



# Bloomfield Township Senior Services



Winter 2009-10

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

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## TAX ASSISTANCE

Tuesdays  
February 2<sup>nd</sup> – April 13<sup>th</sup>  
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

## SATURDAY

Check out these offerings\*!  
Details and dates on pages 6 & 7.

- Pilates
- Zumba
- Aqua Power Walk & Dance
- H<sup>2</sup>O Boot Camp
- Aqua Toning 'n Pilates
- Fitness Open Hours
- Reserve Airline Travel Online
- Computer Class

(\* Available in January & February.)



## TREE OF LIFE

(FUN05-D0901)

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

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

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



## MINOR HOME REPAIR

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

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

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

PRSR T STD  
US POSTAGE  
PAID  
BLOOMFIELD TWP  
PERMIT NO 40

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

## 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*

[ctvaroha@bloomfield.org](mailto:ctvaroha@bloomfield.org) or (248) 723-3500

*Special thanks to*



Sponsor of our 2009 Health Fair and Flu Shot Clinic

## Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

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

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

Adult Day Service/Friendship Club:  
Monday - Friday 8 AM - 4:30 PM

[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)

### BTSS STAFF

**Christine Tvaroha, Director**

Sally Banks, Programs Coordinator

Kathy Birkhold, Trips Coordinator

Chris Cornell, Programs Coordinator

Donna DeWitte, Nutrition Coordinator

Denise Kolkmeyer, Outreach Coordinator

Ruth Nagy, Office Manager

Joan Patzelt, Volunteer/Communication Coordinator

Delores Atto, J.B. Yeargan Jan Peters, Receptionists

Audrey Chambers Receptionist/Aquatics

Dave Greger & Al Huberty, Bus Drivers

### 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 & Ginnie Richard

### BTSS will be closed on:

Thurs. & Fri., November 26 & 27 (Thanksgiving)

Thurs. & Fri., December 24 & 25 (Christmas)

Thurs. & Fri., December 31 & January 1 (New Years)

Monday, February 15 (President's Day)

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

Eligibility: Adults 50 years and older.

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

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

Question – call center at 248-734-3500

### Class Registration/Cancellation Policies:

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

### **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:**

<i>Mondays</i>	<i>10:00-11:15</i>	<i>5:15-6:15</i>	
<i>Tuesdays</i>	<i>12:30-2:00</i>	<i>2:15-3:45</i>	<i>6:30-7:30</i>
<i>Wednesdays</i>	<i>9:00-10:00</i>	<i>5:15-6:15</i>	
<i>Thursdays</i>	<i>12:30-2:00</i>	<i>2:15-3:45</i>	<i>6:30-7:30</i>
<i>Friday</i>	<i>12:30-2:00</i>	<i>2:15-3:30</i>	

#### 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 2 – Dec 18 (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 help to decrease pain. This low-impact workout is for those who live with arthritis, knee/hip pain, and general body aches. Become active again.

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

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 programs 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)**

**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 jiggle 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-C0902) no class 12/24, 12/31**

**Feb 8 – Mar 22 (FIT08-D0901) no class 2/15**

**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. Studios A & B, Lower Level.

**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)**

**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**

**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)**

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

**Jan 13 – Feb 17 (FIT12-C0901)**

**Feb 24 – Mar 31 (FIT12-D0903)**

### 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 1<sup>st</sup> 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)  
Feb 1 – Mar 15 (FIT01-A1002) no class 2/15

### Mon / Wed 6:30 – 7:30 PM

Dec 21 – Jan 27 (FIT01-D0909)  
Feb 1 – Mar 15 (FIT01-A1003) no class 2/15

### 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**

Learn back care. Good for arthritis and osteoporosis. Strengthens abdominal and back muscles. 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, LL

**Wednesdays 9 - 10 AM 6 classes Fee: \$42\***

**Jan 6 – Feb 10 (FIT06-A1001)**

**Feb 17 – Mar 24 (FIT06-A1002)**

**Fridays 9 - 10 AM 6 classes Fee: \$42\***

**Jan 8 – Feb 12 (FIT06-A1003)**

**Feb 19 – Mar 26 (FIT06-A1004)**

### Pilates/Yoga

Instructor: **Lavon Cook**

Focusing on strengthening your back while firming your abdominals—the core of your body. Improves posture, alignment, muscle tone, joint mobility and flexibility. Bring mat, small pillow & water. Studio B, Lower Level.

