



Bloomfield Township Senior Services



Spring 2010

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

INDEX (SS = supplement)

Adult Day Serv...SS1,SS4

Art Classes.....7

Aquatics Classes.....3-4

Blood Pressure.....SS2

Book Group.....9,10

Bridge Class.....7

Card Clubs.....10

Caregivers.....SS1, SS4

CensusSS1

Chris' Comments.....2

Clubs.....10,16

Computers8-9

Day Trips.....12-15

Dental/Prescription...SS4

Donations.....11

Driver Safety16,SS4

Enrichment.....9-10

Estate PlanningSS3

Evening Offerings.....1

Fitness.....3-6

Get to Know You.....16

Grocery Shop.....SS2

Home LoansSS3

Issues & Insights9

Knitting Club.....7

Lapidary.....10

Loan ClosetSS3

Millage Proposal2

Mah-jongg.....7

Meals (home del.).....SS2

Membership.....2

Minor Repair.....1,SS1

Pickleball6

Pool (billiards).....10

Reassurance.....SS3

Saturday classes.....6

Scrabble10

Strength Training5

Tai Chi4

Tax Assist1

Transportation.....SS2

Volunteers.....11

TAX ASSISTANCE

Tuesdays
February 2nd – April 13th
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: 248-723-3500



MINOR HOME REPAIR

BTSS received funds from CDBG which are allocated to assist low income Bloomfield Township seniors aged 62+ with minor home repair. Income guidelines:

| # in Household | Max. Household Income |
|----------------|-----------------------|
| 1 | 24,850 |
| 2 | 28,400 |

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

EVENING Opportunities...

Fitness, see pages 3-6:

- Aqua Therapy PM
- On the Ball (Stability Ball Class)
- Aqua Power Walk & Dance
- Nia PM
- Strength Training
- Fitness Open Hours
- Pi-Yo

Enrichment/Social, see pgs. 7-10:

- MS Word I
- MS Excel I
- MS Word Resumes/Cover Letters
- Pizza & Play
- SASS (Socially Active Single Seniors)

Day Trips, see pages 12-15:

- 3/20 Celtic Celebration, DSO
- 6/19 Wizard of Oz, DSO
- 5/18 Cats, Fisher theatre

HEALTHY U

"Brain Neurobics"

10 am – Noon
(EDU32-A1002)



Cheryl Deep, MA and Donna MacDonald, BS, MRA Wayne State University, Institute of Gerontology (IOG)

Want to keep your brain healthy? Join this "aerobics for the brain", interactive class on the social aspects of healthy brain aging, including exercises and nutrition. See page 9 for more intriguing Healthy U offerings.

PRRST STD
US POSTAGE
PAID
BLOOMFIELD TWP
PERMIT NO 40

Bloomfield Township Senior Services
4315 Andover Rd.
Bloomfield Hills, MI 48302-2091
248-723-3500

Millage Proposal; Vote on February 23

If approved, police fire/EMS services will remain at current level.

Revenue restored by the millage, if approved, will stay in Bloomfield Township to keep people in our community safe.

If millage request fails, 25 positions must be permanently eliminated by the new fiscal year which begins April 1, 2010 and a cumulative total of 45-50 positions must be eliminated by the fiscal year which begins April 1, 2011.

Even if the millage passes nearly all homeowners will see their taxes decrease in 2010.

A typical house with a market value of \$410,266 will have a decrease of \$768 if the millage fails or a decrease of \$528 if the millage passes; a difference of \$240.

A special election in February is necessary in order to adopt a balanced budget by April 1, 2010, the beginning of our fiscal year.

For up-to-date information about the proposed millage and other Bloomfield Township news, subscribe to the news update service. Go to the home page of the Township's website, www.bloomfieldtwp.org, and click on "E-mail List" in the dark blue box at the top right hand corner. An electronic newsletter will be sent to your email address about once a month or when news happens.

Complete information about the millage and election are found at:

<http://www.bloomfieldtwp.org/events/LatestNews/2009/MillageProposal.htm>

Details covering cost cutting measures to date are found at:

<http://www.bloomfieldtwp.org/Government/IssuesBase/dStrategicPlan.htm>



Tree of Life

Thanks to the generosity of BTSS participants, \$650 was collected to benefit the Home Delivered Meals program.

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

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

Senior Center: Monday - Thursday 7 AM - 7:30 PM

Friday 7 AM - 4:00 PM

Adult Day Service/Friendship Club:

Monday - Friday 9 AM - 4:00 PM

www.bloomfieldtwp.org/seniors

BTSS STAFF

Christine Tvaroha, Director

Sally Banks & Chris Cornell, Programs Coordinators

Kathy Birkhold, Trips Coordinator

Donna DeWitte, Nutrition Coordinator

Denise Kolkmeier, Outreach Coordinator

Ruth Nagy, Office Manager

Joan Patzelt, Volunteer/Communication Coordinator

Delores Atto & Julie Dobritt, Receptionists

Jan Peters & J.B. Yeagan, Receptionists

Audrey Chambers, Receptionist/Aquatics

Dave Greger & Al Huberty, Bus Drivers

Julie GeBott, ADS Coordinator

Sherry Stefanos, ADS Activities Assistant

Rose Carter & Ruth Frketch, ADS Programs Assistant

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 & Ginnee Richard

BTSS will be closed on:

Monday, February 15 (President's Day)

Friday, April 2

Saturday, April 3

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

Eligibility: Adults 50 years and older.

BT Residents – all programs open for participation; completion of profile required

Non-BT Residents – most programs open for participation for additional fee, completion of profile required

Question – call center at 248-723-3500

Class Registration/Cancellation Policies:

- Registration begins the date the newsletter is mailed
- * Non-Residents pay \$5 additional per class
- \$30 fee for checks returned due to insufficient funds
- \$5 Cancellation fee.
- No refund within 2 business days of class.
- Full payment required with registration
- Prorating of fees subject to instructor approval



OPEN SWIM

Open Swim times are available
Monday through Friday.

Call to inquire (248-723-3500) or
pick up monthly calendar of hours at the senior center.

Drop in fee: BT Resident \$2 / Non-Resident \$5

Let's Move

Instructor: **Lavon Cook**

American College of Sports Medicine Certified

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

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

Feb 1 – Mar 1 (FIT25-A1002) no class 2/15

Mar 3 – Mar 29 (FIT25-A1008)

Mar 31 – May 5 (FIT25-A1009) no class 4/2, 4/5, 4/7, 4/9

May 7 – June 4 (FIT25-B1001) no class 5/31

Let's Move

Instructor: **Lavon Cook, ACSM**

Same exciting and fun class described above offered later in the morning for those only able to participate once a week.

Mondays 10:15–11:15 AM 4 classes Fee: \$28*

Feb 1 – Mar 1 (FIT25-A1006) no class 2/15

Mar 8 – Mar 29 (FIT25-A1012)

Apr 12 - May 3 (FIT25-B1002)

May 10 – June 7 (FIT25-B1003) no class 5/31

Let's Move

Instructor: **Lavon Cook, ACSM**

Same exciting and fun class as described earlier offered later in the morning two days a week.

W/F 10:15–11:15 AM 8 classes Fee: \$56*

Feb 3 – Feb 26 (FIT25-A1007)

Mar 3 – Mar 26 (FIT25-A1010)

Mar 31 - May 5 (FIT25-A1011) no class 4/2, 4/7, 4/9

May 7 – June 4 (FIT25-B1004)

Warm Water Aquatic Fitness

Rejuvenate; give yourself the gift of exercise, relaxation and fun! Our water classes offer several beneficial disciplines for maintaining health & vitality; **Yoga, Aerobics and Water Walking**. There's a class for YOU! Water shoes recommended. Bring towel and your own lock to secure items in lockers.

Beginner Swim Lessons

Instructor: **A. Chambers**

Always wanted to learn how to swim? Here's your opportunity! Introduction to basic skills. Bring towel & goggles.

Mon & Wed 3–4 PM 8 lessons Fee: \$56*

March 1 – March 29 (FIT48-A1001) no class 3/10

March 31 – April 28 (FIT48-A1002) no class 4/12

May 3 – May 26 (FIT48-B1001)

Splash 'n Tone

Instructor: **Cathie Winton**

Get a splash out of life with this warm water aerobic workout, with cardiovascular conditioning. Variety of resistance equipment used to enhance and increase strength. Work at own pace and feel results! FUN.

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

Feb 2 – Feb 25 (FIT45-A1002)

Mar 2 – Mar 25 (FIT45-A1003)

Mar 30 – April 22 (FIT45-A1004)

April 27– May 20 (FIT45-B1001)

Aqua Therapy AM

Instructor: **Cathie Winton**

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

Tue/Thurs 9:00 - 9:45 AM 6 classes Fee: \$48*

Feb 2 – Feb 18 (FIT29-A1002)

Mar 2 – Mar 18 (FIT29-A1003)

Mar 23 – April 8 (FIT29-A1004)

April 13 – April 29 (FIT29-B1001)

May 4 - May 20 (FIT29-B1002)

Aqua Therapy PM

Instructor: **Cathie Winton**

Same therapeutic and invigorating class as Aqua Therapy AM (see above) offered in the evening.

