



# Bloomfield Township Senior Services



Spring 2011

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

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## Our Vietnam Generation

(SEV10-B1101)

Thursday, May 19  
1:30 – 3 PM

Join us to recognize Michigan Vietnam veterans and see the new film by award winning producer Keith Famie, *Our Vietnam Generation*.

This powerful movie explores this painful chapter in American history through the words of those who lived it. It gives Vietnam veterans a voice about their past struggles and shows how valuable they are to their communities.

Sponsored by:



**Coming soon...**  
 Photo ID's for residents. Watch for more information to be posted in the Senior Center.

facebook

### Are you on Facebook?

Facebook is a fun and interesting online social networking platform. Learn about the latest way to keep up with family and friends with these new offerings. See page 10 & 11 for more details. Preregistration required.

**What is Facebook?** ●  
 10 - 11 AM  
 March 2 (EDU53-A1101)

**Facebook - Beginner**  
 10 – 11:30 AM 1 class/\$10\*  
 March 9 (COM26-A1101)  
 March 23 (COM26-A1102)

### St. Joseph Mercy Oakland Preventative Heart and Stroke Ultrasound Imaging Screenings

**Friday, April 1 8 am – 4 pm**

Peripheral Artery Disease,  
 Carotid Arteries, Abdominal Aortic  
 Aneurysm, EKG, Echocardiogram  
 Discounted Laboratory Blood Work  
 Pre-registration required  
**Call: 1-800-372-6094**  
 Private Pay; Discount Package Pricing

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

## Christine's Comments

BTSS is a safety net for seniors who are experiencing challenges to their health and independence; Meals on Wheels, medical transportation and Friendship Club (our adult day service) all work to help people 'age in place' and remain in our community.

BTSS can also serve active healthy adults as a resource for wellness providing opportunities to prevent, delay or reduce challenges to health and independence. Many of us hear from doctors or family that we need to exercise but don't know just where to start. The **Exercise Starts Here** class is an overview of various exercises and the logic behind them. You will learn about the language of fitness and see which classes fit your needs and interest the best. **Not just how to start, but how to succeed.** The new **Fit Tips** is a series of presentations to enhance the safety and effectiveness of your current workout routine as well. See page 4 and the back page for details. BTSS offers an array of fitness classes for all fitness levels from high intensity work outs to relaxing meditation classes, classes for people with physical challenges and many classes in between. Please check them out on paper (pages 3-7) and in person!

BTSS on BCTV Channel 15

**Active Living** is produced at our own Bloomfield Township Community Television studio with host and producer Sally Savoie. The newest **Active Living** features our aquatics classes and instructors, outlines the benefits of warm water exercise and shows how much fun you can have while exercising. You may see the aquatics show and all previous shows featuring volunteers, Friendship Club, and the new building tour by going to:

<http://www.bloomfieldtwp.org/Services/cable/Videos/ActiveLiving.htm>

follow us on:  
**facebook**

BTSS is now giving Facebook a try on our unofficial page, "Bloomfield Township Senior Center Friends." Special thanks to

Virginia Tatseos, who volunteered to create our Facebook page. If you have a FB account, visit us for items of interest about trips, classes, programs and services. Check it out and friend us!

*Christine Tvaroha*

[ctvaroha@bloomfieldtwp.org](mailto:ctvaroha@bloomfieldtwp.org)

(248) 723-3500

Subscribe to our **E-Newsletter**  
Visit the Township website at  
[www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors)  
and click on the  
Mailing List tab at the top of the page.

### Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

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

Christine Tvaroha, Director

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

Friday 7 AM - 4:00 PM

Saturdays 8 AM - 12:00 PM

Adult Day Service/Friendship Club:

Monday - Friday 9 AM - 4:00 PM

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

### BLOOMFIELD TOWNSHIP BOARD

Bloomfield Township Main Phone: 248-433-7700

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 & Julie Eskoff

Al & Donna Artzberger

Shirley Colten

John & Janice Bellefleur

John Conti

Gladys Cifelli

Maxine Davison

Don Foehr

Marie Gemmel

Victor & Suzanne Goldstein

Tony Klemer

Elizabeth Mahoney

Tom & Ginnie Richard

### BTSS will be closed on:

Saturday, February 19 & Monday, February 21

Friday, April 22 & Saturday, April 23

Eligibility: Adults 50 years and older\*

\*BT Residents - all programs open for participation; completion of profile required

\* Non- Residents - many programs open for participation for additional fee, completion of profile required.

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

### Class & Trip Registration/Cancellation Policies

- Registration begins the date the newsletter is mailed.
- Unless otherwise noted, non-residents pay \$10 additional per class or trip.
- \$30 fee for checks returned due to insufficient funds.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval
- BTSS Emergency Card must be presented at trip check-in
- Trips depart promptly at posted time from and return to Center. Return times are approximate.
- Participants are responsible for arranging their own transportation to and from the center.
- If you use a wheelchair or need a special accommodation for a trip, you must have a registered companion. Please indicate at time of registration.
- Classes: no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- Trips: no refund with less than 3 business days' notice. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

# Aquatics: Warm Water Fitness

**Nonresident Policy:** \* Non-residents pay additional \$10 fee per session.

*Showers required prior to pool use. Bring lock & towel. Do not enter pool deck prior to class until instructed by staff.*

**Open Swim** (FIT30-varies) **\$10/month**  
 Register monthly at main level reception for unlimited visits during scheduled times. BT Residency req'd. Must confirm registration with lifeguard before entering pool. Monthly calendar available online or in the Center.

**Aqua Yoga** L. Cook  
 Effective program for relaxation, stress reduction and breath awareness. Benefits mind, body and spirit while achieving greater balance, flexibility and restfulness.  
 Tuesday 11:15 AM – 12:15 PM **8 classes/\$64\***  
**March 8 – April 26** (FIT26-A1102)  
**May 3 – June 21** (FIT26-B1101)

**Let's Move** L. Cook  
 Low-impact aerobics builds endurance and muscle strength. Cardiovascular segment, with high & low energy levels, using resistance equipment promotes weight loss.  
 M/W/F 9 – 10 AM **8 classes/\$64\*** **12 classes/\$80\***  
**March 9 - April 4** (FIT25-A1105)  
**April 6 – May 4** (FIT25-B1101) no class 4/22  
**May 6 – June 3** (FIT25-B1102) no class 5/30

**Splash 'n Tone** C. Winton  
 Warm water aerobic workout with cardiovascular conditioning, toning & stretching. Resistance equipment used to increase strength while promoting weight loss.  
 Tuesday/Thursday 9 – 10 AM **8 classes/\$64\***  
**March 1 – 24** (FIT45-A1103)  
**March 29 – April 21** (FIT45-A1104)  
**April 26 – May 19** (FIT45-B1101)

**Aqua Therapy** C. Winton  
 Suitable for those restricted from strenuous exercise. Simple moves in warm water soothe the body & may decrease pain. See page 7 for Saturday classes.  
 Tuesday/Thursday 10 – 10:45 AM **8 classes/\$64\***  
**March 1 – 24** (FIT29-A1105)  
**March 29 – April 21** (FIT29-A1106)  
**April 26 – May 19** (FIT29-B1101)

**Aqua Zoom** C. Taister  
 Heat-up the water with hot Latin & International rhythms. Fun, dynamic low impact, cardio salsa water workout. Fast paced class that builds strength and stamina.  
 Wednesday 10:15 – 11:15 AM **5 classes/\$40\***  
**Feb 23 – Mar 23** (FIT51-A1102)  
**Mar 30 – April 27** (FIT51-A1103)

**Aqua Nia** S. Peper  
 Uses inspiring music, diverse rhythms and the nine Movement Forms to deliver a fun, safe and personalized work-out. All ability and fitness levels welcome.  
 Wednesday 4 - 5 PM **12 classes/\$96\***  
**March 2 – May 25** (FIT59-A1104) no class 4/6

Friday 12:30 – 1:30 PM **9 classes/\$72\***  
**March 4 – May 20** (FIT59-A1105) no class 4/1, 4/8, 4/22

**Aqua Power Walk & Dance** A. Chi  
 Awesome, up-beat class. Fast paced high-intensity water workout, easy to follow choreographed routines will challenge & motivate you!  
 Tues/Thurs 6 – 7 PM **8 classes/\$64\*** **10 classes/\$80\***  
**March 1 – 31** (FIT27-A1103) 10 classes  
**April 5 – 28** (FIT27-B1101) 8 classes  
**May 3 – 26** (FIT27-B1102) 8 classes

**Aqua Toning & Pilates** C. Winton  
 Build Core Strength/increase flexibility. Blends standing Pilates techniques and low impact aerobics. Bring water shoes & water bottle. See page 7 for Saturday classes.  
 Tuesday/Thursday 4 – 5 PM **8 classes/\$64\***  
**March 1 - 24** (FIT46-A1105)  
**March 29 – April 21** (FIT46-A1106)  
**April 26 – May 19** (FIT46-B1101)

**Aqua Yoga with Props** K. Housey  
 Flowing series of yoga movements using water props to ease safely into and out of poses. Good for beginners. Poses are offered with modifications to address joint and injury issues. Ends with relaxing meditation in the water.  
 Monday 4:30 - 5:30 PM **8 classes/\$64\***  
**February 28 – April 18** (FIT69-A1101)  
**May 2 – June 27** (FIT69-B1101) no class 5/30

**Aqua Healthy Joints** L. Cook  
 Gentle flexibility and strengthening exercises can protect joints and keep muscles toned. Warm-water exercise can ease symptoms of arthritis, MS and Osteoporosis.  
 Friday 10 – 11 AM **8 classes/\$64\***  
**March 11 – May 6** (FIT28-A1102) no class 4/22

