



Bloomfield Township Senior Services



Summer 2010

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

INDEX (SS = supplement)

Agency on Aging..... SS1
 Adult Day Service.....SS4
 Art Classes.....7
 Aquatics Classes.....3-4
 Bell Choir Concert16
 Blood Pressure.....SS2
 Book Group.....9,10
 BTSS Eligibility.....2
 Canasta Class.....8
 Card Clubs.....10
 Chris' Comments.....2
 Clubs.....10,16
 Computers9
 Day Trips.....12-15
 Dental/Prescription...SS4
 Donations.....2
 Email List.....1
 Enrichment.....8-9
 Estate PlanningSS3
 Fall Screening.....7
 Fitness.....3-6
 Fitness Week.....1,7
 Friendship Club..... SS4
 Get to Know You.....9
 Grocery Shop.....SS2
 Home LoansSS3
 Knitting Club.....10
 Lapidary.....9
 Loan ClosetSS3
 Mackinac Island Trip.... 7
 Mah-jongg8
 Meals (home del.).....SS2
 Minor Repair.....SS1
 Pickleball6
 Pool (billiards).....9
 Rain or Shine16,SS1
 Reassurance.....SS3
 Scrabble10
 Strength Training5
 Summer Celebrate... 1,16
 Transportation.....SS2
 Volunteering.....11



Check out these hot opportunities...

S U M M E R

Fitness (pages 3-6)

- Aqua Zoom & Ai Chi
- Power and Chair Yoga
- Belly Dancing
- Balance and Strength Training
- 50+ Women on Weights
- Fusion for Mind & Body
- Step, Kick and Lose
- Walking Track

Enrichment/Social (pages 8-10)

- Men's and Women's Clubs
- Exploritas & King Tut Presentations
- Direct Mosaic
- Canasta
- Healthy U.
- SASS Socially Active Single Seniors

Day Trips (pages 12-15)

- 6/19 Wizard of Oz, DSO
- 6/26 Howell Balloon Fest
- 7/29 Charity Island
- 8/24 TMZ Farm Buffalo Ranch
- 7/1, 8/26, 9/9 River Cruises

Much More!

- Fall Risk Screening (pg. 7)
- I.T. to the Rescue (pg. 8)
- Chicks with Sticks (pg. 10)
- Volunteer Opportunities (pg. 11)

SIZZLE

Times flies when you're having fun!!!

Summer Celebration!!

July 14th

1st Anniversary in our New Home

See Page 16 for more details.

Renew your commitment to a healthy lifestyle!

FREE FITNESS WEEK May 10-15

Pick up a pass at the Lower Level Reception Desk to try out our exciting, invigorating fitness classes. See page 7 for more details.



Bloomfield Seniors E-mail List

We often learn of new opportunities after our brochure is printed. Rather than miss out, we will send out periodic email updates about new classes, day trips, upcoming events or special programs. To sign up for this service, please send your e-mail address to:

seniorservices@bloomfieldtp.org

For up-to-date information about Bloomfield Township news, subscribe to the news update service. Go to the home page of the Township's website, www.bloomfieldtp.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.

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

Christine's Comments

We have TRIPLED the number of people involved with our programs and services since July 2009! While we certainly expected to see participation grow, we are pleasantly surprised to have over 6,000 individuals enjoying the new center.

Guests' comments include, "Wow," "what a view" and "this doesn't look like a senior center." What will you say when you visit?

Volunteers

Our success continues to be supported by the quality of volunteers who deliver meals, take frail neighbors to appointments and on errands, befriend our Friendship Club members, and happily assist our customers in person or on the phone. We are so grateful!

Two new volunteer roles, described below, are needed so please call Joan Patzelt, Volunteer Coordinator with any questions big or small.

Musical Talent Volunteers

We would love to increase music in our programs! There is interest in a monthly singing group for experienced singers but we need a leader to bring this to life. We are also building a schedule of live performances for all to enjoy. Please send us your ideas and contacts.

Music is a daily activity for our Friendship Club members. Volunteers who play instruments and can perform for small groups are greatly needed. Please trade your talent for smiles! *Students Welcome!*

BTSS "Friendship Club" Salon Volunteer

Specialized people are needed to offer club members pampering such as hair care; washing, styling and nail polishing. A cosmetology license is required for this hands-on, essential beauty experience. A modern, stylish salon-like space is provided within our beautiful new center.

Minor Home Repair: For safety and energy efficiency.

This new grant program has served 12 households in your neighborhoods with sidewalks, gutters, furnaces, waterproofing, door locks and grab bars. We still have '09 funding and expect 2010 funding to be approved by September. Details on page 1 of services supplement and questions to Denise Kolkmeier, Outreach Coordinator.

SMART Millage Information

Our community receives \$95,000.00 annually in SMART funding that is utilized to provide medical transportation to non-driving seniors. A renewal will be on the August primary ballot for your consideration.

Falls Risk Assessment by SureStep

Researchers are finally figuring out why falls happen and, better yet, how to prevent them. Experts say that a third of these falls are avoidable. This new opportunity to be proactive in preventing a fall is detailed on page 10.

Christine Tvaroha

ctvaroha@bloomfieldtwp.org or (248) 723-3500

Bloomfield Township Senior Services

4315 Andover Road
(South off Long Lake or West off Telegraph)

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

Christine Tvaroha, Director

Senior Center: Monday - Thursday 7 AM - 7:30 PM
Friday 7 AM - 4:00 PM
Saturdays 8 AM - 12:00 PM

Adult Day Service/Friendship Club:
Monday - Friday 9 AM - 4:00 PM

www.bloomfieldtwp.org/seniors

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:

May 29 & 31 Memorial Day Closures

July 3 & 5 Independence Day Closures

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- Residents – many programs open for
participation for additional fee,
completion of profile required

Thank You for Your Donations*... Sally Taylor, Ron Lech, St. Hugo of the Hills, Kay Harding, Barbara Driver, Dave Greger, Al & Ida Lau, Alex Mair, Terrence Jinks, Bloomfield Lions Club, Grace Keane, Robert Williams, Lavon Cook

* 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 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 contribution which is made exclusively for public use.

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

Warm Water Aquatic Fitness

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.

Showers are required prior to pool use. Lockers & showers with hair and body soap available. Bring your own lock & towel. Please do not wear jewelry in the pool.

Let's Move

Instructor: **Lavon Cook**

Get up...get out...get active again! Low-impact aerobic class builds endurance and muscle strength. Emphasis is on cardiovascular segment, includes high & low energy levels, using resistance equipment promotes weight loss.

M/W/F 9 – 10 AM 8 or 12 classes 8/\$64* 12/\$75*

June 7 – July 2 (FIT25-B1005)

July 7 – Aug 2 (FIT25-C1001)

Aug 4 – Aug 30 (FIT25-C1002)

Aqua Zoom

Instructor: **Catherine Taister**

Heat-up the water with hot Latin & International rhythms. Experience a fun, dynamic **cardio salsa workout in the water**. Promotes weight-loss, great for students looking for a low impact workout that gets you moving.

Mondays 4 classes 6:30 – 7:30 PM Fee: \$32*

June 7 – June 28 (FIT51-A1001)

July 12 – Aug 2 (FIT51-B1001)

Aug 9 – Aug 30 (FIT51-B1002)

Splash 'n Tone

Instructor: **Cathie Winton**

Get a splash out of life, "FUN" warm water aerobic workout, with cardiovascular conditioning. Variety of resistance equipment used to enhance and increase strength while promoting weight-loss. Work at own pace.

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

May 25 – June 17 (FIT45-B1002)

June 22 – July 15 (FIT45-B1003)

July 20 – Aug 12 (FIT45-C1001)

Aqua Therapy

Instructor: **Cathie Winton**

Are you stiff and find the simplest task too labor intensive and beyond your reach? Do you live with chronic pain? Simple moves in warm water soothe and relax the body and help to decrease pain. Low-impact workout for those who live with arthritis, knee and hip pain, and general body aches. Work at your own pace.