Mon/Wed 6:30 – 7:30 PM 6 classes Fee: \$48*

Feb 1 – Feb 22 (FIT35-A1002)

Feb 24 – Mar 15 (FIT35-A1003)

Mar 17 - April 5 (FIT35-A1004)

April 7 - April 26 (FIT35-B1001)

April 28 –May 17 (FIT35-B1002)

Aqua Yoga

Instructor: **Lavon Cook**

Aqua yoga is an effective program for relaxation, stress reduction and breath awareness. Join this life changing practice that benefits mind, body and spirit while achieving greater balance, flexibility & restfulness.

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

Feb 2 – Feb 25 (FIT26-A1002)

Mar 2 – Mar 25 (FIT26-A1003)

Mar 30 – April 29 (FIT26-A1004) no class 4/6, 4/8

May 4 – May 27 (FIT26-B1001)

Aqua Toning 'n Pilates

Instructor: **Cathie Winton**

Focuses on core strength and breath control. Blends standing Pilate techniques and gentle low-impact aerobics. Designed to stretch muscles, tone the body and reduce pain. Great for arthritis, M.S, spine, knee, hip or general everyday pain.

Tue/Thurs 4 – 5:00 PM 8 classes Fee: \$56*

Feb 9 – Mar 4 (FIT46-A1002)

Mar 9 – April 1 (FIT46-A1005)

April 6 – April 29 (FIT46-B1001)

May 4 - May 27 (FIT46-B1002)

Aqua Power Walk & Dance

Instructor: **Annie Chi**

Bring your water shoes for a great up-beat class. Increase your endurance for walking and dancing too! This fast paced class with easy to follow choreographed routines will challenge and motivate you to...move it!

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

Feb 2 – Feb 25 (FIT27-A1002)

Mar 2 – Mar 25 (FIT27-A1004)

Mar 30 - April 22 (FIT27-A1005)

April 27 -May 20 (FIT27-B1001)

Aqua Healthy Joints

Instructor: **Lavon Cook**

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

Fridays 11:30 AM – 12:15 PM 4 classes Fee: \$28*

Feb 5 – Feb 26 (FIT28-A1002)

Mar 5 – Mar 26 (FIT28-A1003)

Apr 16 – May 7 (FIT28-B1001)

Land Fitness

(LL – Lower Level)

Drums Alive-Golden Beats

Instructor: **Michelle Pozan**

This fun workout uses simple seated and standing low impact movements while playing rhythms with drumsticks on a ball. Class will include balance and gentle endurance exercises using hand weights. No musical talent necessary, just a great attitude!

LL Studio A & B

Mondays 2 – 3 PM 5 classes Fee: \$35*

March 15 – April 12 (FIT47-A1001)

April 19 – May 17 (FIT47-B1001)

Step, Kick & Lose

Leisure Unlimited

Instructor: **Jo Shirtzinger**

Take Aerobic-step, Dance and Kickboxing...mix them up and you've got a recipe for weight loss. An energetic cardio workout incorporating all 3 forms of exercise. Get ready for fun...and step, kick and jiggle those pounds away. Bring water bottle.

LL Studios A & B

Thurs 2 – 2:45 PM 6 classes Fee: \$30*

Feb 25 – April 1 (FIT43-A1002)

April 15 – May 20 (FIT43-B1001)

Easy Does It - Chair

Instructor: **Shelley Rubinstein**

Seated exercise improves circulation, flexibility, muscle strength and reduces stress in a fun, supportive group atmosphere. Focus on balance exercises to help prevent falls. Some standing exercises. Resistance bands and hand weights used and provided. Can benefit those with Arthritis, Parkinson's, Osteoporosis or MS.

LL Studio A

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

Feb 11 – Apr 5 (FIT08-A1001) no class 2/15, 3/11, 3/15, 3/18

April 8 – May 17 (FIT08-B1001)

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.

LL Studios A & B

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

Feb 11 – Apr 5 (FIT09-A1001) no class 2/15, 3/11, 3/15, 3/18

April 5 – May 17 (FIT09-B1001)

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!

Senior Fit Aerobics Card

10 classes

Fee: \$55*

Use within 3 months purchase.

Add flexibility to your SeniorFit Aerobics workout schedule.

(Purchased 1/1-3/31 FIT10-A1001; 4/1-6/30 FIT10-B1001)

Tai Chi Chuan Instructor: **Han Hoong Wang**
Yang-Style World Master Instructor Through a series of fluid movements, this gentle Chinese exercise of mind and body alignment increases 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. Enchanting music will lift your spirits. Begin your journey to better health and well-being. **LL Studio B**
Wednesdays 10:15 – 11 AM 6 classes Fee: \$48*
Feb 17 – Mar 24 (FIT03-A1002)
April 7 – May 12 (FIT03-B1001)

Balance Training Instructor: **Jo Schirtzinger**
 Feeling unsteady? Do your legs feel weak? Workout gets you moving with exercises which help improve strength of the core and leg muscles, builds stamina, balance, posture, build bone to help prevent falls on the icy sidewalks.
LL Studios A /B
Thursdays 1:15-1:45 PM 6 classes Fee: \$24*
Feb 25 – April 1 (FIT42-A1002)
April 15 – May 20 (FIT42-B1001)

On the Ball Instructor: **Shelley Rubinstein**
 This challenging class is suitable for beginners and experienced students. Balance and strengthen core muscles while sitting and lying on the ball both prone and supine. Bring ball, mat, water and small hand towel.
LL Studio A
Tuesday 11 - 12 noon 6 classes Fee: \$50*
Feb 16 – Apr 6 (FIT12-A1002) no class 3/9, 3/16
April 13 – May 18 (FIT12-B1001)
Wednesday 5 – 6 PM 6 classes Fee: \$50*
Feb 24 – Apr 14 (FIT12-A1004) no class 3/0, 3/17
April 21 – May 26 (FIT12-B1002)

Nia AM Instructor: **Beth Silver**
 "Through Movement We Find Health." Holistic fun approach to fitness that blends movements from martial arts, dance and the healing arts. Enhances endurance, strength, flexibility and balance in the body, mind and spirit. Calms the mind and reduces stress. Creates a loving relationship with one's own body while having fun! Take off your shoes and move "your body's way." All levels invited.
LL Studio A
Fridays 11 – 12 noon 4 classes Fee: \$32*
Feb 12 – Mar 5 (FIT38-A1002)

Nia PM Instructor: **Beth Silver**
 Same invigorating yet relaxing class as Nia AM (see above) offered in the evenings.
LL Studio A
Mondays 6 – 7:00 PM 4 classes Fee: \$32*
Feb 8 - Mar 8 (FIT37-A1002) no class 2/15

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.
LL Studio A
Tuesdays 9 – 10 AM 8 classes Fee: 64*
Jan 5 – March 2 (FIT20-A1001) no class 2/16
Mar 9 – May 4 (FIT20-A1003) no class 3/30

Healthy Back Yoga Instructor: **Lavon Cook**
 Learn back care. Good for arthritis and osteoporosis. Incorporates stretches for strength and flexibility. Not intended to replace therapy, good follow up to successful rehabilitation. Bring water, small pillow & yoga mat.
LL Studio B
Wednesdays 9 - 10 AM 6 classes Fee: \$42*
Jan 6 – Feb 10 (FIT06-A1001)
Feb 17 – Mar 24 (FIT06-A1002)
Mar 31 – May 12 (FIT06-A1005) no class 4/7
Fridays 9 - 10 AM 6 classes Fee: \$42*
Jan 8 – Feb 12 (FIT06-A1003)
Feb 19 – Mar 26 (FIT06-A1004)

Pilates/Yoga Instructor: **Lavon Cook**
 Focusing on strengthening your back while firming your abdominals—the core of your body. Improves posture, alignment, muscle tone, joint mobility and flexibility. Bring mat, small pillow & water.
LL Studio B
Tuesday 10 – 11 AM 6 classes Fee: \$42*
Feb 16 – Mar 23 (FIT07-A1002)
Mar 30 – May 11 (FIT07-A1003) no class 4/6

Pi – Yo Instructor: **Laura Lerman**
 Combination of Pilates & Yoga exercises designed to build core strength increase flexibility and breath awareness. Bring mat, towel and water bottle.
LL Studio B
Mondays 6:15 – 7:15 PM 8 classes Fee: \$64
Mar 8 – May 3 (FIT49-A1001) no class 3/29

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!