**Learn to Swim** (FIT48-VARIES) A. Chambers  
 Learn to swim or refine your stroke. Private or small group lessons in warm water pool. Bring goggles. Call Audrey to schedule at 248-723-3514. **1 Hour/\$25\***

**H2O Boot Camp** (see pg 7 for Saturday offering) A. Chi

# Land Fitness

*To protect the equipment & flooring, you are required to “carry in not wear in” your clean workout shoes–no street shoes. Change shoes before beginning your class or workout. This is a year-round policy.*

## CARDIO

### Cardio Circuit Challenge

S. Rubinstein

For active exercisers, intervals of cardio, strength training & core building. Finish with relaxation stretching. Bring mat/hand weights/water. LL Studio

Wednesday 7:15 - 8:15 AM 6 classes/\$50\*

February 23 – March 30 (FIT61-A1102)

April 6 – May 11 (FIT61-B1101)

May 18 – June 22 (FIT61-B1102)

Thursday 5 - 6 PM 6 classes/\$50\*

February 24 – March 31 (FIT61-A1104)

April 7 – May 12 (FIT61-B1103)

May 19 – June 23 (FIT61-B1104)

### Zumba

L. Lerman

Latin music & dance moves create exciting effective fitness exercise. Routines feature aerobic fitness interval training with a combination of fast and slow rhythms. See page 6 for Saturday classes. LL Studio

Tuesday 8:45 – 9:45 AM 7 classes/\$56\*

March 1 – April 12 (FIT20-A1105)

April 19 – June 7 (FIT20-B1101) no class 5/10

### Senior Fit Aerobics

S. 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. Some floorwork. Bring hand weights/mat/water LL Studio

Monday/Thursday 9 – 10 AM 12 classes/\$50\*

February 24 – April 4 (FIT09-A1102)

April 7 – May 16 (FIT09-B1101)

May 19 – June 30 (FIT09-B1102) no class 5/30

### Senior Fit Aerobics Card

10 classes/\$55\*

*Add flexibility to SeniorFit Aerobics workout schedule.*

*(Purchased 1/1-3/31 FIT10-A1101; 4/1-6/30 FIT10-B1101)*

*Use within 3 months purchase.*

### Pickleball ♾

Easy to learn and can develop into a quick, competitive game especially for tennis players. Sign in at ML reception.

**Drop-In play** Monday 1 – 2:30 PM LL Studio

## SEATED

### Exercise Starts Here

D. Murray

Need exercise but not sure where to start? For beginners or those returning to exercise; all levels welcome. Learn a variety of exercises and the reason behind them in a non-competitive, relaxed atmosphere. Seated stretching, range of motion, strengthening and relaxation. Bring mat/water. LL Studio

Wednesday 1 – 2 PM 4 classes/\$28\*

March 16 – April 6 (FIT71-A1101)

April 13 – May 4 (FIT71-B1101)

May 11 – June 1 (FIT71-B1102)

### Easy Does It – Chair

S. Rubinstein

Seated exercise improves circulation, flexibility, muscle strength & reduces stress in a fun, supportive group atmosphere. Focus on balance to help prevent falls. Resistance bands, hand weights provided. Benefits Arthritis, Parkinson's, MS Osteoporosis. LL Studio

Monday/Thursday 10:15 - 11 AM 12 classes/\$50\*

February 24 – April 4 (FIT08-A1102)

April 7 – May 16 (FIT08-B1101)

May 19 – June 30 (FIT08-B1102) no class 5/30

### Chair Yoga

K. Lutz

Regardless of age or physical limitations, yoga and breathing are extremely beneficial. Focus on stretching. All yoga movements done seated. LL Studio

Monday 11:30 AM – 12:30 PM 5 classes/\$40\*

February 28 – March 28 (FIT56-A1102)

April 4 – May 2 (FIT56-B1101)

May 9 – June 13 (FIT56-B1102) no class 5/30

### Osteo Ball

C. Erlandson

Developed for less mobile adults. Technique uses a ball with handles for seated isometric exercises which strengthen both muscles & bones, with less stress on compromised joints. LL Studio

Tuesday/Thursday 4 – 4:45 PM 7 classes/\$52\*

February 22 – March 15 (FIT65-A1104)

March 22 – April 14 (FIT65-A1105) no class 4/5

April 26 – May 17 (FIT65-B1101)

## STRENGTH

### Golf Conditioning

S. Rubinstein

Avoid injuries and condition your muscles for the season. Work on functional strength, including core training. Special emphasis on flexibility, coordination and balance, specific to muscles used in golf. LL Studio.

Thursday 6 – 7 PM 4 classes/\$40\*

March 3 – 24 (FIT50-A1101)

March 31 – April 21 (FIT50-A1102)

### Gardener's Conditioning & Stretches

J. Schirtzinger

Get ready to plant, prune or mow; emphasis is on flexibility and balance. Learn what to do BEFORE and AFTER your gardening adventures to avoid injuries and relieve those aches. Bring a mat/towel & wear loose clothing. LL Studio

Tuesday 2:45 – 3:45 PM 4 classes/\$20\*

April 5 – 26 (FIT72-B1101)

### On the Ball

S. Rubinstein

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

Tuesday 11 AM - 12 noon 6 classes/\$50\*

February 22 – March 29 (FIT12-A1102)

April 5 – May 10 (FIT12-B1101)

May 17 – June 21 (FIT12-B1102)

Wednesday 5 – 6 PM 6 classes/\$50\*

February 23 – March 30 (FIT12-A1104)

April 6 – May 11 (FIT12-B1103)

May 18 – June 22 (FIT12-B1104)

### Balance Therapy Basics

J. Schirtzinger

Feeling unsteady? Loss of balance can result in falling and bone fractures. Designed to build bone, strengthen core, improve posture and balance. Good follow-up to physical therapy, can be combined with advanced class. LL Studio

Thursday 1:30 – 2 PM 6 classes/\$30\*

March 3 – April 7 (FIT42-A1104)

April 14 – May 19 (FIT42-B1101)

### Advanced Balance Therapy

J. Schirtzinger

Improve core balance, joint stability, muscle strength and posture with advanced techniques. Innovative exercises keep you smiling & moving! Includes floor-work. LL Studio

Thursday 2:05 – 2:35 PM 6 classes/\$30\*

March 3 – April 7 (FIT42-A1108)

April 14 – May 19 (FIT42-B1102)

### Supervised Strength Training

S. Rubinstein

Certified Exercise Specialist offers small class for personalized instruction for safest most effective workout. Develop the best habits for long term use including proper form, breathing, seat/ weight adjustments, and safety using pneumatic weight machines. BT Residency required.

12 classes/\$68 or \$77\* (see *Strength Training + below*)

#### Monday/Thursday 8 - 9 AM

February 24 – April 4 (FIT01-A1102)

April 7 - May 16 (FIT01-B1101)

May 19 – June 30 (FIT01-B1102)

no class 5/30

#### Monday/Wednesday 11:30 AM - 12:30 PM

February 23 – April 4 (FIT01-A1104)

April 6 – May 16 (FIT01-B1103)

May 18 – June 29 (FIT01-B1110)

no class 5/30

#### Monday/Wednesday 6:30 – 7:30 PM

February 23 – April 4 (FIT01-A1106)

April 6 – May 16 (FIT01-B1104)

May 18 – June 29 (FIT01-B1105)

no class 5/30

#### Wednesday/Friday 9 - 10 AM

February 23 – April 1 (FIT01-A1108)

April 6 – May 18 (FIT01-B1106)

May 20 – June 29 (FIT01-B1107)

no class 4/22

#### Wednesday/Friday 10 - 11 AM

February 23 – April 1 (FIT01-A1110)

April 6 – May 18 (FIT01-B1108)

May 20 – June 29 (FIT01-B1109)

no class 4/22

\* Strength Training + Expand your access to the fitness equipment, upgrade your class with Open Hours on non-class days by adding \$9. BT residency required.  
12 classes/\$77

### Strength Training/Cardio Orientation

S. Rubinstein

Required for new fitness equipment participants opting out of Supervised Strength Training classes.

For people with a deep understanding of fitness principles and long term equipment experience. Overview of safe, effective use of cardio and pneumatic weight machines.

BT Residency req'd. LL fitness area 1 class/\$25

**Mondays 5 – 6 PM (FIT33-VARIES)**

**Wednesdays 1 – 2 PM (FIT33-VARIES)**

**Fridays 11 AM – 12 noon (FIT33-VARIES)**

### Fitness Open Hours (FIT02-Varies) Residency required.

Pre-requisite: completed Supervised Strength Training class or Orientation. Self-supervised. Sign-in LL Reception. Exchange approved ID for workout I.D. tag each visit. Available during center operating hours. \$15/mo or \$80/6 months

**Tai Chi Chuan**

H. Hoong Wang

Series of slow controlled movements with graceful transitions, this gentle exercise strengthens muscle skeletal system through isometric exercises. Lower blood pressure, increase oxygen to cells and improve blood circulation to your brain. LL Studio

**Beginning**

Wednesday 9:30 - 10:15 AM 8 classes/\$64\*

March 16 – May 4 (FIT03-A1102)

May 11- June 29 (FIT03-B1101)

**Continuing**

Wednesday 10:15 –11 AM 8 classes/\$64\*

March 16 – May 4 (FIT03a-A1102)

May 11 – June 29 (FIT03a-B1101)

**Healing Yoga**

L. Cook

New research supports up to 80% more relief from pain and joint tenderness than from medication alone. Healing Yoga integrates the whole body with special emphasis on breath, posture, stress reduction, hypertension, and improved joint functioning. Bring water, small pillow, and mat. LL Studio Friday 7:55 – 8:55 AM

