



Bloomfield Senior Services Township

7273 Wing Lake Rd. Bloomfield Hills MI 48301-3772
Phone: (248) 341-6450 Fax: (248) 341-6459
www.bloomfieldtwp.org/seniors

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PERMIT NO 40

Winter 2008

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

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TREE OF LIFE

Home Delivered Meals are provided through BTSS to seniors in Bloomfield Township and Hills, Orchard Lake and West Bloomfield who are frail and/or low-income individuals.

Make this holiday season special by sponsoring a meal for seniors in our community who are less fortunate.

Purchase a sponsor card for \$3.75 a meal and decorate our "Tree of Life". Donation cards available at BTSS.

Thank you for your support.
(FUN05-D0801)

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(3rd in November) of the month from 5 – 6:30 p.m. For info and to register, call 248-335-2813.

November 18
January 13

December 9
February 10

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

Become an AARP Tax-Aide Counselor

Join the nation's largest, free, volunteer-run tax counseling and preparation service, which helps nearly 2 million low income seniors file their state and federal income tax returns. Training begins January 2009. If this sounds interesting to you, call the local Tax-Aide Coordinator at (248) 901-16027 to learn more.

They're here!!!

ENTERTAINMENT
BOOKS

Only \$20

Get great savings & Support BTSS!
(FUN04-C0801)



Calling all bakers!!!

BTSS' annual Cookie Sharing Events are scheduled for December and February. See Services Supplement for more info.

Christine's Comments

Active Living

I am so pleased to announce that BTSS now has an official cable show! Our show- *Active Living* will focus on the many opportunities and services offered through BTSS. We recently completed the filming of the first show, which introduces BTSS to the audience and outlines the development and amenities of our new building. Volunteer Sally Savoie, a Township resident and professional actor, developed the project over many, many hours of visiting our programs, reviewing "b-roll" and meeting with production staff. Sally's passion about what BTSS offers is obvious on camera and off. She has created an outstanding means of reaching our residents - we are so proud and grateful! www.bloomfieldtwp.org/cable will have show schedules –enjoy!

Bloomfield Township Senior Center

The construction team is on schedule and the exterior is nearly finished. The interior work will occur throughout the New Year and we are looking forward to moving in next summer.

As you may know, we plan to expand the hours of operation and our space is more than doubling! We need more volunteers, and instructors. How about you?

We will need volunteers to greet and check-in visitors in the main lobby as well as in the fitness lobby in the lower level. Volunteers will assist with building tours and numerous grand opening events! If you would like to be a part of the excitement, please contact Joan Patzelt, Volunteer & Communications Coordinator to discuss your interests and availability!

Oakland County Home Improvement Loan Program

Oakland County provides home improvement loans with an emphasis on health and safety items. The program is funded through the U.S. Department of Housing and Urban Development (HUD) Block Grant Program and 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 and ask for Diane Socier.

Happy and Healthy Holidays from your BTSS team!

Christine Tvaroha

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

Special Thanks to



for sponsoring our
2008 Health Fair & Flu Shot Clinic

Bloomfield Township Senior Services

7273 Wing Lake Road
(W. of Telegraph, S. of Maple)
(248) 341-6450 fax: 341-6459
Monday - Friday 8 AM - 4 PM

www.bloomfieldtwp.org/seniors

BTSS STAFF

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

BLOOMFIELD TOWNSHIP BOARD

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 Ron Stinson

BTSS will be closed on:

Wednesday, December 24 (Christmas Eve)
Thursday, December 25 (Christmas)
Thursday, January 1 (New Years)
Monday, February 16 (President's Day)

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

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

BTSS Membership: Adults 50 years and older.
Membership year is April 1 – March 31.
Bloomfield Twp. Resident: free with registration.
Non-Bloomfield Twp. Residents: \$30 per year per household annually. Registration required.
Register by phone, mail or online.

Class Registration Policies:

- Registration begins the date the newsletter is mailed
- * **Non-members pay \$5 additional per class**
- **\$30** fee for checks returned due to insufficient funds
- **\$5** Cancellation fee
- No refund once class has begun
- **Full payment required with registration**
- Availability of prorated fee for classes that have already begun based upon capacity and instructor approval

MAKE CHECKS PAYABLE TO: Bloomfield Twp.

FITNESS

50+ Strength Training

Instructors: Shelley Rubinstein & Lavon Cook

Certified Exercise Specialist's instructs on proper form, breathing and use of HUR pneumatic weight machines to **strengthen all major muscle groups**. Individual progress charted/reviewed in a non-competitive atmosphere. Regular exercise may lower blood pressure, increase HDL/good cholesterol and **make you feel good!** **Dr.'s note & BTSS membership required.** 12 classes Fee: \$68

Mon / Thurs 8 - 9 AM **Shelley**
 Dec 8 – Jan 22 (FIT01-D0809) no class 12/25, 1/1
 Jan 26 – Mar 9 (FIT01-A0901) no class 2/16

Mon / Wed 11:30 AM - 12:30 PM **Shelley**
 Dec 1 – Jan 14 (FIT01-D0810) no class 12/24, 12/31
 Jan 19 – Mar 2 (FIT01-A0902) no class 2/16

Mon / Wed *EVENING HOURS* 6:30–7:30 PM **Shelley**
 Dec 8 – Jan 21 (FIT01-D0811) no class 12/24, 12/31
 Jan 26 – Mar 9 (FIT01-A0903) no class 2/16

