



Bloomfield Township Senior Services



Summer 2011

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

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MOW Volunteers

BTSS volunteers are the heart and soul of the Meals on Wheels program.

- *MOW volunteers delivered 13,000 meals last year in sun, shade, snow, sleet, rain and wind!*
- *MOW volunteers traveled 18,000 miles last year.*
- *MOW volunteers provided 2,726 hours of service last year.*
- *65% of our MOW volunteers have served 5 or more years – now that's loyalty!*

***Interested in volunteering?
See page 8 for more information.***



Livingston • Macomb • Monroe • Oakland • St Clair • Washtenaw

Meals on Wheels (MOW) Awareness Campaign

(FUN11-B1101)

Across SE Michigan senior nutrition providers are collaborating to increase awareness of MOW service and the growing funding challenges we are all facing. As federal and state funding is reduced and the number of people in need of the service grows, we trust support will increase at the community level.

Many of our recipients are able to make contributions which support their meal delivery service though we are hearing from more who are not. We're currently reimbursed 56 cents in federal/state dollars for each meal delivered and the client contributes \$3.75.

We encourage anyone interested in supporting MOWs, a key element in the safety net for our home bound neighbors, to consider a contribution. Please make checks payable to *Bloomfield Township* and mail to: MOW Awareness Campaign, 4315 Andover Rd., Bloomfield, MI 48302 or call to make a charge donation.

PRSR STD
US POSTAGE
PAID
BLOOMFIELD TWP
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Bloomfield Township Senior Services
4315 Andover Rd.
Bloomfield Hills, MI 48302-2091
248-723-3500

Christine's Comments

Meals on Wheels (MOW) Awareness Campaign

Across SE Michigan senior nutrition providers are collaborating to increase awareness of MOW service and the growing funding challenges we are all facing. As federal and state funding is reduced and the number of people in need of the service is growing, we trust that support will increase at the community level. Many of our service recipients are able to make contributions which support their meal delivery service though we are hearing from more who are less able. We currently are reimbursed 56 cents per meal in federal/state dollars for each meal delivered and the client contributes \$3.75.

We are encouraging those interested in supporting this service, a key element in the safety net for our home bound neighbors, to consider a contribution of support. Those so moved may make checks payable to Bloomfield Township and mail to: MOW Awareness Campaign, 4315 Andover Rd., Bloomfield, MI 48302 or call to make a charge donation.

New Staff

We are pleased to introduce our new Fitness Coordinator, Maggie Barclay. Maggie has 26 years of experience teaching group fitness and 18 years of managing fitness instructors including program development and coordination, while concurrently employed as the Wellness Director for a high quality senior living community. I am sure you will find that Maggie is an excellent blend of warmth, energy and business principles.

Strongly committed to ongoing training and certification, Maggie currently has completed 11 programs, which include popular fitness trends that she modifies for senior clientele. She is passionate about fitness for all levels of ability and has the creativity and drive to take our successful program to even higher levels. Please email your suggestions to Maggie at mbarclay@bloomfieldtwp.org. In particular, please review new concepts under consideration listed on page 7.

Christine Tvaroha

ctvaroha@bloomfieldtwp.org (248) 723-3500

Special thanks to these sponsors of our Volunteer Breakfasts:

March 2011 - American House
December 2010 - Woodward Hills
September 2010 - Residential Home Health
May 2010 - Heartland/ManorCare

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

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

Christine Tvaroha, Director

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

Friday 7 AM – 4:00 PM

Saturdays 8 AM – 12:00 PM

Adult Day Service/Friendship Club:

Monday - Friday 9 AM – 4:00 PM

www.bloomfieldtwp.org/seniors

BLOOMFIELD TOWNSHIP BOARD

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, May 28 & Monday, May 30

Saturday, July 2 & Monday, July 4

Saturday, Sept. 3 & Monday, Sept. 5

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.

Registration/Cancellation/Refund Policies -

Registration begins the date the newsletter is mailed.

Non- residents pay additional \$10 per session or trip, unless otherwise noted.

- Checks returned for insufficient funds will incur \$30 fee.

- 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; return times are approximate.

- Participants provide their own transportation to/ from the center.

- If you use a wheelchair or need a special accommodation for a trip, please indicate at time of registration. You must have a registered companion.

- 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 required. 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*
 June 28 – August 16 (FIT26-B1102)

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*
 May 6 – June 3 (FIT25-B1102) no class 5/30
 June 6 - July 1 (FIT25-B1103)
 July 6 – August 1 (FIT25-C1101)
 August 3 – August 29 (FIT25-C1102)

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*
 May 24 – June 16 (FIT45-B1102)
 June 21 – July 14 (FIT45-C1101)
 July 19 – August 11 (FIT45-C1102)
 August 16 – Sept. 1 (FIT45-C1103) **6 classes/\$48***

Aqua Therapy C. Winton
 Suitable for those restricted from strenuous exercise. Simple moves in warm water soothe the body & may decrease pain. See page 6 for Saturday classes.
Tuesday /Thursday 10 – 10:45 AM 8 classes/\$64*
 May 24 – June 16 (FIT29-B1104)
 June 21 – July 14 (FIT29-B1105)
 July 19 – August 11 (FIT29-C1101)
 August 16 – Sept. 1 (FIT29-C1102) **6 classes/\$48***

H2O Boot Camp (see pg 6 for Saturday offering) A. Chi

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.
Friday 12:30-1:30PM 7 classes/\$56*
 June 3 – July 29 (FIT59-B1102) no class 6/24, 7/22
Wednesday 3 -4 PM 9 classes/ \$72*
 June 1- July 27 (FIT59-B1101)

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*
 May 3 – 26 (FIT27-B1102)
 June 7- June30 (FIT27-B1103)
 July 5 - July 28 (FIT27-C1101)
 August 2 – August 25 (FIT27-C1102)

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 6 for Saturday classes.
Tuesday/Thursday 4 – 5 PM 8 classes/\$64*
 May 24 – June 16 (FIT46-B1104)
 June 21 – July 14 (FIT46-B1105)
 July 19 – August 11 (FIT46-C1101)
 August 16 – Sept. 1 (FIT46-C1102) **6 classes/\$48***

