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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.
Registration for appointments begins on Monday, January 4, 2010.
Appointment required: 248-723-3500

Check out these offerings*!
Details and dates on pages 6 & 7.
Pilates
Zumba
Aqua Power Walk & Dance
H2O Boot Camp
Aqua Toning 'n Pilates
Fitness Open Hours
Reserve Airline Travel Online
Computer Class
( * Available in January & February.)

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Christine’s Comments

Kudos to Volunteers!
Currently we have 253 active volunteers; 38 have started since June!

Our newest volunteer roles are with Friendship Club, both in the reception position or working directly with members as companions for activities like sing-a-longs, art projects, parties, exercise, pet visits or outings. If you may be interested please speak with Joan Patzelt. We offer dementia specific training and trial visits before you make a commitment; it is an enriching experience for all involved.

Transportation via Volunteers
In the past 10 months, volunteer drivers provided 100 round trip rides to 20 different clients. Seventeen volunteers logged approximately 300 hours of service and saved over $5,500 in contractor expenses! A modest investment of time can have significant benefits for our customers in need; please contact Joan to learn more.

Interest in Programs
In the past five months, 1,267 new people have created BTSS profiles to become active with us. During the same period 8,552 new registrations have occurred. We are certainly growing but still look forward to meeting many more people-spread the news!

Eligibility
All Bloomfield Township residents 50 years or better are eligible to participate in our enrichment offerings; supportive services typically require age 60 or better. Non-residents may also participate in most BTSS offerings but pay higher fee (typically $5 per activity) for each class, trip and program. Many recreation and senior programs allow this as it helps to keep classes running when there are minimum registrations required. The fitness equipment is not available at this time as it is reserved for resident use. Our priority is serving residents but we will consider ways to fairly allow non-resident participation if it is financially beneficial to the overall program and does not limit service to our residents.

Warmest Regards

Christine Tvaroha
crvaroha@bloomfield.org  or (248) 723-3500

Special thanks to
Woodward Hills Nursing Center
Sponsor of our 2009 Health Fair and Flu Shot Clinic
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.

OPEN SWIM HOURS
Calendar of times available at center.
Drop in fee: BT Resident $2 / Non-Resident $5

December Hours:
- Mondays 10:00-11:15 5:15-6:15
- Tuesdays 12:30-2:00 2:15-3:45 6:30-7:30
- Wednesdays 9:00-10:00 5:15-6:15
- Thursdays 12:30-2:00 2:15-3:45 6:30-7:30
- Friday 12:30-2:00 2:15-3:30

Let’s Move A
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 9 classes Fee: $56*
Nov 30 – Dec 18 (FIT25-D0902)
M/W/F 7:45–8:45 AM 8 or 12 classes Fee: 2 days wk $56* 3 days wk $75*
Jan 4 – Jan 29 (FIT25-A1001)
Feb 1 – Mar 1 (FIT25-A1002) no class 2/15

Let’s Move B
Instructor: Lavon Cook, ACSM
Same exciting and fun class as Let’s Move A (see above) offered later in the morning.
W/F 10:15 – 11:15 AM 6 classes Fee: $42*
Dec 1 – Dec 17 (FIT25-D0904)
M/W/F 10:15–11:15 AM 8 or 12 classes Fee: 2 days wk $56* 3 days wk $75*
Jan 4 – Jan 29 (FIT25-A1004)
Feb 1 – Mar 1 (FIT25-A1005) no class 2/15

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 your own pace and feel results! FUN.
Tue/Thurs 8:00 - 9:00 AM 4 classes Fee: $32*
Dec 8 – Dec 17 (FIT45-D0902)
Tue/Thurs 8:00 - 9:00 AM 6 classes Fee: $48*
Jan 12 – Jan 28 (FIT45-A1001)
Tue/Thurs 8:00 - 9:00 AM 8 classes Fee: $56*
Feb 2 – Feb 25 (FIT45-A1002)

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 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*
Jan 12 – Jan 28 (FIT29-A1001)
Feb 2 – Feb 18 (FIT29-A1002)
Mar 2 – Mar 18 (FIT29-A1003)

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*
Jan 11 – Jan 27 (FIT35-A1001)
Feb 1 – Feb 22 (FIT35-A1002) no class 2/15
Feb 24 – Mar 15 (FIT35-A1003)

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, and restfulness.
Tues/Thurs 11:15 AM - 12 PM
Dec 1 – Dec 17 (FIT26-D0908) 6 classes Fee: $48*
Jan 5 – Jan 28 (FIT26-A1001) 8 classes Fee: $56*
Feb 2 – Feb 25 (FIT26-A1002) 8 classes Fee: $56*

Aqua Toning ‘n Pilates
Instructor: Cathie Winton
Focuses on core strength and breath control. Blends standing Pilate techniques and gentle low-impact aerobics. Designed to stretch muscles, tone the body and reduce pain. Great for arthritis, M.S, spine, knee or hip or general everyday pain.
Tue/Thurs 4 – 5:00 PM 8 classes Fee: $56*
Jan 12 – Feb 4 (FIT46-A1001)
Feb 9 – Mar 4 (FIT46-A1002)
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  
Dec 8 - Dec 17 (FIT27-D0903)  4 classes Fee: $28*  
Jan 5 – Jan 28 (FIT27-A1001)  8 classes Fee: $56*  
Feb 2 – Feb 25 (FIT27-A1002)  8 classes Fee: $56*  

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 – 12:15PM  4 classes Fee: $28*  
Jan 8 - Jan 29 (FIT28-A1001)  
Feb 5 – Feb 26 (FIT28-A1002)  
Mar 5 – Mar 26 (FIT28-A1003)  

Senior Fit Aerobics  
Instructor: Shelley Rubinstein  
Mon/Thurs  9 – 10 AM  12 classes Fee: $50*  
Dec 21 – Feb 4 (FIT09-D0902)  no class 12/24, 12/31  
Feb 8 – Mar 22 (FIT09-A1001)  no class 2/15  