8 classes/\$64\*

March 11 – May 6 (FIT06-A1102)

no class 4/22

May 13 – July 1 (FIT06-B1101)

**Pilates/Yoga**

L. Cook

Blend of two practices, class strengthens, tones, builds muscle and increases flexibility by addressing all major muscle groups. Strengthen your powerhouse. Bring mat, small pillow and water. LL Studio

Tuesday 10 - 11 AM 8 classes/\$64\*

March 8 – April 26 (FIT07-A1102)

May 3 – June 21 (FIT07-B1101)

**Yoga/Pilates/Meditation**

D. Denholm

Yoga to relax & stretch; Pilates to strengthen core muscles; Meditation to quiet the mind, calm nervous system & lower blood pressure. Get de-stressed & revitalized. LL Studio

Thursday 11:30 AM – 1 PM 6 classes/\$60\*

March 10 – April 21 (FIT63-A1103)

no class 3/31

April 28 – June 2 (FIT63-B1101)

**Nia & Progressive Muscle Relaxation**

S. Peper

Softer movement followed by systematic technique where muscles are tensed & relaxed to reach a deeper state of relaxation. Offers positive impact on numerous health concerns. Bring mat & water. LL Studio

Wednesday 2:30 – 3:30 PM 12 classes/\$96\*

March 2 – May 25 (FIT66-A1103)

no class 4/6

**Classic Nia**

S. Peper

Nia is based on pleasure and blends movement forms from martial arts, dance arts and the healing arts. It is done barefoot and to music. Improves flexibility, agility, mobility, strength, stability and balance. LL Studio

Monday 4:45 – 5:45 PM 10 classes/\$80\*

March 7 – May 23 (FIT37-A1104) no class 4/25, 5/2

Fridays 11:30 AM – 12:30 PM 9 classes/\$72\*

March 4 – May 27 (FIT37-A1105) no class 4/1, 4/8 and 4/22

**Progressive Muscle Relaxation**

S. Peper

Systematic technique where muscles are tensed and relaxed to reach a deeper state of relaxation. 50 years of research backs this practice which offers positive impacts on numerous health concerns. Wear comfortable clothes, bring mat & water. LL Studio

Monday 3:30 - 4:30 PM 10 classes/\$80\*

March 7 – May 23 (FIT60-A1103) no class 4/25, 5/2

**Power Yoga**

C. Taister

Maximizing fat burning yoga challenges. Class strengthens, tones, builds muscle and increases flexibility. You know the basics, now empower yourself! Bring mat/water. LL Studio

Tuesday 5:30 – 6 :30 PM 5 classes/\$40\*

February 22 - March 22 (FIT53-A1102)

March 29 - April 26 (FIT53-A1103)

May 3 - 31 (FIT53-B1101)

**Pi-Yo** (see page 7 for Saturday classes)

**Fit Tips: Exercise Your Heart Safely**

S. Rubinstein

Target heart rate range, METS (metabolic equivalents) and perceived exertion info offers improved safety and results. Learn about safe training intensity, frequency and duration. Q & A LL Studio 1 class/\$8\*

Monday, March 7 6 – 7 PM (FIT70-A1101)

Wednesday, March 16 3:45 - 4:45 PM (FIT70-A1102)

**Fit Tips: Workout Progression**

S. Rubinstein

Resistance vs. Repetitions; Learn safe methods of progressing in your strength training workouts. Various strategies will be discussed. Q & A LL Studio 1 class/\$8\*

Monday, April 4 6 - 7 PM (FIT70-B1101)

Wednesday, April 13 3:45 - 4:45 PM (FIT70-B1102)

**Fit Tips: Stretching and Flexibility**

S. Rubinstein

Learn the importance of stretching to improve flexibility and range of motion after exercise. Q & A LL Studio 1 class/\$8\*

Monday, May 9 6 - 7 PM (FIT70-B1103)

Wednesday, May 18 3:45 - 4:45 PM (FIT70-B1104)

## SATURDAY FITNESS CLASSES

**Pi-Yo** L. Lerman  
 The core strengthening of Pilates combined with the benefits of yoga postures benefits the mind and body. Variety of exercises. Bring mat/towel/water LL Studio  
 Saturday 8:15 – 9:00 AM **8 classes/\$64\***  
**March 5 – April 30 (FIT49-A1103)** no class 4/23

**H<sub>2</sub>O Boot Camp** A. Chi  
 High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine. Variety of equipment used, upbeat, never boring. Pool  
 Saturday 9 – 9:55 AM **7 classes/\$56\***  
**March 5 – April 16 (FIT32-A1103)**  
**April 30 – June 18 (FIT32-B1101)** no class 4/23, 5/28

**Aqua Toning 'n Pilates** C. Winton  
 Build Core strength/increase flexibility. Blends standing Pilates techniques and low impact aerobics. Bring water shoes and water bottle. Pool  
 Saturday 10 – 10:55 AM **4 classes/\$24\***  
**March 5 – 26 (FIT46-A1107)**  
**April 2 – 30 (FIT46-B1102)** no class 4/23  
**May 7 – June 4 (FIT46-B1103)** no class 5/28

**Aqua Therapy** C. Winton  
 Simple moves in warm water. Exercises that strengthen both muscles and bones, without stressing painful or compromised joints. Good for arthritis, MS, knee/hip pain, general body aches and management of diabetes. Pool  
 Saturday 11 - 11:45 AM **4 classes/\$24\***  
**March 5 – 26 (FIT29-A1107)**  
**April 2 – 30 (FIT29-B1102)** no class 4/23  
**May 7 – June 4 (FIT29-B1103)** no class 5/28

**Open Swim** (FIT30-varies) **\$10/month**  
 Occasionally, the pool is available on Saturdays for Open Swim. Please check the monthly swim calendar posted online ([www.bloomfieldtpw.org/seniors](http://www.bloomfieldtpw.org/seniors)) or call the Center (248-723-3500) to check availability.  
 Register monthly at main level reception for unlimited visits during scheduled times. BT Residency req'd. Must confirm registration with lifeguard before entering pool.

*Register early!*

*The decision to run a class or not is made prior to the start date.*

*Don't miss out on your favorite class, register today!*

### Class & Trip Registration/Cancellation Policies

- Registration begins the date the newsletter is mailed.
- Unless otherwise noted, non- residents pay \$10 additional per class or trip.
- \$30 fee for checks returned due to insufficient funds.
- Full payment required with registration.
- Prorating of class fees subject to instructor approval
- BTSS Emergency Card must be presented at trip check-in
- Trips depart promptly at posted time from and return to Center. Return times are approximate.
- Participants are responsible for arranging their own transportation to and from the center.
- If you use a wheelchair or need a special accommodation for a trip, you must have a registered companion. Please indicate at time of registration.
- Classes: no refund within 2 business days of start. No refund once class has begun. \$5 cancellation fee.
- Trips: no refund with less than 3 business days' notice. Cancellation fee \$5 + costs incurred (i.e. prepaid tickets).

### BTSS on BCTV Channel 15

*Active Living* is produced at our own Bloomfield Township Community Television studio with host and producer Sally Savoie. The newest *Active Living* features our aquatics classes and instructors, outlines the benefits of warm water exercise and shows how much fun you can have while exercising. You may see the aquatics show and all previous shows featuring volunteers, Friendship Club, and the new building tour by going to:

<http://www.bloomfieldtpw.org/Services/cable/Videos/ActiveLiving.htm>

### Exercise your mind! Check out these SPECIAL SPEAKERS & TOPICS

(See page 11 for more details and registration info.)

History of Olde Ireland  
 Tuesday, March 8 (EDU47-A1101)

Preparing Your Critical Information Inventory  
 Tuesday, April 19 (EDU53-B1101)

What is Facebook?  
 Wednesday, March 2 (EDU53-A1101)

Dancing Toward the Stars....  
 Thursday, April 21 (EDU53-B1102)

Senior Men's Club Monthly Wednesday breakfast meetings with dynamic speakers and topics.  
**March 16      April 20      May 18**

Senior Women's Club Monthly Wednesday lunch meetings with unique speakers and topics.  
**March 23      April 27      May 25**

## VOLUNTEER OPPORTUNITIES

### ***BTSS Office Volunteer***

Our most pressing need is for Office Volunteers. Volunteers answer phones, direct calls, greet visitors, take registrations for programs using Internet based registration software and help with miscellaneous assignments. Some familiarity with word processing, multi-line phone systems and basic Internet search functions is needed. You will receive training as well as job shadowing with experienced Volunteers. Volunteers work one or more days per week schedule permitting; either 8 AM –12:00 PM, 12:00–3:30 PM or 3:30-6:30 PM.

### ***BTSS Meals on Wheels Driver***

Meals are delivered in the morning, Monday through Friday. Volunteer drivers generally deliver meals once a month on a set schedule. On their scheduled delivery day the driver will report to BTSS at 10 a.m. and can expect to complete their route by noon. Meals on Wheels Drivers receive on-site training.

### ***BTSS Adult Day Service Volunteer for Friendship Club***

Friendship Club offers enrichment activities to memory impaired individuals, who are in need of a structured setting while their family members receive essential respite time. Volunteers will be directly involved with the program participants with supervision.

### ***BTSS Medical Appointment Driver***

2010 has seen an increase in the number of calls from homebound seniors requesting assistance with transportation. This service allows seniors who may not have family members nearby to assist them with their routine medical appointments. The time commitment for the volunteer can be as little as two hours per month or more as their schedule permits.