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

May 25 – June 10 (FIT29-B1003)

June 15 – July 1 (FIT29-B1004)

July 6 – July 22 (FIT29-C1001)

July 27 – Aug 12 (FIT29-C1002)

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 – 12:15 PM 8 classes Fee:\$64*

June 8 – July 1 (FIT26-B1002)

July 6 – July 29 (FIT26-C1001)

Aug 3 – Aug 26 (FIT26-C1002)

Aqua Toning 'n Pilates

Instructor: **Cathie Winton**

Build core strength and increase flexibility. Blends standing Pilate techniques and gentle low-impact aerobics. Tone the body and reduce pain. Great for arthritis, M.S, spine, knee, hip and general everyday pain.

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

June 1 – June 24 (FIT46-B1004)

June 29 – July 22 (FIT46-B1005)

July 27 – Aug 19 (FIT46-C1001)

Aqua Power Walk & Dance

Instructor: **Annie Chi**

Bring your water shoes for an awesome 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*

May 25 – June 17 (FIT27-B1002)

June 22 – July 15 (FIT27-B1003)

July 20 – Aug 12 (FIT27-C1001)

Aug 17 – Sept 2 (FIT27-C1002) 6 classes Fee: \$42*

Aqua Healthy Joints

Instructor: **Lavon Cook**

Focuses on strengthening muscles that support joints to improve general bone health. Gentle movements provide full range of motion to all major joints and muscles. Warm water exercise helpful for arthritis, MS and osteoporosis.

Mon/Fri 10:15 – 11:15 AM 8 classes Fee: \$64*

June 7 – July 2 (FIT28-B1002)

July 9 – Aug 2 (FIT28-C1001)

Aug 6 – Aug 30 (FIT28-C1002)

Aqua Ai Chi

Instructor: **Debby Visconti**

Water class combines Shiatsu/Watsu/Tai Chi concepts. Uses a combination of deep breathing and slow, broad movements of the arms, legs and torso. Ideal for creating improved range of motion and mobility. A soothing warm water experience, for highly stressed individuals.

Fridays 11:15–12:00 AM 6 classes Fee: \$ 45*
June 11 – July 23 (FIT52-B1001) no class 7/2

Beginner Swim Lessons

Instructor: **A. Chambers**

Introduction to basic skills and knowledge at the beginning swim level. Learn crawl, back crawl, breaststroke and sidestroke. Bring towel and goggles.

Tue/Thurs 10 – 11 AM 8 lessons Fee: \$56*

June 1 – June 24 (FIT48-B1002)

June 29 – July 22 (FIT48-B1003)

July 27 – Aug 19 (FIT48-C1001)

Land Fitness**

(LL – Lower Level)

****To protect the fitness equipment & special flooring, participants are required to “carry in not wear in” your workout shoes. Change shoes before beginning your class or workout. This is a year round policy.**

Step, Kick & Lose

Instructor: **Jo Shirtzinger**

An Energetic cardio workout incorporating kickboxing techniques with dance and aerobic steps. Invigorating music keeps you moving! Get ready for fun and step, kick and jiggle those pounds away. Work at your own pace.

Bring water bottle. **LL Studios A & B**

Tuesdays 6 classes 2:00 – 2:45 PM Fee: \$30*

May 25 – June 29 (FIT43-B1002)

Thursdays 6 classes 2:00 – 2:45 PM Fee: \$30*

May 27 - July 8 (FIT43-B1003) no class 7/1

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. **Studio B**

Fridays 8 – 8:55 AM 6 classes Fee: \$42*

June 11 – July 16 (FIT06-B1002)

July 23 – Aug 27 (FIT06-C1001)

Power Yoga

Instructor: **Catherine Taister**

Empower yourself! Like “Hot” yoga, this intense style yoga is geared towards a total body experience. Maximize fat burning, especially around waist, focuses on spine fitness.

Mon 5:15–6:15 PM 4 classes Studio B Fee: \$64*

June 7 – June 28 (FIT53-B1002)

July 12 – Aug 2 (FIT53-C1001)

Aug 9 – Aug 30 (FIT53-C1002)

Tai Chi Chuan

Instructor: **Han Hoong Wang**

Yang-Style World Master Instructor Through a series of fluid movements, this gentle Chinese exercise 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. **Studio B**

Wednesdays 10:15 – 11 AM 6 classes Fee: \$48*

May 19 – June 23 (FIT03-B1002)

Wednesdays 10:15 – 11 AM 5 classes Fee: \$40*

June 30 – July 28 (FIT03-B1003)

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*

May 17 – June 28 (FIT08-B1002)

no class 5/31

July 1 – Aug 16 (FIT08-C1001)

no class 7/5, 7/8

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*

May 17 – June 28 (FIT09-B1002)

no class 5/31

July 1 – Aug 16 (FIT09-C1001)

no class 7/5, 7/8

Senior Fit Aerobics Card

10 classes Fee: \$55*

Use within 3 months purchase.

Add flexibility to your SeniorFit Aerobics workout schedule.

(Purchased 4/1-6/30 FIT10-B1001; 7/1-9/30 FIT10-C1001)

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 8 classes Fee: 64*

May 18 – July 6 (FIT07-B1001)

July 13 – Aug 31 (FIT07-C1001)

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*

June 8 – Aug 10 (FIT20-B1001)

no classes 6/22, 7/6

Nia Instructor: **Stacey Peper**
 "Through Movement We Find Health." Holistic approach to fitness that blends movements from the healing arts and dance. Enhances endurance, strength, flexibility and balance of body, mind & spirit. Calms the mind and reduces stress. **Studio A & B**

Mon or Fri 4 classes/Fee: \$32* 5 classes/Fee: \$40*

Mondays 4:00 – 5:00 PM

May 17–June 21 (FIT37-B1002) 5 classes no class 5/31

June 28–July 26 (FIT37-B1003) 4 classes no class 7/5

Fridays 11–12 noon

May 21–June 18 (FIT37-B1004) 5 classes

June 25–July 23 (FIT37-B1005) 5 classes

Intro to Meditation Instructor: **Deirdre Denholm**

Learn benefits of "mindfulness" meditation, also known as Vipassana, this form shown to improve pain tolerance, concentration, and help reduce stress. Guided relaxation quiets mind, calms the nervous system and helps lower blood pressure. **LL Studios A**

Thursdays 11:15 – 12:15 PM 4 classes Fee: \$32*

June 3 – June 24 (FIT54-B1001)

July 8 – July 29 (FIT54-C1001)

Aug 5 – Aug 26 (FIT54-C1002)

On the Ball Instructor: **Shelley Rubinstein**

Challenging class for beginners and experienced students. Balance/strengthen core muscles while sitting and lying on ball both prone/supine. Bring ball/mat/water/small towel.

LL Studio A

Tuesdays 11 - 12 noon 6 classes Fee: \$50*

June 1 – July 13 (FIT12-B1004) no class 6/15

Wednesday 5 – 6 PM 6 classes Fee: \$50*

May 26 – June 30 (FIT12-B1003)

July 14 – Aug 18 (FIT12-C1001)

Belly Dance Instructor: **Norma**

This Belly Dancing class was designed for people who prefer to dance weight away. Burn calories and fat while massaging and stimulating your digestive system, which increases your metabolism. Perfect class for all levels of fitness and dance experience. **LL Studio B**

Thursdays 6 classes 6:15 – 7:15 PM Fee: \$49*

June 10 – July 15 (FIT57-B1001)

Fitness Open Hours (FIT02-Varies)

Pre-requisite: completed Supervised Strength Training class or Orientation. Self-supervised. Sign-in LL Reception. Exchange approved ID for workout I.D. tag each visit.