Senior Fit Aerobics Card  10 classes $55*. Use within 3 months purchase.  
(Purchased 10/1-12/31 FIT10-D0901;  1/1-3/31 FIT10-A1001)  

Tai Chi Chuan  
Instructor: Han Hoong Wang  
Yang Style World Master Instructor  
This gentle Chinese exercise improves balance and flexibility. Strengthens the muscle skeletal system through isometric exercises of the legs and increases oxygen to the cells and tissues. Reduces mental and physical stress, while exercising your brain. Enchanting music will lift your spirits. Begin your journey to better health and well-being. Studio B, Lower Level.  
Wednesdays  10:15 – 11 AM  4 classes Fee: $32*  
Nov 18 – Dec 16 (FIT03-D0902)  no class 11/25  
Wednesdays  10:15 – 11 AM  6 classes Fee: $48*  
Jan 6 – Feb 10 (FIT03-A1001)  
Feb 17 – Mar 24 (FIT03-A1002)  

Land Fitness  

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! Studio A/B, LL  
Mondays  2 – 3 PM  3 classes Fee: $24*  
Nov 23, 30 & Dec 7 (FIT47-D0901)  

Jump, Jive & Jiggle  
Instructor: Jo Shirtzinger  
Take Aerobic-step, Kickboxing & Dance...mix'um-up and you've got Jump, Jive & Jiggle. An energetic cardio workout incorporating all 3 forms of exercise. Get ready for fun...and jump, jive and jiggie those pounds away. Bring water bottle. Studios A & B, Lower Level  
Thurs  2 – 2:45 PM  6 classes Fee: $24*  
Jan 7 – Feb 11 (FIT43-A1001)  
Feb 25 – April 1 (FIT43-A1002)  

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. Class can benefit those with Arthritis, Parkinson’s, Osteoporosis or MS.  
Studio A, Lower Level  
Mon/Thurs  10:15-11 AM  12 classes Fee: $48*  
Dec 21 – Feb 4 (FIT08-C0901)  no class 12/24, 12/31  
Feb 8 – Mar 22 (FIT08-D0901)  no class 2/15  

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. Studio A, Lower Level  
Tuesday  11 - 12 noon  6 classes Fee: $50*  
Jan 5 - Feb 9 (FIT12-D0901)  
Feb 16 – Mar 23 (FIT12-D0902)  

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. Studio A, Lower Level.  
Tuesdays  9 – 10 AM  5 classes Fee: $40*  
Nov 10 – Dec 8 (FIT20-D0902)  
Tuesdays  9 – 10 AM  8 classes Fee: 64*  
Jan 5 – March 2 (FIT20-A1001)  no class 2/16  

4
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. Studio A, Lower Level
Fridays  11 – 12 noon  4 classes  Fee: $32*
Jan 15 – Feb 5 (FIT38-D1001)
Feb 12 – Mar 5 (FIT38-D0901)

Nia PM  Instructor: Beth Silver
Same invigorating yet relaxing class as Nia AM (see above) offered in the evenings. Studio A, Lower Level
Mondays  6 – 7:00 PM  4 classes  Fee: $32*
Jan 11 – Feb 1 (FIT37-A1001)
Feb 8 – Mar 8  (FIT37-A1002)
no class 2/15

Balance Training  Instructor: Jo Schirtzinger
Feeling unsteady? Do your legs feel weak? Workout gets you moving with exercises which help improve strength of core and leg muscles, stamina, balance, posture, build bone to help prevent falls. Be prepared...winter's coming. Studios A & B, Lower Level
Thurs  1:15 – 1:45 PM  6 classes  Fee: $24*
Jan 7 – Feb 11 (FIT42-A1001)
Feb 25 – April 1 (FIT42-A1002)

Strength Training Orientation** Instructor: S. Rubinstein
** Required for new fitness equipment participants who choose not to take a 12 session strength training class.
** Recommended as refresher for current fitness equipment participants.
Instructor will review safe and effective use of our HUR pneumatic strength training equipment, elliptical, steppers, treadmills, & bike. **BT residency required.**
1 hour (FIT33-VARIES) (3 people in class)  Fee: $25
Mondays  4 - 5 PM & 5 – 6 PM
Dec 7, 14, 21  Jan 4, 11, 18, 25  Feb 1, 8, 22
Wednesdays  1 – 2 PM
Dec 2, 9, 16  Jan 6, 13, 20, 27  Feb 3, 10, 17, 24
Thursdays  4 – 5 PM
Dec 3, 10, 17  Jan 7, 14, 21, 28  Feb 4, 11, 18, 25
Fridays  11:15 AM – 12:15 PM
Dec 4, 11, 18  Jan 8, 15, 22, 29  Feb 5, 12, 19, 26

50+ Strength Training  Instructor: Shelley Rubinstein
Certified Exercise Specialist instructs students on form, breathing and use of our HUR pneumatic weight machines. The ultimate program for those returning to a fitness program, those with health challenges or 1st time beginners. For your safety we strongly recommend your participation in this 6 week program of specialized instruction.
BT residency required.
Days/Times Vary  12 classes  Fee: $68
(Strength Training + - Upgrade your class with Open Hours on non-class dates. $77 - BT; $80 - Non-Twp).