### ***BTSS Errands Shopper***

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

### ***BTSS Computer Lab Volunteer***

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

### ***BTSS “Friendship Club” Salon Volunteer***

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

### ***BTSS Musical Talent Volunteers***

Volunteers are needed for the choral singing group. Also, music is a daily activity for our Friendship Club members. Volunteers who play instruments and can perform for small groups are greatly needed. Please trade your talent for smiles!  
*Students Welcome!*

Contact BTSS Volunteer Coordinator, Joan Patzelt at 248-723-3500 or e-mail at [jpatzelt@bloomfieldtp.org](mailto:jpatzelt@bloomfieldtp.org)

### **Thank you to our Meals on Wheels Drivers!**

Anne Allingham \* Rob Alvin \* Roxanne Andoni \* Catherine Angeli \* Louise Angermeier \* Les Baron \* Kerstin Baumann \* Paulette Bednas \* Shahina Begg \* Marion Benedict \* Don Breen \* Julie Brown \* Ray Caloia \* Bill Carson \* Mary Ann Christ \* Cindy Clement \* Frank & Sally Cliff \* Greg Coatsworth \* Cam & Judy Corbett \* Dianne Cornell \* Jerry Craig \* Carla Cronin \* Robert Dann \* Judy Dennis \* David Dinger \* Kitty Dobritt \* Judy Domstein \* Mike Dunigan \* 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 \* Nancy Haddad \* Bob & Francois Harrod \* Rick Hartsell \* Rob Heeren \* Dolores Hekker \* Pam Hoffman \* Jim & Joann Holden \* Linda Hsing \* Marie-France Hubert \* Susan Hugel \* Pat Jacoby \* Gail Jaworski \* Clare & Jerry Kabel \* Judy Kebl \* Judy King \* Karen Krieger \* June Linklater \* Marcie Lloyd \* Jeanne Louchet \* Fritzie Mager \* Doug & Joan Mann \* Sue Martin \* Richard May \* Barry & Helene Mayo \* Carlos Mazzorin \* 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 \* Michael Samson \* Ann & Jerry Scheel \* Linda Scheidmantel \* Rita Schwimer \* Theresa Shea \* Mary Shepline \* Jean Smith \* Connie Szymczak \* Marjorie & Mario Trafeli \* Frank Voeffray \* Mary Walosin \* Don Waples \* 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  
248-723-3500.

### **Thank you volunteers! 800+ Hrs. in Nov. – Jan.**

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

Verna Besancon \* Barbara Borden \* Joan Brandt \* Sharon Butler \* Pat Caplin \* Joanne Carmichael \* Mary Ann Christ \* Patty Cogan \* Dorothy Cole \* John Conti \* Maureen Cook \* Nev Curtis \* Madelyn Damioli \* Margaret Dann \* Maxine Davison \* Sue Dodenhoff \* Madelyn Doerr \* Donna Dupuis \* Steve & Julie Eskoff \* Marie Gemmel \* Mona Gibson \* Angie Giffels \* Susan Glass \* Carol Goldstein \* Jim & Irene Grady \* Tom Halstead \* Dolores Hekker \* Kim Hinkle \* Brian Hurnevich \* Dagnya Iyla \* Connie Jaroh \* Maggie Kapdi \* Henry Kassen \* Gloria Kefalas \* Rosemarie Killenberger \* Ellen Kittendorf \* Tony & Marian Klemer \* Dorothy Laffrey \* George Law \* Priscilla Leclair \* Christie Lehmann \* Tracey Leone \* Debbie Lim \* Rhelle Lundin \* Marilyn MacMillan \* Bruce Madsen \* Catherine Matti \* Jan Mistele \* Michelle Mitchell \* Judy Mosteller \* Vara Navaluri \* Joan Nedeljovic \* Jo Nott \* Mary Ann O'Brien \* Joanne O'Hara \* Minda Orille \* Ralph Pedersen \* Pat & Pete Pfeiffer \* Arlene Pinkos \* Nancy Porter \* Elizabeth Reitha \* Tom Richard \* Jerry Rivard \* Sharon Scadron \* Marilyn Scheifele \* Faith & John Scholl \* Lisa Secrest \* Michael Sullivan \* Teresa Sun \* Virginia Tatseos \* Maurice Vachon \* Anjali Vale \* Sue Wade \* Peggy Walker \* Marleeta Walton \* Donald Warren \* Suzanne Winn \* JB Yeargan \* Anjel Yessayan \* Elinor Yolles \* Rasheeda Zafar

### **Thank you “Chicks With Sticks!”**

...for your time and talents creating beautiful items for to local agencies.

Patricia Aiello \* Edie Anderson \* Judy Antonak \* Michelle Armstrong \* Peggy Brenton \* Eleanor Brown \* Peggy Cohan \* Dorothy Founteas \* Pat Frye \* Stephanie Ghelfi \* Heidi Godoy \* Kathleen Gorzkewicz \* Norma Green \* Debbie Grim \* Rosie Gumbleton \* Pat Hamburg \* Beth Johnson \* Patricia Kubik \* Elaine Lamb \* Linda Lewis \* Debbie Lim \* Elizabeth Mahoney \* Nutan Mangla \* Mary Marchand \* Helene Mayo \* Shirley McCraig \* Mary McElmurry \* Sharon Menton \* Debbie Metler \* Judy Michau \* Chris Muir \* Debbie Muir \* Audrey Newman \* Lucille Noraian \* Karen Ouellette \* Lois Page \* Arlene Pinkos \* Alexis Pollard \* Shirley Porter \* Judy Reichelt \* Joanne Robinson \* Marian Serwer \* Reenie Shannon \* Theresa Shea \* Rosita Shullie \* Sharon Smith \* Martha Stachurski \* Shirley Volante \* Mary Anne Zarb \* Carol Zaskie \* Charlotte Young



# 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)

**Spring 2011**

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## **MINOR HOME REPAIR**

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

<u># in Household</u>	<u>Max. Household Income</u>
1	\$24,450
2	\$27,950

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

## Home Improvement Loan Program

Oakland County provides home improvement loans with an emphasis on health and safety items. The program is available to low and moderate income residents. The loans have no interest and payments and 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.

## **TELEPHONE REASSURANCE**



If you, a neighbor or loved one lives alone and would like to receive a daily call, we can help. Volunteers call Monday through Friday, between 9 and 11 am for a friendly conversation and wellness check. Please call Denise at 248-723-3500 for information.

## **TAX ASSISTANCE**

Thursdays

February 3 – April 14

9:00 a.m. – 3:00 p.m.

AARP trained volunteers will provide free tax counseling and help preparing and filing your Federal, State, Local returns is available for all tax payers with middle/low income. Please bring: W-2 forms, copy of last year's returns, pension, interest, dividend and Social Security statements. E-filing is free.

**Appointment required: 248-723-3500**

## **Younger Onset Alzheimer's Support Group**

Early-onset Alzheimer's disease affects people who are under the age of 65. The Alzheimer's Association Metro Detroit Region is pleased to provide its first Support Group for persons with early stage memory loss.

The group will give individuals and their family the opportunity to share their feelings and concerns, as well as exchange ideas and resources with others. The group is participant driven and promotes well being. Discussion topics may include careers, families, friends, social activities, driving, independence, physical and emotional challenges, understanding the diagnosis, frustration, happiness & joy.

Meetings are held on the 3<sup>rd</sup> Tuesday of the month from 5:30 - 7:00 pm at 4315 Andover Rd. Advance registration appreciated: call 248-996-1054 to register. Any questions about the group, please call Ashton Clark at 248-915-5899.

## 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.

## NUTRITION SERVICES

BTSS addresses the nutritional needs of area seniors, 60 years of age and older, with two essential programs, Meals on Wheels and Liquid Nutritional Supplements. For additional information on either program, contact Donna DeWitte, RN, Nutrition Coordinator, 723-3500.



### MEALS ON WHEELS

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.



## GROCERY SHOPPING & ERRANDS TRANSPORTATION

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



## BLOOD PRESSURE CHECKS

Certified volunteers, led by Irene Grady, RN, are available on the 3<sup>rd</sup> Wednesday of each month from 11 am until 12:30 pm. Stop in on one of these dates:

March 16<sup>th</sup>

April 20<sup>th</sup>

May 20<sup>th</sup>

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.



## BTSS LOAN CLOSET



Loan closet of wheelchairs, walkers, canes and other equipment available free for short term use by Bloomfield Township residents. Please contact Denise at 248-723-3500 for more information.

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

## *In Memoriam...*

*Deepest sympathies to the families and friends of:  
Mary Ann Gideon, Irene MacDonald, Mary Ann O'Brien,  
Clifford St. John Winters*

### 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. You can also seek free advice on the **Legal Hotline for Michigan Seniors** at 1-800-347-5297

### Assistance Available For Medicare Part B

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

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

### **OAKLAND COUNTY HOUSING COUNSELING**

**GET HELP: 248-858-5402**

- Reverse Mortgages for Seniors
- Financial Assistance for Needed Repairs
- Budgeting
- Mortgage default resolutions
- Foreclosure Prevention
- Increase opportunity for home ownership for low income families



### **AARP DRIVER SAFETY PROGRAM**

**Thursday, May 12<sup>th</sup> &  
Friday, May 13<sup>th</sup>  
8:30 am – 12:30 pm  
(EDU03-B1101)**

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

You must attend both days.

Pre-registration and payment required - \$17

### **FREE HEARING SCREENING**



Provided by  
Lion's Hearing Center of Michigan

**TUESDAY, MAY 3rd**  
**10:00a.m. - 2:00 p.m.**  
(HTH04-Varies)

Concerned about your hearing? Do you have ringing or buzzing in your ears? Register now for an appointment for a free hearing screening. It takes only a few minutes to check your hearing! You may qualify for **FREE**:

- Further testing
- Medical Clearance
- Fitting
- Ear Mold
- New Digital Hearing Aids

More information available at time of screening.