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

Available during center operating hours

Supervised Strength Training

Certified Exercise Specialist Instructor: **S. Rubinstein**
 Small class **personalized instruction** two times a week for the safest most effective workout. Guided program develops the best habits for long term use including proper form, breathing, seat and weight adjustments, and safe weight increases using pneumatic weight machines. Instructor lead warm up and stretching.

Fitness Arena LL BT Residency required
 12 classes

Fee: \$68

Mon / Thurs 8 - 9 AM

May 17 – June 28 (FIT01-B1009) no class 5/31

July 1 – Aug 16 (FIT01-C1001) no class 7/5, 7/8

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

May 17 – June 28 (FIT01-B1010) no class 5/31

July 12 – Aug 18 (FIT01-C1002)

Mon / Wed 6:30 – 7:30 PM

May 17 – June 28 (FIT01-B1011) no class 5/31

July 12 – Aug 18 (FIT01-C1003)

Wed / Fri 8 – 9 AM

May 19 – June 25 (FIT01-B1012)

June 30 – Aug 13 (FIT01-B1013) no class 7/7, 7/9

Wed / Fri 9 - 10 AM

May 19 – June 25 (FIT01-B1014)

June 30 – Aug 13 (FIT01-B1015) no class 7/7, 7/9

Wed / Fri 10 - 11 AM

May 19 – June 25 (FIT01-B1016)

June 30 – Aug 13 (FIT01-B1017) no class 7/7, 7/9

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

Strength Training/Cardio Orientation

Certified Exercise Specialist Instructor: **S. Rubinstein**
Required for new fitness equipment participants opting out of Strength Training classes. 1 hour overview of equipment use. Register at Main Floor Reception

Designed for people with a broad understanding of fitness principles and recent equipment experience, knowledge of safety, able to move through equipment demonstrations quickly. Instructor will review the safe and effective use of elliptical, treadmill, bikes, and pneumatic weight machines that are different from free weights and universal machines.

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

Mondays 5– 6 PM

Wednesdays 1 - 2 PM

Fridays 11 AM – 12 PM

Fusion for Mind & Body

Instructor: Denise Murray

Designed for elders living with changes in cognition and mobility. Focuses on right-left brain operations, range of motion, resistance training, stamina and relaxation. Family & friends are encouraged to stay and participate. Opportunity for socializing in a non-judgmental atmosphere and can positively impact activities of daily living. Trial classes with full class schedules available in September.

Preregistration required.

1:30 – 2:30 PM Fee: \$0 BT Resident/\$5 Non Resident

Tuesday, May 11 (FIT58-B1001)

Tuesday, May 25 (FIT58-B1002)

Pi - Yo

Instructor: Laura Lerman

Combination of Pilates & yoga exercises designed to build core strength, increase flexibility and breath awareness. Bring mat/ towel/water bottle. LL Studio B

Mondays 8 classes 6:15 – 7:15 PM Fee: \$64*

June 7 – August 9 (FIT49-B1001) no class 6/21, 7/5

50+ Women on Weights

Instructor: Christina

Strength training increases functional fitness fostering independence, ultimately providing a better quality of life. Improves bone density, decreases pain. Bring mat and light hand (5 lb) weights. LL Studio B

Wednesdays 6 – 7 PM 6 classes Fee: \$49*

June 9 – July 14 (FIT55-B1001)

Chair Yoga

Instructor: Karen Lutz

Regardless of age or physical limitations, yoga and breathing is extremely beneficial. This class is for physically limited adults, older adults, people managing chronic conditions. Focus of the class is on stretching.

All yoga movements are done while seated. LL Studio B

Mon 11:30–12:30 AM 6 classes Fee: \$49*

June 7 – July 19 (FIT56-B1001) no class 7/5

Balance Training

Instructor: Jo Schirtzinger

Feeling unsteady? Do your legs feel weak? This 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

May 27 – July 8 (FIT42-B1002) no class 7/1



The **WALKING TRACK** is available in the lower level during regular center hours. To protect the special flooring, participants are required to “carry in not wear in” their walking shoes. This is a year round policy.

25 laps = 1 mile. Lap counters available for use at lower level reception. Approved ID must be left to check out.

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.

Saturdays 8-8:45 AM Studio A 4 classes Fee: \$32*

June 5 – June 26 (FIT16-B1001)

July 10 – July 31 (FIT16-C1001)

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 4 weeks Fee: \$32*

Saturdays 8:45 – 9:45

June 5 – June 26 (FIT20-B1002)

July 10 – July 31 (FIT20-C1001)

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

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

June 5 – June 26 (FIT32-B1003)

July 10 – July 31 (FIT32-C1001)

Aug 7 – Aug 28 (FIT32-C1002)

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

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

June 5 – June 26 (FIT46-B1006)

July 10 – July 31 (FIT46-C1002)

Aug 7 – Aug 28 (FIT46-C1003)

Aqua Therapy

Instructor: Cathie Winton

Do you live with persistent pain? Simple moves in warm water soothe and relax muscles and help to decrease pain. Low-impact workout for though who live with arthritis, knee/hip pain, and general body aches. Work at your own pace. Pool

Saturdays 11-11:45 AM 4 classes Fee: \$32*

June 5 – June 26 (FIT29-B1005)

July 10 – July 31 (FIT29-C1003)

Aug 7 – Aug 28 (FIT29-C1004)

Pickleball! Pickleball! Pickleball!

Love tennis? Same great game played with a paddle & wiffle ball on a court one-fourth the size of a tennis court.

Lower Level Studios A & B

Tuesdays 12 - 2 PM Thursdays 4 - 6 PM

(Drop in Fee: \$2 BT Resident / \$5 Non BT Resident)

More info: Jim Luzod 248-855-2676

Fitness Week

May 10 - 15

Renew your commitment to a healthy lifestyle!

Check out our exciting, invigorating fitness classes and try something new!
Get a free pass at the Lower Level Reception Desk and attend any or all of these classes*:

Aqua Let's Move
Aqua Therapy
Splash 'n Tone
Aqua Power Walk
Aqua Yoga
Pilates

H2O Boot Camp
Step, Kick & Lose
On the "Fit" Ball
Senior Aerobics
Aqua Toning 'n Pilate

Zumba
Balance Training
Chair Exercise
Beginner Swim
Tai Chi Chuan
Healthy Back Yoga

** See pages 3 - 6 for descriptions and class days/times.*

Fall Risk Prevention & Screening

Tuesday, May 25 (FALL01-varies)
Wednesday, May 26 (FALL02-varies)
8 am - 6:30 pm

What is Fall Risk Prevention?

Researchers are finally figuring out why falls happen and, better yet, how to prevent them. Experts say that a third of falls are avoidable. To find out if you or a loved one is at risk for an injury from a fall, please schedule a screening. Detailed test results and education materials provided after screening. Preregistration required. Payment for screenings payable to the provider on the day of your appointment. Call the Senior Center at 248-723-3500 to schedule a 30 minute appointment.

FAQ's from SureSteps (provider of fall risk prevention screenings):

How long will the health screening take? *Approximately 15-20 minutes depending on the package chosen.*

If I am advised that I am at risk for falls what do I do next? *You will be given a computerized list of your findings to bring to the physician of your choice for further evaluation.*

Who needs to be screened? *Anyone over the age of 50. However, if you have a balance disorder such as dizziness, vertigo, or other high risk factor you may wish to be screened.*

Will my screening results be kept confidential? *Yes, all information is treated as confidential medical information. You allow SureSteps to handle this information by signing the Screening Consent Form. SureSteps administers the screenings to ensure confidentiality and is held to strict privacy and security laws.*

Is there a charge for the screening itself? *Yes. SureSteps charges a nominal fee for the Fall Risk Screening ranging from \$79-\$179 depending on which screening package you choose.*

Does my insurance pay for the screening? *No. Medicare and health insurance generally doesn't allow for coverage of these screening tests. All services are paid for by you based on the deeply discounted prices. We accept all major credit cards.*



Grand Hotel
MACKINAC ISLAND
MICHIGAN

Grand Hotel & Mackinac Island

October 4 - 7

4 Days ~ 3 Nights
(EXT01-C1001)

Michigan's crown jewel.