Supervised Strength Training

Certified Exercise Specialist Instructor: **S. Rubinstein**
Small class designed to provide for up to 12 students **personalized instruction** two times a week for the safest and most effective workout. This guided program develops the best habits for the long term including proper form, breathing, seat adjustments, and safe weight increases using our pneumatic weight machines. Instructor leads warm up and stretching.

LL
BT Residency required 12 classes Fee: \$68

Mon / Thurs 8 - 9 AM

Feb 11 – Apr 5 (FIT01-A1001) no class 2/15, 3/11, 3/15, 3/18
April 8 – May 17 (FIT01-B1001)

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

Feb 1 – Mar 29 (FIT01-A1002) no class 2/8, 2/15, 3/10, 3/15, 3/17
Mar 31 – May 10 (FIT01-B1002)

Mon / Wed 6:30 – 7:30 PM

Feb 1 – Mar 29 (FIT01-A1003) no class 2/8, 2/15, 3/10, 3/15, 3/17
Mar 31 – May 10 (FIT01-B1003)

Wed / Fri 8 – 9 AM

Feb 10 – Mar 31 (FIT01-A1004) no class 3/10, 3/12, 3/17
April 7 – May 14 (FIT01-B1004)

Wed / Fri 9 - 10 AM

Feb 10 – Mar 31 (FIT01-A1005) no class 3/10, 3/12, 3/17
April 7 - May 14 (FIT01-B1005)

Wed / Fri 10 - 11 AM

Feb 10 – Mar 31 (FIT01-A1006) no class 3/10, 3/12, 3/17
April 7 - May 14 (FIT01-B1006)

Strength Training + Broaden your fitness options!
Upgrade your class with Open Hours on non-class days.
For a small difference in price, take the opportunity to expand your access to the fitness equipment.
\$77 – BT residents \$80 - "Grandfathered" Members

Strength Training/Cardio Orientation**

Certified Exercise Specialist Instructor: **S. Rubinstein**
**** Required for new fitness equipment participants who choose not to take a 12 session strength training class**
One hour Orientation designed for people with a broad understanding of fitness principles and considerable recent equipment experience, knowledge of safety aspects, and able to move through the equipment demonstrations quickly. The instructor will review the safe and effective use of elliptical, steppers, treads and bikes, as well as, the pneumatic weight machines which are very different from free weights or universal machines.

BT Residency required 3 students/class 1 hr class
(FIT33-VARIES) LL Fitness Arena Fee: \$25

Mondays 4 - 5 PM & 5 – 6 PM

Feb 1, 22 (Add'l. offerings at top of next column) ↑

Wednesdays 1 – 2 PM

Feb 3, 10, 17

Thursdays 4 – 5 PM 5 – 6 PM 6-7 PM

Feb 18, 25 Feb 11 Feb 11

Fridays 11 AM – 12 PM

Feb 12, 19, 26

Fitness Open Hours (FIT02-VARIES)

Pre-requisite completed Strength Training class (listed above) or Orientation (next page). Self-supervised. **Sign-in** at LL reception desk and exchange acceptable ID for workout I.D. tag each visit. Available during center hours.

BT Residents: \$15 mo or \$80/6 months

"Grandfathered" Members: \$20 mo or \$100/6 months

Pickleball! Pickleball! Pickleball!

Love tennis? Same great game played with a paddle & waffle ball. Think tennis skills and strategy on a court one-fourth the size of a tennis court... then prepare to laugh at the fun you're having playing this crazy, hot new game! **Studio A & B lower level**

For more info, call Jim 248-855-2676.

SATURDAY FITNESS CLASSES!!!

Pilates

Instructor: **Laura Lerman**

Focuses on strengthening the back while firming your body's core. Improves posture, alignment, muscle tone, joint mobility and flexibility. Bring mat, small pillow & water.

LL Studio A

Sat 8:00 - 8:45 AM 8 classes Fee: \$64*

Mar 13 – May 15 (FIT16-A1002) no class 4/3, 5/8

Zumba

Instructor: **Laura Lerman**

Latin music, dance moves and aerobic fitness interval training combined to create a dynamic, exciting and effective fitness workout.

LL Studio A/B

Sat 8:45 – 9:45 AM 8 classes Fee: \$64*

Mar 13 – May 15 (FIT20-A1004) no class 4/3, 5/8

H2O Boot Camp

Instructor: **Annie Chi**

High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine.

Pool

Sat 9:00 – 10:00 AM 4 classes Fee: \$32*

Feb 6 – Feb 27 (FIT32-A1002)

Aqua Toning 'n Pilates

Instructor: **Cathie Winton**

Low impact workout for those with chronic pain, arthritis, M.S. spine, knees and hips, Designed to reduce pain, stretch muscles and tone the body with Pilates.

Pool

Sat 10:00 – 11:00 AM 4 classes Fee: \$32*

Feb 13 – Mar 6 (FIT46-A1004)

ENRICHMENT AND EDUCATION

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

Creative Watercolor Instructor: Karen Halpern
Wednesdays 1:30 - 3:30 PM 8 classes Fee: \$103*
April 7 – June 16 (ART02-B1001) no class 5/5, 6/2 & 9
Explore the satisfying experience of painting with watercolors. All levels of students are welcome. Painting techniques, skills, color theory and design principles, perspective, and proportion are interwoven as you explore varied subjects and styles. Develop your work in a supportive, low-key and individualized environment. Paint at your own pace. *Supply list available at BTSS Office.

Drawing Basics Instructor: Karen Halpern
Thursdays 10:00 – Noon 8 classes Fee: \$103*
April 1 – June 17 (ART03-B1001) no class 4/29, 5/6, 6/3 & 10
Learning to draw is an attainable goal. Find personal fulfillment and relaxation as you learn to see the world through new eyes. Improved perspective, proportion, shading and composition enable students to draw different subjects using varied basic materials. This class is essential for beginners and experienced painters alike. Individual attention in a supportive, relaxed atmosphere.
*Supply list available at BTSS Office.

Lapidary Instructor: Lapidary Volunteers
Tuesday, Mar 2, 9 & 16 (ART04-A1001) 1:30 - 3:30 PM
Thursday, Mar 4, 11 & 18 (ART04-A1002) 1:30 - 3:30 PM
3 classes. Participants will learn to cut, shape, sand and polish a stone which can be finished as a pendant for a necklace. Material Fee: \$10 due at first class

Lowery Music Makers Instructor: Susie Woodman
Monday 1-2 PM 10 classes Fee: \$30*
Feb1* – April 19 (EDU37-AI001) no class 2/15, 3/15
(* First class is orientation.) Open to all music lovers! Exercise your mind and spirit. Make friends and fulfill your dreams of music making! Join Evola Music and make beautiful music together. You do not have to be a musician or have a music background to enjoy a music-making hobby. Includes 2 bonus private lessons in store at 2184 South Telegraph, Bloomfield.
Material Fee: \$15.90 book fee collected by instructor on the first day of class.

Mah-jongg Lessons

Sharon Houghtby returns to teach in June 2010. Look for her class in the summer newsletter.

*See Mah-jongg Play under Club Section

Bridge Lessons

Beginning Bridge – Part II Instructor: Bonnie Ward
Mondays 10:30 AM-12:30 PM 10 classes Fee: \$120*
March 8 – May 17 (EDU42-A1001) No class 4/5
Build your bridge on a solid foundation with pre-arranged hands to teach you the basics while you play. This class is for those who have completed Bridge I (Major and Minor suit openings) or want a refresher of the basics. Will cover No Trump, Stayman, strong hands and competitive bidding.

Supervised Play Instructor: Bonnie Ward
Mondays 1 – 3 PM 10 classes Fee: \$120*
March 8 - May 24 (EDU35-A1001) no class 3/15, 4/5
In depth discussion of a pre-arranged hand followed by supervised play. This is your opportunity to use what you have learned. A fun afternoon of Bridge! You should have a basic knowledge of bidding and a desire to improve your bidding and play of the hand.

“Chicks with Sticks”

Knitting Gifts from the Heart

Monday 1:00 – 3:00 PM Cafe
Facilitator: Karen Ouellette 248-408-2083

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

New knitters, please call Karen, so you can be welcomed to the “Chicks with Sticks”.

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

We gladly accept “like new” yarn donations.

Knitters Wanted

At home knitters needed, too!



COMPUTER LAB

Software: Office 2003 and Windows XP
High speed Internet

Maximum 7 students per class
1 student per computer

Instruction by: Valerie Sinclair, Micro Techniques Inc.

E-mail & More

Keep in touch with family and friends at no cost even when they live far away! Students will create a free-e-mail account using Yahoo! Mail. Learn how to send/open email messages/attachments, create an address book, use spell check, e-mail security options and monitor incoming junk-mail/spam and more. Hand-out included.