Tue / Thur 10 – 11 AM **Lavon**
 Dec 2 – Jan 22 (FIT01-D0805) no class 12/23, 25, 30 & 1/1
 Jan 27– Mar 12 (FIT01-A0904) no class 2/10 & 2/12

Wed / Fri 8 – 9 AM **Shelley**
 Dec 10 – Jan 23 (FIT01-D0812) no class 12/24, 12/31
 Jan 28 – Mar 6 (FIT01-A0905)

Wed / Fri 9 - 10 AM **Shelley**
 Dec 10 – Jan 23 (FIT01-D0813) no class 12/24, 12/31
 Jan 28 – Mar 6 (FIT01-A0906)

Wed / Fri 10 – 11 AM **Shelley**
 Dec 10 – Jan 23 (FIT01-D0814) no class 12/24, 12/31
 Jan 28 – Mar 6 (FIT01-A0907)

50+ Strength Training Open Hours

Must have successfully completed the instructional class. Self-supervised. Sign-in at office each visit. (NOV-FIT02-D0802) (DEC-FIT02-d0803) (JAN-FIT02-A0901)

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

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

Tai Chi Chuan

Instructor: Han Hoong Wang

Yang Style World Master Instructor, this Chinese exercise improves balance and flexibility. Strengthens the muscle skeletal system through isometric exercises of the legs and **increases oxygen to the cells** and tissues. Reduces mental and physical stress, while **exercising your brain**. Begin your **journey to better health and well-being**.

Wednesdays 10:15 – 11 AM 7 classes Fee: \$56*
 Nov 5 – Dec 17 (FIT03-D0801)
 Jan 7 – Feb 18 (FIT03-A0901)

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 7 classes Fee: \$49*
 Oct 29 – Dec 17 (FIT05-D0801) no class 11/26
 Jan 7 – Feb 25 (FIT05-A0901) no class 2/11

Healthy Back Yoga

Instructor: Lavon Cook

Learn back care. Good for **Arthritis and Osteoporosis**. Strengthens abdominal and back muscles. Incorporates stretches for strengthening and flexibility. Not intended to replace therapy, **good follow up to successful rehabilitation**. Bring water, small pillow & yoga mat.

Fridays 9 – 10 AM 7 classes Fee: \$49*
 Oct 31 – Dec 19 (FIT06-D0801) no class 11/28
 Jan 9 - Feb 27 (FIT06-A0901) no class 2/13

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 7 classes Fee: \$49*
 Jan 6 - Feb 24 (FIT07-A0901) no class 2/10

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*
 Jan 7 – Feb 11 (FIT12-A0901) no class 12/24, 12/31
 Feb 18 – Mar 25 (FIT12-A0902)

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*
 Dec 8 – Jan 22 (FIT08-D0802) no class 12/25, 1/1
 Jan 26 – Mar 9 (FIT08-A0901) no class 2/16

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*
 Dec 8 – Jan 22 (FIT09-D0802) no class 12/25, 1/1
 Jan 26 – Mar 9 (FIT09-A0901) no class 2/16

Fit/Card 10 classes \$50. Use within 3 months purchase.*
 (Purchased 11/1-12/31 FIT10-D0801; 1/1-3/31 FIT10-A0901)

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*
 January 6 – February 10 (FIT20-A0901)
 February 24 – March 31 (FIT20-A0902)

Exploring Feldenkrais – Introductory Class
 Student Instructors: Brian Baraszu & Joan Farkas
 Balance Tune-up, one-on-one...hands-on 30 minute mini lessons of functional integration to enhance balance and breathing. Registration required, start anytime!
 Fee: Free
 Thursday 11:15 AM – 12:45 PM 5 classes
 Nov 6 – Dec 11 (FIT17-D0801) no class 11/27

Feldenkrais – Train Your Brain to Focus
 Instructor: Osa Jackson-Schulte PhD, PT
 Would you like to walk with ease? Come and discover how to stand tall and unlock your neck. Feldenkrais lessons enhance your yoga and other fitness activities by improving your ability to balance into your bones.
 Fee: \$48*
 Thursday 11:15 AM – 12:45 PM 6 classes
 January 8 – February 12 (FIT17-A0901)

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 2 classes Fee: \$23*
 Dec 10 & 17 (ART02-D0801)
 Wednesday 1:30 - 3:30 PM 9 classes Fee: \$114*
 Jan 14 – Mar 18 (ART02-A0901) no class 2/18

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.
 Tuesday 1:30 – 3:30 PM 2 classes Fee: \$23*
 Dec 9 – Dec 16 (ART03-D0801)
 Tuesday 1:30 – 3:30 PM 9 classes Fee: \$114*
 Jan 13– Mar 24 (ART03-A0901) no class 2/17 3/10

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!

BASIC COMPUTER & INTERNET INSTRUCTION

Micro Techniques, Inc. Instructor: Valerie Sinclair



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

PC for Beginners

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

(4) 2 hr classes 9:30–11:30 AM Wed/Fri Fee: \$123*
Dec 10 – Dec 19 (COM01-D0801)
Feb 18 - Feb 27 (COM01-A0901)

MS Word I

Learn essentials of word processing using MS Office. Topics include keyboard and mouse commands/shortcuts; use of toolbars; menus and dialog boxes. Create documents and learn difference between Save and Save as; open existing documents from various storage locations and then learn the basics of editing text plus much more! Requires some prior computer experience.

(4) 2 hr classes 9:30 –11:30 AM Mon/Wed Fee: \$123*
Dec 9 – Dec 18 (COM02-D0801)
Mar 2 – Mar 11 (COM02-A0901)

Microsoft 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 and more. Pre-requisite Word 1/or knowledgeable of Word 1 prior to this class.