Mon / Thurs  8 - 9 AM
Dec 21 – Feb 4  (FIT01-D0907)  no class 12/24, 12/31
Feb 8 – Mar 22  (FIT01-A1001)  no class 2/15

Mon / Wed  11:30 AM - 12:30 PM
Dec 21 – Jan 27  (FIT01-D0908)  no class 2/15
Feb 1 – Mar 15  (FIT01-A1002)

Mon / Wed  6:30 – 7:30 PM
Dec 21 – Jan 27  (FIT01-D0909)  no class 2/15
Feb 1 – Mar 15  (FIT01-A1003)

Wed / Fri  8 – 9 AM
Dec 18 – Feb 3  (FIT01-D0910)  no class 12/25, 1/1
Feb 5 – Mar 17  (FIT01-A1004)

Wed / Fri  9 - 10 AM
Dec 18 – Feb 3  (FIT01-D0911)  no class 12/25, 1/1
Feb 5 – Mar 17  (FIT01-A1005)

Wed / Fri  10 - 11 AM
Dec 18 – Feb 3  (FIT01-D0912)  no class 12/25, 1/1
Feb 5 – Mar 17  (FIT01-A1006)

Fitness Open Hours
Must have successfully completed the instructional or orientation class. Self-supervised. Sign-in at LL reception desk and exchange acceptable ID for workout tag each visit. Available during regular center hours.
Bloomfield Twp. Residents: $15 mo or $80/6 months

Jazz Dance  Instructor: Cathy Taister
Have a blast learning all the latest moves. This class is an introduction to popular dance, which includes basic jazz steps. Improve your posture, coordination & balance. Dance slippers recommended. Studio A, Lower Level
Tuesdays  5:45 – 6:45 PM  4 weeks  Fee: $32*
Jan 5 – Jan 26  (FIT40-A1001)
Feb 2 - Feb 23  (FIT40-A1002)

Wednesdays  6 – 7 PM  4 weeks  Fee: $32*
Jan 6 – Jan 27  (FIT40-A1003)
Feb 3 - Feb 24  (FIT40-A1004)
Meditation
Instructor: Lavon Cook
Through guided relaxation techniques, learn to quiet the mind and calm the nervous system. Helps lower blood pressure, reduce system while improving one’s ability to sleep. Bring mat, water. Studio A, Lower Level
Thursdays 11:15 AM – 12 PM 3 classes Fee: $24*
Dec 3 – Dec 17 (FIT31-D0903)

Beginner Yoga
Instructor: Lavon Cook
Great class for beginners, simple moves. Emphasis on alignment and flexibility. Increase lung volume, reduce tension, improve your energy, strength, and well-being. Mat, small pillow, water & towel. Studio B, Lower Level
Mondays 10:15 – 11:15 AM 3 classes Fee: $24*
Nov 30 – Dec 14 (FIT44-D0903)

Healthy Back Yoga
Instructor: Lavon Cook
Wednesdays 9 - 10 AM 6 classes Fee: $42*
Jan 6 – Feb 10 (FIT06-A1001)
Feb 17 – Mar 24 (FIT06-A1002)

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. Studio B, Lower Level.
Tuesday 10 – 11 AM 6 classes Fee: $42*
Jan 5 – Feb 9 (FIT07-C0903)
Feb 16 – Mar 23 (FIT07-D0901)

Zumba
Instructor: Laura Lerman
Latin music, dance moves and aerobic fitness interval training combined to create a dynamic, exciting and effective fitness workout. Studio A, Lower Level.
Saturdays 8:45 – 9:45 AM 7 classes Fee: $56*
Jan 9 – Feb 27
no class 2/13

Pilates
Instructor: Laura Lerman
Focuses on strengthening the back while firming your abdominal (body’s core) and breath control. Improves posture, alignment, muscle tone, joint mobility and flexibility. Bring mat, small pillow & water. Studio B, LL
Saturdays 8:00 - 8:45 AM 7 classes Fee: $56*
Jan 9 – Feb 27 (FIT20-A1002)
no class 2/13

Aqua Power Walk & Dance
Instructor: Annie Chi
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!
Saturdays 8:00 – 9:00 AM 4 classes Fee: $32*
Jan 9 – Feb 27 (FIT27-A1001)

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.
Saturdays 10:00 – 11:00 AM 4 classes Fee: $32*
Jan 16 – Feb 6 (FIT42-A1003)
Feb 13 – Mar 6 (FIT42-A2004)

Pickleball!
Love tennis? Same great game on a smaller court played with a paddle & a 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!
Two playing location options:
- BTSS indoor court, lower-level. Open-play, Tuesdays 1-3 PM and Thursdays 4-6 p.m.
- Drop In Fee: $2 BT Resident/$5 Non-Resident
- Andover High School Fieldhouse. Tuesdays and Thursdays 10 a.m. Drop-in Fee: $3

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

Creative Watercolor  (ART02-A1001)
Instructor: Karen Halpern    9 classes    Fee: $114*
Wednesday     1:30 - 3:30 PM
January 13 – March 17 (no class 1/27)
Explore the satisfying experience of painting with watercolors. All levels of students, beginners through advanced are welcome. Painting techniques, skills, color theory and design principles, perspective, and proportion are interwoven as you explore varied subjects and styles. Develop your work in a supportive, low-key and individualized environment. Paint at your own pace.
*Supply list available at BTSS Office.

Lapidary - Beginning Stained Glass  (ART05-A1001)
Instructor: Nellie Copley     6 classes    Fee: $60*
Tuesday     1:30 - 3:30 PM
January 19 – February 23
Please welcome Nellie, she has taught working with glass in the area for the last 25 years. Students will learn glass cutting, copper foiling and assembling a simple glass project. First class includes an orientation and choosing your project. Material Fee: $10 due at first class.

Lowery Music Makers  (EDU37-A1001)
Instructor: Susie Woodman     10 classes    Fee: $30*
Monday     1:00 – 2:00 P.M.   +2 private lessons in store
Orientation: February 1     Class: February 8 – April 19
no class: 2/15, 3/15
Join Evola Music and make beautiful music together. Music makers are healthier! Come exercise your mind and spirit. Make friends and fulfill your dreams of music making! Open to all music lovers. You do not have to be a musician or have a music background to enjoy a music-making hobby.
Material Fee: $15.90 book fee collected by instructor on the first day of class.

Bridge Lessons
Bonnie Ward returns to teach in Spring 2010.