Enjoy fine dining, dancing to live music, teas, island tours, carriage ride, cooking demo, fort and garden tours, movies, golf, shopping and more...or just relax on the porch with a good book.

All-inclusive, no tipping in hotel.

Double \$739**

Triple \$686**

Single \$971**

** Non-BT Residents \$25 additional per person

Sign-up today!

Questions, call Sally at 248-723-3500
Detailed flyer available at Senior Center

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
Wednesday 1:30 - 3:30 PM 7 classes Fee: \$90*
July 7 – August 25 (ART02-C1001) no class 7/28

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
Tuesday 1:30 – 3:30 PM 9 classes Fee: \$115*
June 15 – August 24 (ART03-B1002) (no class 6/29 & 7/27)

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 for beginners and experienced painters alike. Receive individual attention in a supportive, relaxed atmosphere.

*Supply list available at BTSS Office.

Deco-Ball Craft Instructor: Elsa DeNyssche
Thursdays 10:00 – 11:30 AM Fee: \$13*
May 13 (ART09-B1001) May 27 (ART09-B1003)

May 20 (ART09-B1002) June 3 (ART09-B1004)
Join the comeback of this unique craft using fabric and cord to decorate polystyrene balls. Deco-Balls are manufactured with the grooves already in place. Create deco-balls for holidays or to coordinate with your home décor and display in a bowl, basket or on top of candleholders. You will make 1 deco-ball per session. Prices for extra kits vary (\$5-8). See instructor for price list.

Direct Mosaic Instructor: Nellie Copley
Tuesday 1:30 - 3:30 PM 6 classes Fee: \$60*
May 18 – June 22 (ART08-B1001)

Mosaic art is creating objects of "art" using bits and pieces of various materials. Class will utilize old china and stained glass to create an object of your choice. Our fabulous instructor has been creating glass and mosaic for over 20 years for both the Birmingham Art Center and Delphi Glass. Tap into your creative side.

Canasta Instructor: Lenore Gorosh
Wednesday 10:30 – 12:15 PM 4 classes Fee: \$48*
June 2 – 23 (EDU45-B1001)

Canasta is a card game that originated in Argentina in the 1950's. It's back on the scene! Canasta is a member of the Rummy family and rivals Bridge in many parts of the world. Give it a try. You will like it!

"Exploritas" (formerly Elder-Hostel)

Speaker: Carol Doll

Tuesday, May 18 (EDU46 -B1001)

1 - 2 PM

If you love travel and education, this is for you! Attend this *complimentary* presentation on Exploritas, formerly the Elder-Hostel program. Carol, Exploritas Ambassador for many years, will share her numerous adventures in lifelong learning traveling the USA, Canada and 90 countries around the world and describe the newer Adventures Afloat program. Registration requested.

King Tut Tomb Discovery

Historyteller: Maureen Esther

Wednesday, June 9 (EDU47-B1001) 1 - 3 PM Fee: \$8*

Enter the Egyptian civilization of the Pharaohs as you watch and listen to Maureen Esther, historyteller, as she takes you on a journey to this incredible archaeological discovery. Presentation will include a discussion of Egyptian culture at the time of the Pharaohs, excavation and disposition of the find and a mystifying slide show.

Mah-jongg

Instructor: Sharon Houghtby

Thursday 10:30 AM – 12:30 PM 6 classes Fee: \$5/\$7

June 3 – July 8 (EDU36-B1001)

Come learn this ancient Chinese strategy game, using tiles. Similar to the card game, Rummy, but much more exotic and exciting. Use your brain, memory, hands and eyes, to enjoy a stimulating morning of fun.

Material fee: \$8 collected by instructor first day of class.

Healthy U (University)

Tuesday, June 22 (EDU32-B1002)

Noon – 1:30 PM

Join us for a series of topical health related subjects.

"Back and Neck Pain" - a *Lunch & Learn* event with free lunch served during the presentation. To assist in planning, pre-registration required.

Safety First - CPR Basics

Tuesday, May 18 (EDU33-B1001)

10:00 – 11:30 AM

The Bloomfield Township Fire Department will help make us all safer in our environment. Pre-registration requested for this vital, *complimentary* class.



COMPUTER

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: \$54*

Wed, July 7 & 14 (COM05-C1001) 10:00 AM - Noon

Wed, August 18 & 25 (COM05-C1002) 10:00 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: \$54*

Wed, June 16 & 23 (COM03-B1003) 10 AM – Noon

Wed, August 4 & 11 (COM03-C1001) 10 AM – Noon

★ COMPUTER LAB OPEN HOURS

Currently seeking volunteers to staff the computer lab. Interested? Contact Joan Patzelt at 248-723-3500. To use lab, call ahead to see if it is staffed and open.

★ I.T. TO THE RESCUE

Tuesday Noon – 1:00PM

Join local IT (Information Technology) gurus as they share their expertise on all computer matters! Bring your questions, problems, frustrations to this *complimentary* session. Have a more rewarding and fun computer experience. Session will be cancelled if there are no registrations.

May 18 (COM24-B1001) July 13 (COM24-C1001)

June 1 (COM24-B1002) July 27 (COM24-C1002)

June 15 (COM24-B1003) Aug 10 (COM24-C1003)

June 29 (COM24-B1004) Aug 24 (COM24-C1004)

★ 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.

Jewelry Display Case in Café

Have you noticed the jewelry display case in the Café? Lapidary Group has crafted these lovely offerings along with the Petoskey stones for you to purchase. Pay for selections at the main level reception desk.

★ Movie Mania (SOC31)

3rd Friday 1:00 – 3:30 PM

Seen a good movie lately? Friday afternoon at the movies has come to the senior center with late release films for your viewing pleasure. Smell the popcorn?

May 21: "The Blind Side"

Drama starring: Sandra Bullock

June 18: "Up In the Air"

Drama starring: George Clooney

July 16: "Amelia"

Drama starring: Hilary Swank

August 20: "It's Complicated"

Comedy starring: M. Streep, A. Baldwin & S. Martin

★ Pool (Billiards) (SOC02)

Billiards Room

Mon – Thurs: 7 AM – 7 PM Friday: 7 AM – 3:30 PM

★ Booked For Lunch (SOC29)

Wednesday 12:30 PM

May 12 June 9 July 14 August 11

Bring your lunch and join Connie Silver from the Bloomfield Twp. Public Library in the Café for an informal book talk. Munch and listen with fellow book lovers.

Getting To Know You!

Please pre-register: 248-723-3500

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!

Monday, May 17 (SEV03-B1002) 5:30 – 6:30 PM

Thursday, July 22 (SEV03-C1001) 2:30 – 3:30 PM

The Paper Dolls – Card Shoppe (SOC13)

Thursday 1– 4 PM

May 13, 27 June 10, 24 July 8, 22 August 5, 19

Facilitator: Arlene Pinkos 248 988-9366

Join a fun loving group of ladies designing beautiful all-occasion greeting cards. All are welcome with training provided. Cards for sale in the BTSS Café for \$.50 @.

Needed: Used all-occasion greeting cards

(Drop off at front reception desk)

★ Indicates Drop-In Fee:

\$1 BT Resident / \$2 Non-Resident

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 **10 – 11:30 AM**
 Facilitator: Madelyn Doerr 248 851-6093
 This book will not be supplied by the BT Public Library. Readers will need to secure the book from their local library through regular checkout procedures or by purchase. **No summer meetings: July & August.**
June 4: "Outliers" by: Malcolm Gladwell

★ Bridge Club (SOC04)

Monday/Friday Tables assigned: 12:30 PM
 Facilitator: Maurice Vachon Play: 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 **June 11** **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. **No summer meetings: July & August.**

★ 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. A lot of fun!