(2) 2 hr. classes Fee: \$63*
M/W, February 1 & 3 (COM05-A1002) 5 - 7 PM
Friday, March 19 & 26 (COM05-A1003) 10 AM – Noon
Friday, April 23 & 30 (COM05-B1001) 10 AM – Noon
Wednesday, May 5 & 12 (COM05-B1002) 10 AM – Noon

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 Fee: \$63*
Monday, April 5 & 12 (COM04-B1001) 10 AM – Noon
Saturday, May 8 & 15 (COM04-B1002) 9:30 – 11:30 AM

How to Reserve Airline Travel Online

Learn the "ins" and "outs" of safely reserving your get away flights with an airline on the Internet. Major airline web-sites will be visited. A handout with guidelines on how to accurately compare pricing and recognize airline restrictions will be discussed. Come fly with us!

(2) 2 hr classes Fee: \$63*
Saturday, Feb. 6 & 13 (COM21-A1001) 9:30 – 11:30 AM
Monday, March 1 & 8 (COM21-A1002) 10 AM – Noon
Friday, May 7 & 14 (COM21-B1001) 10 AM – Noon

Internet Basics

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

(2) 2 hour classes Fee: \$63*
Friday, March 5 & 12 (COM03-A1001) 10 AM – Noon
Friday, April 9 & 16 (COM03-B1001) 10 AM – Noon
Friday, May 21 & 28 (COM03-B1002) 10 AM – Noon

MS PhotoStory 3

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

(2) 2 hr classes Fee: \$63*
Wednesdays, May 19 & 26 (COM13-B1001) 10:00 – Noon

MS Word 1

Learn the essentials of this popular word processing program. Students will create documents, understand *Save* and *Save As*, open existing documents from various storage locations and learn the basics of editing text plus much more! Some prior computer experience needed.

(2) 2 hr classes Fee: \$63*
Monday, March 15 & 22 (COM02-A1002) 10:00 – Noon
Saturday, April 10 & 17 (COM02-B1001) 9:30 – 11:30 AM
Wed, April 21 & 28 (COM02-B1002) 5:30 - 7:30 PM

MS Excel 1

Excel is a very efficient program to track household budgets, medical expenses and daily scheduled medications. Learn to edit and format data in a spreadsheet, create and copy formulas. Tips on printing options and more!

(2) 2 hr classes Fee: \$63*
Sat., Mar 20 & 27 (COM17-A1001) 9:30 – 11:30 AM
Sat., Apr 24 & May 1 (COM17-B1001) 9:30 – 11:30 AM
Monday, May 10 & 17 (COM17-B1002) 10 AM – Noon
Monday, May 10 & 17 (COM17-B1003) 5:30 - 7:30 PM

Word Documents for Resumes & Cover Letters

Are you entering the job market or looking for part-time work? Using MS Word, students will learn practical tools to create viable documents, resumes and cover letters. Learn to format page margins, paragraph and line spacing, text size & style and utilize efficient print options. Your resume will outshine the rest! Hand-out included.

(2) 2 hr classes Fee: \$63*
M/W, February 1 & 3 (COM22-A1002) 9:30 – 11:30 AM
Saturday, March 6 & 13 (COM22-A1003) 9:30 – 11:30 AM
Wed, March 31 & April 7 (COM22-A1004) 5:30 - 7:30 PM
Monday, May 3 & 10 (COM22-B1001) 10 AM – Noon
Tuesday, May 18 & 25 (COM22-B1002) 10 AM – Noon

BASIC COMPUTER LESSONS

BTSS in cooperation with the Bloomfield Township Public Library (BTPL) will provide a **FREE** basic computer class.

FIND IT ONLINE

Monday, March 15 (COM19-A1002) 1:00 – 3:00 PM
Discover BTPL's outstanding database of full-text articles and reference sources and learn about the Adult Services staff's favorite websites.

Pre-registration required for this **FREE** class.

Explore more at: www.btpl.org

★ COMPUTER LAB OPEN HOURS

Mondays 9:30 - 11:30 AM

Computer lab will be staffed by volunteers who will help with your confusing or frustrating computer problems. The lab is also available for personal use. Watch for extra hours posted on the computer lab door or call to inquire.

★ I.T. TO THE RESCUE

Tuesdays Noon – 1:00 PM

Join Mark McLeay, Bloomfield Twp. Information Technology Department, as he shares his expertise on all computer matters! Bring your questions, problems, frustrations and let Mark make it all easier. Have a more rewarding and fun computer experience.

February 10 & 24 March 10 & 24

EVENING PROGRAMS

Pizza & Play

(SOC32-VARIES)

2nd Tuesday 6:00 7:30 PM \$7/\$9

Here's a night out for good old fashion fun and games! games with your fellow members and watch the competition begin. Don't miss out! Please preregister.

★ Socially Active Single Seniors (SASS)

(SOC33-VARIES)

3rd Thursday 6:00 – 7:30 PM

We are currently forming a new social club for active single men and women. Please join us for a meeting to discuss your interests in activities for the future. Please RSVP attendance to help with planning.

Getting To Know You!

Tour the senior center. Join us in the BTSS Café for an informal gathering of new participants and interested seniors. We would love to get to know you!

Please pre-register: 248-723-3500

Tuesday, Jan. 26 (SEV03-A1001) 10:30 – 11:30 AM
Monday, Feb. 22 (SEV03-A1002) 5:30 – 6:30 PM
Tuesday, March 23 (SEV03-A1003) 1:30 – 2:30 PM
Thursday, April 22 (SEV03-B1001) 10:30 – 11:30 AM
Monday, May 17 (SEV03-B1002) 5:30 – 6:30 PM

Healthy U (University)

Join us monthly for a series of topical health related subjects. **Registration required** for these free programs.

Tuesday, January 19 (EDU32-A1001) 10:30 AM - Noon
"How to Purchase the Best Hearing Aid"

Birmingham Bloomfield Audiology (BBA)

Kristin Hinderliter, Doctor of Audiology, shares information about today's latest technology in hearing devices. Lunch provided by BBA following presentation. Free hearing evaluations also available.

Tuesday, February 9 (EDU32-A1002) 10 AM - Noon
"Brain Neurobics"

Cheryl Deep, MA and Donna MacDonald, BS, MRA

Wayne State University, Institute of Gerontology (IOG)
Want to keep your brain healthy? Join this "aerobics for the brain", interactive class on the social aspects of healthy brain aging, including exercises and nutrition.

Thursday, March 11 (EDU32-A1003) 11:30 AM – 12:30 PM
"The Aging Eye"

Clavenna Vision Institute

Dr. Gregory Fitzgerald of the Clavenna Eye Institute will address the aging eye. Lunch be provided by Clavenna Eye Institute following the presentation in the Cafe.

Safety First

Tuesday 10:00 – 11:30 AM

The Bloomfield Township Police and Fire Department will be making us all safer in our environment. Everything you always wanted to know about your safety but weren't sure who to ask. We will ask the experts! **Please pre-register** for these free seminars.

February 23 (EDU33-A1002)

"Self-Defense"

March 23 (EDU33-A1003)

"Fire Safety"

★ Booked For Lunch (SOC29)

Wednesday 12:30 PM

March 10

April 14

May 12

Bring your bag lunch and join Connie Silver from the Bloomfield Twp. Public Library in the beautiful Café, overlooking Hidden Lake, for an informal book talk. Munch and listen with fellow book lovers. What a great lunch experience!

★ Issues and Insights (SOC03)

3rd Tuesday

1:00 – 2:30 PM

Share your thoughts in a lively discussion of current issues. Need an outlet for those insights you have? Come share them with fellow enthusiasts!

★ Pool (Billiards) (SOC02)

Mon – Thurs: 7 AM – 7 PM

Billiards Room
Friday: 7 AM – 3:30 PM

★ Lapidary (SOC17)

Tuesday & Thursday (no program May 18-27) 1 – 4 PM
Facilitator: Nancy Porter 248 797-5660
Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading and stain glass is provided, supplies and equipment available.
Open to all participants, even during special classes.

★ Mah-jongg (SOC30)

Friday 1:00 – 4:00 PM
Enjoy playing this ancient game of skill and strategy? Bring a group of players or join our mahj players for an exciting afternoon of challenging play!

★ Movie Mania (SOC31)

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

February 19: "The Proposal"

Comedy starring Sandra Bullock

March 19: Julie & Julia

Dramedy starring Meryl Streep & Amy Adams

April 16: "UP"

Animated Film

May 14: "The Blind Side"

Drama starring Sandra Bullock

CLUBS

★ Indicates Drop-In Fee: \$1 BT Resident / \$2 Non-Resident

Sign In and pay Drop-In Fees at Main Level Reception. Other listed fees: \$ Twp. Resident / \$ Non-Twp. Resident

Please call facilitator listed for club information. All are welcome!