(2) 2 hr classes 12 – 2 PM Mon/Weds Fee: \$63*
March 16 & 18 (COM15-A0901)

Internet Basics

Learn how to access the World Wide Web. Instruction will include 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 12 – 2 PM Wed/Fri Fee: \$63*
February 18 & 20 (COM03-A0901)

Internet Search Engines

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

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

E-mail & More

Keep in contact with your children, grandchildren and friends! Create a free e-mail account using Yahoo! Mail. Learn to send and open your e-mail messages, construct your e-mail address book, edit contacts, use spell check, send and open attachments. There will be general discussion regarding e-mail security options and monitoring spam/junk mail.

(2) 2 hr. classes 12 – 2 PM Mon/Wed Fee: \$63*
Dec 1 & 3 (COM05-D0802)
Mar 9 & 11 (COM05-A0901)

Learn to Burn CD's on your PC

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

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

File Management

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

(2) 2 hr classes 9:30-11:30 AM Mon/Weds Fee: \$63*
Jan 19 & 21 (COM04-A0901)

Envelopes, Labels & More

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

(2) 2 hr classes Mon/Wed Fee: \$63*
Dec 1 & 3 (COM11-D0802) 9:30–11:30 AM
Mar 2 & 4 (COM11-A0901) 12 – 2 PM

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)

NEW!! MS PhotoStory 3

Not sure what to do with all the family, graduation and anniversary pictures on your computer, CD's and digital cameras? This class is for you! Student will create a picture story with music, slide transitions and special effects for play back on their computer. Includes how to download application from Microsoft's website FREE. (2) 2 hr classes 12 – 2 PM Mon/Wed Fee: \$63* Jan 19 & 21 (COM13-A0901)

eBAY INSTRUCTION

Returns in Spring!

Intro to eBay

Navigate eBay, as a seller and/or shopper. Learn the basics.

Drop-in eBay – Glitches, problems & more

Individual help for advanced sellers.

BRIDGE LESSONS

Instructor: Reva Gornbein

Intermediate Bridge

5 – 6:30 PM

Students with bridge experience. On-going class, join anytime.

5 classes

Monday

Fee: \$50*

Nov 10 – Dec 8 (EDU13-D0802)

Bridge Classes will resume May 3rd

CLUBS Newcomers welcome! Interested...

call contact listed or BTSS Office 248-341-6450

Current Events

Mondays

10 - 12 NOON

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

Lapidary Group

Tuesdays/Thursdays 10–2 PM

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

Bridge

Mondays/Fridays

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

Poker

Wednesdays

(* SOC18-08) Play begins 10:00

Pool (Billiards)

Tuesdays & Thursdays 1– 4 PM

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

Euchre & Pinochle Club

Volunteer Instructor: Joanne Carmichael

Just for fun play. Everyone welcome, new players and experienced. Starts December 10th 11 AM – 12 Noon

Call Joanne 248-626-0719

No fee

Scrabble Club 1st Wednesday of Month 12:45 PM

(* SOC07-08) Calling all Word Freaks!

All welcome! Bring a lunch and meet in the Tea Room.

Just for FUN play. Madelyn Doerr @ 248-851-6093.

Gruppo Italiano - Italian Club

2nd Friday of the month.

10 AM – 12 NOON

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

Book Club 1st Friday of the month 10 - 11:30 AM

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

December "Middlesex"

Eugenides

January Discussion on your favorite read

February "Snow Flower & Secret Fan" See

Science Fiction or Mystery Book Club

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

Open Bowling for Fun @ 300 Bowl

100 S. Cass Lake Rd & Elizabeth Lake Rd.

Monday 9:30 AM to Noon 3 games for \$5.50

Dust off your bowling ball, get ready for fun :) Open bowling no registration fee. Pay weekly as you play.

Register on interest list (SOC09-08)

Begins November 24th

Everybody Welcome!



Pickleball Open Men's & Women's Doubles Play

Love tennis but your knees won't cooperate? Try pickleball! The same great game as tennis only the court is half the size. Call the center for more information and ask for Sally, 248-341-6450. To receive information about future plans for this exciting sport, please register on our interest list: FIT22-09

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

Winter 2008

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Pack your Bag: Free Medication Consultation

Wednesday, February 4, 2009

1:00 p.m.

(EDU31-A0901)

The National Council on Aging and CVS Pharmacy will present information on *"Improving Senior Health Through Medication Compliance"* which will help you learn how to maximize the effectiveness of your medications. Following the presentation, the CVS pharmacist will conduct 15 minute individual consultations to review your prescription and non-prescription medications. Call BTSS to register for the presentation or to schedule an appointment with the CVS pharmacist.

Are You & Your TV Ready?

Mark your calendars for February 17!. This is the date U.S. broadcasters are mandated to shut down analog TV broadcast. If you have an analog only TV and don't have cable or satellite, you will need a digital converter box to receive any broadcast after February 17, 2009. Call the Federal Communication Commission (FCC) at 1-888-225-5322 if you have any questions. Information available at BTSS in room 105.



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

OAKLAND COUNTY HOME IMPROVEMENT LOAN PROGRAM

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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 (3rd Tuesday in November) from 5 – 6:30 p.m.

For information and to register, call 248-335-2813.