Mah-jongg Lessons
Sharon Houghtby returns to teach in Spring 2010.
*See Mah-jongg Play under Club Section

BASIC COMPUTER LESSONS
Bloomfield Township Senior Services in cooperation with the Bloomfield Township Public Library (BTPL) will provide a FREE basic computer class. Pre-registration required.

FIND IT ONLINE
Friday, Jan. 29 (COM19-A1001) 10:00 AM – Noon
Discover BTPL’s outstanding database of full-text articles and reference sources and learn about the Adult Services staff’s favorite websites.
Register today for your FREE introduction to computers.
Explore more at: www.btpl.org

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*
W/F, January 13 & 15 (COM05-A1001)     9:30 – 11:30 AM
M/W, February 1 & 3 (COM05-A1002)       5:00 - 7:00 PM

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

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*
M/W, Jan. 4 & 6 (COM02-A1001)       10:00 A.M. – 12 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, January 4 & 6 (COM22-A1001)  
5:00 - 7:00 PM  
M/W, February 1 & 3 (COM22-A1002)  
9:30 – 11:30 AM

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**NEW! NEW! NEW! NEW! NEW!**

Drop In Fee: BT Resident: $1/Non Resident $2  
Please check in at Main Level Reception Desk

**★ COMPUTER LAB OPEN HOURS**  
Monday  
9:30 - 11:30 AM

The computer lab will be staffed by volunteers who will help you with your confusing or frustrating computer problems. Lab also available for your personal use. Watch for extra hours to be posted on the computer lab door or call to inquire. **Beginning: January 10**

**★ 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.  
December 1 & 15  
January 5 & 19  
February 9 & 23

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**GET OUT AND GET TOGETHER!**

**NEW EVENING PROGRAMS!**

**Pizza & Play**  
2nd Tuesday  
6:00 – 7:30 PM  
$7/$9

Here’s a night out for good old fashion fun and games! Come for pizza, salad and a beverage. Play cards and games with your fellow members and watch the competition begin. Don’t miss out!

**★ Socially Active Single Seniors (SASS)**  
3rd Thursday  
6:00 – 7:30 PM

First Meeting: January 21  
6:30 – 7:30 PM

We are 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 pre-register

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**THE CENTER FOR MICHIGAN**

**Defining Moment Community Conversation**  
Monday, December 7

Influence the course of Michigan's future and have your say about the integral role you and the Bloomfield Township can play in Michigan’s transformation. Register to participate in the Michigan’s Defining Moment Community Conversation. Let your voice be heard!

Michigan’s Defining Moment Public Engagement Campaign, a statewide, non-partisan/non-profit effort to revitalize citizenship, get people talking about Michigan’s challenges and opportunities, and develop a common ground agenda to help guide the decisions of state and local leaders.

Two Opportunities to participate: (Please pre-register)  
10:00 – 11:30 AM (EDU41-D0901)  
1:00 - 2:30 PM (EDU41-D0902)

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**The Paper Dolls – Card Shoppe (SOC13)**  
Workshops: Thursday  
1:00 – 4:00 PM  
December 3

Facilitator: Arlene Pinkos  
248 988-9366

Join a fun loving group of ladies using their artistic talents to create beautiful all-occasion cards, using recycled cards, bows, stamps and sparkles. Cards are sold at BTSS and profits used for senior services. Training provided.  
Community Room A

Needed: Donations of used all-occasion cards

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**“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 we can welcome you 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!
**Drop In Fees:** $1 BT residents / $2 non-residents
Please sign in and pay at Main Level Reception

**Books for Lunch (SOC29)**
**Wednesday January 13 12:30 PM**
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!

**Healthy U (University)**
**Tuesday 10:00-11:30 AM**
Join us monthly for a series of topical health related subjects. **Registration required** for these free programs.

- **November 17 (EDU32-D0902)**
  “Five Wishes - Your Living Will”
  Visiting Nurses Association of SE Michigan
  Important information on how to discuss with your family your final wishes as it relates to a “Living Will” and other related topics.

- **January 19 (EDU32-A1001)**
  “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.

- **February 9 (EDU32-A1002)**
  “Brain Neurobics”
  Cheryl Deep, MA and Donna MacDonald, BS, MRA
  Wayne State University, Institute of Gerontology (IOG)
  Want to keep your brain healthy? Join this “aerobics for the brain”, interactive class on the social aspects of healthy brain aging, including exercises and nutrition.

**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!

**Mah-jongg (SOC30)**
Enjoy playing this ancient game of skill and strategy? Bring a group of players or join our newly graduated mahjong class for an exciting afternoon of challenging play!

**Movie Mania (SOC31)**
**3rd Friday 1:00 – 3:30 PM**
Have you seen a good movie lately? Grab your friends & neighbors and join in the fun. Friday afternoon at the movies has come to the senior center. Smell the popcorn? We will offer some late release films for your viewing pleasure.

- **November 20: “Calendar Girls”**
  Comedy drama starring Helen Mirren & Julie Walters.
- **December 18: “Pictures of Hollis Woods”**
  Holiday themed drama starring Sissy Spacek.
- **January 15: “Ray”**
  Musical drama starring Jamie Foxx.
- **February 19: “The Proposal”**
  Comedy starring Sandra Bullock.

**Pool (Billiards)** (SOC02)
**Billiards Room**
**Open Hours:**
- **Mon - Thurs. 7 AM – 7 PM**
- **Friday 7 AM – 3:30 PM**

**Your 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.

- **November 24 (EDU33-D0902)**
  “Fire Prevention”
- **January 12 (EDU33-A1001)**
  “Identity Theft”
- **February 23 (EDU33-A1002)**
  “Self-Defense”

**Getting To Know You!**
Come tour the new senior center. Join us in the BTSS Café for an informal gathering of new participants and interested seniors. **Please pre-register**. We would love to get to know you!

- **Tuesday, Jan. 26 (SEV03-A1001) 10:30 – 11:30 AM**
- **Monday, Feb. 22 (SEV03-A1002) 5:30 – 6:30 PM**
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: $ Township Resident / $ Non-Township Resident
Please call facilitator listed for club information. All are welcome!