NEW! Flowing Aqua Yoga with Props K. Housey
 A flowing series of traditional Hatha yoga movements, using water props to ease safely into and out of poses. Good for beginners. Many of the yoga poses can be safely and comfortably performed with modifications to address joint and injury issues. Promotes a greater sense of balance while walking. Relaxing meditation is offered at the end, using props for floatation.
Monday 4 - 5 PM 8 classes/\$64*
 May 9 – July 11 (FIT69-B1101) no class 5/30, 7/4

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*
 May 13 – July 1 (FIT28-B1101)
 July 8 – August 26 (FIT28-C1101)

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*

May 18 – June 22 (FIT61-B1102)

July 13 – August 17 (FIT61-C1101)

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

May 19 – June 23 (FIT61-B1104)

July 14 – August 18 (FIT61-C1102)

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. LL Studio

Tuesday 8:45 – 9:45 AM 4 classes/\$32*

June 7 – June 28 (FIT20-B1102)

July 12 – August 2 (FIT20-C1101)

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 floor work. Bring hand weights/mat/water LL Studio

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

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

July 11 – August 18 (FIT09-C1101)

Senior Fit Aerobics Card 10 classes/\$55*

Add flexibility to SeniorFit Aerobics workout schedule.

4/1-6/30 FIT10-B1101, 7/1-9/30 FIT10-C1101)

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

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!*

SEATED

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 and relaxation. Bring mat/water. LL Studio

Wednesday 1 – 2 PM 4 classes/\$28*

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*

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

July 11 – August 18 (FIT08-C1101)

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*

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

June 20 – July 25 (FIT56-B1103) no class 7/4

August 1 – August 29 (FIT56-C1101)

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

May 11 - June 8 (FIT56-B1104)

June 15 - July 6 (FIT56-B1105)

July 20 - August 17 (FIT56-C1102)

STRENGTH

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. For first time students, ball may be available to borrow. Please mention at time of registration. Bring ball/mat/water/towel. LLStudio

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

May 17 – June 21 (FIT12-B1102)

July 12 – August 16 (FIT12-C1101)

Wednesday 5 – 6 PM 6 classes/\$50*

May 18 – June 22 (FIT12-B1104)

July 13 – August 17 (FIT12-C1102)

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

May 19 – June 30 (FIT01-B1102) no class 5/30

July 11 – August 18 (FIT01-C1101)

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

May 18 – June 29 (FIT01-B1110) no class 5/30

July 11 – August 17 (FIT01-C1102)

Monday/Wednesday 6:30 – 7:30 PM

May 18 – June 29 (FIT01-B1105) no class 5/30

July 11 – August 17 (FIT01-C1103)

Wednesday/Friday 9 - 10 AM

May 20 – June 29 (FIT01-B1107)

July 13 – August 19 (FIT01-C1104)

Wednesday/Friday 10 - 11 AM

May 20 – June 29 (FIT01-B1109)

July 13 – August 19 (FIT01-C1105)

**** Strength Training +** Expand your access to the fitness equipment, upgrade your class with Open Hours on non-class days for the duration of the class session 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 required. 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

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*

Wednesday, May 18 3:45 - 4:45 PM (FIT70-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/\$24*

June 2 – July 14 (FIT42-B1103)

no class 7/7

July 21 – August 25 (FIT42-C1101)

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/\$24*

June 2 – July 14 (FIT42-B1104)

no class 7/7

July 21 – August 25 (FIT42-C1102)

MIND BODY

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*

May 11- June 29 (FIT03-B1101)

July 6 – August 10 (FIT03-C1101)

6 classes/\$48*

Continuing

Wednesday 10:15 – 11 AM

8 classes/\$64*

May 11 – June 29 (FIT03a-B1101)

July 6 – August 10 (FIT03a-C1101)

6 classes/\$48*

Yoga with Props

K. Housey

A form of gentle yet traditional Hatha yoga using props, chairs and exercise bands. Excellent for beginners. Modifications offered for physical limitations or joint issues. Simple breathing techniques taught that can relieve daily stress. Mat used but can use a chair. Bring exercise mat, towel/blanket to roll up, water. Exercise bands can be purchased from instructor. LL Studio

Monday 6 - 7 PM

8 classes/\$64*

May 9 – July 11 (FIT67-B1101)

no class 5/30, 7/4

Healing Yoga

L. Cook

Research supports more relief from pain and joint tenderness than from medication alone. Healing Yoga integrates the whole body with 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*

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*

May 3 – June 21 (FIT07-B1101)

June 28 – August 16 (FIT07-B1102)

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

Friday 11 AM – 12 PM 12 classes/\$96*

June 3 - August 26 (FIT37-B1101)

no class 7/22

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*

April 28 – June 2 (FIT63-B1101)

June 9 – July 14 (FIT63-B1102)

July 21- August 25 (FIT63-C1101)

EVENING FITNESS CLASSES

(See pages 3-5 for more details)

Aqua Power Walk & Dance (pg. 3)

A. Chi

Fast paced high-intensity water workout, easy to follow choreographed routines will challenge & motivate you!

Tues/Thurs 6 – 7 PM 8 classes/\$64*

Cardio Circuit Challenge (pg. 4)

S. Rubinstein

For active exercisers, intervals of cardio, strength training & core building. Finish with relaxation stretching.

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

On the Ball (pg. 4)

S. Rubinstein

Challenging class. Balance/strengthen core muscles while sitting and lying on ball both prone/supine.

Wednesday 5 – 6 PM 6 classes/\$50*

Supervised Strength Training (pg. 5)

S. Rubinstein

Develop best habits for long term use including proper form, breathing, seat/weight adjustments & safety using pneumatic weight machines. BT Residency required.

Mon/Wed 6:30 – 7:30 PM 12 classes/\$68

Yoga with Props (pg. 5)

K. Housey

A form of gentle yet traditional Hatha yoga using props, chairs and exercise bands. Excellent for beginners.