"Chicks with Sticks" (SOC25)

Knitting Gifts from the Heart

Monday **1:00 – 4:00 PM** **Cafe**
 Facilitator: Karen Ouellette 248-408-2083
 Love to Knit? Join a warm, friendly group 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! At home knitters needed, too!

Exclusive group knitting for babies born at the Henry Ford Hospital, W.B. Chicks also knit for Judson Center, R.O. and St. Joseph Mercy Hospital Cancer Center, Pontiac.
New knitters, please call Karen, so you can be welcomed into the "Chicks with Sticks".

Gladly accepting "like new" yarn donations

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**

May 19 (SOC27-B1002)

Ed Pappas, "Baseball Memories & Memorabilia"

June 16 (SOC27-B1003)

To Be Announced

July 21 (SOC27-C1001)

Tom Grace, "The Secret Cardinal"

August 18 (SOC27-C1002)

To Be Announced

Senior Women's Club

Facilitator: Liz Mahoney

New & Exciting Programs! A dynamic list of speakers has been added to the schedule. Join the club for fun and friendship and be *catered* to by a different eatery every month for our new luncheon program!

Please pre-register. 248 723-3500

4th Wednesday **11:30 – 1:30 PM** **Fee: \$8/\$10**

May 26 (SOC28-B1002) Book Discussion & Luncheon

Judith Darrin, "The Kandahar Talisman"

No meetings until September

★ Socially Active Single Seniors (SASS)

Join BTSS' Socially Active Single Senior Club for active men and women. Meetings are held both at the Senior Center and out in the Community. Save the date! Register for the first meeting attended. Afterwards, mail or e-mail will be sent out to registered S.A.S.S. members for each month's activity and location. Questions, call Chris Cornell at 248-723-3500.

3rd Thursday **Time: Call for Details**

May 20 **Movie & Dessert (SOC33-B1002, registration required if this is your first time SASS participation)**

★ In Center Meetings, Drop in fee: \$1 BT Resident / \$2 Non-Resident

VOLUNTEER OPPORTUNITIES

BTSS Office Volunteer

Our most pressing need is for Office Volunteers. 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. Some familiarity with word processing, multi-line phone systems and basic Internet search functions is needed. You will receive on-site training as well as job shadowing with experienced Office Volunteers. Office Volunteers work one or more days per week schedule permitting; either 8 AM –12:00 PM, 12:00–3:30 PM or 3:30-6:30 PM.

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. On their scheduled delivery day the driver will report to BTSS at 10 a.m. and can expect to complete their route by noon. Home Delivered Meals Drivers receive on-site training.

BTSS Adult Day Service Volunteer

Volunteers are being recruited to assist at the Friendship Club. 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 Medical Appointment Driver

2010 has seen an increase in the number of calls to from homebound seniors requesting assistance with transportation. 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 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 Computer Lab Volunteer

Savvy computer users will work directly with participants in helping them solve their personal computer problems as well as monitor the lab during open hours.

BTSS “Friendship Club” Salon Volunteer

Specialized people are needed to offer club members pampering such hair care; washing, styling and cuts and nail polishing. A cosmetology license is required for this hands-on, essential beauty experience. Modern stylish salon is provided.

BTSS Musical Talent Volunteers

Expanding music program at BTSS (senior center and Friendship Club). Volunteers and leader needed for singing group to perform at center. Also, music is a daily activity for our Friendship Club members. Volunteers who play instruments and can perform for small groups are greatly needed. Please trade your talent for smiles! *Students Welcome!*

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

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 * Jerry Craig * 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 * 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 * Doug & 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 Shepline * Irene Sklar * Janet Smith * Jean Smith * Dev Sood * Connie Szymczak * Marjorie & Mario Trafelli * Susan Ulferts * Maurice Vachon * Frank Voeffray * Mary Walosin * Don Waples * Cathy Weber * Joan Wells * Lynn & Corey Wert * Bill Williams * Clint Williams * Elinor & Murray Yolles * Rasheeda Zafar



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

Call Joan for more information
723-3500.

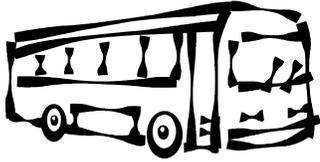
Thank you volunteers! 700+ Hrs. in Feb. – April 10

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

Verna Besancon * Wendy Borovsky * Sharon Butler * Galina Buman * David Button * Ray Caloia * Pat Caplin * Joanne Carmichael * Mary Ann Christ * Patty Cogan * Dorothy Cole * John Conti * Maureen Cook * Margaret Dann * Maxine Davison * Madelyn Doerr * Donna DuPuis * Steve & Julie Eskoff * Marie Gemmel * Mona Gibson * Angie Giffels * Susan Glass * Carol Goldstein * Jim & Irene Grady * Dolores Hekker * Kim Hinkle * Brian Hurnevich * Dagnya Iyla * Connie Jaroh * Maggie Kapdi * Gloria Kefalas * Rosemarie Killenberger * Tony & Marian Klemer * Gloria Krause * Dorothy Kwapisz * Dorothy Laffrey * George Law * Tracey Leone * Nancy Lee * Rhelle Lundin * Gail MacInnes * Marilyn MacMillan * Bruce Madsen * Laura Malmstrom * Cara McAlister * Vara Navaluri * Joan Nedeljko * Jo Nott * Mary Ann O'Brien * Joanne O'Hara * Minda Orille * Karen Ouellette * Ralph Pedersen * Arlene Pinkos * Nancy Porter * Tom Richard * Jerry Rivard * Nancy Robertson * Sharon Scadron * Marilyn Scheifele * Faith & John Scholl * Lisa Secrest * Peter Simler * Ruth Slocum * Michael Sullivan * Teresa Sun * Maurice Vachon * Anjali Vale * Marleeta Walton * Suzanne Winn * JB Yeargan * Anjel Yessayan * Elinor Yolles * Charlotte Young * Rasheeda Zafar

Thank you “Chicks With Sticks!”

For donating your time and talents to create the beautiful knitted items donated to Henry Ford West Bloomfield and the Judson Center.
Patricia Aiello * Edie Anderson * Judy Antonak * Michelle Armstrong * Peggy Benton * Eleanor Brown * Peggy Cohan * Dorothy Founteas * Pat Frye * Stephanie Ghelfi * Heidi Godoy * Kathleen Gorzkewicz * Norma Green * Debbie Grim * Rosie Gumbleton * Pat Hamburg * Beth Johnson * Elaine Lamb * Linda Lewis * Mae Lyons * Elizabeth Mahoney * Mary Marchand * Helene Mayo * Shirley McCraig * Mary McElmurry * Sharon Menton * Judy Michau * Chris Muir * Audrey Newman * Karen Ouellette * Lois Page * Arlene Pinkos * Alexis Pollard * Shirley Porter * Judy Reichelt * Faith Scholl * Marian Serwer * Reenie Shannon * Theresa Shea * Rosita Shutlie * Sharon Smith * Mary Anne Zarb * Carol Zaske



**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.

Trips depart from and return to Center. Departure is promptly at stated time. Return times are approximate.

Participants are responsible for arranging their own transportation to and from the center.

If you use a wheelchair or need a special accommodation you must have a registered companion. Please indicate this at time of registration.

No refunds with less than 3 business days' notice.

Cancellation fee \$5 plus costs incurred (i.e. prepaid tickets).

MAKE CHECKS PAYABLE TO: Bloomfield Twp.