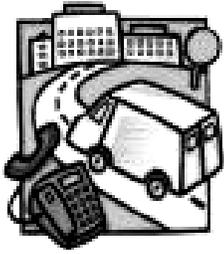
November 18

December 9

January 13

February 10

TRANSPORTATION SERVICES



Please contact Diane Socier, Outreach Coordinator at 341-6450, 12 - 4 p.m. Monday-Friday, for more information.

≈ Rides from your home to BTSS*

Service is provided to residents of Bloomfield Township. Call 248-341-6450 to schedule a ride. Two business days' notice required. Fee: \$2 each way. (*Availability of rides subject to BTSS use of bus for scheduled trips.)

≈ SMART Community Transit

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 Diane 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 Diane Socier, Outreach Coordinator, at 248-341-6450 for more information.

NUTRITION SERVICES

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

HOME DELIVERED MEALS

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

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

NUTRITIONAL SUPPLEMENTS

Nutritional supplements are available to area seniors 60+ based on medical necessity. BTSS orders Ensure® Products monthly directly from the manufacturer at a reduced rate. Prices vary by product. Talk to your physician and see if a nutritional supplement is recommended. Physician's note (prescription) required and must be renewed every six months.

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

BLOOD PRESSURE CHECKS

Certified volunteers are now available **4th Wednesday** of every month from 11 am until 12 noon. Stop in on one of these dates:

Nov. 26th Jan. 28th Feb. 25th Mar 25th

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**

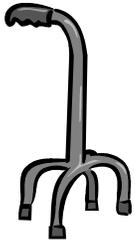


TELEPHONE REASSURANCE

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 Diane at 248-341-6450 for information.

Volunteers for this program all always welcome.



BTSS LOAN CLOSET



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

New Use for Unused Medical Supplies

Don't throw away unused medical supplies and equipment! Barbara Stone (248-592-1327), a local contact for *World Medical Relief*, will pick up small unopened items, such as medications and supplies. If you have any large items, please call the *World Medical Relief - Detroit office* at 313-866-5333.

INFORMATION AND REFERRAL

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

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

FROM OUR RESOURCE GUIDE

Personal Aide/Companion

Homewatch Caregivers 734-207-7558

If you need information about selecting a personal aid/companion, please call Diane at 248-341-6450.

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.

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 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.

Protect your Identity

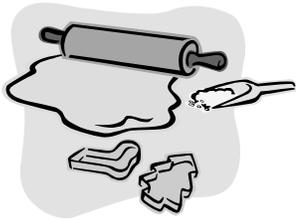
1. Always check your monthly bank and credit care statements.
2. Review your credit reports at least once a year. The three credit bureaus are:

- **Equifax** at equifax.com or 800-685-1111
- **Experian** at experian.com or 888-397-3742
- **TransUnion** at transunion.com or 800-888-4213

In Memoriam...

Deepest sympathies to the families and friends of:

Bernice Gach, Whit Jones, Herbert Kadau,
Michael Redfield, Moe Karam & Doran Laidlaw



ANNUAL COOKIE SHARING EVENTS

It's time to pre-heat those ovens and dust off the cookie pans! BTSS will host its annual cookie sharing events for the benefit of the home delivered meals clients. We will be repacking cookies on the following dates to share the holiday spirit.. Please prepare 3 dozen of your favorite recipe **homemade** cookies. Call 248-341-6450 to register.

Holiday Sharing (SCV05-D0801)

Wednesday, December 17, 2008 1:00 p.m.

Please bring cookies to BTSS office anytime on Tues. Dec. 16th or by 1:00 p.m. Tues. Dec. 17th. Register to help package the cookies by December 12th.

Valentine Sharing (SCV05-A0901)

Wednesday, February 11, 2009 1:00 p.m

Please bring cookies to BTSS office anytime on Tues. Feb. 10th or by 1:00 p.m. Wed. 2/11th. Register to help package the cookies by February 6th.

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.

EXTRA HELP FOR MEDICARE BENEFICIARIES!

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

- o Do you have Medicare?
- o Are you single with an income below \$1,300 a month and assets below \$11,990?
- o 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.



KNOXBOX SAFETY PROGRAM AVAILABLE IN BLOOMFIELD TWP.

The Bloomfield Township Fire Department offers a new initiative to enhance resident safety. Mounted outdoors, the Knox Box gives the fire department quick access to a home in an emergency or when the homeowner is not home. It is completely secure - only the Fire Department/EMS can open your door. It eliminates the need for forced entry and/or dependence upon family or neighbors who may not be available.

The cost of the Knox Box and installation are paid by the homeowner. For more information, call Senior Services at 248-341-6450 or the Bloomfield Township Fire Dept, 248-433-7745.

MEDICAL ALERT SYSTEMS

There are many medical alert systems available to individuals who live alone and would feel more secure with a personal necklace or wristband that connects to a service that provides emergency help when needed.

ADT Monitoring (James Dunlap)	248-629-3123
Alert Alarm, Inc.	248-288-5100
AARP – LifeResponseUSA	800-921-2008
Philips Lifeline	800-543-3546 x 3050
LifeStation	800-884-8888



Library Books and Audio Tapes Mailed to You!

The Baldwin Public Library, in partnership with the Bloomfield Township 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 will be mailed to your home and are 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**.

