



Bloomfield Township Senior Services



Winter 2010-11

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

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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.

Registration for appointments begins on Monday, January 3, 2011.

Appointment required: 248-723-3500

New Policies Begin

Beginning January 2011, new senior center participation policies will go in effect.

For more details, see page 2.

Questions? Call the Center at 723-3500 and ask for Christine, Ruth or Joan.

Looking forward to serving you in 2011!



TREE OF LIFE

Meals on Wheels are provided through BTSS to seniors in the community who are frail and/or low-income individuals.

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

Purchase a sponsor card for \$6 a meal and decorate our "Tree of Life". Donation cards available at the Senior Center.

Thank you for your support.
(FUN05-D1001)

Fitness Week

January 3 - 8

Complimentary classes!

See page 7 for complete schedule!

Register today!

PRSRST STD
US POSTAGE
PAID
BLOOMFIELD TWP
PERMIT NO 40

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

Participation Policies 2011

To prioritize service to residents and preserve their investment in the new Center, the following policies begin in January 2011.

Bloomfield Township Residents:

1. Visit the center to create a profile in the registry program. **Proof of residency will be required.** Valid forms are a driver's license, state ID, residential tax bill or current residential lease agreement.
2. For tracking and safety reasons, everyone must check-in at the main level reception when participating at the Senior Center.
3. You will no longer pay fees for Drop-In programs such as bridge, scrabble, mahjonn, movies, Wii play, Lapidary, Healthy U, Lapidary, book clubs, Italian Club, chess, euchre/pinochle, poker, billiards, I.T. to the Rescue, Safety First, Chicks with Sticks, SASS, computer lab, special enrichment presentations, Celebrations, Sing for Fun Chorale.
4. You may bring up to two non-residents as guests to any drop-in activity. There is a \$2 guest fee for each guest. You and your guest(s) must sign-in together at the main level reception.
5. Open Swim is no longer a drop-in program. You will now pay a monthly fee of \$10 for unlimited visits during scheduled Open Swim times. Open Swims are reserved for residents only.
6. Classes, trips and programs that require pre-registration and advance payment will remain the same.

Non-Resident Participants:

1. Create a profile in the registry program.
2. For tracking and safety reasons, everyone must check-in at the main level reception when participating at the Senior Center.
3. You may only participate in drop-in activities when as guest of, and accompanied by, a Bloomfield Township resident. There is a \$2 guest fee.
4. You may participate in most classes, trips and programs that require pre-registration and advance payment. You will pay the regular fee plus an additional \$10 per activity.
5. You may enjoy the pool through instructor lead classes. Open Swim is reserved for residents only for a monthly fee.

If you have any questions about these policies, please feel free to contact me; Ruth Nagy, Office Manager or Joan Patzelt, Volunteer/Communications Coordinator.

Christine Tvaroha

Director

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

Bloomfield Township Senior Services

4315 Andover Road

(South off Long Lake or West off Telegraph)

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

Christine Tvaroha, Director

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

Friday 7 AM - 4:00 PM

Saturdays 8 AM - 12:00 PM

Adult Day Service/Friendship Club:

Monday - Friday 9 AM - 4:00 PM

www.bloomfieldtp.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 & Ginny Richard

BTSS will be closed on:

Thursday, November 25 - Saturday, November 27

Friday, December 24 - Monday, December 27

Friday, December 31 - Saturday, January 1

Eligibility: Adults 50 years and older*

*BT Residents - all programs open for participation; **profile required, complete in person with proof of residency**

* Non-BT Residents - many programs open for participation for add'l. fee; **profile required, call center to complete**

Sponsors for BTSS events are not necessarily endorsed by BTSS or Charter Two of Bloomfield.

Class & Trip Registration/Cancellation Policies

- Registration begins the date the newsletter is mailed.
- Unless otherwise noted, non-BT residents pay additional **\$10 (run/start after 1/1/11)** per class/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).

IMPORTANT FEE & POLICY CHANGES:

* Non-Bloomfield Twp. residents pay additional \$5 fee per class, after January 1, 2011 - \$10.

See Page 2 for registration/cancellation policies and "Christine's Comments" for more details on fee/policy changes.

Warm Water Aquatic Fitness

Showers required prior to pool use. Bring lock for locker & towel, hair and body soap provided in shower.

Do not enter pool prior to class, until instructed by staff.

Open Swim (FIT30-varies) Fee: \$10/month

New! Beginning in 2011, Open Swim will require monthly registration at main level reception for unlimited visits during scheduled Open Swim times. BT Residency req'd. Must confirm registration with lifeguard before entering pool.