### **FILE OF LIFE CARDS AVAILABLE**

The FILE OF LIFE card enables medics to obtain a quick medical history when a patient is unable to offer one. The card, kept in a red plastic pocket labeled FILE OF LIFE, is held with a magnet to the outside of the refrigerator. A small version is also available for your purse or wallet. It lists your name, emergency contact, insurance info, S.S. #, health problems, medications & dosages, allergies, recent surgery, religion and a health care proxy. These cards are available to Bloomfield Township residents at the Senior Center or through the BT Fire Department.

### **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.

### **Lifeline Service**

Safelink Wireless is a government supported program that provides a **free cell phone and airtime** each month for income-eligible customers. No contract, no commitments, no bills!

Learn more or apply by calling 1-800-SAFELINK or by visiting: [www.Safelink.com](http://www.Safelink.com)

# Friendship Club

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

## What is Adult Day Service

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

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

Adult Day Service also provides family caregivers with an interdisciplinary staff who are their partners in care. This partnership in care giving enables families to keep their loved ones at home by providing much needed respite and support.



## Services for Families

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

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



## Admission and Enrollment

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

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

*For more information, please contact Julie Gebott, Coordinator at 248-723-3530 or [jgebott@bloomfieldtwp.org](mailto:jgebott@bloomfieldtwp.org).*

## Activities Programming

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

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

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

Monthly activities calendars are available in the office or online [www.bloomfieldtwp.org/seniors](http://www.bloomfieldtwp.org/seniors).



## Location

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



## Eligibility Criteria

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

# ENRICHMENT

\* Non-residents pay additional \$10 fee per program. See Page 2 for registration/cancellation policies.

☼ Indicates Drop-In Program: All participants must sign in and pay fee (if applicable) at main level Reception Desk. Resident **free** / Non Resident **\$2 Guest Fee** and must be accompanied by BT Resident.

● Indicates Pre-registration and sign in on day of event required. Sign in policies same as Drop-In Program.

## ART

**DIA Delivered** 1 class/\$5\*  
**Tuesday, April 12** (EDU34-B1101) 1:30 PM  
*In Full Bloom: Flowers and Plants in Art* - Travel across continents and through history to discover the meaning behind flowers and plants and how they are used in art.

**Thursday, May 12** (EDU34-B1102) 1:30 PM  
*Hidden Stories* - Have fun exploring some of the multiple interpretations, ambiguous meanings and historical contexts behind some works at the DIA and find what else lies beneath the surface.

**Creative Watercolor** K. Halpern  
**Wednesday** 1:30 - 3:30 PM 9 classes/\$115\*  
**April 6 – June 1** (ART02-B1101)  
 Painting techniques, skills, color theory & design principles, perspective & proportion interwoven as you explore varied subjects and styles. Individualized, supportive setting for all skill levels. *Supply list at Office*

**Drawing Basics** K. Halpern  
**Monday** 9:30-11:30 AM 7 classes/\$92\*  
**March 28 – June 6** (ART03-A1101) no class 4/18,4/25,5/9,5/30  
 Find personal fulfillment, and relaxation, as you learn to see the world through new eyes. Improved perspective, proportion, shading and composition enable students to draw varied subjects using several basic materials. Class welcomes both beginners and experienced alike.

**Lapidary** ☼  
**Tuesday & Thursday** 1 - 4 PM  
 Facilitator: Nancy Porter 248 797-5660  
 Learn to process rocks and gemstones for the creation of art and jewelry. Informal instruction in beading/stain glass is offered. Supplies and equipment available.

**Mosaic Stepping Stone** T. Ruby  
**1:30 – 3:30 PM** 1 class/\$22\*  
**Thursday, April 21** (ART13-B1101)  
**Tuesday, May 17** (ART13-B1102)  
 Create your own Mosaic Garden Stepping Stone from preformed concrete, scrap glass, stained glass and your imagination. The \$10 supply fee will cover everything needed to complete your project at home.

**Wire Wrap Jewelry** T. Ruby  
**1:30 - 3:30 PM** 1 class/\$22\*  
**Thursday, March 3** (ART12-A1101)  
**Tuesday, April 26** (ART12-B1101)  
 Learn to create beautiful wire wrapped pendants or earrings. Each class offers a different design. Bring your own sterling silver wire and cabochon or purchase a supply kit from the instructor (\$10 on day of class).

**"Chicks with Sticks"** ☼ *"Knitting Gifts from the Heart"*  
**Monday** 1 – 4 PM  
 Facilitator: Karen Ouellette 248-408-2083  
 Join a warm, friendly group who knit and crochet for infants, foster-care teens and chemo-therapy patients. At home knitters needed, too! *New knitters, please call Karen. Gladly accepting "like new" yarn donations.*

**Paper Dolls-Card Shoppe** ☼  
**Tuesday, May 17** 1- 4 PM  
 Facilitator: Arlene Pinkos 248 988-9366  
 Join a fun loving group designing beautiful all-occasion greeting cards. Training provided. Cards sold in Café.

## BOOKS

**Book Club** ☼  
**1<sup>ST</sup> Friday** 10 – 11:30 AM  
 Facilitator: Madelyn Doerr 248-851-6093  
 Books on loan thru BT Public Library service desk.  
**March 4:** *"The Lincoln Lawyer"*, by Michael Connelly  
**April 1:** *"Libby"*, by Betty John (*not at BTPL*)  
**May 6:** *"A Brave New World"*, by Aldous Huxley

**Booked For Lunch** ☼ Connie Silver, BTPL  
**Wednesday** 12:30 PM  
**March 9 April 13 May 11**  
 Bring your lunch or not and join us for an informal book talk. Connie adds new book selections every month.

## COMPUTERS

**Computer Lab - Open Hours** ☼  
 Let our volunteers answer your questions and help with your computer challenges. Call to confirm availability.  
**Monday, 1-3 PM Wednesday, 12:30 – 3:30 PM**  
**Tuesday, 1 - 3 PM Saturday, 10 AM – Noon**

**Facebook - Beginner** V. Tatseos  
 Wednesday 10 – 11:30 AM 1 class/\$10\*  
**March 9** (COM26-A1101)  
**March 23** (COM26-A1102)  
 Learn about the latest way to keep up with family and friends. Facebook is a fun and interesting online social networking platform. You'll learn to set up an account, set your security and look for friends and family.

**Facebook – Intermediate** V. Tatseos  
 Wednesday 10-11:30 AM 1 class/\$10\*  
**March 16** (COM27-A1101)  
**March 30** (COM27-A1102)  
 Continuing Facebook instruction. Learn how to add photos. Get answers to your questions. Must have completed Beginning Facebook at BTSS.

**I. T. To the Rescue** ●  
**Tuesday** 12 – 1 PM  
 Join local IT (Information Technology) gurus as they share their expertise! Bring your questions & problems to this drop in session. Preregistration required.  
**March 8** (COM24-A1105) **March 22** (COM24-A1106)  
**April 5** (COM24-B1101) **April 19** (COM24-B1102)  
**May 3** (COM24-B1103) **May 17** (COM24-B1104)

**E-Mail & More** V. Sinclair, Micro Techniques  
 Friday 10 AM – Noon 1 class/\$54\*  
**March 11 & 18** (COM14-A1101)  
 Send/open email, address book, security options, more.

**Meet the PC** V. Sinclair, Micro Techniques  
 Monday/Wednesday 10 AM - Noon 2 classes/\$54\*  
**April 4 & 6** (COM01-B1101)  
 Slower paced course covering computer fundamentals.

**Internet Basics** V. Sinclair, Micro Techniques  
 Monday/Wednesday 10 AM - Noon 2 classes/\$54\*  
**May 23 & 25** (COM03-B1101)  
 Surf the web, viewing preferences, security and more.

## GAMES

**Bridge Club** ●  
**Monday/Friday** Tables assigned: 12:45 PM  
 Facilitator: Maurice Vachon Play: 1:00 PM  
 \*Note: No Bridge Friday, April 1

**Bridge – Intermediate III** B. Ward  
 Monday 10:30 AM - 12:30 PM 7 sessions/\$84\*  
**April 4 – May 23** (EDU12c-B1101) no class 4/25  
 Reinforce the practical aspects of basic bridge through supervised play of pre-arranged hands. Focus on dealing with strong hands and competitive bidding. Completion of Intermediate Bridge I & II or have equivalent experience.

**Bridge -Supervised Play III** B. Ward  
 Monday 1 – 3 PM 7 sessions/\$84\*  
**April 4 – May 23** (EDU35c-B1101) no class 4/25  
 Study a hand–bid, lead, plan, play and then discuss. Afterwards, play “real” hands to use what you have learned. Should have a basic background of bidding.

**Canasta - Beginner** L. Gorosh  
 Tuesday 10:15 AM – 12:15 PM 4 classes/\$60\*  
**March 8 - 29** (EDU45-A1102)  
**April 5 – 26** (EDU45-B1101)  
**May 3 - 24** (EDU45-B1102)  
 For beginners or as a refresher. +\$4 material fee

**Canasta - Intermediate Strategy** L. Gorosh  
 Tuesday 12:45 - 2:45 PM 4 classes/\$60\*  
**March 8 - 29** (EDU46-A1102)  
**April 5 – 26** (EDU46-B1101)  
**May 3 – 24** (EDU46-B1102)  
 Learn canasta strategy, splash hands, finesse and sharpen your game. Must know melding, 7's and Aces. +\$4 material fee

**Chess** ♣ (Donation of chess sets appreciated.)  
**Wednesday** 1:30 – 2:30 PM

**Euchre Club (PM)** ♣  
**Monday** 5:15 - 7:15 PM  
 Love to play Euchre? Come and play!

**Euchre & Pinochle** ♣  
**Thursday** 11:15 AM  
 Facilitator: Joanne Carmichael (248) 626-0719

**Mah-jongg Play** ♣  
**Thursday** 1 – 4:30 PM  
 Facilitator: Elinor Yolles (248) 737-8047

**Poker** ♣  
 Call: Joann Capoccia for info. (248) 681-8533  
**2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Wednesday** 12 – 4 PM

**Pool (Billiards)** ♣  
 Mon – Thurs: 7 AM – 7 PM Friday: 7 AM – 3:30 PM

**Scrabble Club** ♣ **1<sup>st</sup> Wednesday** 1 – 3 PM  
 Facilitator: Marlene Bieman (248) 681-7112

**Wii Bowling League** ♣  
**2<sup>nd</sup> Wednesday** (SOC35-) 11 AM  
 Join the virtual world of bowling and have a great time! Sign up for our Wii Bowling League. For bowlers and non-bowlers alike! Monthly play at the center.