VOLUNTEER OPPORTUNITIES

BTSS Home Delivered Meals Driver

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

BTSS Adult Day Service Volunteer

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

New Driver Position "Errands Shopper"

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 Office Volunteer

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

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

Thank You for Your Donations*... Wendy Weiss, Frances & Darvin Todd, Doris Keydal, John Lloyd, Nancy Porter, George & Betty Maddox, Lily & Eva & Jason Grills, Keith Sirlin, WELCA Holy Spirit Lutheran Church, Lillian Mitchell, Madelyn Doerr, William Muesing, Kay Ragains, Gretchen Mako, Bert Mularoni, June Capps, Joann Stutzman, Debbie Thompson, Robert Boyer, AAUW Birmingham Branch, George Frost, Phyllis Sahlin, Joann & Jim Holden, Sheila Pearlman, Jim & Irene Grady, Warren & Marion Wolfe, Nathan and Shirley Fink

Thank you to our Home Delivered Meals Drivers!

Roxanne Andoni * Catherine Angeli * Louise Angermeier * Les Baron * Diane Barrow-Fields * Kerstin Baumann * Ray Becker * Shahina Begg * Marion Benedict * Lou Bogart * Camille & Don Breen * Julie Brown * Grant Burnham * Ray Caloia * Bill Carson * Mary Ann Christ * Suchuan Chuang * Cindy Clement * Frank & Sally Cliff * Greg Coatsworth * Cam & Judy Corbett * Dianne Cornell * Carla Cronin * Ken Davis * David Dinger * Ursula Dobbs * Kitty Dobritt * Judy Domstein * Marge Edwards * Jim Eichner * Carole & Ted Elder * Richard Favret * Phyllis Gara * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Jason Grills * Rose Ann Hanley * 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 * Denise Kolkmeier * Karen Krieger * Jane Levy-Sowers * June Linklater * Marcie Lloyd * Huey Lynn * Bill Mack * Bruce Madsen * Fritzie Mager * Joan Mann * Sue Martin * Richard May * Barry & Helene Mayo * Marian Rey McIntyre * Denise & John McKewan * Mary Lynn McLachlan * Beth Mergel * Jean Miller * Debbie Mitchell * Robert & Barbara Munn * Walter Oehrlein * 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 * Louise Taylor * Marjorie & Mario Trafeli * Maurice Vachon * Frank Voeffray * Don Waples * Bill Warner * Joan Wells * Lynn & Corey Wert * Bill Williams * Clint Williams * Elinor & Murray Yolles * Rasheeda Zafar



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

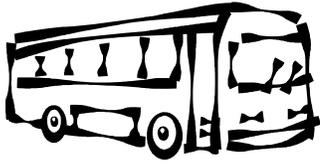
Call Joan for more
information 341-6450.

Thank you volunteers! 575+ Hrs. in Aug-Oct 08 Office
Volunteers, Telephone Reassurance Callers, Special Projects,
Errands & Medical Appt. Drivers, Trip Leaders & ADS Volunteers .

Delores Atto* Joan Barrett * Verna Besancon *Joan Brandt * Ray Caloia * Pat Caplin *Joanne Carmichael *Mary Ann Christ * Dorothy Cole * Marion Conat * Ruth Connell * John Conti * Madelyn Damioli * Maxine Davison * Yetta Davidson * Margaret Demark * Inez DiPonio * Madelyn Doerr * Louise Dube * Helen Efimoff * Steve & Julie Eskoff * Marie Gemmel * Vera Gesse * Mona Gibson * Angie Giffels * Carol Goldstein * Jim & Irene Grady * Nancy Heberer * Danielle Heidemann * Dolores Hekker * Dagnya Iyla * Connie Jaroh * Sandy Johnson * Gloria Kefalas * Tony Klemer * Denise Kolkmeier * Gloria Krause * Judy Kruse * Dorothy Kwapisz * Dorothy Laffrey * Marilyn MacMillan * Bruce Madsen * Ruth McNair * Delores Mooney * Marge Morkin * Vara Navaluri* Joan Nedeljkovic * Mary Ann O'Brien * Terry O'Flynn * Karen Ouellette * Arlene Pinkos * Nancy Porter * Tom Richard * Jerry Rivard * Queenie Sarkisian * Marilyn Scheifele * Sonny Seckler * Pragna Shah * Terry Sorrentino * Ann Spina * Ronald Stinson * 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.

"Hamlet", Hilberry Theatre WAIT LIST ONLY.
Wed., Nov. 19 (DAY15-D0801) 11:15 AM - 5:15 PM
BTSS Coach Fee: \$31*

"White Christmas", Fox Theatre WAIT LIST ONLY.
Wed., Dec. 3 (DAY16-D0801) 10:45 AM - 5:30 PM
BTSS Coach Fee: \$60*

"The Rat Pack is Back", Gem Theatre WAIT LIST ONLY.
Thurs., Dec. 4 (DAY17-D0801) 10:45 AM - 5:30 PM
BTSS Coach Fee: \$46*

"The Nutcracker" Detroit Opera House WAIT LIST ONLY
Fri., Dec. 5 (DAY20-D0801) 9:15 AM-4:15 PM

"Wicked", Detroit Opera House WAIT LIST ONLY.
Thurs., Dec. 11 (DAY01-D0801) 10:00 AM - 4:45 PM
BTSS Coach Fee: \$93*

"The Dinner Party", Tipping Pointe Theatre
Sat., Dec. 13 (DAY22-D0801) 12 noon - 6:15 PM
Five people are invited to dine at a first rate restaurant. They do not know who the other guests will be or why they have been invited. They have a sneaking suspicion that this unorthodox dinner party will forever change their lives. Filled with playful antics, sudden zaniness and masterful comic dialogue as the mystery unfolds. **Lunch on your own before the performance at Rocky's of Northville.**
BTSS Coach Fee: \$32*

"Christmas Carol", Meadowbrook Theatre

REGISTRATION CLOSING SOON!