"Tosca" Michigan Opera Theatre WAIT LIST
Friday, May 14 (DAY09-B1001) 10:00 AM-4:00 PM
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*

"Metropolitan Opera in HD Armida" at United Artist
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 Miserables*, *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*

Great Lakes Chamber Music Festival Kirk in the Hills

Thursday, June 17 (DAY21-B1001) 4:45-9:45 PM

The Great Lakes Chamber Music Festival presents its 16th season, featuring the music of Schumann and Barber. Experience the artistry of world-class musicians performing classic and contemporary chamber works at Kirk in the Hills. **Start with dinner on your own at Andiamo's.**
BTSS Coach Fee: \$37*

"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, Harper Woods

Thursday, June 24 (DAY06-C1001) 3:45-9:45 PM

Founded in 1999, St. Sabbas Orthodox is styled like ancient monasteries of Eastern Europe. Situated on nearly six acres it is surrounded by beautiful gardens, fountains, and mosaic shrines. Includes Monastery Katholicon, a library, Abbot's quarters, Metropolitan's Archpastoral apartment, trapeza, gift shop, candle shop, and a bakery. **Start with dinner (included) at St. Sabbas's Royal Eagle Restaurant.**
BTSS Coach Fee: \$54*

Howell Michigan Challenge Balloon Fest

Saturday, June 26 (DAY22-B1001) 9:00 AM – 6:00 PM

Up, up and away, the Michigan Challenge Balloonfest features the state championship of hot air ballooning with more than 50 gorgeous balloons. Also, enjoy skydiving exhibitions, stunt kite shows, arts festival, musical and family entertainment & more. **Lunch on your own at the festival.**
BTSS Coach Fee: \$18*

Lloyd A Stage Nature Center Tour, Troy

Wednesday, June 30 (DAY23-B1001) 9:30 AM – 2:00 PM

Enjoy a 1 ½ hour docent led seasonal walking tour of the Lloyd A. Stage Nature Center. The tour includes walking trails, view inside a beehive, and a visit to the Cattail Cove Nature Shop. **Followed by lunch on your own at Chapman Mills.**
BTSS Coach Fee: \$15*

Diamond Jack River Tour

Thursday, July 1 (DAY02-C1001) 10:30 AM – 4:00 PM

Enjoy a two hour narrated tour of the Detroit River, the world's busiest waterway, from the deck of the Diamond Jack River Boat. View the powerful Detroit/Windsor skylines and the historical sights along the shores of the Detroit River. **Start with lunch on your own at the Dakota Inn.**
BTSS Coach Fee: \$28*

Henry Ford Fair Lane Estate Tour

Thursday, July 8 (DAY03-C1001) 10:15 AM – 3:30 PM

Docent led tour of Fair Lane, a national historic monument, includes the residence of Henry and Clara Ford, his powerhouse, research laboratory and garage, and the 300 ft. underground tunnel connecting the powerhouse and the residence. After the tour stroll through the gardens and visit the gift shop. **Start with lunch on your own at restaurant located in the swimming pool room of Fair Lane.**
BTSS Coach Fee: \$24*

Van Hoosen Farm Tour

Thursday, July 15 (DAY04-C1001) 10:30 AM – 3:45 PM

The 16-acre Rochester Hills Museum at Van Hoosen Farm complex was home to Taylor and Van Hoosen families dating back to 1823. Farm house tour is presented in a restored 1927 dairy barn where there are well-designed and informative exhibits highlighting the settlement, agriculture, industry, and cultural evolution of this community. **Start with lunch on your own at the Red Ox Tavern.**
BTSS Coach Fee: \$15*

Fort Wayne Tour & Car Show

Saturday, July 17 (DAY05-C1001) 9:00 AM – 4:00 PM

Built in 1845, Historic Fort Wayne was built as an artillery post to serve the U.S. in future attacks by British Canada. Guided tour includes the original 1848 limestone barracks building, 1845 Star Fort, restored Commanding Officers house, Spanish American War guard house and Tuskegee Airmen Museum. Historic cars will also be on display. **Followed by lunch on your own at Mexican Village.**
BTSS Coach Fee: \$24*

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!*

Pinnacle Race Course

Tuesday, July 20 (DAY06-C1001) 11:30 AM – 7:00 PM
Thoroughbred racing has returned to Michigan at the new Pinnacle Race Course in New Baltimore. The course features a world-class track, up-close seating, and patio and dining areas. The tour guide will give a tutorial on wagering. **Lunch included at one of the premiere dining areas located in Pinnacle.**

BTSS Coach Fee: \$29*

Ann Arbor Art Fair

Thursday, July 22 (DAY07-C1001) 9:00 AM – 3:30 PM
In its 51st year, the award winning juried Ann Arbor Art Fair showcases the best in fine arts and crafts, including ceramics, painting, jewelry, sculpture, photography, glass, wood, fiber and much more!. Outdoor festival hosts lively street corner entertainment, artists' demonstrations, children's activities and distinctive shops and restaurants. **Lunch on your own at the fair.**

BTSS Coach Fee: \$12*

Yule Love It Lavender Farm Tour and Luncheon Tea

Friday, July 23 (DAY08-C1001) 9:00 AM – 2:00 PM
Yule Love It Lavender Farm, an organic farm in Addison Twp., is dedicated to growing lavender and lovely gardens. Walking tour includes the greenhouse, Gift Shoppe, and opportunity to pick lavender. **All inclusive luncheon tea** features Earl Grey lavender tea, lavender scone with preserves and clotted cream, Michigan cherry salad and a lavender dessert. Rolling landscape so wear walking shoes.

BTSS Coach Fee: \$39*

Charity Island Luncheon Cruise

Thursday, July 29 (DAY09-C1001) 7:00 AM – 7:30 PM
Enjoy this exciting full day trip to Charity Island. Board the boat at the Tawas Bay Resort for the trip to Charity Island. Upon arrival, there's a 30 minute presentation on the history of the Island and lighthouse then a short walk in the woods to the lightkeeper's house. **Lunch (included) is served on the new deck at the house** with a breathtaking view of Saginaw Bay, includes a choice of lightly breaded Great Lakes Perch or sautéed Tenderloin Beef Tips with Baby Red Potatoes and Oriental Green Beans. Tour of the house after lunch. Round trip transportation on a luxury motor coach (with water, juice and muffins).

Luxury Motor Coach Fee: \$122*

Detroit Tigers vs. Chicago White Sox

Thursday, August 5 (DAY10-C1001) 11:30 AM – 5:30 PM
Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. Seats are located in a shaded area. **Lunch on your own at the park.**

BTSS Coach Fee: \$36*

Murder at the Saddle Sore Saloon at Genitti's

Tuesday, August 10 (DAY11-C1001) 10:45 AM – 3:00 PM
Start with lunch (included) at Genitti's, a charming, casual restaurant that's authentically Italian. Menu will feature: soup, bread, pasta, antipasto salad, baked chicken and zucchini, Italian sausage, Italian steak with roasted potatoes and cannoli for desert. After lunch, walk through the "hole in the wall" into an intimate theater and enjoy their production of "Murder at the Saddle Sore Saloon".

BTSS Coach Fee: \$47*

National Weather Station Tour

Thursday, August 12 (DAY12-C1001) 9:15 AM – 1:45 PM
Potentially deadly weather impacts every American. Learn how the National Weather Service's Storm Ready program can help safe-guard our community. Don't miss the tour of this state-of-art national weather station. Must be a U.S citizen to visit this facility. **Followed by lunch on your own at Mesquite Creek Steak & Seafoods.**

BTSS Coach Fee: \$12*

Motown Historical Museum

Tuesday, August 17 (DAY13-C1001) 9:30 AM – 2:00 PM
The museum exhibits include a fascinating collection of historical photographs, artwork, music, costumes and other memorabilia from this booming musical era. View a fully restored apartment once home to Berry Gordy, Jr, and the original recording studio "Studio A" where Motown's greatest hits were recorded. **Followed by lunch on your own at the Caucus Club** in the Penobscot Building.

