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.

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.
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:

Details covering cost cutting measures to date are found at:
http://www.bloomfieldtwp.org/Government/IssuesBasedStrategicPlan.htm

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Tree of Life

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

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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 Kolkmeyer, Outreach Coordinator
Ruth Nagy, Office Manager
Joan Patzelt, Volunteer/Communication Coordinator
Delores Atto & Julie Dobritt, Receptionists
Jan Peters & J.B. Yeargan, Receptionists
Audrey Chambers, Receptionist/Aquatics
Dave Greger & Al Huberty, Bus Drivers
Julie GeBott, ADS Coordinator
Sherry Stefanes, ADS Activities Assistant
Rose Carter & Ruth Frketich, 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 Arztberger
John & Janice Bellefeur
Gladys Cifelli
Julie Eskoff
Marie Gemmel
Tony Klemer
Tom & Ginnie Richard
Shirley Colten
John Conti
Maxine Davison
Don Foehr
Victor & Suzanne Goldstein
Elizabeth Mahoney

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
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)

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)

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.

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

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.
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 Pilates 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)

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!

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 Shertzinger
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)

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)
April 13 – May 18  (FIT12-B1001)
Wednesday  5 – 6 PM  6 classes  Fee: $50*
Feb 24 – Apr 14  (FIT12-A1004)
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)

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)
Mar 9 – May 4  (FIT20-A1003)

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)

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)

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)

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

H20 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)
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-A1001) 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 you 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 websites 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 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

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 Neurotics”
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) Billiards Room
Mon – Thurs: 7 AM – 7 PM 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?
Bringing a group of players or join our mahjong players for an exciting afternoon of challenging play!

**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!

**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

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**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!

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**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”

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**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

Jan 27 (SOC28-A1001) DIA (Detroit Institute of Arts)
February 24 (SOC28-A1002) Handwriting Analysis
March 24 TBA
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 Eldar  * Karen Eynon  *
Richard Favret  * John Feeeny  * 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 Mage  * 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  & Sarinha 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  *
Schefiele  * Rita Schwimmer  * Theresa Shey  * Mike Sheipline  * Irene  *
Sklar  * Janet Smith  * Jean Smith  * Dev Sood  * Connie Szymczak  *
* Marjorie  & Mario Trapeli  * Susan Ulferts  * Maurice Vachon  * Frank  *
Veoffray  * Mary Walosin  * Don Waples  * Cathy Weber  * Joan Wells  *
* Lynn  & Corey Wert  * Bill Williams  * Clint Williams  * Elinor  *
&murray  * Ralles  * Rasheeda Zafar  * Carol Zaske

Volunteering is important to long
and healthful lives.
Call Joan for more
information 723-3500.
Trip Registration Policies:
- Registration begins the date the newsletter is mailed
- Non-Bloomfield Twp. residents pay an 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 theatrical, 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 L’occino 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 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*

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**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:** $24*

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**“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*

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**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*

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**“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*

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**“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*

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**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*

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**“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*

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**“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*

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**“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*

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**Historical Houses of Worship Tour**  
**Monday, April 12 (DAY02-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*

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**“Bond & Beyond” DSO**  
**Thursday, April 15 (DAY03-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
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 Vino’s.**
BTSS Coach
Fee: $38*

**“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: $38*

**“Watts Plays Brahms” DSO**  
____Friday, April 30 (DAY05-B1001) 9:30 AM-3:45 PM____  
Legenday 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*

**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*

**“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*

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!

**“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 Red Coat.**
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.**
“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:  $70*

“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 Miserables, Miss Saigon and more. **Followed by lunch on your own at Bahama Breeze.**  
BTSS Coach  Fee:  $32*

“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:  $49*

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: BHSD 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.

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

Check in at the Main Level Reception.

**Open Swim Available!!**
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)
DIA (Detroit Institute of Arts)
February 24 (SOC28-A1002)
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.
Bloomfield Township Senior Services
4315 Andover Road, Bloomfield, MI  48302-2091
Phone:  248-723-3500              Fax:  248-723-3519
Web:  www.bloomfieldtwp.org/Seniors

Spring 2010

Supportive Services

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

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 Kolkmeyer 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 Kolkmeyer 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.

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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