Wed., Dec. 17 (DAY18-D0801) 11:15 AM - 5:15 PM
This classic by Charles Dickens continues to entertain. "Christmas Carol" is the tale of an old and bitter miser, Ebenezer Scrooge, who undergoes a profound experience of redemption over the course of one night. Thrill as the ghosts of Christmas past, present and future transform Ebenezer. **Lunch on your own before the performance at The Parkway Grill.**
BTSS Coach Fee: \$42*

"Home for the Holidays", DSO WAIT LIST ONLY.
Thurs., Dec. 18 (DAY19-D0801) 9:30 AM - 3:45 PM
BTSS Coach Fee: \$56*

Federal Reserve Tour
Wednesday, Jan. 7 (DAY03-A0901) 10:00 AM - 3:15 PM
Did you know that the average lifespan of \$1 bill is 18 - 22 months and that a \$100 dollar bill lasts for 10 years? Where do the old bills go? To the Federal Reserve Bank for shredding and storing. Don't miss this very popular tour of the Federal Reserve Bank. Our visit will include a discussion of the Federal Reserve System and will end with a one hour tour of the facility. **Lunch will be on your own after the tour at Tre Monti restaurant.**
BTSS Coach Fee: \$15*

Monet to Dali DIA
Thursday, Jan. 8 (DAY04-A0901) 9:45 AM - 3:15 PM
Our 1 ½ hour audio guided tour will take us through seventy-five European masterworks from the Cleveland Museum of Art that show the gradual shift from the reliance on artistic tradition to an insistence on individual innovation in art. Every gallery contains works by acclaimed artists of the period, including Monet, Van Gogh, Cézanne, Picasso, Matisse and Dalí.
Lunch on your own after the tour at Café DIA.
BTSS Coach Fee: \$26*

"Americans Here & Abroad" DSO
Friday, Jan. 9 (DAY05-A0901) 9:30 AM - 3:30 PM
Leonard Slatkin is joined by Edgar Meyer, Béla Fleck, and Zakir Hussain as they perform their original Triple Concerto, a blend of American Folk and classical Indian music. **Lunch on your own after the performance at the Pars restaurant in Farmington Hills.**
BTSS Coach Fee: \$56*

"Born Yesterday" Hilberry Theatre
Saturday, Jan. 10 (DAY06-A0901) 10:30 AM - 5:15 PM
Set in the mid-twentieth century, this comedy about political

corruption and vice by Garson Kanin tells the story of Harry Brock, an uncouth, corrupt tycoon, who decides to bring his showgirl mistress with him to Washington. Brock's girlfriend becomes educated, is hired by her boyfriend and starts to realize how crooked he really is. **Lunch on your own before the performance at Sindbad's restaurant in Detroit.**

BTSS Coach

Fee: \$31*

"Nuts Are Good" a.k.a. The Fresh Roasted Almond Company Tour

Wednesday, Jan. 14 (DAY07-A0901) 8:45 AM-1:45 PM

There's nothing like the aroma of freshly roasted cinnamon almonds. Join us for a one hour tour of The Fresh Roasted Almond Company a.k.a. "Nuts Are Good". For over 16 years, they have prepared the very same nuts found roasting all over the country at fairs, festivals, and shopping malls. **Lunch on your own after the tour at Louie's Pizza in Hazel Park.**

BTSS Coach

Fee: \$12*

Tutankhamun: 'Wonderful Things' from Pharaoh's Tomb

Friday, Jan. 16 (DAY08-A0901) 9:30 AM - 3:30 PM

Don't miss out on a fabulous opportunity to see this nationally acclaimed exhibit with a docent led tour. Replicas of 126 artifacts of King Tut, Pharaoh of Egypt's sacred and personal possessions have been installed in two galleries at the Charles H. Wright Museum of African American History. **Lunch on your own after the exhibit at J. Alexander's.**

BTSS Coach

Fee: \$19*

North American International Auto Show

Tuesday, Jan. 20 (DAY09-A0901) 9:45 AM - 3:30 PM

Entering its 21st year as an international event, the North American International Auto Show is ranked among the most prestigious auto shows in the world and is one of the largest media events in North America. *Transportation only, travelers will purchase their own ticket at the door.* **Lunch on your own after the show at Bagger Dave's.**

BTSS Coach

Fee: \$12*

"Beyond the Rainbow" Meadowbrook

Wed., January 21 (DAY01-A0901) 11:00 AM - 5:15 PM

Join us for the Michigan premiere of "Beyond the Rainbow". During a Carnegie Hall performance, Judy Garland looks back on her life as each song brings back memories of her journey from poverty to stardom. Songs include "The Trolley Song," "Over the Rainbow," and other favorites. **Lunch on own before performance at Parkway Grille.**

BTSS Coach

Fee: \$31*

"Marvin Hamlisch" DSO

Thursday, Jan. 22 (DAY10-A0901) 9:30 AM-3:45 PM

He has been called "a one man sensation" and has won every major award that exists: three Oscars, four Grammys,

four Emmys, a Tony and three Golden Globe awards. Beat the winter blues and warm up listening to the music and songs of the sensational Marvin Hamlisch. **Lunch on your own after the performance at the Black Finn restaurant in Royal Oak.**

BTSS Coach

Fee: \$56*

"Rosencrantz & Guildenstern are Dead" Hilberry Theatre
Wednesday, Jan. 28 (DAY11-A0901) 11:00 AM - 5:15 PM

This play, by Tom Stoppard, is the inverse of Hamlet with two minor characters, Rosencrantz and Guildenstern, as the leads and Hamlet himself with a small part. Misadventures and musings ensue as Rosencrantz and Guildenstern focus on their activities with the events of Hamlet as background.