Let's Move Instructor: **Lavon Cook**

Low-impact aerobics class 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/\$64* 12/\$75*

Jan 10 – Feb 4 (FIT25-A1103)

Feb 7 – Mar 7 (FIT25-A1104) no class 2/21

Splash 'n Tone Instructor: **Cathie Winton**

Warm water aerobic workout with cardiovascular conditioning, toning & stretching. Resistance equipment used to increase strength while promoting weight loss.

Tue/Thurs 9 – 10 AM 6 classes Fee: \$48*

Nov 30 – Dec 16 (FIT45-D1003)

Jan 11 – Jan 27 (FIT45-A1101)

Feb 8 – Feb 24 (FIT45-A1102)

Aqua Healthy Joints Instructor: **Lavon Cook**

Doing gentle flexibility and strengthening exercises helps build and preserve muscle strength, protects joints from further stress and keeps muscles toned and flexible. Warm-water exercise can ease arthritis, MS and Osteoporosis, and be helpful in management of diabetes.

Fri 10 – 11 AM 8 classes Fee: \$64*

Jan 14 – Mar 4 (FIT28-A1101)

Aqua Therapy Instructor: **Cathie Winton**

Suitable for those restricted from strenuous exercise. Simple moves in warm water soothe the body & help decrease pain. Helps arthritis, knee, hip & general aches. See page 7 for Saturday offerings.

Tue/Thurs 10 – 10:45 AM 6 classes Fee: 6/\$48*

Nov 30 – Dec 16 (FIT29-D1003)

Jan 11 – Jan 27 (FIT29-A1101)

Feb 8 - Feb 24 (FIT29-A1102)

Aqua Zoom

Instructor: **Cathie 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. Finish feeling stronger and leaner!

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

Jan 12 – Feb 9 (FIT51-A1101)

Feb 23 – Mar 23 (FIT51-A1102)

Aqua Yoga

Instructor: **Lavon Cook**

Effective program for relaxation, stress reduction and breath awareness. Benefits mind, body and spirit while achieving greater balance, flexibility and restfulness.

Tues 11:15 AM – 12:15 PM 6 classes Fee: \$48*

Oct 26 - Dec 7 (FIT26-D1001)

no class 11/23

Jan 11 – Mar 1 (FIT26-A1101)

Aqua Nia

Instructor: **Stacey Peper**

Uses inspiring music, diverse rhythms and the nine Movement Forms to deliver a fun and creative work-out. Challenges your body, does great things for mind..peace!

Wed 4 – 5 PM 3/\$24* 4/\$32*

Jan 12 – Jan 26 (FIT59-A1101)

3 classes

Feb 2 – Feb 23 (FIT59-A1102)

4 classes

Aqua Power Walk & Dance

Instructor: **Annie Chi**

Awesome, up-beat class. Fast paced high-intensity water workout, easy to follow choreographed routines will challenge & motivate you!

T/TH 6 – 7 PM 6/\$42* 8/\$56*

Nov 30 – Dec 16 (FIT27-D1003)

6 classes

Jan 11 – Jan 27 (FIT27-A1101)

6 classes

Feb 1 – Feb 24 (FIT27-A1102)

8 classes

Aqua Toning & Pilates

Instructor: **Cathie Winton**

Build Core Strength/increase flexibility. Blends standing Pilates techniques and low impact aerobics. Bring water shoes & water bottle. See page 7 for Saturday offerings.

Tue/Thurs 4 – 5 PM 6 classes Fee: \$48*

Nov 30 – Dec 16 (FIT46-D1003)

Jan 11 – Jan 27 (FIT46-A1101)

Feb 8 – Feb 24 (FIT46-A1102)

Learn to Swim

Instructor: **Audrey Chambers**

Always wanted to learn to swim or learn a new stroke? Private or small group lessons in warm water pool. Bring goggles, towel, and lock for locker. Call Audrey to schedule. 248-723-3500 1 Hour Fee: \$25*

Land Fitness

To protect the equipment & special flooring, participants 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 Instructor: S. Rubinstein

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

Wed 7:15-8:15 AM 6 classes Fee: \$50*

Jan 12 – Feb 16 (FIT61-A1101)

Feb 23 – Mar 30 (FIT61-A1102)

Thu 5 – 6 PM 6 classes Fee: \$50*

Jan 13 – Feb 17 (FIT61-A1103)

Feb 24 – Mar 31 (FIT61-A1104)

Zumba Instructor: Laura 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 offerings. LL Studio

Tuesday 9 - 10 AM 3/\$24* 4/\$32*

Dec 7 – Dec 28 (FIT20-D1004) 4 classes

Jan 11 – Jan 25 (FIT20-A1101) 3 classes

Feb 1 – Feb 22 (FIT20-A1102) 4 classes

Senior Fit Aerobics Instructor: 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. Includes floorwork. Bring hand weights/mat/water LLStudio

Mon/Thurs 9 – 10 AM 12 classes Fee: \$50*

Jan 10 – Feb 17 (FIT09-A1101)

Feb 24 – April 4 (FIT09-A1102)

Senior Fit Aerobics Card 10 classes Fee: \$55*

Add flexibility to SeniorFit Aerobics workout schedule.

