sup> Wednesday of every month from 11 am until 12 noon. Stop in on:

June 24<sup>th</sup>

July 22<sup>nd</sup>

August 26<sup>th</sup>

*We are currently looking for qualified volunteers to help with this program. If you are interested please call Denise at 341-6450 (thru 6/12) or 723-3500 (effective 6/15).*

## 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 (thru 6/12) or 723-3500 (effective 6/15).



### HOME DELIVERED MEALS

BTSS provides home delivered meals to homebound (unable to drive or leave the home independently) area seniors 60+. Meals are delivered by volunteer drivers Monday through Friday between 10 a.m. and 12 noon. The suggested donation is \$3.75 per hot meal (price reflects partial funding provided by Area Agency on Aging 1B).



### NUTRITIONAL SUPPLEMENTS

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

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

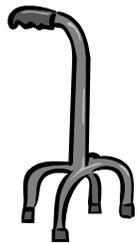
## LEGAL QUESTIONS AND ASSISTANCE

*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 BTSS to schedule an appointment.

**\$15/15 min**

**\$30/30 min**



## BTSS LOAN CLOSET



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

All over stock items are donated to The World Medical Relief. Any questions? Please contact Denise at BTSS, 248-341-6450 (thru 6/12) or 248-723-3500 (effective 6/15).

*BTSS continues to collect personal care items. Skin Cream, perfume, combs, brushes, or any small items that may be appropriate. Items collected are donated to Citizens for Better Care, a non-profit organization serving the neglected or forgotten in long-term facilities.*



## 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 341-6450 (thru 6/12) or 723-3500 (effective 6/15) for information.

Volunteers for this program are always welcome.

## *In Memoriam...*

*Deepest sympathies to the families and friends of:  
George Gaston, Irving Gordon, Gladys Cifelli,  
Julius Dael, Wanda Allen, Robert Bouwman*

## Home Improvement Loan Program

Oakland County provides home improvement loans with an emphasis on health and safety items. The program is available to low/moderate income residents. The loans have no interest and payments are 100% deferred until you sell, move or lease your home. For more information about this program, call 248-858-0493 or visit the Oakland County Community & Home Improvement Division website at [www.oakgov.com/chi](http://www.oakgov.com/chi). For an application, call BTSS at 248-341-6450 (thru 6/12) or 248-723-3500 (effective 6/15).

## ESTATE PLANNING CLINIC

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

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

## **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.



## **Library Books & Audio Tapes Mailed to You!**

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

Books are mailed to your home and returned in the same package, postage free. To receive books, please contact Sarah Ormond at the **Baldwin Public Library**, at 248-647-1700 or the **Adult Services Desk** at 248-554-4650.

## ESSENTIAL OAKLAND COUNTY PROGRAMS

### Discount Dental Program

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

For more information or to register, 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.

## 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).

## **2008 Tax Aide Volunteer Success**

A special thanks to all of the AARP Tax Aide volunteers who made filing federal and state returns less "taxing" for 115 local taxpayers. These AARP trained volunteers donated nearly 1000 hours from February through April 2009! Great Job!

**Frank Costello, Laura Falby, Bill Freidinger, Meredith Henley, Mary Lou Jakubiec, George Johnson, Sarah Kellogg, Rob Kleinberg, John E. Lilly, Harriet MacDowell, Steve McDermott, Ruth McNair, Stefan Poth, Dennis Scheiber, Carol Stencil, Janis Watkins, Steve Weage**

## *Friendship Club*

### **Adult Day Service-Dementia Care**



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

Friendship Club Members enjoy:

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

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

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



To learn more or arrange a tour, please contact Terri Ann Liller, *Friendship Club* Program Coordinator at 248-335- 2813.

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

## **VOLUNTEER OPPORTUNITIES**

### ***BTSS Home Delivered Meals Driver***

Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule.

### ***BTSS Adult Day Service Volunteer***

Volunteers are being recruited to assist at the BTSS Adult Day Service. The ADS offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members are at work or require respite time. Volunteers will be directly involved with the program participants.