Monday 6 – 7 PM 8 classes/\$64*

SATURDAY FITNESS CLASSES

H²O 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*

April 30 – June 18 (FIT32-B1101)

no class 4/23, 5/28

June 4 - June 25 (FIT32-B1102)

4 classes/\$32*

July 9 - July 30 (FIT32-C1101)

4 classes/\$32*

August 6 - August 27 (FIT32-C1102)

4 classes/\$32*

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/\$32*

May 7 – June 4 (FIT46-B1103)

no class 5/28

June 11 – July 9 (FIT46-B1106)

no class 7/2

July 16 – August 6 (FIT46-C1103)

August 13 – August 27 (FIT46-C1104)

3 classes/\$24*

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/\$32*

May 7 – June 4 (FIT29-B1103)

no class 5/28

June 11 – July 9 (FIT29-B1106)

no class 7/2

July 16 – August 6 (FIT29-C1103)

August 13 – August 27 (FIT29-C1104)

3 classes/\$24*

Open Swim (FIT30-varies)

\$10/month

Occasionally, the pool is available on Saturdays for Open Swim. Check the monthly swim calendar posted online (www.bloomfieldtp.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 required. 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!



Line Dancing

Instructor: Millie Minkow

Tuesday, June 14 (FIT74-C1101) 12 – 12:50 PM

Are you interested in bringing back line dancing classes? Residents may try a 50 minute complementary demonstration class. Easy to learn routines done to toe tapping country tunes and pop music. Great exercise and great fun! Wear comfortable clothes and sport soled shoes. Bring water. Registration required as class size is limited. (Interest will determine if class will be added to Fall lineup of offerings!) BT Residency required.



Pickleball

Mondays 1 - 2:30 PM LL Fitness Studio

⊕ The same great game as tennis but played on a smaller court and played with a paddle and a waffle ball. Easy to learn and can develop into a quick, competitive game. Sign in at ML reception.



Racewalking Clinic

Wednesdays 11:15 AM LL Fitness Studio

Learn the art of racewalking for fitness and/or competition training. An excellent form of exercise, racewalking requires no special equipment and is easy on your joints. Sign in at main level reception. Please register your interest (FIT73).

For more information, call Vance Genzlinger at 248-646-2864; e-mail him at vance@genzlinger.com, or leave your name and number at BTSS (248) 723-3500 and he'll return your call. BT Residency required.

Ping Pong



Wednesdays 2:30 – 4:30 PM LL Fitness Studio

⊕ New opportunities growing with a ping pong table in the lower level fitness studio. Residents interested in playing are asked to register on the interest list (FIT75). You'll be contacted about details for future play.

New Fitness Coordinator: Maggie Barclay

Maggie is passionate about fitness for all levels of ability and has the creativity and drive to take our successful program to even higher levels. Please email your suggestions for class ideas or successful instructors you may know to Maggie at mbarclay@bloomfieldtp.org.

Please share your thoughts on new concepts currently under consideration which include:

- **Small Group Personal Training** - Personal Training in groups of 3-6
- **Individual Personal Training**
- **Drums Alive** - Cardio & muscle workout using drum sticks & stability balls. Rhythms and upbeat music are used to promote hand eye coordination, and to have fun!!
- **Beamfit** - Mind/Body program to improve balance, strength using a "cushioned beam" on the floor.
- **Zumba Toning** - Zumba with muscle toning using toning sticks that shake like maracas.

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

2011 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

Thank you to our Meals on Wheels Volunteers!

Rob Alvin * Roxanne Andoni * Catherine Angeli * 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 * 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 King * Karen Krieger * June Linklater * Marcie Lloyd * Jeanne Louchet * Darcy MacKenzie * Fritzie Mager * Doug & Joan Mann * Sue Martin * Richard May * Barry & Helene Mayo * Carlos Mazzorin * Mary Lynn McLachlan * Beth Mergel * Claire Michelini * Jean Miller * Debbie Mitchell * Richard Moxley * Robert & Barbara Munn * Marty Nouse * Walter Oehrlein * Chuck Otis * 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 * Mary Walosin * Don Waples * 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 Feb. - April

Office Volunteers, Telephone Reassurance Callers, Special Projects, Errands & Medical Appt. Drivers, Computer Lab, Trip Leaders & ADS Volunteers.
Alex Abowd * Verna Besancon * Joan Bowes * Joan Brandt * Sal Bricio * Georgia Buckley * Sharon Butler * Pat Caplin * Joanne Carmichael * Mary Ann Christ * Patty Cogan * Dorothy Cole * John Conti * Maureen Cook * Marion Conat * Jerry Craig * Nev Curtis * Madelyn Damioli * Bob & Margaret Dann * Maxine Davison * Sue Dodenhoff * Madelyn Doerr * Donna Dupuis * Steve & Julie Eskoff * Marie Gemmel * Judy Geppert * Mona Gibson * Angie Giffels * Susan Glass * Carol Goldstein * Jim & Irene Grady * Tom Halstead * Dan Hess * Kim Hinkle * Sharon Houghtby * Connie Jaroh * Maggie Kapdi * Henry Kassen * Gloria Kefalas * Rosemarie Killenberger * Ellen Kittendorf * Tony & Marian Klemer * Rowena Kolde * Dorothy Laffrey * George Law * Priscilla Leclair * Christie Lehmann * Tracey Leone * Paulette Lerman * Keith Lewis * Debbie Lim * Jo Lincoln * Ludmila Livshiz * Rhelle Lundin * Bruce Madsen * Liz Mahoney * Catherine Matti * Karen Miller * Jan Mistele * Irene Moser * Judy Mosteller * Vara Navaluri * Joan Nedeljkovic * Jo Nott * Joanne O'Hara * Minda Orille * Kay Patel * Ralph Pedersen * Pat & Pete Pfeiffer * Arlene Pinkos * Nancy Porter * Deanna Ralston * Kay Ramakrishnan * Elizabeth Reiha * Tom Richard * Jerry Rivard * Sharon Scadron * Marilyn Scheifele * Faith & John Scholl * Lisa Secrest * Diane Stuecheli * Michael Sullivan * Teresa Sun * Virginia Tatseos * Barry Tilds * Maurice Vachon * Anjali Vale * Sue Wade * Peggy Walker * Marleeta Walton * Donald Warren * Jack Warren * Lisa Watt * Suzanne Winn * Diana Wise * JB Yeargan * Anjel Yessayan * Elinor Yolles * Kim Young * Rasheeda Zafar

Thank you “Chicks With Sticks!”