(Purchased 10/1-12/31 FIT10-D1001; 1/1-3/31 FIT10-A1101)

Use within 3 months purchase.

Learn Pickleball 🎯 Instructor: Jim Luzod

Easy for beginners to learn, but can develop into a quick, competitive game especially for tennis players. Call Jim, 248-855-2676 to schedule lesson or open play.

Mondays 11:15 AM – 12:15 PM LL Studio

🎯 See top of page 9 for details.

SEATED

Fusion for Mind & Body Instructor: D. Murray

For elders living with changes in cognition and mobility. Focuses on right-left brain operations, range of motion, stamina and relaxation. Caregivers encouraged to participate. Socializing and non-judgmental atmosphere. Chair used during exercises. Bring mat/water. LL Studio

Fridays 10 – 10:45 AM 4 classes Fee: \$28*

Dec 10 – Jan 21 (FIT58-D1002) no class 12/24 & 31, 1/7

Jan 28 – Feb 18 (FIT58-A1101)

Easy Does It – Chair Instructor: S. Rubinstein

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

Mon/Th 10:15 - 11 AM 12 classes Fee: \$50*

Jan 10 – Feb 17 (FIT08-A1101)

Feb 24 – April 4 (FIT08-A1102)

Chair Yoga Instructor: Karen Lutz

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

Mon 11:30 AM – 12:30 PM 5 classes Fee: \$40*

Jan 17 – Feb 14 (FIT56-A1101)

Feb 28 – Mar 28 (FIT56-A1102)

Osteo Ball Instructor: Cindy Erlandson

New! 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

Tues/Thurs 4 – 4:30 PM 4 classes Fee: \$28*

Jan 11 – Jan 20 (FIT65-A1101)

Jan 25 – Feb 3 (FIT65-A1102)

Feb 8 - Feb 17 (FIT65-A1103)

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!*

STRENGTH

Supervised Strength Training

Certified Exercise Specialist Instructor: **S. Rubinstein**
Small class **personalized instruction** for safest most effective workout. Guided program develops the best habits for long term use including proper form, breathing, seat and weight adjustments, and safe weight increases using pneumatic weight machines. Instructor led stretching.
BT Residency required 12 classes
Fee: \$68 or \$77 (see Strength Training + below)

Mon / Thurs 8 - 9 AM

Jan 10 – Feb 17 (FIT01-A1101)

Feb 24 – April 4 (FIT01-A1102)

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

Jan 10 – Feb 16 (FIT01-A1103)

Feb 23 – April 4 (FIT01-A1104)

Mon / Wed 6:30 – 7:30 PM

Jan 10 – Feb 16 (FIT01-A1105)

Feb 23 – April 4 (FIT01-A1106)

Wed / Fri 9 - 10 AM

Jan 12 – Feb 18 (FIT01-A1107)

Feb 23 – April 1 (FIT01-A1108)

Wed / Fri 10 - 11 AM

Jan 12 – Feb 18 (FIT01-A1109)

Feb 23 – April 1 (FIT01-A1110)

Strength Training + Expand your access to the fitness equipment, upgrade your class with Open Hours on non-class days by adding \$9. Fee: \$77 – BT residents

Strength Training/Cardio Orientation

Certified Exercise Specialist Instructor: **S. Rubinstein**
Required for new fitness equipment participants **opting out of Supervised Strength Training classes.** For people with a broad understanding of fitness principles and recent equipment experience. 1 hour overview of safe, effective use of elliptical, treadmill, bikes, and pneumatic weight machines.