### ***BTSS Errands Shopper***

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

### ***BTSS Medical Appointment Driver***

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

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

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

**Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-341-6450/248-723-3500 or e-mail her at [jpatzelt@bloomfield.org](mailto:jpatzelt@bloomfield.org)**

**Thank You for Your Donations\*...** Karin Eynon, Irving Gordon, George & Elizabeth Frost, Sheila Pearlman, Mary Butler, Michael Jones, George Law, Grace Keane, Laurie Jelinek, Margaret Henkel, Joan Pinder, Community Foundation, Gerald Heller, Sacred Heart Church, Karen Ouellette, Judith Krause, Victoria Jackson, Lois Kennedy, Esther Weingarden, Arlene Younger

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

Roxanne Andoni \* Catherine Angeli \* Louise Angermeier \* Les Baron \* Diane Barrow-Fields \* Kerstin Baumann \* Paulette Bednas \* Shahina Begg \* Marion Benedict \* Julie Brown \* Mitzi Bucchi \* Grant Burnham \* Ray Caloia \* Bill Carson \* Mary Ann Christ \* Suchuan Chuang \* Cindy Clement \* Frank & Sally Cliff \* Greg Coatsworth \* Cam & Judy Corbett \* Dianne Cornell \* Carla Cronin \* Robert Dann \* Marchel Dargin \* David Dinger \* Ursula Dobbs \* Kitty Dobritt \* Judy Domstein \* Jim Eichner \* Carole & Ted Elder \* Karin Eynon \* Richard Favret \* Phyllis Gara \* Judy Geppert \* 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 \* Mary Lynn McLachlan \* Beth Mergel \* Jean Miller \* Debbie Mitchell \* Robert & Barbara Munn \* Marty Nouse \* 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 Shepline \* Janet Smith \* Jean Smith \* Connie Szymczak \* Marjorie & Mario Trafeli \* Maurice Vachon \* Frank Voefray \* 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 723-3500.

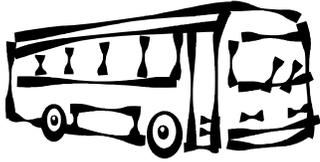
## **Thank you volunteers! 560+ Hrs. in Feb.-April 09**

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

Delores Atto \* Joan Barrett \* Verna Besancon \* Joan Brandt \* Sandi Burton \* David Button \* Ray Caloia \* Pat Caplin \* Joanne Carmichael \* Mary Ann Christ \* Dorothy Cole \* Marion Conat \* John Conti \* Maureen Cook \* Madelyn Damioli \* Margaret Dann \* 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 \* Brian Hurnevich \* Dagnya Iyla \* Connie Jaroh \* Sandy Johnson \* Maggie Kapdi \* Gloria Kefalas \* Jon Kiesel \* Tony Klemer \* Gloria Krause \* Judy Kruse \* Dorothy Kwapisz \* Dorothy Laffrey \* George Law \* Marilyn MacMillan \* Bruce Madsen \* Ruth McNair \* Delores Mooney \* 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.**

**"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: \$46\*

**Hamtramck Tour WAIT LIST!!**

**Wednesday, May 27 (DAY17-B0901) 10:30 AM - 3:30 PM**  
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 – 2<sup>ND</sup> Coming" Meadowbrook WAIT LIST!**

**Thursday, June 4 (DAY19-B0901) 11:00 AM - 5:00 PM**  
BTSS Coach Fee: \$32\*

**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\*

**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 Great Lakes Chamber Music Festival was born in 1994 of a remarkable relationship between religious and cultural institutions. Today's concert will be in the lovely Refectory of Kirk in the Hills on the west end of the church overlooking the lake. The artists will perform works from Schubert, Chopin and Mendelssohn. **Lunch on your own after the performance at Northern Lakes Seafood Company.**  
BTSS Coach Fee: 38\*