Lunch on your own before the performance at Mr. Mike's.

BTSS Coach

Fee: \$31*

"A Chorus Line" Fisher Theatre

Thursday, Jan. 29 (DAY12-A0901) 10:30 AM - 4:00 PM

In an empty theatre, on a bare stage, casting for a new Broadway musical is almost complete. For 17 dancers, this audition is the chance of a lifetime. The opportunity to do what they've always dreamed -- to dance. Winner of nine Tony Awards, including Best Musical and the Pulitzer Prize for drama, this singular sensation is the longest-running American Broadway musical ever. **Lunch on your own before the play at Anita's Kitchen.**

BTSS Coach

Fee: \$66*

Tour of Detroit Public Televisions "New" Riley Broadcast Center

Thursday, Feb. 5 (DAY13-A0901) 9:00 AM - 2:30 PM

Join us for a one hour tour of Detroit Public Television's new facility, the Riley Broadcast Center. This state of the art high definition digital facility will accommodate the change from analog to digital broadcasting effective in 2009. **Lunch on your own after the tour at the historic South Lyon Hotel.**

BTSS Coach

Fee: \$12*

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!

"Monty Python's Spamalot" Fisher Theatre

Saturday, Feb. 7 (DAY14-A0901) 10:45 AM - 5:00 PM

This trip sold out in 2007! Don't miss this hilarious musical comedy sensation. Lovingly ripped off from the classic film comedy "Monty Python and the Holy Grail", this musical tells the story of King Arthur and the Knights of the Round Table

featuring a bevy of beautiful show girls, cows, killer rabbits and French people. **Lunch on your own before the play at Mudgies.**

BTSS Coach

Fee: \$99*

Victorian Tea Room in Berkley

Tuesday, Feb. 10 (DAY15-A0901) 11:00 AM - 2:30 PM

Do you love all things Victorian? Then don't miss this chance to experience a proper High Tea. Tucked away in Berkley is the Victorian Tea Room, filled with dainty tables and chairs, antiques, embroidered linens and a gift shop. **The high tea will include tea, soup, sandwiches, fruit and pastries.**

BTSS Coach

Fee: \$31*

"All You Need is Love" DSO

Thursday, Feb. 12 (DAY16-A0901) 9:30 AM - 3:30 PM

Celebrate Valentine's Day with the Fab Four's greatest hits; *Penny Lane*, *I am the Walrus*, *Yesterday*, and of course *All You Need is Love*. More than a just a rock show, this is a performance of Beatles tunes sung, played and performed exactly as they were written. It's the best of the Beatles like you've never heard before: LIVE! **Lunch on your own after the performance at Big Fish.**

BTSS Coach

Fee: \$56*

Tour and Lunch at the Book Cadillac Hotel

Wednesday, Feb.18 (DAY17-A0901) 9:00 AM - 2:00 PM

Once the grandest of Detroit's downtown hotels, 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. The historic Book Cadillac Hotel has been restored and rejuvenated to its original splendor with a massive \$180 million renovation, reclaiming its position as Detroit's premier lodging and social gathering destination. **A tour will be followed by lunch at the Boulevard restaurant.**

BTSS Coach

Fee: \$44*

"Beethoven & Strauss" DSO

Friday, Feb. 20 (DAY18-A0901) 9:30 AM - 3:30 PM

Known for his versatility, Grammy-nominee Horacio Gutiérrez continues the DSO's Beethoven piano concerto survey with the innovative No. 4, followed by Strauss' autobiographical tone poem humbly titled "A Hero's Life." **Lunch on your own after the performance at Champp's.**

BTSS Coach

Fee: \$56*

"All My Sons" Hilberry Theatre

Saturday, Feb. 21(DAY19-A0901) 10:45 AM - 5:15 PM

This play by Arthur Miller asks the age old question; what is more important: doing the "honorable" thing or providing for your family? This was the scenario Joe Keller faced early in life. With recent events forcing him to deal with his past, he must come to terms with the decisions he made and take responsibility for the effects they continue to have on him,

his family and his nation. **Lunch on your own before the performance at Lily's Seafood.**

BTSS Coach

Fee: \$31*

"A Streetcar Named Desire" Purple Rose Theatre

Wednesday, Feb. 25 (DAY20-A0901) 11:30 AM - 6:15 PM

Pulitzer Prize-winning play tells the story of Blanche DuBois, a fragile woman desperately seeking a place to call her own. Blanche sashays into the home of her sister, Stella, and her volatile husband, Stanley, interrupting the careful balance of their turbulent marriage. The passionate conflict between these three struggling souls provides a thrilling emotional climax not to be missed. **Lunch before the performance at The Common Grill.**

BTSS Coach

Fee: \$38*

"Aladdin" Michigan Opera Theatre

Friday, Feb. 27 (DAY21-A0901) 8:45 AM - 3:00 PM

The curtain opens in a land of mystery and enchantment. Gordon Peirce Schmidt's new Aladdin is a magical journey and a feast for the senses. This creative ballet features incredible new sets, costumes and choreography! The tale of a poor boy, a beautiful princess, magicians and a heroic genie. After the performance join the performers onstage to get a up-close view of the sets and costumes. **Lunch on your own after the performance at McCormick & Schmick.**

BTSS Coach

Fee: \$46*

"Kong's Night Out" Meadowbrook Theatre

Wed., March 4 (DAY22-A0901) 11:15 AM - 5:15 PM

Cindy Williams stars in this play by Jack Neary. Myron Siegel is looking forward to the opening night of his new Broadway show, *Foxy Felicia*. When he finds out that most of his audience has left to buy tickets to the new production across the street, he discovers that his nemesis, Carl Denham has set out to ruin him. This new comedic farce turns "show business" into "monkey business" as we find out what was really happening in the hotel suite when Ann Darrow was taken by King Kong! **Lunch on your own before the performance at Bistro Bourdeau.**

BTSS Coach

Fee: \$31*

Museum of Contemporary Art Detroit (MOCAD)

10 **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

LIMITED TICKETS!!