★ Book Club (SOC06)
Facilitator: Madelyn Doerr 248 851-6093
1st Friday (exception Jan.) 10 – 11:30 AM
Dec. 4: "Whistling Season" Doig
Jan. 8: Member's choice.

★ Bridge Club (SOC04)
Facilitator: Maurice Vachon Community Room A
Tables assigned: 12:30 PM Play begins: 1:00 PM

★ Euchre & Pinochle Club (SOC24)
Facilitator: Joanne Carmichael 248 626-0719
New and experienced players join us, everyone welcome!
Thursday, 11:15 AM

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
November 18 (SOC27-D0902)
Jerry L. Walker, President
Traffic Improvement Assn. of Oakland County
December 16 (SOC27-D0903)
University of Detroit, Mercy, Professor Greg Sumner
"Reflections on the Great Depression"
January 20 (SOC27-1001)
“William Cowger's African Safari”
Wonders of Africa & amazing Citings on photo Safaris
February 17 (SOC27-1002)
L. Brooks Patterson, Oakland County, Executive Director
“Oakland County Update”

★ Italian Group -Gruppo Italiano (SOC05)
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. Community Room A
2nd Friday, 10 – 12 PM (call for change in Dec. date)

★ Lapidary (SOC17)
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.
Tuesday & Thursday, 1:00 – 4:00 PM

★ Scrabble Club (SOC07)
Facilitator: Madelyn Doerr 248 851-6093
Calling all word freaks! Enjoy a stimulating game of scrabble with like minded wordsmiths. Bring a lunch and enjoy the fun!
1st Wednesday, 1:00 PM

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* 10:00 AM - Noon Fee: Varies
(*Nov & Dec dates vary. See below.)
November 18 (SOC28-D0902) 1-3 PM Fee: $30/$32
"Traveling Tea Time" Luncheon
Remember to bring your teapots & tea cups!
December 9 (SOC28-D0903) 1-2:30 PM Fee: $1/$2
"Holiday Sparkle"
Share your favorite cookies and recipes
January 27 (SOC28-A1001) Fee: $8/$10
DIA (Detroit Institute of Arts)
February 24 (SOC28-A1002) Fee: $10/$12
Handwriting Analysis
VOLUNTEER OPPORTUNITIES

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

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

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

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

**BTSS Office Volunteer**
Office Volunteers answer phones, direct calls, greet visitors, take registrations for trips and programs using Internet based registration software and help the staff with miscellaneous assignments. Potential Office Volunteers should have some familiarity with word processing, multi-line phone systems and basic Internet search functions. Office Volunteers work either 8 AM –12:00 PM, 12:00–3:30 PM or 3:30-6:30 PM Monday through Friday, weekly.

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

Thank you to our Home Delivered Meals Drivers!

Volunteering is important to long and healthful lives. Call Joan for more information 723-3500.

Thank you volunteers! 650+ Hrs. in Aug-Oct 09

Thank You for Your Donations*... Barbara Driver, Florence Brownfain, George Frost, Sally Taylor, AAUW Birmingham Branch, Foxcroft Women’s Club

* CHARITABLE CONTRIBUTIONS AND GIFTS
An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50% of a taxpayer’s contribution base) any charitable contribution which is made within the taxable year, to a State, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose.
Trip Registration Policies:
- Registration begins the date the newsletter is mailed
- * Non-Bloomfield Twp. residents pay additional $5 per trip
- Full payment is required with registration
- $30 fee for checks returned due to insufficient funds
- BTSS Emergency Card must be presented at check-in
- No refunds with less than 3 business days’ notice
- Cancellation fee $5 plus costs incurred
- Trips depart from and return to Center. Return times are approximate.
- If you use a wheelchair or need a special accommodation you must have a registered companion, please indicate this upon registration.

MAKE CHECKS PAYABLE TO: Bloomfield Twp.

“LaMer & Michel Camilo” DSO
Friday, Nov. 20 (DAY17-D0901) 9:30 AM-3:30 PM
Leonard Slatkin and the DSO’s new Jazz Creative Director Chair Michel Camilo share the stage to perform a concerto that Michel wrote. We also honor the French tradition of the DSO with works by Debussy and Berlioz. Followed by lunch on your own at Vinsetta Grill.
BTSS Coach Fee: $49*

“Hello Dolly!” Village Players
WAIT LIST.
Saturday, Nov. 21 (DAY18-D0901) 11:45 AM-5:00 PM
BTSS Coach Fee: $28*

Meadow Brook Hall Holiday Walk & Luncheon
WAIT LIST.
Wednesday, Dec. 2 (DAY19-D0901) 11:00 AM-3:15 PM
BTSS Coach Fee: $41*

“The Nutcracker” Michigan Opera Theatre
WAIT LIST.
Friday, Dec. 4 (DAY20-D0901) 9:45 AM-3:30 PM
BTSS Coach Fee: $38*

“Swingin With Sinatra & Dorsey” DSO
Thursday, Jan. 7 (DAY01-A1001) 9:30 AM – 3:45 PM
WAIT LIST.
BTSS Coach Fee: $49*

BUFFET AT THE UKRAINIAN CULTURAL CENTER
Friday, Dec. 11 (DAY23-D0901) 10:45 AM-2:00 PM
Treat yourself to the “Ultimate Luncheon Buffet” featuring Chef Jay’s famous homemade soups, fresh garden salads & rolls, fresh entrees, delectable side dishes and more. Coffee & tea included.
BTSS Coach Fee: $21*

“Home for the Holidays” DSO
Thursday, Dec. 17 (DAY24-D0901) 9:30 AM – 4:00 PM
It’s a winter wonderland of holiday fun and musical treats the whole family will enjoy. This family-friendly and heartwarming concert captures the essence of the season with a mix of carols and songs from around the world. Followed by lunch on your own at TreMonti.
BTSS Coach Fee: $49*