**\*\* These trips will depart from the new center at 4315 Andover Rd.**

#### Ypsilanti Automotive Heritage Museum\*\*

**Wednesday, July 8 (DAY01-C0901) 10:45 AM - 3:30 PM**  
Join us for a 1 ½ hour walking tour. With its records dating to 1927, a priceless part of Ypsilanti automotive history is now preserved at this museum. See the original Hudson dealer memorabilia and cars displayed. Featured cars include the "ACE" created by the innovative Apex Motor Corporation, Preston Tucker's "Car of Tomorrow," the Tucker Torpedo; the Kaiser, the Frazer; and the Chevrolet Corvair which were all produced in Ypsi are also on display. **Lunch on your own before the tour at the Sidetrack Restaurant.**  
BTSS Coach Fee: \$17\*

#### St. Sabbas Orthodox Monastery Tour and Lunch\*\*

**Tuesday, July 14 (DAY02-C0901) 9:30 AM - 2:30 PM**  
St. Sabbas Orthodox Monastery, located in Harper Woods, Michigan, was founded in 1999 in the style of the ancient monasteries of Eastern Europe. The monastery is situated on nearly six acres and includes the Monastery Katholicon, the library of over 6,000 books, the Abbot's quarters, the Metropolitan's Archpastoral apartment, the trapeza, gift shop, candle shop, and bakery. It is surrounded by beautiful gardens, fountains, and mosaic shrines. **Our visit will include a guided tour and a seven course high tea.**  
BTSS Coach Fee: \$43\*

#### Tour of the NEW Henry Ford Hospital W. Bloomfield\*\*

**Friday, July 17 (DAY03-C0901) 12:15 PM – 3:30 PM**  
Michigan's new hospital, the \$360-million Henry Ford West Bloomfield Hospital, opened in March with 191 all-private rooms, nutritious, restaurant-quality food and programs that aim to make a hospital stay both high quality and comfortable. Built to resemble a northern lodge, the hospital has high-end retail shops, a quiet meditation atrium, a 90-seat theater for cooking demonstrations and a wellness center. **Lunch will be on your own before the one hour tour in the new cafeteria.** The cafeteria has a variety of food stations featuring a vast array of menu items.  
BTSS Coach Fee: \$12\*

#### Huron Lady River Crab Dinner Cruise\*\*

**Monday, July 20 (DAY04-C0901) 3:30 PM – 11:15 PM**  
The Huron Lady II tour boat is a modern vessel that is U.S. Coast Guard inspected, operated by a licensed Great Lakes

captain, and staffed by a friendly crew. Board the Huron Lady II at the dock in Port Huron then cruise to the River Crab restaurant for a sumptuous dinner. **Return on a sunset cruise to Port Huron while enjoying a light desert provided by the River Crab.**  
BTSS Coach Fee: \$68\*

#### Tour of the Book Cadillac Hotel\*\*

**Wednesday, July 22 (DAY05-C0901) 9:15 AM - 1:15 PM**  
Back by popular demand another chance to see this fabulous renovation. 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, quickly became the tallest building in Detroit, as well as the 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. **A tour will be followed by lunch at the Boulevard restaurant.**  
BTSS coach Fee: \$44\*

#### Detroit Tigers vs. Seattle\*\* LIMITED SEATING

**Thursday, July 23 (DAY06-C0901) 11:30 AM - 5:30 PM**  
Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. **Lunch included (hot dog and drink) at the ball park.**  
BTSS Coach Fee: \$41\*

#### "Wake" The Purple Rose Theatre\*\* WORLD PREMIERE

**Wednesday, July 29 (DAY07-C0901) 11:30 AM – 6:30 PM**  
In this summer comedy for women (and men) of all ages, Molly Harrison is an agoraphobic mortician, anchored to the safety of her funeral home for over three years. Her vivacious mother and precocious teenage daughter try in their own humorous ways to help her take that first step down the front walk, including hypnosis, sensory-overload therapy and a trip to Moscow. In the end, Molly must realize what is truly important in her life before the power of love can finally inspire her to embrace the world again. **Lunch on your own before the play at The Common Grill.**  
BTSS Coach Fee: \$41\*

-----  
Forgot your password to register online?