★ Book Club (SOC06)

1st Friday (except April 9) 10 – 11:30 AM
Facilitator: Madelyn Doerr 248 851-6093
Books on loan thru BT Public Library service desk.

March 5: "Presumed Innocent" by Turrow

April 9: "Namesake" by Lahiri

May 7: "Grandmothers: four short novels" by Lessing

★ Bridge Club (SOC04)

Monday & Friday Facilitator: Maurice Vachon
Tables assigned: 12:30 PM Play begins: 1:00 PM

★ Euchre & Pinochle Club (SOC24)

Thursday, 11:15 AM
Facilitator: Joanne Carmichael 248 626-0719
New and experienced players join us, everyone welcome!

★ Italian Group -Gruppo Italiano (SOC05)

2nd Friday 10 – 12 PM
Facilitator: Angie Giffels 248 645-0958
Affiliate of the Dante Alighieri Society Michigan Chapter
Open to everyone interested in the art, culture, history and language of Italy.

★ Scrabble Club (SOC07)

1st Wednesday 1 – 3 PM
Facilitator: Madelyn Doerr 248 851-6093
Calling all word freaks! Enjoy stimulating games of scrabble with like minded wordsmiths. Come enjoy the fun!

Senior Men's Club

Co-Facilitators: Bruce Madsen & Jim Grady

Join the Bloomfield Twp. Senior Men's Club and enjoy camaraderie with "a few good" men. A great way to start your Wednesday morning! **Please pre-register.**

3rd Wednesday 9:30 – 11:30 AM Fee: \$6/\$8

February 17 (SOC27-A1002)

*L. Brooks Patterson, Oakland County, Executive Director
"A Special Message for Seniors"*

March 17 (SOC27-A1003)

*Joe Knollenberg, former Michigan Congressman
"Items That Never Made the Newspapers"*

Senior Women's Club

Facilitators: Club Members

Experience exciting programs from themed teas, local authors, gardening tips, philanthropic interests, DIA speakers, and more!! Come for fun and friendship. Presentations with a light breakfast or afternoon tea! **Please pre-register.**

4th Wednesday 10 AM – Noon Fee: Varies

January 27 (SOC28-A1001) Fee: \$8/\$10

DIA (Detroit Institute of Arts)

February 24 (SOC28-A1002) Fee: \$10/\$12

Handwriting Analysis

March 24 TBA

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 8 AM -12:00 PM, 12:00-3:30 PM or 3:30-6:30 PM Monday through Friday, weekly.

Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-723-3500 or e-mail at jpatzelt@bloomfieldtwp.org

Thank You for Your Donations*... Barbara Driver, Steve & Julie Eskoff, Kelly Schneider, Ron Lech, Elizabeth Hsu, Nancy Porter, George Frost

Tree of Life - Thanks to the generosity of BTSS participants, \$650 was collected to benefit the Home Delivered Meals Program.

Thank you to our Home Delivered Meals Drivers!

Anne Allingham * Rob Alvin * Roxanne Andoni * Catherine Angeli * Louise Angermeier * Les Baron * Kerstin Baumann * Paulette Bednas * Shahina Begg * Marion Benedict * 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 * Mary Coyer * Carla Cronin * Robert Dann * David Dinger * Ursula Dobbs * Kitty Dobritt * Judy Domstein * Jim Eichner * Carole & Ted Elder * Karin Eynon * Richard Favret * John Feeney * Martha Flannery * Walter Gaer * Phyllis Gara * Judy Geppert * Mona Gibson * Carol Goldstein * Jim & Irene Grady * Jason Grills * Nancy Haddad * Bob & Francois Harrod * Rick Hartsell * Rob Heeren * Dolores Hekker * John Hoban * Pam Hoffman * Jim & Joann Holden * Linda Hsing * Susan Hugel * Pat Jacoby * Gail Jaworski * Clare & Jerry Kabel * Judy Kebl * Judy King * Karen Krieger * June Linklater * Marcie Lloyd * Bruce Madsen * Fritzie Mager * Joan Mann * Sue Martin * Richard May * Barry & Helene Mayo * Mary Lynn McLachlan * Beth Mergel * Jean Miller * Debbie Mitchell * Richard Moxley * Robert & Barbara Munn * Marty Nouse * Walter Oehrlein * Darlene Ottolini * Lee Ann Pantalone * Nancy Pavy * Kathleen & Robert Pelkey * Bill Penz * Priscilla Pettengill * Alfred & Sarinna Ping * Bill Potter * Marie Pryce * Rita Ravikrishnan * Tom Richard * Jerry Rivard * Fulvio Romano * Janet Russell * Nicholas Rutkowski * Michael Samson * Mindy Saunders * Ann & Jerry Scheel * Linda Scheidemantel * Hudson Scheifele * Rita Schwimer * Theresa Shea * Mary Sheipline * Irene Sklar * Janet Smith * Jean Smith * Dev Sood * Connie Szymczak * Marjorie & Mario Trafeli * Susan Ulferts * Maurice Vachon * Frank Voefray * Mary Walosin * Don Waples * Cathy Weber * Joan Wells * Lynn & Corey Wert * Bill Williams * Clint Williams * Elinor & Murray Yolles * Rasheeda Zafar * Carol Zaske



Volunteering is important to long and healthful lives.

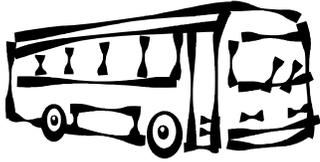
Call Joan for more information 723-3500.

Thank you volunteers! 700+ Hrs. in Nov 09-Jan 10

Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appt. Drivers, Trip Leaders & ADS Volunteers . Ellen Ayers * Corlene Ashley * Verna Besancon * Wendy Borovsky * Sharon Butler * David Button * Ray Caloia * Pat Caplin * Joanne Carmichael * Mary Ann Christ * Patty Cogan * Dorothy Cole * Marion Conat * John Conti * Maureen Cook * Madelyn Damioli * Margaret Dann * Maxine Davison * Margaret Demark * Madelyn Doerr * Louise Dube * Donna DuPuis * Patricia Ellis * Steve & Julie Eskoff * Marie Gemmel * Mona Gibson * Angie Giffels * Susan Glass * Carol Goldstein * Jim & Irene Grady * Nancy Heberer * Dolores Hekker * Kim Hinkle * Brian Humevich * Dagnya Iyla * Connie Jaroh * Sandy Johnson * Maggie Kapdi * Gloria Kefalas * Jon Kiesel * Rosemarie Killenberger * Tony Klemer * Gloria Krause * Dorothy Kwapisz * Dorothy Laffrey * George Law * Tracey Leone * Nancy Lee * Gail MacInnes * Marilyn MacMillan * Bruce Madsen * Laura Malmstrom * Helen Miller * Vara Navaluri * Joan Nedeljko * Jo Nott * Mary Ann O'Brien * Joanne O'Hara * Minda Orille * Carol Osterberger * Karen Ouellette * Ralph Pedersen * Carol Penrose * Arlene Pinkos * Nancy Porter * Tom Richard * Jerry Rivard * Nancy Robertson * Queenie Sarkisian * Sharon Scadron * Marilyn Scheifele * Faith & John Scholl * Lisa Secrest * Peter Simler * Ruth Slocum * Terry Sorrentino * Ann Spina * Michael Sullivan * Teresa Sun * Maurice Vachon * Anjali Vale * Daniel Vanderkolk * Inez Veraldi * Marleeta Walton * Suzanne Winn * JB Yeagan * Anjel Yessayan * Elinor Yolles * Charlotte Young * Rasheeda Zafar * Janice Zehnder

* 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- Bloomfield Twp. residents 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 registered companion, please indicate this upon registration.

MAKE CHECKS PAYABLE TO: Bloomfield Twp.