## JUST FOR FUN

### Celebrations!

**Mardi Gras, Fat Tuesday Celebration** ● (SEV10-A1102)  
Tuesday, March 8 11:00 – 12:30 PM  
Join us for a Mardi Gras - Fat Tuesday Celebration with Live Music and Fun!

**Armed Forces Day** ● (SEV10-B1101)  
Thursday, May 19 1:30 – 3:00 PM  
Join us for an Armed Services Day Celebration  
New Film: *Our Vietnam Generation* by Keith Famie

### Getting To Know You!

Tour the senior center. Join us in the Café for an informal gathering of new, interested residents. Please pre-register.  
**Wednesday, March 30** (SEV03-A1103) 11 AM-12 PM  
**Tuesday, May 17** (SEV03-B1101) 2:30-3:30 PM

**Movie Classic** ☼ **Fridays** 1 PM  
Friday afternoon classic movie greats with popcorn!

**March 4:** "The Quiet Man" Drama  
Starring: John Wayne, Maureen O'Hara  
**April 8:** "Singing In the Rain" Comedy, Musical  
Starring: G. Kelly, D. O'Connor, D. Reynolds  
**May 6:** "Casablanca" Drama, Romance  
Starring: H. Bogart, I. Bergman, P. Henreid

**Movie Mania** ☼ **Fridays** 1 PM  
Friday afternoon late release films with popcorn!

**March 18:** "Secretariat" Drama  
Starring: Diane Lane, Dylan Walsh & Scott Glenn  
**April 15:** "Red" Action, Comedy  
Starring: Helen Mirren, Bruce Willis & Morgan Freeman  
**May 20:** "Wall Street: Money Never Sleeps" Drama  
Starring: Michael Douglas & Shia LaBeouf

## MUSIC

**Sing for Fun Chorale** ☼  
Accompanist: Joan Bowes 248 335-5566  
Director: Helene Mayo 248 646-6704  
**1<sup>st</sup> & 3<sup>rd</sup> Tuesday** 10:00 AM – Noon  
Would you like sing just for fun? Join the BTSS chorus.  
No auditions or solos required. All are welcome.

## UNIQUE TOPICS

**Dancing Toward the Stars....** ●  
**Thursday, April 21** (EDU53-B1102) 6 PM  
Enjoy an evening of dance performances from the youngest and cutest to the most accomplished and professional dancers, presented by The Dance Place Ltd. Pre-registration appreciated.

**History of Olde Ireland** History teller: M. Esther  
**Tuesday, March 8** (EDU47-A1101) 1 - 3 PM \$10\*  
*Leprechauns, Fairies and the Emerald Isle* (5000 BC-AD 1920). A wee bit of history, a wee bit of blarney. Lecture covers pre-historic Ireland with its Monolithic Tombs, to Titania's Palace, built for the Queen of the Fairies.

**Preparing Your Critical Information Inventory** ●  
**Tuesday, April 19** (EDU53-B1101) 1:30 PM  
A local expert will lead a discussion regarding the importance of compiling your critical information for use by your caregivers, family, estate advisors, executor's, etc. Please preregister.

**What is Facebook?** ●  
**Wednesday, March 2** (EDU53-A1101) 10 AM  
Learn about this fun and interesting online social networking platform. A must to keep up with the world today! A great way to find old friends and family members and keep in touch with them. Please preregister.

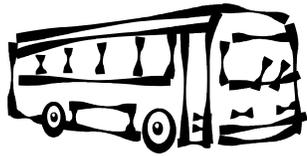
**Italian Group - Gruppo Italiano** ☼  
**2<sup>nd</sup> Friday** 10 – 12 PM  
Facilitator: Angie Giffels 248 645-0958  
Open to all interested in art, culture, history & language of Italy. Affiliate of Dante Alighieri Society, Michigan Chapter.

**Senior Men's Club** Please pre-register  
Facilitators: Bruce Madsen & Jim Grady  
Enjoy entertaining speakers, male camaraderie & a light breakfast\*\* ( \*\* preregister at least 3 days in advance).

**3<sup>rd</sup> Wednesday** 9:30 – 11:30 AM \$6\*  
**March 16** (SOC27-A1103) Joyce Bockemuehl, Genealogist  
*"Basic Steps to Take to Learn Your Family History"*  
**April 20** (SOC27-B1101) Professor Greg Sumner  
*"Reflections of "The Good War"*  
**May 18** (SOC27-B1102) Judge Mark Barron  
*"Things You Never Thought a Judge Would Hear"*

**Senior Women's Club** Please pre-register  
Facilitator: Myrna Ann Hinkson  
Enjoy our dynamic speakers and luncheon\*\* program catered by Salvatore Scallopini. (\*\*Must pre-register at least 3 days in advance.)

**4<sup>th</sup> Wednesday** 11:30 AM – 1:30 PM \$10/\$20\*  
**March 23** (SOC28-A1103) Annis Pratt, Author  
*"Why we write"*  
**April 27** (SOC28-B1101) Judy Lindstrom & Phyllis Dimitroff  
*Questors Club - "It's Fun to Search and a Joy to Find"*  
**May 25** (SOC28-B1102) Cindi Rosner Kell  
*"Be Active and Stay Motivated"*



## BLOOMFIELD TRAVEL

\* Fees are listed as Resident/Non-resident. Non-residents pay additional \$10 fee per trip.

See page 2 for registration/cancellation policies.

"Proof" Tipping Point Theatre WAIT LIST  
Saturday, February 19 (DAY15-A1101) 12:15 – 5:45 PM  
BTSS Coach Fee: \$36/46\*

"Gershwin & the American Songbook" DSO  
Thursday, Feb 24 (DAY16-A1101) 9:30 AM – 4 PM  
The *Fascinatin' Rhythms* of George Gershwin will fill Orchestra Hall as Ann Hampton Callaway sings the very best from the Gershwin songbook. The New York Times declares, "For sheer vocal beauty, no contemporary singer matches Ms. Callaway." Hear her sing all your favorites. **Followed by lunch on your own at O'Mara's.**  
BTSS Coach Fee: \$52/62\*

"Burn the Floor" Fisher Theatre WAIT LIST  
Saturday, Feb 26 (DAY17-A1101) 11:00 AM – 5:15 PM  
BTSS Coach Fee: \$71/81\*

"Reunion" Meadowbrook Theatre WAIT LIST  
Wednesday, March 2 (DAY18-A1101) 11:15 AM – 5 PM  
BTSS Coach Fee: \$31/41\*

"Gypsy" Novi Civic Theatre WAIT LIST  
Friday, March 11 (DAY19-A1101) 4:30-10:30 PM  
BTSS Coach Fee: \$28/38\*

Federal Reserve Tour  
Wednesday, Mar 16 (DAY20-A1101) 9:30 AM – 2:15 PM  
Where do the old bills go? Don't miss this very popular tour of the Federal Reserve Bank. Our visit will include a discussion of the Federal Reserve System and will end with a one hour tour of the facility. **Followed by lunch on your own after the tour at Roma Cafe restaurant.**  
BTSS Coach Fee: \$12/22\*

St. Patrick's Day OCC Grand Buffet  
Thursday, Mar 17 (DAY21-A1101) 10:15 AM – 1:15 PM  
Celebrate St Pat's with a great meal prepared by the culinary arts students at OCC. Enjoy a fabulous selection of traditional Irish fare. There'll be time to visit the bakery.  
BTSS Coach Fee: \$22/32\*

### "Motown in Motion" Opera House

Sunday, March 20 (DAY22-A1101) 11:45 AM – 5:15 PM  
Eisenhower Dance Ensemble is one of the finest contemporary dance companies in the nation. This season the Motor City's premier dance company celebrates the iconic Detroit sound with an evening of dance and Motown music. The program features music from Diana Ross and the Supremes, the Contours, and James Taylor, among others. **Begin with lunch on your own at Vincente's.**  
BTSS Coach Fee: \$60/70\*

### Motawi Tileworks Studio & Gallery Tour

Wednesday, Mar 23 (DAY23-A1101) 9:45 AM – 3:30 PM  
Since 1992, the artisans at Motawi Tileworks have hand crafted art tile in their Ann Arbor studio. These distinctive tiles are known for their rich glazes and uniquely American designs, inspired by nature, art and architecture. Join us for a 1 ½ hour guided tour of the studio and gallery. **Followed by lunch on your own at the Carlyle Grill.**  
BTSS Coach Fee: \$18/28\*

### "Beethoven Cycle: 3 & 8" DSO

Friday, March 25 (DAY24-A1101) 9:30 AM – 4 PM  
Leonard Slatkin conducts the orchestra in these classic Beethoven works: *Leonore Overture No. 3*, *Symphony No. 8* and *Symphony No. 3 "Eroica"*. **Followed by lunch on your own at Crumpets.**  
BTSS Coach Fee: \$40/50\*