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

Patricia Aiello * Edie Anderson * Judy Antonak * Peggy Brenton * Eleanor Brown * Peggy Cohen * Patty Frye * Stephanie Ghelfi * Jean Genzlinger * Norma Greene * Debbie Grim * Rosie Gumbleton * Pat Hamburg * Sandy Jeffries * Beth Johnson * Patricia Kubik * Elaine Lamb * Marge Lazarou * Leslie Lazzarin * Linda Lewis * Debbie Lim * Elizabeth Mahoney * Nutan Manda * Debbie Metler * Betty Meyer * Judy Michau * Jean Miller * Chris Muir * Audrey Newman * Lucille Noraian * Karen Ouellette * Lois Page * Arlene Pinkos * Shirley Porter * Judy Reichelt * Faith Scholl * Reenie Shannon * Theresa Shea * Rosita Shuttie * Shirley Volante * Carol Zasko *



Supportive Services



Bloomfield Township Senior Services

4315 Andover Road, Bloomfield, MI 48302-2091

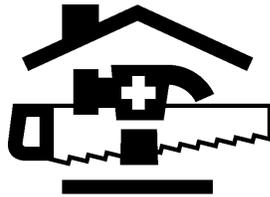
Phone: 248-723-3500 Fax: 248-723-3519

Web: www.bloomfieldtpw.org/Seniors

Summer 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	\$27,900

If you believe you may qualify, please contact Denise Kolkmeier at 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 3rd Wednesday of the month from 5:30 - 7:00 pm at 4315 Andover Road. Advance registration appreciated: call 248-996-1054 to register. Any questions about the group, please call Ashton Clark at 248-915-5899.

Medicare Coverage & Prescription Drug Plans Counseling

(SVC13-VARIES)

Bloomfield Township Senior Services, in cooperation with the Area Agency on Aging, will begin counseling residents who have questions regarding Medicare coverage and prescription drug plans. Diana Wise, RN, gerontologist and certified Medicare counselor, will take appointments for private consultations beginning June 9, 2011 on the second and fourth Thursday of each month through August.

Diana will assist you in understanding Medicare Health Coverage, explaining Medicare Prescription Drug Plans, navigating "Medicare.gov". If you are new to Medicare or soon to be, attending a private session this summer will help prepare you to make good choices. Call BTSS at 248-723-3500 to schedule an appointment.



OAKLAND FAMILY SERVICES Social Worker Counseling

(SVC12-VARIES)

Speak privately with a licensed social worker from Oakland Family Services - Older Adult Division regarding any senior issues you may be experiencing. Available to Bloomfield Township residents aged 60+ the first Tuesday of the month beginning June 7. Call 248-723-3500 to schedule a one-hour appointment. Walk-ins accepted if time allows. No charge for this grant funded program.

TRANSPORTATION SERVICES



Please call Bloomfield Township Senior Services for more information – (248) 723-3500

≈ SMART Community Transit

Smart offers curb-to-curb service in the Service Area of: Bloomfield Township, West Bloomfield Twp., Beaumont Hospital and Rehab (Royal Oak), Henry Ford Hospital (West Bloomfield), Huron Valley Hospital (Commerce Twp.), St. Joseph Hospital (Pontiac), Somerset Collection (Troy), Downtown Birmingham and Bloomfield Town Square. Service hours are 6 a.m. to 7 p.m. Monday through Friday. Call up to 6 days in advance for medical trips, up to 2 days in advance for general service. Reservation hours are 7 a.m. to 4 p.m. Monday through Friday. 866-962-5515

≈ Medical transportation services

Medical Transportation is available to 60+ senior residents of Bloomfield Hills and Bloomfield Township thru SMART funding. Application and eligibility for program required. Call BTSS 723-3500 for information.

≈ Volunteer drivers

Volunteer drivers provide transportation to local medical appointments to BTSS Members. Subject to availability.



GROCERY SHOPPING & ERRANDS TRANSPORTATION

Volunteers are available to aid 60+, non-driving Bloomfield Township residents who need transportation to run errands or grocery shop with a maximum of 2 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 3rd Wednesday of each month from 11 am until 12:30 pm. Stop in on one of these dates:

May 18 June 15 July 20 August 17

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.

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 family and friends of Robert Meneely, Lou Barbone, Stanley Puidokas, Bob Pahlow, Warren Wolfe and Alice Allison.

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

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. 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.

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

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.

Activities Programming

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

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

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

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



Location

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



Eligibility Criteria

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

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

Creative Watercolor K. Halpern
Wednesday 1:30 - 3:30 PM 9 classes/\$118*
 June 22 – August 17 (ART02-B1102)
 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 9 classes/\$118*
 June 20 – August 22 (ART03-B1101) no class 7/4
 Learning to draw is fun, and you can do it! introduces tips that enable students to draw varied subjects using a few basic materials. Each new lesson learn about perspective, proportion, shading, and composition. Plenty of individualized attention in a supportive and relaxed atmosphere will foster great results. Ask for the supply list.

Jewelry Beading T. Ruby
Thursday 1:30 – 3:30 PM 2 classes/\$28*
 June 21 & 23 (ART07-B1101)
 Learn to create beautiful beaded jewelry. We will use seed beads and stone cabochons to make a unique pendant. Bring your own supplies or purchase a kit (\$10 first day of class) from the instructor.

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.

"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 ☼ 1– 4 PM
Tuesday May 17
Thursday June 2 & 23 July 12 Aug 4 & 25 Sept 15
 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 ☼
1ST Friday 10 – 11:30 AM
 Facilitator: Janice Bellefleur 248-335-7383
 Books on loan thru BT Public Library service desk.
Returns in September.
June 3: "Cutting for Stone" Verghese

Booked For Lunch ☼ Connie Silver, BTPL
Wednesday 12:30 PM
June 8 July 13 August 10
 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
Tuesday, 10 – Noon Tuesday, 1-3 PM
Wednesday, 12:30 – 3:30 PM Thursday, 11 – 1 PM
Friday, 1 – 3 PM Saturday, 10 AM – Noon

Meet the Internet V. Sinclair, Micro Techniques
Monday/Wednesday 10 AM – 12 PM 2 classes/\$54*
 May 23 & 25 (COM03-B1101)
Wednesday 10 AM – 12 PM 2 classes/\$54*
 June 22 & 29 (COM03-B1102)
 Instruction includes customizing home page, creating bookmarks, surfing the web using links, increasing text size for viewing and common security issues.

Meet the PC V. Sinclair, Micro Techniques
Monday/Wednesday 10 AM – 12 PM 2 classes/\$54*
 June 13 & June 15 (COM01-B1102)
 Slower paced course covering computer fundamentals.