BT Residency req'd. 3 students/class 1 hr class
(FIT33-VARIES) LL Fitness Arena Fee: \$25

Mondays 5– 6PM

Wednesdays 1– 2 PM

Fridays 11 AM–12 PM

Fitness Open Hours (FIT02-Varies)

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

BT Residency req'd. Fee: \$15 mo or \$80/6 months

On the Ball

Instructor: **Shelley Rubinstein**

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

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

Jan 11 – Feb 15 (FIT12-A1101)

Feb 22 – Mar 29 (FIT12-A1102)

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

Jan 12 – Feb 16 (FIT12-A1103)

Feb 23 – Mar 30 (FIT12-A1104)

Basic Balance Training

Instructor: **Jo 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

Tuesday 1:30 – 2 PM 6 classes Fee: \$24*

Jan 11 – Feb 15 (FIT42-A1101)

Mar 1 – April 5 (FIT42-A1102)

Thursday 1:30 – 2 PM 6 classes Fee: \$24*

Jan 13 – Feb 17 (FIT42-A1103)

Mar 3 – April 7 (FIT42-A1104)

Advanced Balance Training

Instructor: **Jo Schirtzinger**

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

Tuesday 2:05 – 2:35 PM 6 classes Fee: \$24*

Jan 11 – Feb 15 (FIT42-A1105)

Mar 1 – April 5 (FIT42-A1106)

Thursday 2:05 – 2:35 PM 6 classes Fee: \$24*

Jan 13 – Feb 17 (FIT42-A1107)

Mar 3 – April 7 (FIT42-A1108)

MIND BODY

Tai Chi Chuan

Instructor: **Han 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 retard aging by improved blood circulation to your brain. LL Studio

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

Jan 12 – Mar 2 (FIT03-A1101)

Healthy Back Yoga

Instructor: **Lavon Cook**

Learn back care. Good for MS, arthritis & osteoporosis. Incorporates stretches for strength and flexibility. Not intended to replace therapy, good follow up to successful rehabilitation. Bring water/small pillow/yoga mat. LL Studio

Fri 7:55 – 8:55 AM 8 classes Fee: \$64*

Jan 14 – Mar 4 (FIT06-A1101)

Pilates/Yoga

Instructor: **Lavon Cook**

Focuses on strengthening your back while firming your abdominals—the core of your body. Improves muscle tone, posture, joint mobility. Bring mat, small pillow and water.

LL Studio

Tuesday 10-11 AM 8 classes Fee: \$64*
Jan 11 – March 1 (FIT07-A1101)

Yoga/Pilates/Meditation

Instructor: **Deirdre 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**

Thurs 11:30 AM – 1 PM 4 classes Fee: \$48*

Jan 13 – Feb 3 (FIT63-A1101)

Feb 10 – Mar 3 (FIT63-A1102)

Classic Nia

Instructor: **Stacey Peper**

Holistic approach to fitness that blends movements from the healing arts and dance. This life changing practice invites the body toward greater balance & flexibility. **LL Studio**

Mon 4:45–5:45 PM 3/\$24* 4/\$32*

Jan 10 – Jan 31 (FIT37-A1101) 4 classes

Feb 7 – Feb 28 (FIT37-A1102) no class 2/21 3 classes

Progressive Muscle Relaxation

Instructor: **S. Peper**

Systematic technique where muscles are tensed and relaxed to reach a deeper state of relaxation. Capable of improving health conditions from insomnia to headaches. Wear comfortable clothes, bring mat & water. **LL Studio**

Monday 3:30 - 4:30 PM 3/\$24* 4/\$32*

Jan 10 – Jan 31 (FIT60-A1101) 4 classes

Feb 7 – Feb 28 (FIT60-A1102) no class 2/21 3 classes

Nia & Progressive Muscle Relaxation

Instr: **S. Peper**

New! A perfect combination - Nia together with Progressive Muscle Relaxation. Holistic healing arts and dance followed by a systematic technique where muscles are tensed and relaxed to reach a deeper state of relaxation. Capable of improving health conditions from insomnia to headaches. Bring mat & water. **LL Studio**

Wed 2:30 – 3:30 PM 3/\$24* 4/\$32*

Jan 12 – Jan 26 (FIT65-A1101) 3 classes

Feb 2 - Feb 23 (FIT65-A1102) 4 classes

Power Yoga

Instructor: **Catherine Taister**

Maximizing fat burning yoga supports new research that yoga programs can get up to 80% more relief from pain and joint tenderness than from medication alone. Empower yourself! Bring mat. **LL Studio**

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

Jan 11 – Feb 8 (FIT53-A1101)

Feb 22 - Mar 22 (FIT53-A1102)

SATURDAY FITNESS CLASSES

Pi-Yo

Instructor: **Laura 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 – 8:45 AM 3 classes Fee: \$24*

Jan 15 – Jan 29 (FIT49-A1101)

Feb 5 – Feb 26 (FIT49-A1102) no class 2/19

Zumba

Instructor: **Laura Lerman**

Latin music dance moves that create a dynamic effective fitness exercise featuring aerobic fitness interval training and combo of fast and slow rhythms. **LL Studio**

Saturday 8:50 – 9:45 AM 3 classes Fee: \$24*

Jan 15 – Jan 29 (FIT20-A1103)