Call BTSS and we can help.  
-----

#### Yankee Air Museum at Willow Run Airport\*\*

**9 Tuesday, August 4 (DAY08-C0901) 10:00 AM - 3:30 PM**  
Willow Run Airport, home of the Yankee Air Museum, was built by the Ford Motor Company in 1941 to serve as an airfield for their B-24 Bomber Plant. This was the first aircraft

manufacturing plant to use Ford's automotive mass production techniques. Since 1981 the Yankee Air Museum has acquired and returned to flying status five World War II aircraft; a Douglas C-47 World War II transport which was built in 1945, the B-17G "Flying Fortress", the B-25D "Mitchell" and 2 Taylorcraft L-2. These aircraft will be on display during our visit. **Lunch will be on your own after the tour at Haab's Restaurant in Ypsilanti.**

BTSS Coach

Fee: \$21\*

### Eleanor & Edsel Ford Home & Grounds Tour\*\*

Thursday, August 6 (DAY09-C0901) 9:00 AM - 3:00 PM

The Estate Tour begins with a video that provides an historic overview of the Ford family. Knowledgeable guides will lead our group on a tour of the home to discover its stories and spectacular treasures. A highlighted walk through the grounds features a look at some of the most impressive areas of the 87 acre estate and a visit to some of the outer buildings, such as the Play House, Recreation Building and Gate Lodge Garage. **Lunch will be on your own after the tour in the Ford Estate Tearoom.**

BTSS Coach

Fee: \$20\*

### Lunch at 42 Degrees N and River Walk\*\*

Wednesday, Aug. 12 (DAY10-C0901) 10:45 AM - 3:15 PM

Don't miss this great trip to Detroit's riverfront. We'll start our day with lunch on your own at 42 Degrees North, the Detroit Marriott's new restaurant. The creative local cuisine is complimented by a stylishly urban setting with sleek interior decor elements and spectacular riverfront views. After lunch enjoy a stroll along the new 3.5 mile Detroit River Walk, visit some of the RenCen shops or request a complementary tour with the Renaissance center staff.

BTSS Coach

Fee: \$12\*

### Discover Saugatuck Tour and Cruise on the Star of Saugatuck\*\*

Tuesday, August 18 (DAY12-C0901) 7:30 AM - 9:30 PM

Saugatuck provides a retreat from the hectic world with an environment rich in artistic culture and unique shopping. The tour gives you a leisurely day to explore art galleries, fine shops, stroll the boardwalk to view the yachts and sailboats in port. The tour includes: shopping, exploring, cruise on the Star Saugatuck and dinner at Noel Restaurant. **Lunch on your own in downtown Saugatuck. Deluxe Motorcoach with comfortable seating, stocked with complimentary water, juice and muffins.**

Fee: \$84\*

### Detroit Tigers vs. Seattle\*\* LIMITED SEATING

Thursday, Aug. 20 (DAY13-C0901) 11:30 AM - 5:15 PM

Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. **Lunch included (hot dog and drink) at the ball park.**

BTSS Coach

Fee: \$41\*

### Lunch at the Rattlesnake Club\*\*

Wednesday, Aug. 26 (DAY14-C0901) 10:30 AM - 2:30 PM

The Rattlesnake Club sits right on the Detroit River with beautiful views of the Canadian & Detroit skyline. Award Winning Chef, Jimmy Schmidt, will prepare our menu with choice of pre-selected entrée, salad, dessert, and beverage. Relax and enjoy a delicious meal with a fabulous view!