### "Les Miserables" Fisher Theatre

Tuesday, March 29 (DAY25-A1101) 5:00 – 11:30 PM  
Cameron Mackintosh's wildly successful new 25th anniversary production of Boublil & Schönberg's legendary musical, LES MISÉRABLES, with glorious new staging and spectacular reimagined scenery inspired by the paintings of Victor Hugo. **Begin with dinner on your own at Assaggi Mediterranean Bistro.**  
BTSS Coach Fee: \$79/89\*

### "Viva Italia" DSO

Thursday, March 31 (DAY26-A1101) 9:30 AM – 4 PM  
Special guest vocalists Poperazzi take you on a tour of sunny Italy. Hear them sing Italian classics, thrilling arias, Neapolitan songs and more. With tributes to Mario Lanza, Pavarotti, Sinatra and Frankie Valli. Plus, music from "The Godfather." **Followed by lunch on your own at Antonio's.**  
BTSS Coach Fee: \$52/62\*

**"The Cocktail Hour" Tipping Point Theatre**

**Saturday, April 2 (DAY02-B1101) 12:30 - 5:45 PM**  
The old grudges and stifled hopes of a typical well-to-do and publicly admired American family come to light in this dark comedy. An emerging playwright comes home to ask his father's permission to produce his latest play, which is based on his real family – warts and all. The crisis that ensues highlights the sometimes quirky and often truthful ways family members see themselves and each other. **Begin with lunch on your own at Moe's On Ten Seafood Grill.**  
BTSS Coach Fee: \$31/41\*

**"Mama Mia" Fisher Theatre**

**Thursday, April 14 (DAY01-B1101) 10:45 AM – 4:30 PM**  
ABBA's greatest hits are woven into a sunny tale set on a Greek island. On the eve of her wedding, a bride's quest to discover her father's identity brings three men from her mother's past back to the place they last visited 20 years ago. **Begin with lunch on your own at Peabody's.**  
BTSS Coach Fee: \$73/83\*

**"Ding Dong" Meadowbrook Theatre**

**Wednesday, April 6 (DAY03-B1101) 11:15 AM – 5 PM**  
Bernard has discovered that Robert is having an affair with his wife, Jacqueline. When he invites Robert's wife to dinner unbeknownst to Jacqueline hilarity ensues. Add in a put-upon maid and a call-girl and the stage is set for a whirlwind comedy. You never know who will walk through the door in this hilarious farce. Another episode in the Boeing-Boeing Saga. **Begin with lunch on your own at Red Ox Tavern**  
BTSS Coach Fee: \$25/35\*

**"Sister's Easter Catechism" Gem Theatre**

**Thursday, April 7 (DAY04-B1101) 11:15 AM – 5 PM**  
Another hilarious addition to the Late Night Catechism series. Celebrate the Easter Season with Sister as she answers time worn questions like "Who was Mary Magdalene?" "Why isn't Easter on the same day every year like Christmas?" and "Will My Bunny Go to Heaven?" **Lunch is included before at Elwood Bar & Grill.**  
BTSS Coach Fee: \$39/49\*

**"The Magic Flute" Detroit Opera House**

**Friday, April 8 (DAY05-B1101) 9:45 AM – 5 PM**  
Mozart's opera is a combination of simple German folk tunes and classic opera, and can be seen as a political satire, set against an Egyptian background. In 1791 Kaiser Leopold prohibited the craft of Freemasonry and it is said that the opera was written as a protest against the prohibition. **Followed by lunch on your own at Peabody's.**  
BTSS Coach Fee: \$ 34/44\*

**"Some Couples May" Purple Rose Theatre**

**Wednesday, April 13 (DAY06-B1101) 11:30 AM – 6:30 PM**  
This bittersweet comedy charts one woman's journey with her family through the challenges and heartbreak of infertility to the promise of motherhood. A world premiere. **Begin with lunch on your own at Common Grill.**  
BTSS Coach Fee: \$ 34/44\*

**"Two Decades of Dance" Eisenhower Dance Ensemble  
Macomb Performing Arts Center**

**Saturday, April 16 (DAY07-B1101) 4:45 – 11 PM**  
Eisenhower Dance Ensemble concludes its 20th anniversary season with this special gala event. Join past and present EDE dancers in an extraordinary evening of artistry, athleticism and sheer joy. Celebrate two decades of amazing dance in Metro Detroit with EDE. **Begin with dinner on your own at Lucianos.**  
BTSS Coach Fee: \$ 24/34\*

**"Loretta Lynn" Club 650 OPC**

**Thursday, April 21 (DAY08-B1101) 5:30 – 9:45 PM**  
Members of the Older Persons Commission (OPC) in Rochester produce several entertaining productions in a friendly cabaret setting, the 650 Club. This production will feature the music of Loretta Lynn with songs like *Coal Miners Daughter*, *You Ain't Woman Enough* and many more. **Light appetizers included before the performance.**  
BTSS Coach Fee: \$ 23/33\*

**Haydn & Mozart DSO**

**Friday, April 22 (DAY09-B1101) 9:30 AM – 3:30 PM**  
Rafael Frühbeck de Burgos, will conduct the DSO for the following Haydn & Mozart pieces: HAYDN Symphony No. 1, HAYDN Symphony No. 100, MOZART Serenade No. 6, MOZART Symphony No. 39. **Followed by lunch on your own at Andiamo's Bloomfield.**  
BTSS Coach Fee: \$33/43\*

**"The Magical Music of Disney" DSO**

**Thursday, April 28 (DAY10-B1101) 9:30 AM – 3:45 PM**  
The magical music of Walt Disney and the thrill of the Detroit Symphony. Live, in concert, experience the Disney memories that have enchanted generations! Unforgettable melodies from *The Lion King*, *The Little Mermaid*, *Beauty and the Beast* and other favorites. With animated visuals from the Disney vault projected above the orchestra! Share the magic with your family. **Followed by lunch on your own at Meriweathers.**  
BTSS Coach Fee: \$45/55\*

**"Grey Gardens" Baldwin Theatre 2<sup>nd</sup> Stage**

**Saturday, April 30 (DAY11-B1101) 5 – 11 PM**  
Take a musical trip to the East Hamptons on Long Island where the hilarious and heartbreaking story of the eccentric aunt and cousin of Jacqueline Kennedy Onassis unfolds. Big Edie and her daughter, Little Edie, once bright names atop the social register, have become the area's most notorious recluses. The two share a dysfunctional relationship behind the closed doors of the dilapidated mansion named Grey Gardens. Based on the famous documentary of the same name, this musical has been called "bold, haunting and hypnotic." **Begin with lunch on your own at Café Muse.**  
**BTSS Coach Fee: \$24/34\***

**"Shout – The Mod Musical" Meadowbrook Theatre**

**Wednesday, May 4 (DAY12-B1101) 11:30 AM – 5 PM**  
Come celebrate the music and fashion of the 1960's in this Off-Broadway hit. Music from legendary artists, Petula Clark, Dusty Springfield, Lulu and more help pave the way back in time with hits such as *Shout*, *Downtown*, *To Sir with Love*, *These Boots are Made for Walking* and more. **Begin with lunch on your own at Macaroni Grill.**  
**BTSS Coach Fee: \$33/43\***

**"Spring Variety Show" OPC Rochester**

**Thursday, May 5 (DAY13-B1101) 10:45 AM – 3:45 PM**  
Enjoy the combined talents of talented members of OPC's musical performers as they present their semi-annual variety show. Lots of great music and beautiful costumes. **Lunch included before the performance at OPC.**  
**BTSS Coach Fee: \$23/33\***

**Ford Piquette Model T Plant Tour**

**Friday, May 6 (DAY14-B1101) 9:45 AM – 2:45 PM**  
This is the first plant built by the Ford Motor Company and the birthplace of the Model T. It is well preserved and largely unchanged from its original 1904 appearance. The tour will include the secret "experimental room" where the Model T was developed. **Followed by lunch on your own at Dakota Inn.**  
**BTSS Coach Fee: \$18/28\***

**"Rigoletto" Michigan Opera Theatre**

**Friday, May 13 (DAY16-B1101) 9:45 AM – 3:45 PM**  
Rigoletto, the hunchbacked court jester, is despised by everyone but his loving, innocent daughter, Gilda. The lecherous Duke has set his sights on Gilda as his next conquest and Rigoletto can do nothing to stop it. Wonderful music blends with dark intrigue. **Followed by lunch on your own at The Masters.**  
**BTSS Coach Fee: \$34/44\***

**4<sup>th</sup> Annual Quilt Exhibit at Madison Place**

**Saturday, May 14 (DAY17-B1101) 9:30 AM – 2:45 PM**  
Held at Madison Place Conference Center, the Cameo Quilters Guild will display 200+ quilts at their 4<sup>th</sup> Annual Quilt Exhibit. There will be a quilt raffle, door prizes and exhibits. **Followed by lunch on your own at Clawson Steakhouse.**  
**BTSS Coach Fee: \$12/22\***

**"Bolero" DSO**

**Sunday, May 15 (DAY18-B1101) 12 Noon – 5:45 PM**  
Peter Oundjian will conduct the symphony and Jeremy Denk will perform on piano the following pieces: *Rachmaninoff the Sea and the Seagulls*, *Messiaen the Forgotten Offerings*, *Mozart Piano Concerto No.21*, *Elvira Madigan*, *Janacek Taras Bulba* and *Ravel Boléro*. **Begin with lunch on your own at McCormick & Schmick.**  
**BTSS Coach Fee: \$39/49\***