"Hahn & Higdon" DSO WAIT LIST

Friday, Jan. 22 (DAY04-A1001) 9:30 AM – 3:00 PM
BTSS Coach Fee: \$49*

Grand Buffet at Oakland Community College

Thursday, Feb. 4 (DAY09-A1001) 10:15 AM – 1:15 PM
Enjoy the finest cuisine, prepared by the students of the Culinary Studies Institute at OCC. Be sure to visit the campus bakery. **Includes: Buffet, beverage, tax, and tip.**
BTSS Coach Fee: \$19*

"The Lady With all the Answers" Tipping Point Theatre

Saturday, February 6 (DAY10-A1001) 12:30 – 6:00 PM
Advice columnist Ann Landers has answered countless letters from those in need of advice. An ironic twist of events confronts Landers with her own heartbreak. Struggling to complete her column, we learn much about this wise, funny and no-nonsense woman. **Start with lunch on your own at Deadwood Bar & Grill.**
BTSS Coach Fee: \$34*

Ballet Hispanico Michigan Opera Theatre

Friday, Feb. 12 (DAY11-A1001) 9:30 AM – 3:30 PM
Experience the energy and vivacious choreography of Latin dance! Founded by artistic director Tina Ramirez, Ballet Hispanico combines ballet, modern and Latin dance to create a theatric, passionate art form. **Followed by lunch on your own at Finn & Porter in the Fort Shelby Hotel.**
BTSS Coach Fee: \$38*

"The Allergist's Wife" Jet Theatre WAIT LIST

Wednesday, Feb. 17 (DAY12-A1001) 11:15 AM – 5:00 PM
BTSS Coach Fee: \$37*

"Endless Summer the Music of Brian Wilson & the

Beachboys" DSO

Thursday, Feb. 18 (DAY13-A1001) 9:30 AM – 3:30 PM
Wax up the board, pack up the Woody and catch the sounds that made California dreaming a life style- "California Girls," "Kokomo", "Help me Rhonda," " Good Vibrations" and other hits of Brian Wilson and the Beach Boys. **Followed by lunch on your own at Café Via.**
BTSS Coach Fee: 49*

"Barefoot in the Park" Village Theater at Cherry Hill

Saturday, Feb. 20 (DAY14-A1001) 11:15 AM – 5:15 PM
Carefree Corie and serious, conservative Paul are newlyweds adjusting to married life, each other, Corie's mother, and a very strange neighbor. Love conquers all in this delightful Neil Simon comedy. **Start with lunch on your own at Tosca de Plata.**
BTSS Coach Fee: \$32*

"Mindgame" Meadowbrook Theater

Wednesday, Feb. 24 (DAY15-A1001) 11:30 AM – 5:00 PM
When Mark Styler, a writer of 'true crime' paperbacks, tries to get an interview with Easterman, a notorious serial killer, he has no idea what he's walking into. Mindgame is a dazzling thriller that twists its way towards a shocking conclusion. **Start with lunch on your own at Alfoccino.**
BTSS Coach Fee: \$31*

"Beethoven & Grieg" DSO

Friday, Feb. 26 (DAY16-A1001) 9:30 AM – 3:30 PM
Receiving national attention after performing at President Obama's inauguration, pianist Gabriela Montero and Thomas Wilkins present Grieg's popular Piano Concerto. **Followed by lunch on your own at Loccino Italian Grill.**
BTSS Coach Fee: \$49*

"You Can't Take it With You" Farmington Players

Sunday, Feb. 28 (DAY17-A1001) 11:30 AM – 5:00 PM
When Tony Kirby falls in love with Alice Sycamore, he brings his parents to her eccentric home to meet her family. What transpires is a hilarious mix-up that involves everyone from the IRS to the Grand Duchess of Russia. **Start with lunch on your own at Rojo Mexican Bistro.**
BTSS Coach Fee: \$31*

Lunch at the Rattlesnake Club

Wednesday, March 3 (DAY18-A1001) 10:30 AM – 2:30 PM
The Rattlesnake Club sits on the Detroit River with beautiful views of the Canadian & Detroit skyline. Award winning Chef Jimmy Schmidt will prepare our menu. **Includes choice of pre-selected entrée, salad, dessert, and beverage.**
BTSS Coach Fee: \$38*

Collections Resource Center at Fort Wayne

Tuesday, March 9 (DAY19-A1001) 10:00 AM – 3:30 PM
Join us for a one hour docent led tour of the Collections

Resource Center housed at historic Fort Wayne. The more than 200,000 historic artifacts representing more than 300 years of our region's unique history include prototype automobiles, a fashion collection, Native American pieces, antique toys. **Followed by lunch on your own at Giovanni's.**
BTSS Coach Fee: \$24*

Holly Candle Shoppe & Great Lakes Natl. Cemetery
Monday, March 15 (DAY20-A1001) 10:00 AM – 4:30 PM
The Holly Candle Shoppe in historic downtown Holly is a retail space and candle manufacturing operation, producing premium soy wax, hand mixing the colors and fragrances. The owner will give a candle making presentation. **Following lunch on your own at the Bitter Sweet Café,** we will visit the Great Lakes Nat'l. Cemetery for a bus tour.
BTSS Coach Fee: \$15*

"A Celtic Celebration" DSO
Thursday, March 18 (DAY21-A1001) 9:30 AM – 3:30 PM
Cherish the Ladies is one of the powerhouses in Celtic music. Their spectacular instrumental talents, stunning step dancing and beautiful vocals evoke the magic of the Emerald Isle, creating an immensely entertaining show. **Followed by lunch on your own at Meriweather's.**
BTSS Coach Fee: \$49*

Dinner & DSO "A Celtic Celebration"
Saturday, March 20 (DAY22-A1001) 5:15 – 11:30 PM
Cherish the Ladies is one of the powerhouses in Celtic music. Spectacular instrumental talents, stunning step dancing & beautiful vocals evoke the magic of the Emerald Isle. An immensely entertaining show. **Start with dinner on your own before the concert at Charley's Crab.**
BTSS Coach Fee: \$49*

"Bach & Beethoven" DSO
Friday, March 26 (DAY23-A1001) 9:30 AM – 3:45 PM
Sandwiched between two Romantic period favorites by Schumann and Beethoven, Christian Zacharias takes on the dual role as conductor and soloist for Carl Philipp Emanuel Bach's rarely heard Keyboard Concerto in D minor. **Followed by lunch on your own at Ocean Prime.**
BTSS Coach Fee: \$49*

"The Glenn Miller Orchestra" Macomb Center
Sunday, March 28 (DAY24-A1001) 1:00 PM – 7:15 PM
The world famous Glenn Miller Orchestra brings hits like "Tuxedo Junction" and "Chattanooga Choo-Choo" to life with their unique jazz sound. Trombonist Larry O'Brien directs the Orchestras two vocalists and a 16-piece band. **Start with lunch on your own at The Aspen.**
BTSS Coach Fee: \$51*

Tour and Lunch at the Book Cadillac Hotel
Wednesday, March 31 (DAY25-A1001) 9:15 AM – 1:15 PM
Once the grandest of Detroit's downtown hotels and a member of the National Registry of Historic Buildings, this

Italian-renaissance-style hotel built in 1924 by the Book brothers closed in 1986. A massive \$180 million renovation, has restored and rejuvenated the hotel to its original splendor. **A tour will be followed by a chef selected lunch (included) at the Boulevard Room restaurant.**
BTSS Coach Fee: \$44*

"The Smell of the Kill" Tipping Point Theatre
Saturday, April 3 (DAY26-B1001) 12:15 – 6:15 PM
Take three delicious, malicious wives, add three miserable, unloving husbands, and chill. When the men mistakenly lock themselves in a basement meat locker, the women are faced with a life-or-death decision; should they leave the men out in the cold - permanently - or let them thaw? **Start with lunch on your own at Diamond Jim Brady's.**
BTSS Coach Fee: \$36*

"Enchanted April" Meadowbrook Theatre
Wednesday, April 7 (DAY27-B1001) 11:30 AM – 5:00 PM
When two frustrated housewives decide to rent a villa in Italy for a holiday, they recruit two very different English women to share the cost. Among wisteria blossoms and Mediterranean sunshine, they explore their personalities, reassess their goals, and reexamine their relationships. **Start with lunch on your own at the Palm Palace.**
BTSS Coach Fee: \$31*

"A Streetcar Named Desire" Baldwin Theatre
Sunday, April 11 (DAY01-B1001) 11:30 AM-5:00 PM
Tennessee Williams', A Streetcar Named Desire is set in the late 1940s against the steamy backdrop of New Orleans' gritty French Quarter. Blanche Dubois, a faded Southern belle, takes refuge with her sister Stella and her animalistic brother-in-law Stanley. Blanche's childlike helplessness and her romantic self-delusions are no match for her harsh new surroundings, the oppressive summer heat, and Stanley's explosive fits and growing lustful rage. **Start with lunch on your own at Lily's Seafood.**
BTSS Coach Fee: \$29*

Historical Houses of Worship Tour
Monday, April 12 (DAY28-B1001) 9:00 AM – 4:45 PM
Docent lead tour acquaints metro Detroiters with the contributions religious institutions have made in our community. Featured churches include Ecumenical Theological Seminary, Holy Family, Jefferson Avenue Presbyterian, Church of the Messiah & St. Bonaventure. **Lunch provided at one of the tour churches.**
BTSS Coach Fee: \$54*