**Tuesday 10 – 11 AM 6 classes Fee: \$42\***

**Jan 5 – Feb 9 (FIT07-C0903)**

**Feb 16 – Mar 23 (FIT07-D0901)**

## **SATURDAY FITNESS CLASSES!!!**

### 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**

no class 2/13

### 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 (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)**

### H2O Boot Camp

Instructor: **Annie Chi**

A high energy workout to strengthen and increase your endurance. For actively exercising people who would like to add water aerobics to their cross training routine.

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

**Jan 9 – Jan 30 (FIT32-A1001)**

**Feb 6 – Feb 27 (FIT32-A1002)**

### Aqua Toning 'n Pilates

Instructor: **Cathie Winton**

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

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

**Jan 16 – Feb 6 (FIT42-A1003)**

**Feb 13 – Mar 6 (FIT42-A2004)**

## **Pickleball! Pickleball! 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**

For private Pickleball introduction/instruction, call Jim 248-855-2676.

## ENRICHMENT AND EDUCATION

**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](http://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 web-sites will be visited. A handout with guidelines on how to accurately compare pricing and recognize airline restrictions will be discussed. Come fly with us!

(2) 2 hr classes Fee: \$63\*  
Saturday, Feb. 6 & 13 (COM21-A1001) 9:30 – 11:30 AM

### 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

#### **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

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

#### Pizza & Play

2<sup>nd</sup> 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)

3<sup>rd</sup> 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

### 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)

#### **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**

#### **"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!

★ **Issues and Insights** (SOC03)

**3<sup>rd</sup> 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 mahj class for an exciting afternoon of challenging play!  
**Thursday 1:00 – 4:00 PM**

★ **Movie Mania** (SOC31)

**3<sup>rd</sup> 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"**

**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.

**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

Books on loan: Blmfd. Twp. Public Library service desk.

1<sup>ST</sup> Friday (exception Jan.) 10 – 11:30 AM

Dec. 4: "Whistling Season" Doig

Jan. 8: Member's choice.

Present and discuss a favorite book or two.

Feb. 5: "Shadow of the Wind" Carlos Ruiz Zafon

### ★ Bridge Club (SOC04)

Community Room A

Facilitator: Maurice Vachon

Monday/Friday

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

### ★ 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

2<sup>nd</sup> 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!

1<sup>st</sup> Wednesday, 1:00 PM

### 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.**

3<sup>rd</sup> 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"*

### 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.**

4<sup>th</sup> 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](mailto:jpatzelt@bloomfieldtwp.org)

**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.

## **Thank you to our Home Delivered Meals Drivers!**

Anne Allingham \* 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 \* 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 \* Bob & Francois Harrod \* Rick Hartsell \* Rob Heeren \* Dolores Hekker \* John Hoban \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Susan Hugel \* Pat Jacoby \* Gail Jaworski \* Clare & Jerry Kabel \* Judy King \* Karen Krieger \* Jane Levy-Sowers \* June Linklater \* Marcie Lloyd \* Bruce Madsen \* Fritzie Mager \* Joan Mann \* Sue Martin \* Richard May \* Barry & Helene Mayo \* Mary Lynn McLachlan \* Beth Mergel \* Jean Miller \* Debbie Mitchell \* Richard Moxley \* Robert & Barbara Munn \* Marty Nouse \* Walter Oehrlein \* Darlene Ottolini \* Lee Ann Pantalone \* Nancy Pavy \* Kathleen & Robert Pelkey \* Bill Penz \* Priscilla Pettengill \* Alfred & Sarinna Ping \* Bill Potter \* Marie Pryce \* Rita Ravikrishnan \* Tom Richard \* Jerry Rivard \* Fulvio Romano \* Janet Russell \* Nicholas Rutkowski \* Michael Samson \* Mindy Saunders \* Ann & Jerry Scheel \* Linda Scheidemantel \* Hudson Scheifele \* Rita Schwimer \* Theresa Shea \* Mary Shepline \* Irene Sklar \* Janet Smith \* Jean Smith \* Dev Sood \* Connie Szymczak \* Marjorie & Mario Trafeli \* Susan Ulferts \* Maurice Vachon \* Frank Voeffray \* Mary Walosin \* Don Waples \* Bill Warner \* Joan Wells \* Lynn & Corey Wert \* Bill Williams \* Clint Williams \* Elinor & Murray Yolles \* Rasheeda Zafar



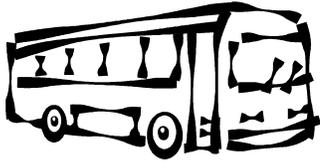
**Volunteering is important to long and healthful lives.**

Call Joan for more information 723-3500.