**Metropolitan Book & Author Society Luncheon**

**Monday, May 16 (DAY19-B1101) 10:30 AM – 3:30 PM**  
The 78<sup>th</sup> Metro-Detroit Book & Author Society Luncheon at Burton Manor is one of the largest author presentations in America. Several nationally acclaimed authors will be present. The profits from book sales are used to provide grants to libraries and literacy centers. **Lunch included.**  
**BTSS Coach Fee: \$ 38/48\***

**"A Lifetime of Cameras" Birmingham Historical Museum**

**Wednesday, May 18 (DAY20-B1101) 11:30 AM – 2:30 PM**  
Exhibit features collection of a local resident. 40+ cameras with their accessories and artifacts, along with associated stories and photographs taken by each camera. **Begin with lunch on your own at Crust Pizza & Wine Bar.**  
**BTSS Coach Fee: \$7/17\***

**"Cho-Liang Lin" DSO**

**Friday, May 20 (DAY21-B1101) 9:30 AM – 3:45 PM**  
Cho-Liang Lin is a violinist whose career has spanned the globe for 27 years. He has over twenty critically acclaimed recordings to his credit, winning several Grammy nominations and The Gramophone's Record of the Year award. **Followed by lunch on your own at P.F. Chang's.**  
**BTSS Coach Fee: \$33/43\***

**"Hairspray" Baldwin Theatre**

**Sunday, May 22 (DAY22-B1101) 11:30 AM – 5 PM**  
Hairspray has delighted audiences by sweeping them away to 1960's Baltimore, where the 50's are out -- and change is in the air. Loveable plus-size heroine, Tracy Turnblad, has a passion for dancing, and wins a spot on the local TV dance program, "The Corny Collins Show." Overnight she finds herself transformed from outsider to teen celebrity. **Begin with lunch on your own at Lily's Seafood.**  
**BTSS Coach Fee: \$28/38\***

### Ford Rouge Factory Tour

**Wednesday, May 25 (DAY23-B1101) 9:30 AM – 3 PM**  
The Ford Rouge Factory Tour is a self-guided five-part experience that includes: Legacy Theatre (learn about triumphs and tragedies surrounding the Rouge); Art of Manufacturing Theatre (360-degree look at how automobiles are made); Observation Deck Tour; Assembly Plant Walking Tour (Ford F-150s manufacturing plant); and Legacy Gallery (five historic Rouge vehicles). Time to visit the Factory Store. **Followed by lunch on your own at Ten Eyck Tavern.**  
BTSS Coach Fee: \$20/30\*

### 39<sup>th</sup> International Glass Exhibit Habatat Gallery

**Thursday, May 26<sup>th</sup> (DAY24-B1101) 10:30 AM – 3:15 PM**  
The Habatat Gallery in Royal Oak is host to this world-class exhibit featuring the work of 100 international glass artists. Walking tour of the multilevel gallery will take your breath away. **Followed by lunch on your own at Al Mekan.** Will also stop at Leon & Lulu's & Doc Sweets in Clawson.  
BTSS Coach Fee: \$7/17\*

### "A Night at the Cotton Club" DSO

**Thursday, June 2 (DAY25-B1101) 9:30 AM -3:30 PM**  
Take a trip to the 1920s for an authentic evening at the Cotton Club featuring music and dance from the bands that made history in Prohibition-era Harlem. From the elegance of The Duke Ellington Big Band to the stylings of Cab Calloway, the sheer joyous energy of this concert makes this an entertaining event that's sure to have you on your feet. **Followed by lunch on your own at Harbor House.**  
BTSS Coach Fee: \$45/55\*

### "Crimes of the Heart" Tipping Point Theatre

**Saturday, June 4 (DAY26-B1101) 12 Noon - 5:45 PM**  
Sisterhood is at the core of this Pulitzer Prize and New York Drama Critics' Award winning dark comedy. Part of a dysfunctional, tragedy filled family; Babe Magrath turns to her sisters after shooting her husband. Reunited at the family home they work through old rivalries, jealousies and disappointments and prove that a girl can always count on her sisters to help pick up the pieces. **Begin with lunch on your own at Doc & Dale's Copper Creek Tavern.**  
BTSS Coach Fee: \$31/41\*

### Chelsea Milling Company New Building Tour

**Tuesday, June 7 (DAY27-B1101) 8:30 AM – 2:30 PM**  
Tour the home of everyone's favorite, Jiffy Mix, at the Chelsea Milling Company. They store and mill the wheat in to flour which they use in their own mixes. They also make their own "little blue" boxes. The 1½ tour includes a slide presentation, refreshments and a walk through the packaging plant. **Followed by lunch on your own at the Chelsea Grill.**  
BTSS Coach Fee: \$12/22\*

### Tour of Leader Dogs for the Blind

**Tuesday, June 14 (DAY28-B1101) 10:15 AM – 3:30 PM**  
Founded in 1939, Leader Dogs for the Blind provides dog guides to people who are blind and visually impaired to enhance their mobility, independence and quality of life. Located in Rochester Hills, this facility trains and raises dogs with a highly skilled staff and extensive group of volunteers. Join us for a tour of this unique organization. **Begin with lunch on your own at Olive Garden.**  
BTSS Coach Fee: \$8/18\*

### Franklin Garden Walk

**Wednesday, June 15 (DAY29-B1101) 9:30 AM – 3:45 PM**  
Stroll back in time in the historical village of Franklin. After the bus tour to three gardens, **enjoy a beautiful salad buffet (included) by the Franklin Garden Club** and time to shop at the Gazebo Garden Shop. Following the luncheon the tour will continue to three more gardens. Wear sturdy shoes for walking in the gardens.  
BTSS Coach Fee: \$28/38\*

### "Elvis Presley" Club 650 OPC

**Thursday, June 16 (DAY30-B1101) 5:30 – 9:45 PM**  
The 650 Players, members of the Older Persons Commission (OPC) in Rochester produce several entertaining productions in a friendly cabaret setting, the 650 Club. This production will feature the music of Elvis Presley with songs like *Blue Suede Shoes*, *All Shook Up* and many more. **Light appetizers included before the performance.**  
BTSS Coach Fee: \$23/33\*

### Guided Walking Tour of the Detroit Zoo

**Wednesday, June 22 (DAY31-B1101) 9:15 AM – 1:45 PM**  
Join us for a 1 ½ hour guided walking tour of the zoo. The zoo has many wonderful exhibits, there's everything from baby kangaroos running loose...to the Arctic Ring of Life, where you're submerged in a glass tube to observe the underwater antics of polar inhabitants. **Lunch on your own at the zoo.**  
BTSS Coach Fee: \$21/31\*

***Thank You for Your Donations\****... Geraldine Warshawsky, Greg Zimmer, Ron Lech, St. Hugo of the Hills, Joann Stutzman, Marie & Richard Lewandowski, Barbara Driver, Richard Elton, Agnes Evlow, Gert Kershenbaum, Cathy Roberts, Regina Roberts,

#### \* 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.



**EXERCISE...**  
*How to start?*  
*How to succeed?*

**Exercise Starts Here**

D. Murray

Need exercise but not sure where to start? For beginners or those returning to exercise. Learn a variety of exercises and the reason behind them in a non-competitive, relaxed atmosphere. Seated stretching, range of motion, strengthening & relaxation. See page 4 for more info.

**Fit Tips**

S. Rubinstein

"Exercise your Heart Safely" (page 6 for details)

"Workout" (page 6 for details)

"Stretching and Flexibility" (page 6 for details)



**AARP DRIVER SAFETY PROGRAM**

Thursday, May 12<sup>th</sup> &  
Friday, May 13<sup>th</sup>  
8:30 am – 12:30 pm  
(EDU03-B1101)

The nation's largest classroom refresher course geared especially to your safety needs will be available at BTSS.

Learn defensive driving techniques, how to adjust to age-related changes in vision and hearing and get an insurance discount for taking the class.

You must attend both days.

Pre-registration and payment required - \$17

**Celebration!!**



**Mardi Gras • Fat Tuesday**  
(SEV10-A1102)

Tuesday, March 8 11:00 – 12:30 PM  
Join us for a Mardi Gras - Fat Tuesday Celebration!  
Live Music and Fun!

**Armed Forces Day •**  
(SEV10-B1101)



Thursday, May 19 1:30 – 3:00 PM  
Join us for an Armed Services Day Celebration  
New Film: "Our Vietnam Generation"

(● See top of page 9 for details. Please preregister.)

**FREE HEARING SCREENING**



Provided by  
Lion's Hearing Center of Michigan

**TUESDAY, MAY 3rd**  
10:00a.m. - 2:00 p.m.  
(HTH04-Varies)

Concerned about your hearing? Ringing or buzzing in your ears? Register now for an appointment for a free hearing screening. It takes only a few minutes to check your hearing! You may qualify for **FREE**:

- Further testing
- Medical Clearance
- Fitting
- Ear Mold
- New Digital Hearing Aids

More information available at time of screening.

**SPECIAL TOPICS...** (See page 11 for more details)

**History of Olde Ireland** History teller: M. Esther  
Tuesday, March 8 (EDU47-A1101)

**Preparing Your Critical Information Inventory**  
Tuesday, April 19 (EDU53-B1101)

**What is Facebook?**  
Wednesday, March 2 (EDU53-A1101)

**Dancing Toward the Stars....**  
Thursday, April 21 (EDU53-B1102)

**Senior Men's Club**  
March 16 (SOC27-A1103) Joyce Bockemuehl  
*Genealogist - Basic Steps to Learn Your Family History*

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May 25 (SOC28-B1102) Cindi Rosner Kelly  
*Psychotherapist, Composer & Teacher*  
*"Be Active and Stay Motivated"*

**Coming soon...**

Photo ID's for BT participants. Watch for more information to be posted in the Senior Center.