“Jersey Boys” Fisher Theatre TWO DATES!
Friday, Dec. 18 (DAY25-D0901) 10:15 AM – 4:15 PM
WAIT LIST.
BTSS Coach Fee: $90*

Tour of SOCRRA Recycling Facility
Wednesday, Jan. 6th (DAY06-A1001) 11:00 AM -3:00 PM
Have you ever wondered what happens to the items you put in your recycling bin every week? Join us for a visit to SOCRRA’s Education Center at the Material Recovery Facility site and see how recyclables are sorted and baled. The 60 minute tour consists of a video (“The Rotten Truth”); recycling activities (bring items to recycle); tour of MRF (inside), and outside including the Recycling Drop-off Center, HHW & Electronics Collection areas. Start with lunch on your own at Grumpy’s Burgers and Shakes.
BTSS Coach Fee: $12*

Tour of Ford Field
Monday, January 11 (DAY07-A1001) 10:00 AM – 3:45 PM
Don’t miss this walking tour of Ford Field for a behind-the-scenes glimpse of Detroit’s crown jewel and the home of the Detroit Lions, Super Bowl XL and the 2009 NCAA Final Four. Ford Field is integrated into the historical old Hudson’s warehouse. Also, get a peek at a Ford Field suite, an NFL locker room, walk down the tunnel to the field and stand on the turf for a player’s view of the stadium. Followed by lunch on your own at Mosaic Restaurant.
BTSS Coach Fee: $18*
Avedon Fashion Photographs at the DIA
Thursday, January 14 (DAY08-A1001)  9:00 AM – 3:15 PM
This exhibition is a comprehensive study of Richard Avedon's fashion photographs, including over 200 images representing his stylistic evolution over a period of 50 years. Avedon was one of the first high-profile photographers to work with African American and multi-racial models. Followed by lunch on your own at DIA Cafe.  
BTSS Coach  Fee: $23*

North American International Auto Show
Tuesday, Jan. 19 (DAY02-A1001)  9:30 AM – 3:00 PM
Entering its 22nd year as an international event, the NAIAS is ranked among the most prestigious auto shows in the world and one of the largest media events in N. America. Transportation only, travelers will purchase own ticket at the door. Followed by lunch on your own at Bagger Dave’s.  
BTSS Coach  Fee: $12*

“Boeing Boeing” Meadow Brook Theatre
Wednesday, Jan. 20 (DAY03-A1001) 11:15 AM – 5:00 PM
Meet Bernard, a Parisian Lothario, who has three fiancées all stewardesses on different airlines. He keeps “one up, one down and one pending” and has the seventh day to rest until schedule changes bring all three to Paris at the same time. Start with lunch on your own at the Parkway Grille.  
BTSS Coach  Fee: $31*

“Hahn & Higdon” DSO
Friday, Jan. 22 (DAY04-A1001)  9:30 AM – 3:00 PM
The extraordinary Hilary Hahn returns bringing a new work written for her. It is a violin concerto by Jennifer Higdon, one of this country’s leading composers. Followed by lunch on your own at The Whitney.  
BTSS Coach  Fee: $49*

“The Servant of Two Masters” Hilberry Theatre
Wednesday, Jan. 27 (DAY05-A1001)  11:00 AM – 5:15 PM
A homage to American vaudeville barely contains the bedlam of the wise-cracking servant Truffaldino as he confuses everyone around him while moonlighting for two employers. Irate fathers, thwarted lovers and mistaken identities add to the lunacy of this commedia dell’arte (a form of improvisational theatre) inspired play, Start with lunch on your own at O’Mara’s.  
BTSS Coach  Fee: $25*

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. Make sure you visit the on campus bakery before lunch for the opportunity to purchase the delicious pastries and desserts. Bring your friends, sign-up today. 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
For decades, advice columnist Ann Landers answered countless letters from lovelorn teens, confused couples and a multitude of others in need of advice. An ironic twist of events confronts Landers with a new kind of heartbreak - her own. As she shares her struggles to complete the column, we learn much about the wise, funny and no-nonsense woman whose daily dialogue helped shape the social landscape of the last half-century. A Michigan premiere. 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 magnetic energy and vivacious choreography of Latin dance! Founded in 1970 under the watchful eye of artistic director Tina Ramirez, Ballet Hispanico combines ballet, modern and Latin dance to create a new art form in which theatricality and passion propel every move. Followed by lunch on your own at Finn & Porter in the Fort Shelby Hotel.  
BTSS Coach  Fee: $38*

“The Allergist’s Wife” Jet Theatre
Wednesday, Feb. 17 (DAY12-A1001)  11:15 AM – 5:00 PM
Marjorie Taub, wife of a philanthropic allergist, is engulfed in a life crisis. Unsuccessfully trying to lose herself in a world of art galleries, foreign films and avant-garde theatre, she is barely able to rouse from her sofa. Spirits soar when a fascinating and worldly friend from her childhood appears on her doorstep, who soon life becomes the guest from hell. Start with lunch on your own at J Alexander’s.  
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 lifestyle- “California Girls,” “Kokomo”, “Help me Rhonda,” “Good Vibrations” and other hits of Brian Wilson and the Beach Boys. Lunch on your own after at Café Via.  
BTSS Coach  Fee: $49*

Register early!
Some trips fill very quickly and others are closed well in advance of their date. Don’t miss out on your favorite trip!
“Barefoot in the Park” Village Theater at Cherry Hill  
Saturday, Feb. 20 (DAY14-A1001) 11:15 AM – 5:15 PM  
Corie and Paul are newlyweds adjusting to married life, each other, Corie’s mother, and a very strange neighbor. Corie is playful and carefree while Paul is serious and conservative but love conquers all in this delightful Neil Simon comedy. **Start with lunch on your own at Tosca de Plata.**  
BTSS Coach  Fee: $32*