Feb 5 – Feb 26 (FIT20-A1104) no class 2/19

H2O Boot Camp

Instructor: **Annie Chi**

High energy workout to strengthen & increase endurance. For actively exercising people who would like to add water aerobics to their cross training routine. Variety of equipment used, upbeat, never boring. **Pool**

Saturday 9 – 9:55 AM 3 classes 3/\$24*

Dec 4 – Dec 18 (FIT32-D1003)

Jan 15 – Jan 29 (FIT32-A1101)

Feb 5 – Feb 26 (FIT32-A1102) no class 2/21

Aqua Toning ' Pilates

Instructor: **Cathie 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 3 classes Fee: \$24*

Jan 15 –Jan 29 (FIT46-A1103)

Feb 5 - Feb 26 (FIT46-A1104) no class 2/19

Aqua Therapy

Instructor: **Cathie 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 3 classes 3/\$24*

Jan 15 – Jan 29 (FIT29-A1103)

Feb 5 – Feb 26 (FIT29-A1104) no class 2/19

Open Swim

Occasionally, the pool is available on Saturdays for Open Swim. Please check the monthly swim calendar posted online (www.bloomfieldtpw.org/seniors) or call the Center (248-723-3500) to check availability.

Fitness Week

January 3 – 8, 2011

Renew your commitment to a healthy lifestyle!

Check out our calendar of exciting, invigorating fitness classes and try something new!
Pre-register to attend any or all of these complimentary classes:

MONDAY 1/3	TUESDAY 1/4	WEDNESDAY 1/5	THURSDAY 1/6	FRIDAY 1/7	SATURDAY 1/8
Aqua Let's Move (TRYIT01) 9-10 AM	Zumba (TRYIT08) 9-10 AM	Cardio Circuit Challenge (TRYIT20) 7:15-8:15 AM	Splash 'n Tone (TRYIT28) 9-10 AM	Healthy Back Yoga (TRYIT36) 7:55-8:55 AM	Pi-Yo (TRYIT42) 8-8:45 AM
Senior Fit Aerobics (TRYIT02) 9-10 AM	Splash 'n Tone (TRYIT09) 9-10 AM	Aqua Let's Move (TRYIT21) 9-10 AM	Aqua Therapy (TRYIT29) 10-10:45 AM	Aqua Let's Move (TRYIT37) 9-10 AM	Zumba (TRYIT43) 8:45-9:45 AM
Easy Does It- Chair (TRYIT03) 10:15-11 AM	Aqua Therapy (TRYIT10) 10-10:45 AM	Wii Bowling* (TRYIT22) 11:15 AM – 1 PM	Yoga/Pilates/ Meditation (TRYIT30) 11:30 AM-1PM	Fusion Mind & Body (TRYIT38) 10-10:45 AM	H2O Boot Camp (TRYIT44) 9-10 AM
Chair Yoga (TRYIT04) 11:30 AM-12 PM	Pilates/Yoga (TRYIT11) 10-11 AM	Tai Chi (TRYIT23) 10:15-11 AM	Basic Balance Training (TRYIT31) 1:30-2 PM	Aqua Healthy Joints (TRYIT39) 10-11 AM	Aqua Toning 'n Pilates (TRYIT45) 10-11 AM
Pickleball (TRYIT05) 12-1 PM	On the Ball (TRYIT12) 11 AM-12 PM	Aqua Zoom (TRYIT24) 10:15-11:15 AM	Advanced Balance Training (TRYIT32) 2:05-2:35 PM	Nia (TRYIT40) 11 AM-12 PM	Aqua Therapy (TRYIT46) 11-11:45 AM
Muscle Relaxation (TRYIT06) 3:30-4:30 PM	Aqua Yoga (TRYIT13) 11:15-12:15 PM	Muscle Relaxation & Nia (TRYIT25) 2:30-3:30 PM	Osteo Ball (TRYIT33) 4-4:30 PM	Aqua Nia (TRYIT41) 1-2 PM	
Classic Nia (TRYIT07) 4:45-5:45 PM	Basic Balance Training (TRYIT14) 1:30-2 PM	Aqua Nia (TRYIT26) 4-5 PM	Cardio Circuit Challenge (TRYIT34) 5-6 PM		
	Advance Balance Training (TRYIT15) 2:05-2:35 PM	On the Ball (TRYIT27) 5-6 PM	Aqua Power Walk & Dance (TRYIT35) 6-7 PM		
	Osteo Ball (TRYIT16) 4-4:30 PM				
	Aqua Toning 'n Pilates (TRYIT17) 4-5 PM				
	Power Yoga (TRYIT18) 5:30-6:30 PM				
	Aqua Power Walk & Dance (TRYIT19) 6-7 PM				

See pages 3-6 & 10 for full descriptions of all offerings



* Held in main level Community Rooms.