Digital Photo Editing for Online Use V. Tatseos
Wednesdays 9-10 AM or 11 AM-12 PM Fee: \$15*
 May 11 (COM28-B1101) 9-10 AM
 May 11 (COM28-B1102) 11 AM-12 PM
 May 18 (COM28-B1103) 9-10 AM
 May 18 (COM28-B1104) 11 AM-12 PM
 May 25 (COM28-B1105) 9-10 AM
 May 25 (COM28-B1106) 11 AM-12 PM

Digital cameras provide wonderfully detailed photos that are extremely large in size and not always suited for online viewing and sharing. This class will provide a few tips and tricks to get digital photos ready for email and facebook. Photo resizing will be practiced along with a few ways to edit photos for sharing online. Limited class size.

GAMES

Bridge Club (no bridge 7/4)
Monday/Friday Tables assigned: 12:45 PM/Play: 1 PM
 Facilitator: Maurice Vachon

Canasta - Beginner L. Gorosh
Tuesday 10:15 AM – 12:15 PM 4 classes/\$60*
 August 2 – August 23 (EDU45-C1101)
 For beginners or as a refresher. +\$4 material fee

Canasta - Intermediate Strategy L. Gorosh
Tuesday 12:45 - 2:45 PM 4 classes/\$60*
 August 2 – August 23 (EDU46-C1101)
 Learn canasta strategy, splash hands, finesse and sharpen your game. Must know melding, 7's and Aces. +\$4 material fee

Euchre & Pinochle
Thursday 11:15 AM
 Facilitator: Joanne Carmichael 248-626-0719

Mah-jongg-Beginner S. Houghtby
Tuesday 10:30 AM – 12:30 PM 4 Classes
 June 7 – July 5 (EDU36-B1101) no class 6/21
 Come learn this ancient Chinese strategy game, using tiles. Similar to the card game, Rummy, but much more exotic and exciting. Use your brain, memory, hands and eyes to enjoy a stimulating morning of fun.
Material fee: \$8 collected on the first day of class

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

Poker
2nd, 3rd, 4th and 5th Wednesday 12 – 4 PM
 Call: Joann Capoccia for info. 248-681-8533

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

Scrabble Club 1st Wednesday 1 – 3 PM
 Facilitator: Marlene Bieman 248-681-7112

JUST FOR FUN

BTSS Resident Orientation Please pre-register
Tuesday, August 16 (SEV03-C1101) 1 - 2 PM
 Join us in the Café for an informal gathering of new and interested residents to discuss programs, explain registration and tour the center.

Celebrations!

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 Farnie

Ice Cream Social
Thursday, July 14 (SEV10-C1101) 1 PM
 Join us for a good old fashioned ice cream social while enjoying music by *The Ban-Joes of Michigan*. Graciously sponsored by Maple Village.

Movie Classic Friday 1 PM
 Friday afternoon classic movie greats with popcorn!
June 3: "To Kill A Mockingbird" 1962 Drama
 Starring: Gregory Peck, Robert Duvall
July 1: "Enchanted April" 1935 Romantic, Comedy
 Starring: A. Harding, F. Morgan, K. Alexander
August 5: "12 Angry Men" 1957 Drama
 Starring: Henry Fonda, Lee J. Cobb, Ed Begley Sr.

Movie Mania Friday 1 PM
 Friday afternoon late release films with popcorn!
June 17: "127 Hours" 2010 Drama
 Starring: James Franco
July 15: "The Social Network" 2010 Drama
 Starring: Jesse Eisenberg
August 19: "The Fighter" 2010 Drama
 Starring: Mark Wahlberg, Christian Bale, Amy Adams

MUSIC

NEW! BTSS Senior Band
2nd & 4th Tuesday 10 AM
 Band Leader: Vance Ginzlinger 248-646-2864
 Help bring BTSS events alive with swing and/or band music from our own band! Open to all whether you play regularly or haven't done so in years. Grab your instrument and join the band!

Sing for Fun Chorale ☼

1st & 3rd Tuesday (No 6/21) 10 AM – 12 PM
Accompanist: Joan Bowes 248-335-5566
Director: Helene Mayo 248-646-6704
Would you like sing just for fun? Join the BTSS chorus.
No auditions or solos required. All are welcome.

UNIQUE TOPICS

Italian Group - Gruppo Italiano ☼

2nd Friday* 10:00 AM
Facilitator: Angie Giffels 248-645-0958
Open to all interested in art, culture, history & language of Italy. Affiliate of Dante Alighieri Society, Michigan Chapter.
(* No meetings: July or August. Returns in September.)

NEW! BTSS White Horse Society* ☼

Begins May 26th 4th Thursday 10 AM
This group is for those interested in theology, philosophy and/or science and the relationship between them. The goal is to learn from each other on an agreed upon topic. Everyone will have the opportunity to express his/her views and discuss them respectfully. Come stretch your mind and enjoy a new topic every month.
* White Horse often signifies understanding as to truth and good.

"Are you Ready for the ER?" ●

Wednesday, June 8 (EDU53-B1102) 10:30 - 11:30 AM
The more infirmation a patient provides in a systematic way, the easier it is to provide proper treatment in a timely manner. Author, John Genovesi, outlines steps to better prepare for most medical emergencies and hospitalizations at this presentation and book signing. Preregistration requested.

Road Scholar (formerly Elder-Hostel) ●

Thursday, June 16 (EDU53 -B1103) 1:30 PM
If you love travel and education, this is for you! Attend this presentation on the Road Scholar, formerly the Elder-Hostel program. Carole Doll, Road Scholar Ambassador for many years, will share her numerous adventures in lifelong learning traveling the USA, Canada and 90 countries around the world.

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.)

4th Wednesday 11:30 AM – 1:30 PM \$10/\$20*

May 25 (SOC28-B1102) Cindi Rosner Kell
"Be Active and Stay Motivated"

SWC breaks for summer and returns in September.

Senior Men's Club

Facilitators: Bruce Madsen & Jim Grady
Enjoy entertaining speakers, male camaraderie & a light breakfast. Preregistration requested.
3rd Wednesday 9:30 – 11:30 AM \$6*

June 15 (SOC27-B1103) **A Competitive Robotics Demo**
John Prepolec & Andover High School Robotics Team

July 20 (SOC27-C1101) **Are You Ready?**
Mike Loper, Homeland Security Specialist, Oakland Cty.