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“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. Once past Dr. Farquhar, the head of the asylum where Easterman is kept, he soon discovers that nothing is what it seems. Mindgame is a dazzling thriller that twists its way towards a shocking conclusion. **Start with lunch on your own at Alfoccino.**  
BTSS Coach  Fee: $31*

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“Beethoven & Grieg” DSO  
Friday, Feb. 26 (DAY16-A1001) 9:30 AM – 3:30 PM  
Pianist Gabriela Montero received national attention when she performed at President Barack Obama’s historic inauguration. She and Thomas Wilkins present Grieg’s popular Piano Concerto. **Followed by lunch on your own at Loccino Italian Grill.**  
BTSS Coach  Fee: $49*

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“You Can’t take it With You” Farmington Players  
Sunday, Feb. 28 (DAY17-A1001) 11:30 AM – 5:00 PM  
The eccentric Sycamore household may seem mad at first, but if they are, then the rest of the world will soon seem even madder. When Tony Kirby falls in love with Alice Sycamore, he decides to bring his parents to the Sycamore home to meet her extended family. What transpires is a hilarious mix-up that involves everyone from the IRS to the Grand Duchess of Russia. A Pulitzer Prize winning comedy. **Start with lunch on your own at Rojo Mexican Bistro.**  
BTSS Coach  Fee: $31*

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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. James Beard award winning Chef Jimmy Schmidt will prepare our menu with choice of pre-selected entrée, salad, dessert, and beverage. Relax and enjoy a delicious meal with a fabulous view!  
BTSS Coach  Fee: $38*

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The Collections Resource Center at Fort Wayne  
Tuesday, March 9 (DAY19-A1001) 10:00 AM – 3:30 PM  
Join us for a docent led one hour tour of the Collections Resource Center housed at historic Fort Wayne. The CRC houses more than 200,000 historic artifacts that represent more than 300 years of our region’s unique history. Among them are one-of-a-kind prototype automobiles, a fashion collection featuring gowns worn by famous Detroiter, Native American pieces – even antique toys. **Followed by lunch on your own at Giovanni’s.**  
BTSS Coach  Fee: $24*

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Holly Candle Shoppe & Great Lakes National Cemetery  
Monday, March 15 (DAY20-A1001) 10:00 AM – 4:30 PM  
The first stop: Holly Candle Shoppe in Historic Downtown Holly. A retail space as well as candle manufacturing operation, they produce fresh, premium soy wax daily; hand mixing the colors and fragrances. The owner will give us a presentation on candle-making. **Followed lunch on your own at the Bitter Sweet Café, we will visit the Great Lakes National Cemetery for a bus tour.**  
BTSS Coach  Fee: $15*

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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, brimming with spirit, wit and soul. **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  
An evening of fine food and fabulous music without any of the hassle getting to and parking downtown. BTSS’ first evening DSO trip. 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. An immensely entertaining show, brimming with spirit, wit and soul. **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*
**The Glenn Miller Orchestra** Macomb Center
Sunday, March 28 (DAY24-A1001) 1:00 PM – 7:15 PM
A not to be missed return engagement! The world famous Glenn Miller Orchestra brings hits like “Tuxedo Junction” and “Chattanooga Choo-Choo” back to life with their unique jazz sound. Under the direction of trombonist Larry O’Brien, the Orchestra features two vocalists and a 16-piece band playing many of Glenn Miller’s original arrangements. **Start with lunch on your own at The Aspen.**
BTSS Coach  Fee: $51*

**Tour and Lunch at the Book Cadillac Hotel**
Wednesday, March 31 (DAY25-A1001) 9:15 AM – 1:15 PM
Once the grandest of Detroit’s downtown hotels and a member of the National Registry of Historic Buildings, this Italian-renaissance-style hotel, originally built in 1924 by the Book brothers, quickly became the tallest building in Detroit, as well as the tallest hotel in the world but eventually closed in 1986. Upon completion of a massive $180 million renovation, the historic Book Cadillac Hotel has been restored and rejuvenated to its original splendor, reclaiming its position as Detroit’s premier lodging and social gathering destination. **A tour will be followed by a chef selected lunch (included) at the Boulevard Room restaurant.**
BTSS Coach  Fee: $44*

**“The Smell of the Kill” Tipping Point Theatre**
Saturday, April 3 (DAY26-B1001) 12:15 – 6:15 PM
Take three delicious, malicious wives, add three miserable, unloving husbands, and chill. Nicky, Debra and Molly have tolerated one another at monthly dinners for years. While their spouses play golf in the dining room, the women exchange confidences, revealing that all three marriages are on the brink of disaster. When the men mistakenly lock themselves in a basement meat locker, the women are faced with a life-or-death decision; should they leave the men out in the cold - permanently - or let them thaw? **Start with lunch on your own at Diamond Jim Brady’s.**
BTSS Coach  Fee: $36*

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

**Historical Houses of Worship Tour**
Monday, April 12 (DAY28-B1001) 9:00 AM – 4:45 PM
Since 1972, the Historic Houses of Worship Tour Series has acquainted metro Detroiters with the contributions religious institutions have made in the development of our community. The docent led walking tour highlights the importance of maintaining and preserving these historic sites as living history. Transportation from the historical society to the churches will be on a historical society bus. Featured churches include: Ecumenical Theological Seminary, Holy Family, Jefferson Avenue Presbyterian, Church of the Messiah and St. Bonaventure. **Lunch provided at one of the churches on the tour.**
BTSS Coach  Fee: $54*

**“Don Giovanni” Michigan Opera Theatre**
Sunday, April 18 (DAY29-B1001) 11:15 AM – 6:30 PM
Don’t miss this operatic favorite composed by Mozart. 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: $94*

**Senior Men’s Club**
Co-Facilitators: Bruce Madsen & Jim Grady
Join the Senior Men’s Club and enjoy camaraderie with “a few good” men. A great way to start your Wednesday morning!
3rd Wednesday 9:30 – 11:30 AM  Fee: $6/$8

**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!
4th Wednesday* 10:00 AM – Noon  Fee: Varies
(*Nov. & Dec. dates will vary.)