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

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 * Suchuan Chuang * 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 * Bruce Madsen * 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 * Nicholas Rutkowski * Michael Samson * Ann & Jerry Scheel * Linda Scheidemantel * Hudson Scheifele * Rita Schwimer * Theresa Shea * Mary Sheipline * Jean Smith * Connie Szymczak * Marjorie & Mario Trafeli * Frank Voefray * 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 Aug. – Nov. 10

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

Anne Bayoff * Verna Besancon * Barbara Borden * Joan Brandt * Sharon Butler * Galina Buman * David Button * Pat Caplin * Joanne Carmichael * Mary Ann Christ * Patty Cogan * Dorothy Cole * John Conti * Maureen Cook * 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 Klemmer * Dorothy Laffrey * George Law * Priscilla Leclair * Christie Lehmann * Tracey Leone * Debbie Lim * Rhelle Lundin * Marilyn MacMillan * Bruce Madsen * Catherine Matti * Michelle Mitchell * Judy Mosteller * Vara Navaluri * Joan Nedeljko * Jo Nott * Mary Ann O'Brien * Joanne O'Hara * Minda Orille * Ralph Pedersen * Pat & Pete Pfeiffer * Arlene Pinkos * Nancy Porter * Elizabeth Reihl * 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 * Marleeta Walton * Donald Warren * Suzanne Winn * JB Yeargan * Anjel Yessayan * Elinor Yolles * Rasheeda Zafar

Thank you “Chicks With Sticks!”

For donating your time and talents to create the beautiful knitted items donated 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 Metter * 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 Shuttie * Sharon Smith * Martha Stachurski * Shirley Volante * Mary Anne Zarb * Carol Zaske * Charlotte Young

IMPORTANT FEE & POLICY CHANGES:

- * Non-Bloomfield Twp. residents pay additional \$5 fee per program before Jan. 1, 2011; after Jan. 1, 2011 - \$10.
 - ⊛ Indicates Drop-In Program: All participants must sign in and pay** fee (if applicable) at main level Reception Desk.
 - ** Prior to Jan. 1, 2011 - \$1 BT Resident / \$2 Non-Resident
 - ** After Jan. 1, 2001 – BT Resident free / Non Resident \$2 Guest Fee and must be accompanied by BT Resident
- See Page 2 for registration/cancellation policies and "Christine's Comments" for more details on fee/policy changes.

ENRICHMENT

ART

Creative Watercolor Instructor: Karen Halpern
Wednesday 9 classes 1:30 - 3:30 PM
Jan 12 – March 9 (ART02-A1101) Fee: \$115*
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*

DIA Delivered Tuesday Fee: \$5*
January 18 (EDU34-A1101) 1:30 – 3 PM
Fakes, Forgeries & Mysteries- looks at the ways research, science and technology help discern original works of art from fakes & forgeries.
February 15 (EDU34-A1102) 1:30 – 3 PM
Perfectly Clear – The Art of Glass - A closer look at some of the amazing glass that is in the permanent collection of the DIA.

Stained Glass Fee: \$2*
Tues & Thurs 1:30 – 3:30 PM
Jan 18 & 25 (ART12-A1101) Light House Night-Lite
Feb 17 & 24 (ART12-A1102) Stained Glass Angel
Learn to create a colorful stained glass lighthouse night-lite or free standing stained glass angel. Cut, solder, foil use all the stained glass techniques to create your perfect work of art. (\$10 material fee at first class)

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 and stain glass is provided, 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.*

The Paper Dolls–Card Shoppe ⊛ Returns Spring 2011!

BOOKS

Book Club ⊛
1ST Friday 10 – 11:30 AM
Facilitator: Madelyn Doerr 248 851-6093
Books on loan thru BT Public Library service desk
December 3: "Elegance of the Hedgehog", Barbery
January 7: Members share their favorite book selections.
February 4: "Snow", Pamuk

Booked For Lunch ⊛ Connie Silver, BTPL
Wednesday 12:30 PM
December 8 January 12 February 9
Bring your lunch and join us for an informal book talk.
New selections every month

COMPUTERS

Computer Lab - Open Hours ⊛
Learn in our fully equipped computer lab staffed by volunteers who'll answer your questions and help with some of your computer challenges. Call before coming to confirm availability.
Monday 10 AM - Noon
Tuesday 1 - 3 PM
Wednesday 12:30 – 3:30 PM
Thursday 11 AM - 1 PM (Dec thru January)
Saturday 10 AM - Noon

I. T. To the Rescue ⊛
Tuesdays 12 – 1 PM
Join local IT (Information Technology) gurus as they share their expertise! Bring your questions & problems to this *complimentary* session. Preregistration required.
January 11 (COM24-A1101) January 25 (COM24-A1102)
February 8 (COM24-A1103) February 22 (COM24-A1104)

Internet Basics Instructor: Valerie Sinclair
Monday 10 AM – 12 PM Fee: \$54*
Jan 10 & 17 (COM03-A1101)
Great class for beginners and "self taught" users! Instruction includes customizing home page, creating bookmarks, surfing the web using links, increasing text size for viewing and security issues. Handout provided.