August 17 (SOC27-C1102) **The Sky's the Limit**
Robert Wilke, V.P. Business Dev., Jet Support Services
Photo interpretation of air craft from WWII thru today.



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*.

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:



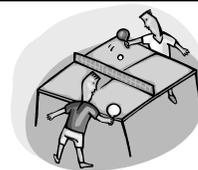
Line Dancing

Instructor: Millie Minkow

Tuesday, June 14 (FIT74-C1101) 12 – 12:50 PM

Are you interested in bringing back line dancing classes? Residents may try a 50 minute complementary demonstration class. See page 7 for more details! Pre-registration required. BT Residency required.

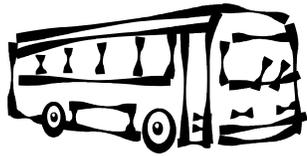
Ping



Pong

Wednesdays 2:30 – 4:30 PM LL Fitness Studio

☼ New opportunities growing with a ping pong table in the lower level fitness studio. Residents interested in playing are asked to register on the interest list (FIT75).



BLOOMFIELD TRAVEL

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

See page 2 for registration/cancellation policies.

"Rigoletto" Michigan Opera Theatre WAIT LIST
Friday, May 13 (DAY16-B1101) 9:45 AM – 3:45 PM

4th 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 4th 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*

Metro Book & Author Society Luncheon WAIT LIST
Monday, May 16 (DAY19-B1101) 10:30 AM – 3:30 PM

"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*

"Hairspray" Baldwin Theatre WAIT LIST
Sunday, May 22 (DAY22-B1101) 11:30 AM – 5 PM

Ford Rouge Factory Tour
Wednesday, May 25 (DAY23-B1101) 9:30 AM – 3 PM
Self-guided, five-part experience tour 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). **Followed by lunch on your own at Ten Eyck Tavern.**
BTSS Coach Fee: \$20/30*

39th International Glass Exhibit
Thursday, May 26 (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 Makan.** Will also stop at Leon & Lulu's & Doc Sweets in Clawson.
BTSS Coach Fee: \$7/17*

"Hollywood Blockbuster" DSO
Friday, June 3 (DAY33-B1101) 9:45 AM-3:30 PM
Jeff Tyzik returns to Orchestra Hall with the music of John Williams plus your favorite film scores from other unforgettable Hollywood movies. **Followed by lunch on your own at Bahama Breeze.**
BTSS Coach Fee: \$29/39*

"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. They store and mill their own flour, as well as 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*

"Ernie" Detroit City Theatre WAIT LIST
Saturday, June 11 (DAY35-B1101) 12:45 – 6:15 PM
Set on Ernie Harwell's last night at Comerica, when the Hall of Fame broadcaster is about to give a moving thank you to a grateful city. Just before he walks onto the grassy field, he encounters an unusual boy who is eager to know all about him, coaxing Harwell into giving one final broadcast - "the broadcast of his life." **Begin with lunch on your own at McCormick & Schmick's.**
BTSS Coach Fee: \$24/34*

Tour of Leader Dogs for the Blind
Tuesday, June 14 (DAY28-B1101) 10:15 AM – 3:30 PM
Founded in 1939, L.D.B. provides dog guides to people who are blind and visually impaired to enhance their mobility, independence and quality of life. This Rochester Hills 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 considerable 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 in Rochester produce several entertaining productions in a friendly cabaret setting. This lively 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. Comfortable shoes a must! **Lunch on your own at the zoo.**

BTSS Coach Fee: \$21/31*

Benchmark Alpaca Farm Goodrich

Tuesday, June 28 (DAY36-C1101) 10:00 AM – 3:30 PM
Alpacas are adorable cousins of the llamas. Their wool is the most expensive wool sold. Alpacas are gentle inquisitive animals and enjoy the company of people. Get ready for a fun day at the farm, don't miss it. **Followed by lunch on your own after at Cranberries Café.**

BTSS Coach Fee: \$12/22*

Diamond Jack River Tour Wyandotte Dock

Thursday, July 7 (DAY01-C1101) 10:00 AM – 4:15 PM
Enjoy the sparkling waters of the Detroit River, the world's busiest waterway from the deck of the Diamond Jack River Boat. The boat will leave from the Wyandotte dock passing Bishop Park, Wyandotte Municipal power house, Mamajuda Island and Lighthouse, Steamer Britannia cabins, Grassy & Mud Islands, Ecorse Creek and Frenchman's Landing during the two hour narrated cruise. **Begin with lunch on your own at Portofino's.**

BTSS Coach Fee: \$22/32*

"Consider the Oyster" Purple Rose Theatre

Wednesday, July 13 (DAY02-C1101) 11:30 AM – 6:30 PM
This deceptively light comedy takes two scientific facts - all oysters are born male then turn female and doctors are now using oyster shells to help repair human bone - and spins them into a modern fairy tale that asks: what does it really mean to love someone? *Contains strong language and sexual situations. **Begin with lunch on your own at Common Grill.**

BTSS Coach Fee: \$30/40*

"The Music Man" Encore Theatre, Dexter

Saturday, July 16 (DAY03-C1101) 11:45 AM – 6:30 PM
Meredith Willson's "The Music Man" follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band he vows to organize. Will Hill carry out his plan and skip town or will his unexpected feelings for beautiful Marian the librarian make him change his ways? Featuring some of musical theatre's most memorable tunes. **Begin with lunch on your own at North Point Steak & Seafood.**

BTSS Coach Fee: \$34/44*

Cobblestone Farm Museum Ann Arbor

Tuesday, July 19 (DAY04-C1101) 10:00 AM – 3:15 PM
Join us for a guided walking tour of Cobblestone Farm. You will be engaged in rich sensory experiences based on a farm family's journey through the seasons and the years. The Cobblestone Farm Association has integrated authentic artifacts, stories and lives to capture the spirit of mid-nineteenth century living. **Followed by lunch on your own at Achilles Coney.**

BTSS Coach Fee: \$10/20*

Tour of Garden Park & Tea at the Holly Hotel

Thursday, July 21 (DAY05-C1101) 10:45 AM – 4:30 PM
Enjoy a guided walking tour of Garden Park, built on a 77 acre parcel in Holly. The gardens are fashioned after Post-Renaissance Northern Italian architecture with its arcaded walks and cloistered gardens. The portico walls display life size murals by Evelyn Raskin. **A Queen Anne Tea at the Holly Hotel following the garden tour is included.** Three elegant courses are served on antique china and imported tea is served in fancy silver and ceramic pots. First course is English-style scones and muffins with Devonshire cream and flavored butters. Second course is petite tea sandwiches, quiches and canapés. Third course is a "sweets" course of fruits, pastries, cakes or tortes.