See page 9 for more details and dates for upcoming meetings.
THE CENTER FOR MICHIGAN
Defining Moment Community Conversation
Monday, December 7

Influence the course of Michigan's future and have your say about the integral role you and the Bloomfield Township can play in Michigan's transformation. Register to participate in the Michigan’s Defining Moment Community Conversation. Let your voice be heard!

Michigan's Defining Moment Public Engagement Campaign, a statewide, non-partisan/non-profit effort to reinvigorate citizenship, get people talking about Michigan's challenges and opportunities, and develop a common ground agenda to help guide the decisions of state and local leaders.

Two Opportunities to participate: (Please pre-register)
- 10:00 – 11:30 AM (EDU41-D0901)
- 1:00 - 2:30 PM (EDU41-D0902)

GET OUT AND GET TOGETHER!
NEW EVENING PROGRAMS

Pizza & Play
2nd Tuesday 6:00 – 7:30 PM $7/$9
Here's a night out for good old fashion fun and games! Come for pizza, salad and a beverage. Play cards and games with your fellow members and watch the competition begin. Don't miss out!

★Socially Active Single Seniors (SASS)
3rd Thursday 6:00 – 7:30 PM
First Meeting: January 21 6:30 – 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.

Holiday Sharing!
Tuesday, December 8th
1:30 PM
Share the Holiday Season with our homebound meal clients by donating small individually wrapped candy. Candy may be dropped off in the BTSS office before Tuesday, December 8th.

Join us on Tuesday, December 8th at 1:30 p.m. to package the candy for distribution. If you are able to help, please call Denise at 248-723-3500.

Open Swim Available!!

Calendar of dates and times available at senior center.

Check in at the Main Level Reception.
BT Residents: $2 per session
Non-Residents: $5 per session
(Punch Cards available.)

NEW SATURDAY CLASSES!!!
(See page 6 & 7 for more details and dates.)

Pilates
8:00 - 8:45 AM 7 classes Fee: $56*
Zumba
8:45 – 9:45 AM 7 classes Fee: $56*
Aqua Power Walk & Dance
8:00 – 9:00 AM 8 classes Fee: $64*
H2O Boot Camp
9:00 – 10:00 AM 4 classes Fee: $32*
Aqua Toning ‘n Pilates
10:00 – 11:00 AM 4 classes Fee: $32*
How to Reserve Airline Travel Online
9:30 – 11:30 AM 2 (2 hr.) classes Fee: $63*

HOLIDAY CELEBRATION
Bell Choir Concert
Wednesday, December 16
1:00 – 3:00 PM
(SEV09-D0901)

Please welcome the Bell Choir from Birmingham First United Methodist Church for a musical holiday celebration! The Bell Choir has presented their program around our community for years. Dessert afterglow following presentation. Join the celebration! Happy Holiday to all! Preregistration requested. Fee: $5/$7
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
Winter 2009-10

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, Dec. 8, Jan. 12 and Feb. 9 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.

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BTSS Staff
Christine Tvaroha
Director of Senior Services
Sally Banks
Programs Coordinator
Kathy Birkhold
Trips Coordinator
Chris Cornell
Asst. Programs Coordinator
Donna DeWitte, R.N.
Nutrition Coordinator
Denise Kolkmeyer
Outreach Coordinator
Joan Patzelt
Volunteers & Communications Coordinator
Ruth Nagy
Office Manager
Delores Atto
Audrey Chambers
Jan Peters
J.B. Yeargan
Receptionists

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:

<table>
<thead>
<tr>
<th># in Household</th>
<th>Max. Household Income</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>24,850</td>
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<tr>
<td>2</td>
<td>28,400</td>
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<tr>
<td>3</td>
<td>31,500</td>
</tr>
<tr>
<td>4</td>
<td>35,500</td>
</tr>
</tbody>
</table>

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

TAX ASSISTANCE
Tuesdays
February 2nd – April 13th
9:00 a.m. – 3:00 p.m.
See cover of newsletter for details.

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Co-sponsored by the Alzheimer’s Assn.
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 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 one each month from 11 am until 12:30 pm. Stop in on:

Dec. 16  Jan. 20  Feb. 17  Mar. 17

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 continues to collect personal care items (cream, perfume, combs, brushes, or any small items that may be appropriate), which are donated to Citizens for Better Care, a non-profit organization serving the neglected or forgotten in long-term facilities. Drop off items at BTSS Main Level Reception.

For more information about Citizens for Better Care, go to www.cbcmi.org or call the local office serving the south-eastern Michigan area at 800-833-9548.
In Memoriam…
Deepest sympathies to the families and friends of:
Patricia Vitta, Margareth Cseriveczky,
Bill Cornell, Gerry Shreve

BTSS LOAN CLOSET
Please consider recycling and borrowing medical equipment through the BTSS. We accept donations of gently used wheelchairs, walkers, canes and other equipment. We can all help with rising medical costs by participating in this program. Any questions? Please contact Denise Kolkmeyer at BTSS, 248-723-3500.

WE ARE CURRENTLY IN NEED OF WHEELCHAIRS. Please contact Denise if you have one you would like to donate prior to bringing to 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.

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.

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 library books and audio tapes to homebound seniors in the Bloomfield Township area who have a library card for either library.

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

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.
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.

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

Detroit Edison Offers Discount for Low Income Customers
You may be eligible for a short term reduction on your monthly electric rates this winter under Detroit Edison’s new Low Income Energy Assistance rate reduction program. Residential electric customers whose household income does not exceed 150% of the federal poverty level are eligible. Submission of specific qualifying information is required. Customers with questions can contact Edison at 1-800-477-4747.

Friendship Club
Adult Day Service-Dementia Care

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

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

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

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

To learn more or arrange a tour, please contact Terri Ann Liller, Friendship Club Program Coordinator.

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