Free Games on your Computer Instructor: V. Sinclair
 Fee: \$30*
 Wednesday, Dec 1 (COM25-D1001) 10 AM – 12 PM
 Wednesday, Jan 19 (COM25-A1101) 10 AM – 12 PM
 Saturday, Feb 19 (COM25-A1102) 9:30 – 11:30 AM
New! Learn about the free games on your computer-
 Solitaire, Free Cell, Hearts, Backgammon and
 more. Handouts to take home. Great brain exercise!

GAMES

Bridge – Intermediate II Instructor: Bonnie Ward
 Mon 10:30 AM-12:30 PM 6 sessions Fee: \$72*
 February 14 – March 28 (EDU42-A1101) no class 2/21
 Review basics and develop bidding and playing skills.
 The hands-on method continues for those who have
 progressed through Intermediate I or have had experience
 as an intermediate player elsewhere. No trump and
 strong hands will be emphasized along with play and fun.

Bridge -Supervised Play II Instructor: Bonnie Ward
 Mon 1 – 3 PM 6 sessions Fee: \$72*
 February 14 – March 28 (EDU35-A1101) no class 2/21
 Study a hand–bid, lead, plan, play and then discuss.
 Following discussion you will play “real” hands with a
 chance to use what you have learned. A fun after-noon of
 bridge! You should have a basic background of bidding
 and a desire to improve your bidding and play of the hand.

Bridge Club ☼
 Monday/Friday Tables assigned: 12:45 PM
 Facilitator: Maurice Vachon Play: 1:00 PM

Canasta - Beginner Instructor: Lenore Gorosh
 Tues 10:15 AM–12:15 PM 4 classes Fee: \$60*
 February 1 - 22 (EDU45-A1101) +\$4 material fee
 Beginner and refresher player should consider this class.

Canasta - Intermediate Strategy Inst: Lenore Gorosh
 Tuesday 12:45 - 2:45 PM 4 classes Fee: \$60*
 February 1 - 22 (EDU45-A1102) +\$4 material fee
 Learn canasta strategy, splash hands, finesse and
 sharpen your game. Must know melding, 7's and Aces.

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

Euchre Club (PM) ☼ (Weekly: Beginning Jan17)
 Monday 5:15 - 7:15 PM
New! 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
 2nd, 3rd, 4th and 5th Wednesday 12 – 4 PM

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

Wii Bowling League ☼ Begin: January 12
 2nd Wednesday (SOC35-A1101) 11 AM

New! Join the virtual world of bowling and have a
 fun, fun, fun time! Sign up now for our new
 Wii bowling league. For bowlers and non-bowlers alike!
 Monthly competitive, friendly play at the center. Come
 see what the excitement is all about!

Wii Play ☼ Beginning: January 17
 3rd Monday 3:15 PM
 Bowl, play tennis, golf and many more games in virtual
 space. Great fun, must try! Join us for an hour of laughs.

HEALTH & SAFETY

How the New Health Care Law Benefits You ☼
 Tuesday, Dec 7 (EDU52-D1001) 1 - 2:30 PM
 Congress enacted a new health care law and some of
 these changes you will see this year. Others phase in
 over the next several years. This AARP speaker will
 update us on some of these changes.
 (Registration requested for this drop in program. Check in at
 main level reception desk required Dec. 7.)

Sleep Apnea Disorder ☼
 Wednesday, Feb 16 (EDU52-A1101) 12 - 1:30 PM
 Are you one of the 5% in the U.S population who suffer
 from sleep apnea? Sleep apnea is a treatable disorder in
 which the sufferer stops breathing at least 5 times per
 hour. This leaves the person extremely fatigued along
 with other unusual aches and pains. Left untreated, vital
 organs can be damaged due to lack of oxygen. Join
 Aaron Skiba from St. Joseph Mercy Hospital Sleep
 Disorder Center for an enlightening seminar.
 (Registration requested for this drop in program. Check in at
 main level reception desk required Feb 16.)

Support Groups
 See Supportive Services insert for more information.