"Bond & Beyond" DSO
Thursday, April 15 (DAY02-B1001) 9:30 AM-3:30 PM
The cars, the gadgets, the women, James Bond has it all. Enter a world of twists and turns as the DSO takes you on a high-octane chase through the music of secret agents and other super human operatives whose mission is to save the

world. Followed by lunch on your own at PF Chang's.
BTSS Coach Fee: \$49*

"Don Giovanni" Michigan Opera Theatre

Sunday, April 18 (DAY29-B1001) 11:15 AM – 6:30 PM

After a life full of lies and deception, legendary lothario Don Giovanni is granted one last chance to acknowledge his true nature and seek redemption. A sinner to the end, Don Giovanni refuses and is dragged by a statue to the gates of Hell. **Start with lunch on your own at Papa Vино's.**

BTSS Coach Fee: \$94*

"Our Town" Purple Rose Theatre

Wednesday, April 28 (DAY03-B1001) 11:45 AM-6:15 PM

Thornton Wilder's Pulitzer Prize winning play, spans thirteen years in the town of Grover's Corners, a quintessential small community with characters reflecting the hopes and dreams, failures and successes, of people everywhere. **Start with lunch on your own at Common Grill.**

BTSS Coach Fee: \$41*

"The Marvelous Wonderettes" Gem Theatre

Thursday, April 29 (DAY04-B1001) 11:00 AM-5:00 PM

New off-Broadway hit is set at a 1958 Springfield High School prom. The Wonderettes are four girls with hopes and dreams as big as their crinoline skirts and voices to match. The girls perform renditions of classic '50s and '60s songs. **Start with lunch on your own at Peabody's.**

BTSS Coach Fee: \$45*

"Watts Plays Brahms" DSO

Friday, April 30 (DAY05-B1001) 9:30 AM-3:45 PM

Legendary pianist Andre Watts joins the DSO in a concert featuring Brahms Piano Concerto No. 2. The DSO will also be concluding their season long celebration of Barber with his atmospheric Essay No. 2. **Followed by lunch on your own at Clawson Steakhouse.**

BTSS Coach Fee: \$49*

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!

"Palmer Park" Jet Theatre

Sunday, May 2 (DAY06-B1001) 11:15 AM-5:00 PM

Set during the 1967 race riots and the Rebellion in Detroit. The upper-middle-class Palmer Park neighborhood and its highly-rated Hampton School seemed to racially integrate successfully. Two couples, one black and one white, rally their neighbors, desperately hoping to maintain the

profile of their community and school. Palmer Park explores what these neighbors had in common and reveals their differences. **Start with lunch on your own at Red Coat.**

BTSS Coach Fee: \$38*

"Breaking Up Is Hard To Do" Meadowbrook Theatre

Wednesday, May 5 (DAY07-B1001) 11:00 AM-5:15 PM

This new musical is set in the 1960's at Esther's Paradise Resort in the Catskills where laughter and romance are found. Mood is set with the title song and many other of Neil Sedaka's famous hits - Calendar Girl, Stupid Cupid, Where the Boys Are, Love Will Keep Us Together, Laughter in the Rain. **Start with lunch on your own Red Ox Tavern.**

BTSS Coach Fee: \$37*

Junior League of Detroit's Designer Showhouse

Tuesday, May 11 (DAY08-B1001) 8:45 AM-3:00 PM

The 2010 Designer Showcase features a walking tour of a 6,500 square foot, stone-clad French Normandy home built in 1928 on the shore of Lake St. Clair. Decorated by local interior designers, this home features high ceilings, a sweeping staircase, multiple fireplaces and lovely gardens. Wear comfortable shoes. **Followed by lunch on your own at Hill Seafood and Chop House.**

BTSS Coach Fee: \$28*

"Tosca" Michigan Opera Theatre

Friday, May 14 (DAY09-B1001) 10:00 AM-4:00 PM

Puccini's opera tells the story of an idealistic artist, a celebrated singer and a corrupt police chief who engage in a fierce battle of wills in this tempestuous tale of cruelty and deception. Political intrigue, sexual intimidation and official hypocrisy abound. Dress rehearsal. **Followed by lunch on your own at O'Mara's.**

BTSS Coach Fee: \$38*

"Gypsy" Farmington Hills Barn Theatre

Sunday, May 16 (DAY10-B1001) 11:15 AM-5:00 PM

Set during the vaudeville era, it's the story of a relentless stage mother, Rose, who travels the country with her two daughters, June and Louise, and their manager, pursuing dreams of stardom for her girls. When the act is booked into a burlesque house by mistake, Louise is forced into the spotlight and a star is born. **Start with lunch on your own at Deli Unique.**

BTSS Coach Fee: \$32*

"Cats" Fisher Theatre

Tuesday, May 18 (DAY11-B1001) 4:30-10:45 PM

What began as a musical about cats has become one of the longest running shows in Broadway's history. Winner of seven Tony Awards including Best Musical, CATS features 20 of Andrew Lloyd Webber's timeless melodies, including the hit song, "Memory." **Start with dinner on your own at Angelina's Italian Bistro.**

BTSS Coach Fee: \$70*

"Metropolitan Opera in HD Armida" at United Artist Commerce Stadium 14 Theatres

Wednesday, May 19 (DAY12-B1001) 4:15-11:15 PM

Don't miss the chance to experience the Met live at a local movie theater! Rossini's mythical story of a sorceress who enthralls men in her island prison. Renée Fleming stars in the title role, opposite no fewer than six tenors. **Start with dinner on your own at MaMa Mia.**

BTSS Coach Fee: \$32*

"Special Tribute to Erich Kunzel" DSO

Thursday, May 20 (DAY13-B1001) 9:30 AM-3:30 PM

In 2009, the music world lost one of its best-loved conductors Erich Kunzel. This performance of *Music of the Night* honors him with a special program of music he loved, including selections from *Evita*, *Cats*, *Phantom of the Opera*, *Sunset Boulevard*, *Les Misérables*, *Miss Saigon* and more. **Followed by lunch on your own at Bahama Breeze.**

BTSS Coach Fee: \$49*

"Southern Comforts" Tipping Point Theatre

Saturday, May 22 (DAY14-B1001) 12:30-5:45 PM

Long widow Amanda Cross peaceful life turned upside-down when she meets Gus Klingman, a cantankerous widower. Filled with sweet surprise, cozy charm and unpredictable tribulation, *Southern Comforts* proves that it's never too late in life to mend the holes in your heart. **Start with lunch on your own at Rocky's.**

BTSS Coach Fee: \$34*

Historical Indian Village Home and Garden Tour

Saturday, June 5 (DAY03-C1001) 9:15 AM-4:15 PM

The Historic Indian Village Home and Garden Tour celebrates this elegant, historic neighborhood. Detroit's most distinguished architects designed Indian Village homes. Among them are Albert Kahn, Louis Kamper, and C. Howard Crane. Wear comfortable walking shoes to tour the homes and wander through the gardens. **Followed by lunch on your own at Sindbad's.**

BTSS Coach Fee: \$26*

Franklin Garden Walk

Wednesday, June 9 (DAY01-C1001) 9:30 AM-4:00 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*

Detroit Skate Club 11th Annual Ice Show

Thursday, June 10 (DAY02-C1001) 4:30-9:30 PM

The Detroit Skate Club is the home of many national and international award winning skaters as well as beginning skaters and precision skate teams. A highly acclaimed, professional production, the 2010 Detroit Skating Club's 11th annual ice show will be "Grammy's on Ice". **Start with dinner on your own at Brandy's.**

BTSS Coach Fee: \$38*

Tour of the Pontiac Metroplex Mail Facility

Tuesday, June 15 (DAY04-C1001) 1:00-5:30 PM

Ever wondered how your letters are sorted and prepared for delivery? Join us for a walking tour of the USPS Metroplex. This new mail processing facility is home to 700-800 Postal employees and 100+ managers. Using 60+ letter sorting machines, 1 long bundle sorting machine, several flat sorting machines, they process 2 million letters an hour! A marvel of automation. **Start with lunch on your own at Lion's Den.**

BTSS Coach Fee: \$12*

"The Wizard of Oz" DSO

Saturday, June 19 (DAY05-C1001) 5:00-10:45 PM

It's Dorothy's epic journey down the yellow brick road like you've never seen it before... up-close and personal on a massive screen above the DSO performing the score live. **Start with dinner on your own at Vinsetta Grill.**

BTSS Coach Fee: \$49*

St. Sabbas Monastery Tour & Dinner

Thursday, June 24 (DAY06-C1001) 3:45-9:45 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 dinner at St. Sabbas's Royal Eagle Restaurant followed by a guided tour.**

BTSS Coach Fee: \$54*



**Valentine's Day
"Celebration of Love"**

Wednesday, February 10
11:00 AM – Noon
Piano & Guitar Sing-A-Long
with
Michael Krieger
(\$1/\$2 Drop In Fee payable at ML Reception)

Optional Lunch follows in Café:
Cherry Chicken Wrap Bag Lunch
(cherry chicken wrap, chips, cookie, fruit)
Prepared by: BHS D Campus Café
Pre-order and pay for lunch (BHSDLUNCH) at BTSS
by
Monday, Feb. 8 - \$6

**GET OUT AND GET TOGETHER!
NEW EVENING PROGRAMS**

Pizza & Play
(SOC32-VARIES)

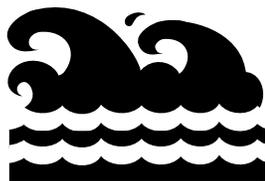
2nd Tuesday 6:00 7:30 PM \$7/\$9

Here's a night out for good old fashion fun and games! games with your fellow members and watch the competition begin. Don't miss out! Please preregister.