BTSS Coach

Fee: \$38\*

### Tour of the Detroit Historical Museum featuring Detroit's Classic TV Personalities Exhibit \*\*

Friday, August 28 (DAY15-C0901) 9:30 AM - 3:00 PM

For 80 years, the Detroit Historical Museum has chronicled the life and times of the region, safeguarding its rich history. Enjoy a docent led tour of the Museum's cobblestone streets, 19th century stores, an auto assembly line, toy trains and a fur trading post from the 1700s. The newest addition is the Detroit's Classic TV Personalities Exhibit featuring Bill Kennedy, Soupy Sales, Bill Bonds, Emery King, Amyre Makupson, John Kelly and Marilyn Turner, TV hosts that Detroiters have come to love. **Lunch on your own after the exhibit at Buddy's Pizza.**

BTSS Coach

Fee: \$14\*

### "Music Movies & Madness" Novi Senior Theatre\*\*

Thursday, Sept. 10 (DAY16-C0901) 11:00 AM - 4:00 PM

Join us for a fun-filled romp through movies and music of yesteryear. You will smile, laugh and tap your toes as we bring your favorite entertainment moments to life. Reminisce with friends while enjoying lunch and a show. Some of the songs featured are: *As Time Goes By*, *Singin' in the Rain*, *Moon River* and *Swinging on a Star*. **Luncheon included.**

BTSS Coach

Fee: \$34\*

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!

### Guided Tram Tour Detroit Zoo\*\*

10 Tuesday, Sept. 15 (DAY17-C0901) 9:45 AM - 3:30 PM

Do you love the zoo but don't want to walk to each exhibit? Then don't miss this great opportunity for a docent led tram tour of the Detroit Zoo. The zoo offers 125 acres of naturalistic exhibits with over 2,500 animals in landscaped, 'barless' exhibits. Some of the featured exhibits are the Wildlife Interpretive Gallery, the Immersion Gallery, the Arctic Ring of Life, the Penguinarium, the Elephant House

and many more. **Lunch on your own after the zoo at Bagger Dave's.**

BTSS Coach Fee: \$31\*

**"The Blonde, the Brunette and the Vengeful Redhead"  
Performance Network\*\***

**Saturday, Sept. 19 (DAY11-C0901) 11:45 AM-6:30 PM**

One crime of passion. Many perspectives. The whole is definitely more than the sum of its parts in this highly acclaimed Australian play by Robert Hewett depicting the strange unraveling of Rhonda Russell's life. A single actress plays seven roles in a funny, poignant, and ultimately redemptive dramatic tour de force. **Lunch on your own before the play at the Heidelberg in Ann Arbor.**

BTSS Coach Fee: \$37\*

**University of Michigan Museum of Modern Art\*\***

**Tuesday, Sept. 22 (DAY18-C0901) 9:30 AM - 3:30 PM**

It's the great little art museum you probably never knew we had. The Museum of Art, long overlooked on the edge of central campus, reopened in March after a nearly three year closure. An award-winning \$42 million addition and renovation, more than doubled the space to 94,000 square feet, with three times more objects on display from superb Asian holdings to one of the world's top collections of Tiffany architectural glass. *Don't miss this one hour docent led tour followed by an hour to tour the museum on your own.* **Lunch on your own following the tour at The Gandy Dancer.**

BTSS Coach Fee: \$19\*

**"The Phantom of the Opera" Detroit Opera House\*\***

**Thursday, Sept. 24 (DAY19-C0901) 10:30 AM - 4:00 PM**

Andrew Lloyd Webber's international award-winning phenomenon directed by Harold Prince has woven its magical spell over standing room audiences in more than 100 cities worldwide. THE PHANTOM OF THE OPERA, the longest running show in Broadway history, now comes/returns to Detroit to take your breath away. It's a timeless story of seduction and despair and the one show The London Sunday Times called "God's gift to the musical theatre." **Lunch on your own before the performance at Pegasus.**

BTSS Coach Fee: \$51\*

**Elmwood Cemetery Walking Tour\*\***

**Tuesday, Sept. 29 (DAY20-C0901) 9:30 AM - 3:30 PM**

Cemeteries, for those not spooked by the thought, are marvelous places. Elmwood Cemetery, on Detroit's east side and the final resting place for the city's elite, is a striking architectural landscape. Founded in 1846, Elmwood's 87 acres is modeled on the breathtaking Mt. Auburn Cemetery in Cambridge, Mass. Its Greek temples, statuary and landscaped grounds offer a rare peek into a hidden Detroit. Wear comfortable shoes for this 2 hour walking tour. **Lunch**

on your own after the tour at Sinbad's.