BTSS Coach Fee: \$37/47*

Bloomfield Township Garden Railway Tour

Tuesday, July 26 (DAY06-C1101) 10:15 AM – 1:30 PM
What a great opportunity to tour this local Bloomfield Township treasure. Bob & Sharon Dunn, local model train hobbyists, transform their garden each summer into a backyard model train world. Wear comfortable walking shoes to manage the rolling terrain and garden steps. **Followed by lunch on your own at the Moose Preserve.**
BTSS Coach Fee: \$7/17*

Detroit Tigers vs. Los Angeles Angels

Thursday, July 28 (DAY07-C1101) 11:30 AM – 5:30 PM
Take me out to the ballgame... Join us as we cheer on the Tigers and enjoy a great day at Comerica Park. Seats are located in a shaded area. **Lunch on your own at the ballpark.**
BTSS Coach Fee: \$33/43*

Island Queen Boat Ride Kensington Metropark

Wednesday, Aug. 3 (DAY08-C1101) 9:45 AM – 3:30 PM
Enjoy a leisurely cruise on Kent Lake aboard the Island Queen II, a 37 passenger pontoon boat. panoramic vistas as the boat meanders around the lake, among islands and bays, and discover the interesting history of Kensington Metropark. **Followed by lunch on your own at Gravity Bar & Grill in Milford.**
BTSS Coach Fee: \$12/22*

Scarab Club Tour

Friday, Aug. 5 (DAY09-C1101) 10:15 AM – 3:00 PM
Don't miss a docent led tour of this historic Detroit landmark. Constructed in 1928, it features a famous walled garden and courtyard. The Club was founded in 1907 by a group of artists and art lovers who met to discuss art and socialize. The club's themed costumed balls were the yearly social event. **Followed by lunch on your own at The Masters.**
BTSS Coach Fee: \$13/23*

MSU Tollgate Gardens Novi Tour

Wednesday, Aug. 10 (DAY10-C1101) 9:30 AM – 2:00 PM
This is a great opportunity to tour the rolling farmland around the Michigan State University Tollgate Education Center. The gardens of Tollgate began in earnest in 1992 with a small group of Master Gardeners who saw the potential of the farm. Since then, the horticultural areas of Tollgate have grown dramatically to encompass the 60 acres owned by MSU and an additional 100 acres provided by the Americana Foundation. **Lunch on your own at Olive Garden following the guided 1 ½ hour walking tour.**
BTSS Coach Fee: \$12/22*

Saarinen House & Grounds Tour

Thursday, Aug. 11 (DAY11-C1101) 10:00 AM – 2:00 PM
The Saarinen House, at Cranbrook, was designed in the late 1920s and served as the home and studio of the Finnish-American designer Eliel & Loja Saarinen. The extraordinary interior, impeccably restored, features the original furnishings, including Eliel's delicately-veneered furniture and Loja's sumptuous textiles, as well as early furniture designs by their son Eero. **Lunch on your own following the 1 ½ hour guided tour at Salvatore Scallopini's.**
BTSS Coach Fee: \$23/33*

Tour of Hamtramck

Thursday, Aug. 18 (DAY12-C1101) 10:30 AM – 4:00 PM
Hamtramck was originally settled by German farmers, but Polish immigrants flooded into the area when the Dodge Brothers' plant opened in 1914. The city is now the home to many more immigrants but still is dominated by Polish culture. We'll meet our tour leader and author, Greg Kowalski at St. Florian's for the 1½ hour bus tour, which includes many of the city's famous locations such as the Polish Art Center, a Polish bakery and the Hamtramck Historical Museum. **Begin with lunch on your own at Polonia Polish Restaurant.**
BTSS Coach Fee: \$14/24*

Lunch Rattlesnake Club & Anna Scripps Conservatory

Wed., Aug. 24 (DAY13-C1101) 10:30 AM – 3:15 PM
The Rattlesnake Club sits on the Detroit River with beautiful views of the Canadian & Detroit skylines. James Beard award winning Chef Jimmy Schmidt will prepare our menu with choice of pre-selected entrée, salad, dessert, and beverage. Following lunch we will tour the Anna Scripps Whitcomb Conservatory on Detroit's Belle Isle. The Conservatory features five distinct horticultural houses showcasing plants indigenous around the globe as well as an outside Lily Pond Garden and formal perennial gardens.
BTSS Coach Fee: \$34/44*

Clinton River Cruise Luncheon

Thursday, Aug. 25 (DAY14-C1101) 10:30 AM – 4:00 PM
Enjoy a lovely fall day aboard the "Clinton Friendship" with views of lovely cabins, homes and lush green foliage lining the banks. A 3 hour cruise and tasty buffet **lunch are included** on the boat. (Roast chicken, Meatloaf, potatoes, salad, vegetable, rolls, coffee, tea & dessert).
BTSS Coach Fee: \$37/47*

Register early!

Trips often close prior to the trip date.

Don't miss out! Register early.

Michigan Agricultural Fair at the Silverdome

Saturday, Sept. 3 (DAY15-C1101) 10:30 AM – 3:30 PM

The Silverdome will host four days of celebration in September surrounding Michigan's wonderful agricultural community, with a carnival atmosphere that's sure to please everyone! The traditional 'carnival midway' will feature all the top-tier amusement rides, foods and attractions associated with a fair of this scope, with great attention and detail focused on Michigan's amazing heritage and pioneering spirit in agriculture that – to this day – plays a highly important role in our State's economy.