Saturday, Mar. 7 (DAY02-A0901) 10:45 AM - 5:30 PM

Set on the glorious, glamorous Riviera, "Dirty Rotten Scoundrels" a delicious musical comedy that follows two con artists as they take on the lifestyles of the rich and shameless, and end up with a lot more than they bargained for. Limited tickets! Lunch on your own before the performance at Champps.

BTSS Coach

Fee: \$60*

"Collected Stories" Jet Theatre

Wednesday, Mar. 11 (DAY24-A0901) 11:15 AM - 5:00 PM

This play by Donald Margulies tells the story of a condescending, established writer who takes on an adoring protégé, their relationship evolves with unexpected twists and turns. This engaging and fascinating story raises provocative questions about loyalty, ethics and friendship. It will have you discussing the play's ending long after you've left the theater. Lunch before the performance at J Alexander's.

BTSS Coach

Fee: \$36*

American Chronicles: Art of Norman Rockwell, DIA

Friday, March 13 (DAY25-A0901) 9:45 AM - 3:15 PM

Norman Rockwell is one of America's most enduring artists. From idyllic childhood scenes to commentaries on the post-war era and segregation, many paintings in Rockwell's six-decades of work have become icons of America. This wonderful exhibition features every Saturday Evening Post cover and a large number of Rockwell's exquisitely detailed paintings. Lunch on your own after the 1 ½ hour audio guided tour at Café DIA.

BTSS Coach

Fee: \$26*

"A Feminine Ending" Performance Network

Saturday, March 28 (DAY26-A0901) 11:45 AM - 6:30 PM

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

BTSS Coach

Fee: \$32*

"Riverdance Farewell Performance" Fox Theatre

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

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

performance at Sindbad's.

BTSS Coach

Fee: \$78*



Bella Italia

(EXT02-A0902)

March 5 - 8, 2009

Experience the world's largest indoor show with 20 acres of fantastic flora, 500+ education programs, and 140 vendors. Breathtaking landscapes, gardens and the culture of Italy will be the inspiration of the 179th Philadelphia Flower Show, "*Bella Italia*."

The BTSS and the Community House have partnered to bring this opportunity and we would like to extend to you a personal invitation to join us for this wonderful flower show.

Includes: Roundtrip air; 3 nights at Crown Plaza Hotel; 1 breakfast, 1 brunch, 2 lunches, 2 dinners, tours, entrance fees, guides and ground transportation. For more information, call Sally 248-341-6450. Limited to 28 guests

\$1149 double \$1449 Single

Deposit of \$400 due at time of registration.

Register today!

Deadline/Final payment Dec. 15, 2008.

Getting to Know You

1:30 – 2:30 PM

Thursday, December 17 (SEV03-D0803)

Thursday, January 15 (SEV03-A0901)

Wednesday, February 11 (SEV03-A0902)

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



THERAPEUTIC MASSAGE

Mondays 10 am – 1 pm
\$15/15 min \$30/30 min

Introducing Annie Parker our "new" Massage Therapist. Treat yourself to a relaxing clothed Table Massage. Call 248-341-6450 to make an appointment.

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.

NEW Chicks with Sticks ~ Knitting

Leader: Karen Ouellette

Join a warm and friendly group. There are many projects to be involved in - **making tiny hats for premature babies**, knit/crochet lap blankets for veterans and cancer patients, or just sharing your current project.

More info, call Karen 248-408-2083 or Sally 248-341-6450 Sign-up today, be included in a future tour of a local hospital to see the premature babies that receive the special hats. **Knitters drop-by on Mondays at 1 PM.** Bring your lunch, if you like. Register SOC25-08

Needed: NEW acrylic yarn donations! Any color, plain or fancy will be gratefully accepted.

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 as a Bloom Designer
(free training) and get ready for fun.

Register SOC23-B0802

Needed: Vases, planters, ribbons and tissue paper donations are appreciated.

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 present this amazing, easy to learn language. You can use it in Europe, Canada, Brazil and even Transylvania! Helpful while traveling or emailing around the world. 3 key principles for good brain exercise; novelty, variety and constant challenge! **Challenge your brain today.**

4 classes Friday 10 AM – 12 noon Fee: \$40*
January 9 - 30 (EDU29-A0901)

Bloomfield Twp. 55+ Men's Softball Team

2009 League starts first week in May through the second week in August. For more information, contact:
Jim Luzod 248-855-2676 (jamesluzod@hotmail.com)
Sally Banks 248-341-6450 (sbanks@bloomfield.org)

Please register on interest list: FIT21-09



Pickleball Open Men's & Women's Doubles Play

Love tennis but your knees won't cooperate? Try pickleball! The same great game as tennis only the court is half the size. Call the center for more information and ask for Sally, 248-341-6450. To receive information about future plans for this exciting sport, please register on our interest list: FIT22-09