BTSS Coach Fee: \$19*

Cranbrook Luncheon & Tour of House and Gardens

Thursday, August 19 (DAY14-C1001) 10:30 AM – 3:15 PM
The day starts with a tour of the former residence of Cranbrook founders, George and Ellen Booth, designed by famed architect Albert Kahn in 1908. After the house tour enjoy a lovely **lunch (included)** followed by a docent lead tour of the lovely gardens. Extensive walking.

BTSS Coach Fee: \$34*

TMZ Farm Buffalo Ranch, Hell/Pickney Area

Tuesday, August 24 (DAY15-C1001) 9:15 AM – 3:00 PM
Our tour will include a 60 minute ride in comfortable wagons to get an up close and personal experience with the herd of American Buffalo, also known as American Bison. You'll learn the history and interesting facts about the American Buffalo, as well as some interesting facts about them and their individual personalities. **Followed by lunch (included) at the Dam Site Inn & Screams Ice Cream.**

BTSS Coach Fee: \$39*

Detroit Princess Riverboat Cruise

Thursday, August 26 (DAY16-C1001) 10:45 AM – 3:15 PM
Cruise the Detroit River with the power of a real paddle-wheel. Enjoy easy listening entertainment and a **buffet lunch (included) during the cruise** offering turkey, vegetarian lasagna, mashed potatoes, sweet potato casserole, cornbread stuffing, assorted salads, green beans, corn, rolls, dessert, coffee and iced tea.

BTSS Coach **Fee: \$52***

Alden B. Dow Home, Studio & Gardens Tour & Marshall Fredericks Museum, Midland

Wednesday, Sept. 1 (DAY17-C1001) 7:30 AM – 5:45 PM
Tour of the Alden B. Dow Home & Studio includes the architectural studio and private residence of noted 20th century architect Alden B. Dow. Building's geometric planes and angles, complementing the lines in nature, are accented by Dow's creative use of rich color, glass, wood, and unique unit block system. Dow Gardens tour and **box lunch (included) in the Gardens follows.** Next a tour of Marshall Fredericks' Sculpture Museum. Round trip luxury motor coach transportation (with water, juice & muffins) included.

Luxury Motor Coach **Fee: \$79***

Clinton River Cruise

Thursday, Sept. 9 (DAY18-C1001) 10:30 AM – 4:00 PM
Enjoy a lovely fall day aboard the "Clinton Friendship" with lovely cabins, homes and lush green foliage lining the banks. A 3 hour cruise and tasty buffet **lunch is included.** (Roast chicken, Meatloaf, potatoes, salad, vegetable, rolls, coffee, tea & dessert).

BTSS Coach **Fee: \$43***

Historic Stahl's Bakery & New Baltimore Historical Museum Tour

Monday, Sept. 13 (DAY19-C1001) 9:30 AM – 2:45 PM
Explore historic New Baltimore beginning at Stahl's Bakery located near Lake St. Clair. Stahl's is the home of Belly Button Cookies, a Detroit area favorite for over 25 years. Next a tour of the New Baltimore Historical Museum. **Followed by lunch on your own at Slippery Rock Grill.**

BTSS Coach **Fee: \$14***

Thanks for the Memories: A USO Tribute Show Novi Senior Center

Thursday, Sept. 16 (DAY20-C1001) 11:00 AM – 4:00 PM
The Novi Senior Variety show is a tribute to the music and performers that have entertained our military troops for over sixty years. Don't miss this opportunity to reminisce and celebrate memories of the USO. Featured entertainers include Andrews Sisters, Danny Kaye, Loretta Lynn, Marilyn Monroe, Phyllis Diller, John Wayne, Bob Hope & more. **Lunch included at the Novi Senior Center.**

BTSS Coach **Fee: \$34***

Kimberly Vanbiesbrouck at Meadowbrook Theatre

Saturday, Sept. 18 (DAY21-C1001) 5:15 – 10:30 PM
Kimberly Vanbiesbrouck returns to Meadowbrook for a cabaret style performance as part of their summer concert series. Kimberly recently starred as "Judy Garland at Carnegie Hall" in last season's production of *Beyond the Rainbow*, as well as "Soap Star" in the local production of *Menopause the Musical*. **Start with lunch on your own at Bistro Boudreau.**

BTSS Coach **Fee: \$28***

Mt. Bruce Station Sheep & Wool Festival, Romeo

Saturday, Sept. 25 (DAY22-C1001) 9:30 AM – 3:30 PM
The annual Mt. Bruce Station Sheep & Wool Festival features sheep shearing, border collie and shepherding demonstrations and workshops on the related handcrafts of carding, spinning, natural wool dyeing, knitting and fiber arts. This tranquil setting with Eastlake style farmhouse, various outbuildings, abundant cottage gardens and perennial borders is home to small flocks of sheep, all raised for the quality of their fine wool. Woolen products are available for sale in the Farm Wool Shop. **Followed by lunch on your own at Champpps.**

BTSS Coach **Fee: \$19***



Grand Hotel
MACKINAC ISLAND
michigan

Grand Hotel & Mackinac Island
October 4 - 7
4 Days ~ 3 Nights
(EXT01-C1001)

Michigan's crown jewel.
Enjoy fine dining, dancing to live music, teas, island tours, carriage ride, cooking demo, fort and garden tours, movies, golf, shopping and more...or just relax on the porch with a good book.

All-inclusive, no tipping in hotel.

Double \$739**
Triple \$686**
Single \$971**

** Non-BT Residents \$25 additional per person

Sign-up today!
Questions, call Sally at 248-723-3500
Detailed flyer available at Senior Center



Anniversary Summer Celebration!!

Celebrate our first anniversary in our new building with food & fun!
Join us for entertainment & a picnic lunch*.
Wednesday, July 14 (SEV11-C1001)
11:00 AM - 1:00 PM
Please pre-register for event and lunch.

* Optional Picnic Lunch:
\$4/\$6 (LUNCH 7/14/10)

Something for Everyone!

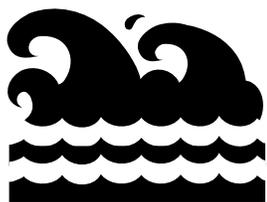
BTSS is pleased to offer these exciting new classes and programs. Please see the related pages for more information.

- Fusion for Mind and Body (page 6)
- Belly Dancing (page 5)
- Chair Yoga (page 6)
- King Tut Tomb Discovery (page 8)
- Direct Mosaic (page 8)
- Exploritas (page 8)
- Canasta Lessons (page 8)
- Aqua Zoom (page 3)
- Aqua Ai Chi (page 4)
- Power Yoga (page 4)

Bell Choir Concert

Wednesday, May 19 10:00 AM

Please join Chris Hall and the First United Methodist Church, Birmingham hand bell choir for a complementary concert. You don't want to miss this enjoyable event. Their music is heavenly!



Open Swim Available!!

Monthly calendar of dates and times is available online or at the senior center.

Questions? Call 723-3500.

Check in and pay drop in fee at the Main Level Reception.

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

What is Adult Day Service?

Adult day service is a unique opportunity for older adults experiencing progressive memory loss. The service allows them to remain connected to their community and engage in meaningful friendships.

Caring encouragement from a well trained and compassionate staff go hand in hand with the welcoming camaraderie between club members.

Adult Day Service also provides family caregivers with an interdisciplinary staff who are their partners in care.

For more information about Bloomfield Township's Adult Day Service program, *Friendship Club*, see page 4 of the yellow Supportive Services insert.

Bloomfield Township Senior Services'



Home Delivered Meals Sponsorship Project

Come rain or shine, BTSS delivers over 12,000 meals each year to homebound seniors in Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake.

Many are living on low incomes.

Please support this community outreach service by sponsoring one or more meals.