BTSS Coach

Fee: \$8/18*

Detroit's East Side Tour

Thursday, Sept. 8 (DAY16-C1101) 10:30 AM – 3:45 PM

Experience Detroit's historic East Side Neighborhoods filled with mystery, history and intrigue led by our "Step On Tours Guide". See impressive and well-preserved homes and buildings, old churches and new uses for old structures. On this tour you will see the Eastern Market, Belle Isle, the Detroit Yacht club and Black Bottom where the Heidelberg Project is located. **The tour includes lunch and snacks.**

BTSS Coach

Fee: \$43/53*

Lunch at the Whitney

Tuesday, Sept. 13 (DAY17-C1101) 10:45 AM-2:15 PM

The Whitney, Detroit's most iconic mansion, built in 1894 this mansion turned restaurant specializes in award-winning cuisine with unique presentation and flavors you will never forget. Trip participants will choose from a menu select menu prepared by the chef.

BTSS Coach

Fee: \$39/49*

"Freud's Last Session" at the Century Theatre

Thursday, Sept. 15 (DAY18-C1101) 11:45 AM – 5:45 PM

This two-man play centers on legendary psychoanalyst Sigmund Freud who invites a young professor, C.S. Lewis to his home in London. During this meeting they clash on the existence of God, love, sex, and the meaning of life-only two weeks before Freud chooses to take his own. **Begin with lunch on your own at Union Station.**

BTSS Coach

Fee: \$33/43*

Northville Victorian Festival

Saturday, Sept. 17 (DAY19-C1101) 10:30 AM – 3:30 PM

Experience the art, history, and romance of the 1800s amid Northville's historic downtown district. The streets will be closed as townspeople, artists, and business owners transform themselves into a Victorian Village complete with period costumes, storytellers, magicians, musical entertainment and demonstrations. Victorian Teas and Fashion Shows take place on Saturday at Northville's own historical village. **Lunch on your own at the festival.**

BTSS Coach

Fee: \$7/17*

Federal Reserve Tour

Wednesday, Sept. 21 (DAY20-C1101) 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 at Sindbad's.**

BTSS Coach

Fee: \$8/18*

"Come Fly Away" at the Fisher Theatre

Tuesday, Sept. 20 (DAY22-C1101) 11:00 AM – 5:00 PM

Come Fly Away is the new Broadway musical that brings together the legendary music of Frank Sinatra and choreographer Twyla Tharp (*Movin' Out*) along with a live on-stage big band. The world's best dancers tell the story of four couples falling in and out of love, the exhilaration of a first kiss, the excitement of a first dance, and the bittersweet moments of a first good-bye in a world of romance and beauty. **Begin with lunch on your own at Lily's Seafood.**

BTSS Coach

Fee: \$ 75/85*

"Daddy Long Legs" Gem Theatre

Thursday, Sept. 29 (DAY21-C1101) 11:00 AM – 5:15 PM

This is a coming of age story about an orphan who is given an opportunity to develop her mind and spirit by an anonymous benefactor, "Daddy Long Legs". The only requirement is that she sends him a monthly letter and that he remains anonymous. **Begin with lunch on your own at Clawson Steak House.**

BTSS Coach

Fee: \$33/43*

"Wicked" at the Michigan Opera House

Thursday, Dec. 8 (DAY01-D1101) 10:15 AM-4:45 PM

Wednesday, Dec. 21(DAY02-D1101) 10:15 AM-4:45 PM

When Dorothy triumphed over the Wicked Witch, we only heard one side of the story. Two girls meet in the Land of Oz. One, born with emerald-green skin, is smart, feisty and misunderstood. The other is beautiful, ambitious and very popular. "Wicked" is the story of these two unlikely friends and how they end up as the Wicked Witch of the West and Glinda the Good Witch. Two performances to select from.

Begin with lunch on your own at Pegasus.

BTSS Coach

Fee: \$95/105*

*Thank You for Your Donations** ... Barbara Driver, Regina Roberts, Richard Elton, Agnes Evlow, Geraldine Warshawsky, Michael Roth, Rodman Myers, Dorothy Montplaisir, Randy & Sherie Eschels

* 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.



Save the date...
**KEYS TO SENIOR
 TRANSPORTATION**
A Resource Fair

Saturday, September 10, 2011
10 AM – 1 PM
 (SEV15-C1101)



Our Vietnam Generation
 (SEV10-B1101)

Thursday, May 19
1:30 – 3 PM

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

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.

Pre-registration requested. Sign-in & payment (free for residents, \$2 for guests of residents) day of event.

Sponsor: American House Senior Living Communities

Celebration!!



**Ice Cream
 Social**
 (SEV10-B1101)

Thursday, July 14 **1:00 – 3:00 PM**
 Join us for a good old fashioned ice cream social while enjoying live music by *The Ban-Joes of Michigan*

Event free for residents
 \$2 for guests of residents

Pre-registration requested & sign-in/payment day of event

Graciously sponsored by:



**OAKLAND FAMILY SERVICES
 SOCIAL WORKER
 COUNSELING**
 (SVC12-VARIES)

Speak privately with a licensed social worker from Oakland Family Services - Older Adult Division regarding any senior issues you may be experiencing. Available to Bloomfield Township residents aged 60+ the first Tuesday of the month beginning June 7. Call 248-723-3500 to schedule a one-hour appointment. Walk-ins accepted if time allows. No charge for this grant funded program.

SPECIAL TOPICS...(See pages 10 & 11 for details)

"Are you Ready for the ER?"

Wednesday, June 8 **10:30 – 11:30 AM**

Road Scholar (formerly Elder-Hostel)

Thursday, June 16 **1:30 PM**

Senior Men's Club

9:30 – 11:30 AM

June 15 **Competitive Robotics Demo**

John Prepolec & Andover H.S. Robotics Team

July 20 **Are You Ready?**

Mike Loper, Homeland Security Specialist

August 17 **The Sky's the Limit**

Robert Wilke, V.P. Business Dev., Jet Support Srv.

Senior Women's Club

11:30 AM – 1:30 PM

May 25 **Be Active and Stay Motivated**

Cindi Rosner Kelly, Psychotherapist/Composer/Teacher



**Line
 Dancing**

Line Dancing

Millie Minkow

Tuesday, June 14 (FIT74-C1101)

12 – 12:50 PM

Are you interested in bringing back line dancing classes? Residents may register for a free 50 minute demonstration class. Easy to learn routines done to toe tapping country tunes and pop music. Great exercise and great fun! Wear comfortable clothes and sport soled shoes. Bring water. Registration required as class size is limited. (Interest will determine if class will be added to Fall lineup of offerings!) BT residency required.