★ **Socially Active Single Seniors (SASS)**

3rd Thursday 6:00 – 7:30 PM

We are currently forming a new social club for active single men and women. Please join us for a meeting to discuss your interests in activities for the future. Please RSVP attendance to help with planning.



Open Swim Available!!

Call to inquire (723-3500) or pickup monthly calendar of dates and times at senior center.

Check in at the Main Level Reception.

BT Residents: \$2 per session
Non-Residents: \$5 per session
(Punch Cards available.)

Senior Men's Club

Co-Facilitators: Bruce Madsen & Jim Grady

Join the Bloomfield Twp. Senior Men's Club and enjoy camaraderie with "a few good" men. A great way to start your Wednesday morning! Please pre-register.

3rd Wednesday 9:30 – 11:30 AM Fee: \$6/\$8

February 17 (SOC27-1002)

*L. Brooks Patterson, Oakland County, Executive Director
"A Special Message for Seniors"*

March 17 (SOC27-A1003)

*Joe Knollenberg, former Michigan Congressman
"Items That Never Made the Newspapers"*

Senior Women's Club

Facilitators: Club Members

Experience exciting programs from themed teas, local authors, gardening tips, philanthropic interests, DIA speakers, and more!! Come for fun and friendship. Presentations with a light breakfast or afternoon tea! Please pre-register.

4th Wednesday 10 AM – Noon Fee: Varies

January 27 (SOC28-A1001)

Fee: \$8/\$10

DIA (Detroit Institute of Arts)

February 24 (SOC28-A1002)

Fee: \$10/\$12

Handwriting Analysis

March 24 TBA

AARP DRIVER SAFETY PROGRAM



Wednesday, April 28th &

Thursday, April 29th

8:30 AM – 12:30 PM

(EDU03-B1001)

The nation's first and largest classroom refresher course geared especially to your safety needs will be available at BTSS. Learn defensive driving techniques, how to adjust to age-related changes in vision & hearing and get an insurance discount for taking the class. You must attend both days.

Pre-registration and payment required.

Fee: \$12 AARP members; \$14 non-AARP members

Seen a good movie lately?

A wonderful collection of DVD's were recently donated to BTSS for our lending library. Many of them have been checked out but not yet returned. If you have one, please return it so others can enjoy a good movie, too. Thank you.

Supportive Services

Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

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

Web: www.bloomfieldtpw.org/Seniors

Spring 2010

Index

| | |
|-------------------------|------|
| Adult Day Service..... | 1,4 |
| Blood Pressure..... | 2 |
| BT Email | 3 |
| Care Items Collect | 2 |
| Caregiver Support..... | 1 |
| Census | 1, 4 |
| Dental Program..... | 4 |
| Driver Course | 4 |
| Edison Help | 4 |
| Ensure..... | 2 |
| Errand Rides | 2 |
| Estate Planning | 3 |
| Financial Help | 4 |
| Friendship Club..... | 4 |
| Grocery Shopping..... | 2 |
| Home Loan | 3 |
| Legal Assist | 3 |
| Library Home Del..... | 3 |
| Loan Closet..... | 3 |
| Meals (Home Del.)..... | 2 |
| Minor Home Repair.... | 1 |
| Prescription Prog..... | 4 |
| Reassurance..... | 3 |
| SMART..... | 2 |
| Tax Aide | 1 |
| Transportation..... | 2 |



MINOR HOME REPAIR

BTSS received funds from CDBG which are allocated to assist low income Bloomfield Township seniors aged 62+ with minor home repair. Income guidelines:

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

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

TAX ASSISTANCE

Tuesdays

February 2nd – April 13th

9:00 a.m. – 3:00 p.m.

See cover of newsletter for details.

Who are caregivers?

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

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

Caregiver Forums are held at the Friendship Club, 4315 Andover Rd., Bloomfield Twp. on Tuesdays, March 9, April 13, & May 11 from 5–6:30 p.m. For info and to register, call 248-723-3530.

Co-sponsored by the Alzheimer's Assn.

ATTENTION SNOWBIRDS: CENSUS 2010

Everyone at home relies on you being counted! Help insure Michigan receives its fair share of more than \$400 billion in yearly federal funding used for services such as our schools, hospitals, child care, roads, transportation and other support services. If you reside in Michigan more than six months per year, wait until you return home to complete your census form.

*Michigan relies on you
being counted in Michigan.*

IS ADULT DAY SERVICE THE RIGHT CHOICE FOR YOUR SITUATION?

- 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 and exercise more?
- 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 Adult Day Service (ADS) might be an answer to your relative's care giving needs.

(From "SinceYouCare" Guide prepared by MetLife Mature Market Institute. To request complete guide, call 203-221-6580.)

ADS is a therapeutic day program for elders with memory impairment, providing activities which encourage confidence, laughter and friendship. If you would like to talk to someone about BTSS's ADS (Friendship Club), please call 248-723-3530.

TRANSPORTATION SERVICES



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

≈ SMART Community Transit

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

≈ Medical transportation services

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

≈ Volunteer drivers

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



GROCERY SHOPPING & ERRANDS TRANSPORTATION

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

BLOOD PRESSURE CHECKS

Certified volunteers are available on the 3rd Wednesday of each month from 11 am until 12:30 pm. Stop in on:

February 17th, March 17th, April 21st and May 19th

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

NUTRITION SERVICES

BTSS addresses the nutritional needs of area (Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake) seniors 60+ with two essential programs, Home Delivered Meals and Liquid Nutritional Supplements. For additional information on either program, contact Donna DeWitte, Nutrition Coordinator, 723-3500.



HOME DELIVERED MEALS

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

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



NUTRITIONAL SUPPLEMENTS

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

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

Citizens for Better Care Collection

BTSS collects unopened, unused personal care items (lotions, shampoo, toothpaste, etc.) for donation to Citizens for Better Care. This non-profit organization serves the neglected or forgotten in long-term facilities. If you believe you have appropriate items to donate, please contact Denise (248) 723-3500 to arrange for drop-off at the Center.

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



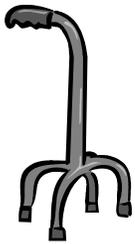
TELEPHONE REASSURANCE

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

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

In Memoriam...

*Deepest sympathies to the families and friends of:
Dorothy Heyer, June Dargan and Helen Brady*



BTSS LOAN CLOSET



BTSS has a loan closet of wheelchairs, walkers, canes and other equipment available free for short term use. Please contact Denise Kolkmeier at 248-723-3500 for more information.

BTSS accepts donations of clean, gently used wheelchairs, walkers, canes and other equipment. We are currently in need of wheelchairs. **Please call Denise Kolkmeier prior to bringing item(s) to the center.** Thank you.

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.

Home Improvement Loan Program

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

ESTATE PLANNING CLINIC

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

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

Bloomfield Township E-mail List

If you wish to receive periodic email news updates from Bloomfield Township on items related to Township services, government and events in the community, sign up for the Bloomfield Township E-Mail List.

Go to the BT website (www.bloomfieldtwp.org) and click on "E-Mail List" (upper right hand side of screen) to sign up.



Library Books & Audio Tapes Mailed to You!

The Baldwin Public Library, in partnership with the Bloomfield Twp. Public Library, provides materials to homebound seniors who reside in Bloomfield.

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

- Baldwin Public Library Adult Services Desk at 248-554-4650
- Bloomfield Twp Library, Adult Services Desk at 248-642-5800

ESSENTIAL OAKLAND COUNTY PROGRAMS

Discount Dental Program

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

Prescription Drug Card

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

FINANCIAL HELP FOR ADULTS 60+

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



AARP DRIVER SAFETY PROGRAM

**Wednesday, April 28th &
Thursday, April 29th
8:30 am – 12:30 pm
(EDU03-B1001)**

The nation's largest classroom refresher course geared especially to your safety needs will be available at BTSS. Learn defensive driving techniques, how to adjust to age-related changes in vision and hearing and get an insurance discount for taking the class.

You must attend both days.

Pre-registration and payment required
\$12 AARP members; \$14 non-AARP members

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, toileting, mobility and showering; 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 Julie GeBott , *Friendship Club* Coordinator.

**Friendship Club
Bloomfield Township Senior Center
4315 Andover Road, Bloomfield Twp., 48302
248-723-3530**