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

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

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



**CLUB  
BLOOMFIELD  
TRAVEL**

**Trip Registration Policies:**

- Registration begins the date the newsletter is mailed
- \* Non- Bloomfield Twp. residents pay additional \$5 per trip
- Full payment is required with registration
- **\$30 fee for checks returned due to insufficient funds**
- BTSS Emergency Card must be presented at check-in
- **No refunds with less than 3 business days' notice**
- Cancellation fee \$5 plus costs incurred
- **Trips depart from and return to Center. Return times are approximate.**
- If you use a wheelchair or need a special accommodation you must have a registered companion, please indicate this upon registration.

**MAKE CHECKS PAYABLE TO: Bloomfield Twp.**

**"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\*

**"The Seagull" Hilberry Theatre**

**Wednesday, Dec. 9 (DAY22-D0901) 11:15 AM-5:15 PM**  
Chekov's story of Konstatin, a man living in the shadow of his famous mother Abkadina, who writes and directs a revolutionary play to validate his ability as an artist. The play written to impress his mother also features Nina, the woman he adores and who has big dreams of her own. **Start with lunch on your own at Shiraz.**  
BTSS Coach Fee: \$25\*

**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**  
BTSS Coach Fee: \$90\*  
WAIT LIST.

**Wednesday, Dec. 23 (DAY26-D0901) 10:15 AM – 4:15 PM**  
BTSS Coach Fee: \$90\*  
WAIT LIST.

**Tour of SOCRRA Recycling Facility**

**Wednesday, Jan. 6<sup>th</sup> (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\*

**"Swingin With Sinatra & Dorsey" DSO**

WAIT LIST  
**Thursday, Jan. 7 (DAY01-A1001) 9:30 AM – 3:45 PM**  
BTSS Coach Fee: \$49\*

**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 22<sup>nd</sup> 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" Hilberly 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\*

*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!*

### 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 life style- "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\*

**"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\*

**"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\*

**"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\*

**"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\*

**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\*

**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 Detroiters, Native American pieces – even antique toys. **Followed by lunch on your own at Giovanni's.**  
BTSS Coach Fee: \$24\*

**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. **Following 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\*

**"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\*

**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\*

**"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!

**3<sup>rd</sup> 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!

**4<sup>th</sup> 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

2<sup>nd</sup> Tuesday 6:00 – 7:30 PM \$7/\$9

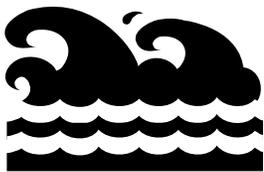
Here's a night out for good old fashion fun and games! Come for pizza, salad and a beverage. Play cards and games with your fellow members and watch the competition begin. Don't miss out!

★ Socially Active Single Seniors (SASS)

3<sup>rd</sup> 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.



**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.)

**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

**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\*

H<sup>2</sup>O 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 Sharing!**

Tuesday, December 8<sup>th</sup>  
 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 8<sup>th</sup>.

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

# Supportive Services

## Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

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

Web: [www.bloomfieldtpw.org/Seniors](http://www.bloomfieldtpw.org/Seniors)

Winter 2009-10

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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 Kolkmeier  
Outreach Coordinator

Joan Patzelt  
Volunteers & Communications  
Coordinator

Ruth Nagy  
Office Manager

Delores Atto  
Audrey Chambers

Jan Peters  
JB 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:

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

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

### TAX ASSISTANCE

Tuesdays

February 2<sup>nd</sup> – April 13<sup>th</sup>

9:00 a.m. – 3:00 p.m.

See cover of newsletter for details.

### Who are caregivers?

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

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

Caregiver Forums are held at the Friendship Club, 4315 Andover Rd., Bloomfield Twp. on Tuesdays, 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.

## 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 3<sup>rd</sup> 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

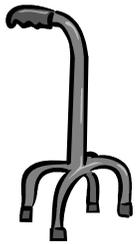
Liquid nutritional supplements are available to area seniors 60+ based on medical necessity. Monthly, BTSS orders Ensure products directly from the manufacturer at a reduced cost from retail prices. A physician's order is required which must include the medical reason for supplementation, the recipient's 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](http://www.cbcmi.org) or call the local office serving the south-eastern Michigan area at 800-833-9548.



## 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.

## *In Memoriam...*

*Deepest sympathies to the families and friends of:  
Patricia Vitta, Margareth Cseriveczky,  
Bill Cornell, Gerry Shreve*

## 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](http://www.oakgov.com/chi). For an application, call 248 858-5401.

## ESTATE PLANNING CLINIC

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

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

## 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](http://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