BTSS Coach Fee: \$17\*



**The Grand Hotel  
Mackinac Island  
Tuesday, September 29 –  
Friday, October 2  
(EXT01-C0901)  
4 days ~ 3 nights**

Michigan's crown jewel. Enjoy fine dining as the Grand Hotel Orchestra plays. It's all here **great food, garden tours, movies, dancing to live music, teas, island tours, carriage rides, Fort tour, cooking demo champagne reception, banquet, and 30 more activities.** Or, just relax on the porch and enjoy island living. **Great shopping 50-75% off. Consider making it a mother/daughter trip. All-inclusive, no tipping in hotel.**

**Double \$725\*\* Triple \$677\*\* Single \$968\*\***  
\*\* Non-BTSS Members \$25 additional per person

*Only 10 rooms left! Sign-up today*  
**Golfers 4 days unlimited play \$75**  
**Guys get a 4 some together.**

## Getting To Know You !

Come tour your new senior center and join us for an informal gathering of new members and those considering membership. Meeting held in the new BTSS Café. We'd love to get to know you! Please pre-register.

Tuesday, July 16 (SEV03-C0901) 5:30 - 6:30 PM

Wednesday, August 12 (SEV03-C0902) 1:00 - 2:30 PM

More info, call Chris Cornell @ 248-723-3500

### FREE BASIC COMPUTER CLASSES

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

COMPUTER BASICS I (COM18-C0901)

FIND IT ONLINE (COM19-C0901)

COMPUTER BASICS II (COM20-C0901)

Pre-registration required. See page 5 for more info.

### COMING ATTRACTIONS

Looking forward to some new and exciting programs?

Jump aboard and jump start your creative powers.

More information in the Fall 2009 newsletter.

- Dessert & DIA 1 PM September 24
- Rivera's Detroit: The Detroit Industry Murals
- Adult Music Program – Play For Fun (Evola Music)
- Senior Safety Series
- Take Charge of Your Health Series
- Bloomfield Township Senior Men's Club
- Bloomfield Township Women's Club
- Book Talk with Bloomfield Township Public Library
- Movie Mania - Monthly Current Movie
- Historic Tea

## Volunteers Ready to Serve YOU!

Did you know that BTSS has a team of nearly 30 volunteer drivers ready to serve community residents with transportation to Medical Appointments, Grocery Shopping and Errands? For application and more information, please contact Denise at 248-723-3500.



*Grand Hotel*  
MACKINAC ISLAND  
MICHIGAN

Tues. September 29 ~ Fri. October 2

4 Days ~ 3 Nights (EXT01-C0901)

Michigan's crown jewel. Enjoy fine dining, dancing to live music, teas, island tours, carriage ride, cooking demo, fort and garden tours, movies, shopping (50-75%off) and more. Or just relax on the porch and enjoy the peace of island living.

All-inclusive, no tipping in hotel.

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

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

Only 10 rooms left! Sign-up today



### MINOR HOME REPAIR

Beginning July 2009, BTSS will receive funds from Community Development Block Grant which will be allocated to assist low/moderate income Bloomfield Township seniors aged 62+ with minor home repair. If you are interested in this program and would like more information, please contact Denise at 248-723-3500.

# Home at Last!

4315 Andover Road, Bloomfield Hills, 48302

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

Andover Rd. can be accessed from Long Lake Rd. or Telegraph Rd.



Hours of operation beginning Monday, June 29:

Monday/Wednesday 7 AM to 7:30 PM

Tuesday/Thursday 7 AM to 7 PM

Friday 7 AM to 4 PM