One Day's Meal = \$3.75
One Week's meals = \$18.75
One month's Meals = \$75.00

Please pick up a card at the main level reception desk, fill it out and return with your donation. Thank

Fusion for Mind & Body

Tuesdays 1:30 – 2:30 PM

Instructor: Denise Murray

Designed for elders living with changes in cognition and mobility. Focuses on right-left brain operations, range of motion, resistance training, stamina and relaxation. Family & friends are encouraged to stay and participate. Opportunity for socializing in a non-judgmental atmosphere and can positively impact activities of daily living. Trial classes with full class schedule available in September. Preregistration required.

Fee: \$0 BT Resident / \$5 Non Resident

Tuesday, May 11 (FIT58-B1001)

Tuesday, May 25 (FIT58-B1002)



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

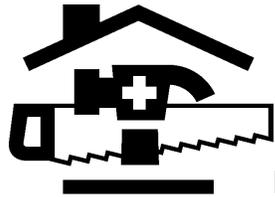
Phone: 248-723-3500 Fax: 248-723-3519

Web: www.bloomfieldtwp.org/Seniors

Summer 2010

Index

Adult Day Service.....	4
Area Agency.....	3
Blood Pressure.....	2
Dental Program.....	4
Edison Help	4
Email List	1
Ensure.....	2
Errand Rides	2
Financial Help	2
Friendship Club.....	4
Grocery Shopping.....	2
Home Loan	1
Legal Assist	3
Library Home Del.....	3
Loan Closet.....	3
Meals (Home Del.).....	2
Medical Trans.	2
Medicare B Assist.....	3
Minor Home Repair.....	3
Prescription Prog.....	3
Rain or Shine.....	1
Reassurance.....	3
Senior Brigade	3
SMART.....	2
Tax Assist	3
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.

OAKLAND COUNTY HOME IMPROVEMENT LOAN PROGRAM

Oakland County provides home improvement loans designed to improve the condition of an existing house with an emphasis on health and safety items. The program is funded through the U.S. Department of Housing and Urban Development (HUD) Block Grant Program and is available to low/moderate income residents. The loans have no interest and payments are 100% deferred until you sell, move or lease your home.

A qualified homeowner must own and live in the home and have a gross income that falls within the income guidelines. A homeowner can obtain a loan for as much as \$18,000 provided there is sufficient equity in the home.

An informational flyer is available on the Services rotating rack across from the main level reception desk. For more information, call the County toll free at 888-350-0900.

Bloomfield Township Senior Services'

Rain or Shine



Home Delivered Meals Sponsorship Project

Come rain or shine, BTSS delivers over 12,000 meals each year to homebound seniors in

Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake.

Many are living on low incomes.

Please support this community outreach service by sponsoring one or more meals.

One Day's Meal = \$3.75

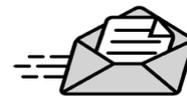
One Week's meals = \$18.75

One month's Meals = \$75.00

Please pick up a card at the main level reception desk, fill it out and return with your donation. Thank you.

Area Agency on Aging 1-B There for you!

The Area Agency on Aging 1-B has certified Resources Specialists available from 8 a.m. to 5 p.m. Monday through Friday to answer questions and provide information on local services for seniors, persons with disabilities and family caregivers. Call 1-800-852-7795 to speak with a Resource Specialist. There is no charge for this service.



Bloomfield Seniors E-mail List

Sign up to receive periodic email updates about senior center activities. Please send your e-mail address to:

seniorservices@bloomfieldtwp.org

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:

May 19th, June 16th, July 21st or August 18th

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.

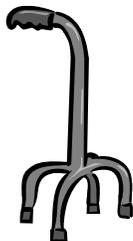
FINANCIAL HELP FOR ADULTS 60+

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.

IT'S EASY TO GET A BENEFITS SCREENING! Call the Legal Hotline at (800) 347-5297.

In Memoriam...

Deepest sympathies to the families and friends of:
June Dargan, Helen Brady, Forest Phillips, David Hauer,
Mary Douroujalian, Forest Phillips, Barbara Stone, Mary
Butler, Irene Smith, Irene Hoban, Richard Naski.



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. **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.

Senior Brigade: A Michigan Seniors Initiative

Michigan Attorney General Mike Cox recently announced the launch of the SeniorBrigade.com website as a 24-hour a day method to provide trusted and useful information on health care issues, financial matters, consumer protection and veteran's affairs. The website highlights many of the most common scams and fraud crimes aimed at seniors. The Senior Brigade also offers a series of free presentations for seniors, caregivers and families. More information can be found at www.seniorbrigade.com.

AARP Tax Assistance Program 200+ Customers Served!

A huge **"THANK YOU"** to Steve McDermott, William Freidinger, Rob Klienberg, Meridith Henley, Mary Lou Jakubiec, Stefan Poth, Janis Watkins, Steve Weager, Jim Andrews, Howard Silverman, Sarah Kellog, Carol Stencil, Dennis Scheiber & John Lilly, who collectively volunteered nearly 3,000 hours of their time to serve our community this tax season. These AARP tax counselors served over 200 customers at the Senior Center.

Assistance Available For Medicare Part B

Effective January 1, 2010 low income Medicare beneficiaries may now be eligible for help paying their Medicare Part B premiums. The federal government has increased the assets level to help more low income seniors and adults with disabilities qualify for this benefit.

The AAA 1-B Medicare Medicaid Assistance Program can help beneficiaries determine if they are eligible. If you think someone may qualify, Call the MMAP program at (800) 803-7174

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.



Library Books & Audio Books 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

Friendship Club

The *Friendship Club* is a community based Adult Day Service program dedicated to assisting older adults with Alzheimer's disease and related memory disorders to maintain their highest level of ability. The stimulating, caring environment is designed to enhance the self esteem, well being and dignity of each member through the creation of person-centered programs. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.

What is Adult Day Service

Adult day service is a unique opportunity for older adults experiencing progressive memory loss. The service allows them to remain connected to their community and engage in meaningful friendships.

Caring encouragement from a well trained and compassionate staff go hand in hand with the welcoming camaraderie between club members.

Adult Day Service also provides family caregivers with an interdisciplinary staff who are their partners in care.



Services for Families

Helping family members is as central to our mission as serving our club members. We are your partners in care giving. Social Work services include:

- ♦ Caregiver resources and training
- ♦ Community referral information
- ♦ Monthly caregiver support meetings
- ♦ Counseling for Club and family members



Admission and Enrollment

An in-home assessment of each applicant is completed prior to enrollment, allowing us to carefully plan activities specific to the abilities and interests of each participant. The enrollment process also allows for the opportunity to determine the optimal schedule for your loved one and to outline the program fee.

Please inquire about transportation options that may be added with enrollment.

Activities Programming

Daily activities are planned to meet each member's interests and abilities and include:

- | | |
|---|--------------------|
| interactive games | gardening |
| community outings | sports |
| live performances | dance |
| physical exercise | pet visits |
| reminiscence discussions | cooking |
| creative arts & crafts | musical expression |
| numerous holiday celebrations, luncheons and themed parties | |

Nutrition includes a continental breakfast, a hot balanced lunch and afternoon snack.

Monthly activities calendars are available in the office or online www.bloomfieldtwp.org/seniors.



Location

Friendship Club is located in the new Bloomfield Township Senior Center at 4315 Andover Road. It has a private entrance leading to a well designed, beautiful space with many windows, bright colors and a secure patio for enjoying the nice weather. With supervision, members may visit other areas of the center for specific activities and programs.



Eligibility Criteria

The program enrolls people 50 years of age or older who are living with progressive memory loss, diagnosed by a physician. Person would benefit from a structured activities program, based on the assessment by our social worker and completion of a Medical History & Physical Form by their physician. Person or their family member must be a resident of Bloomfield Township.

For more information, please contact Julie Gebott, Coordinator at 248-723-3530 or jgebott@bloomfieldtwp.org.