JUST FOR FUN

Getting To Know You! ☼

Tour the senior center. Join us in the Café for an informal gathering of new participants and interested patrons.

Please pre-register: 248-723-3500

Monday, January 24 (SEV03-A1101) 11 AM-12 PM

Tuesday, February 22 (SEV03-A1102) 2:30-3:30 PM

Movie Classic ☼ 1st Friday 1 PM

Friday afternoon classic movie greats with popcorn!

December 3: "The Bishop's Wife" (1947) Holiday

Starring: C. Grant, D. Niven & L. Young

January 7: "A Star is Born" (1954) Drama

Starring: J. Garland, J. Gaynor & F. March

February 4: "Citizen Kane" (1941) Drama

Starring: Orson Wells

Movie Mania ☼ 3rd Friday 1 PM

Friday afternoon late release films with popcorn!

December 17: "A Christmas Carol" Adventure

Starring: Jim Carrey

January 21: "Sherlock Holmes" Action Drama

Starring: R. Downey Jr, Jude Law & R. McAdams

February 18: "Eat, Pray, Love" Drama

Starring: Julia Roberts

Socially Active Single Seniors (SASS) ☼

Facilitators: Naomi Edwards & Lois Benson

Join BTSS' club for single active men and women.

Register once for SOC33 to be added to club roster.

Pre- register monthly for activity you plan to attend.

Thursday, Jan 20 (SOC33-A1101) 6 PM

Meet at Restaurant: Café Via Maple Rd, Birmingham

Thursday, Feb 17 (SOC33-A1102) 5:15 - 7:15 PM

Senior Center - Pot-Luck Dinner Bring a dish to pass.

Celebrations!

Happy Holidays (SEV10-D1003)

Thursday, December 9 9:30 - 10:30 AM

Lahser High School Nightingales & Knightsingers

Muffins & More

(To assist in planning, Preregistration Requested.)

Jazz'n It Up ☼ (SEV10-A1101)

Monday, January 31 2:45 - 3:45 PM

Andover High School Jazz Ensemble

Popcorn & Root Beer

(To assist in planning, preregistration requested. Day of event, sign in at main level reception desk and pay guest fee, if applicable.)

MUSIC

Sing for Fun Chorale ☼

Accompanist: Joan Bowes 248 335-5566

Director: Helene Mayo 248 646-6704

1st & 3rd Tuesday 10:00 AM – Noon

Would you like sing just for fun? Join the BTSS chorus. No auditions or solos required. All are welcome. Call Joan or Helene with questions.

UNIQUE TOPICS

Historytelling History teller: **Maureen Esther**
Tuesday, Dec 14 (EDU47-D1001) 1-3 PM Fee: \$10*

Lecture covers Christmas traditions and their origins. Includes a discussion of "Twelfth Night" festivities at the courts of Henry VIII and Elizabeth I. Get in the holiday spirit, join us!

Italian Group - Gruppo Italiano ☼

2nd 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. Breakfast available for those who pre-register (at least 3 days in advance).

3rd Wednesday 9:30 – 11:30 AM Fee: \$6*

December 15 (SOC27-D1003) John M "Jack" Roberts
"Escape" The True Story of a World War II P.O.W.

January 19 (SOC27-A1101) William Stout
"Hunting, An Unusual Twist!"

February 16 (SOC27-A1102) Officer Jason Coleman
Canine Corp - Bloomfield Twp, Special Demonstration

Senior Women's Club

Please pre-register

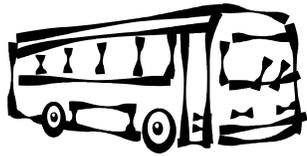
Facilitator: Myrna Ann Hinkson

Enjoy our dynamic speakers and luncheon program catered by Salvatore Scallopini. Lunch served to those who pre-register only (at least 3 days in advance).

4th Wednesday 11:30 AM – 1:30 PM
Fee (with lunch): \$10/20* Fee (w/o lunch): \$2/12*

January 26 (SOC28-A1101) William M. Kohen, MD
"Knee & Hip Replacement"

February 23 (SOC28-A1102) Jan Roncelli, B.T. Clerk
"Election Technology Trends"



CLUB BLOOMFIELD TRAVEL

* Fees are listed as Resident/Non-resident. Non-Bloomfield Twp. residents pay additional fee per trip.

* Trips occurring before January 1, 2011 - \$5 fee

* Trips occurring after January 1, 2011 - \$10 fee

See page 2 for registration/cancellation policies.

"Hollywood Pictures" DSO WAIT LIST

Friday, Dec. 10 (DAY19-D1001) 9:30 AM – 3:45 PM
BTSS Coach Fee: \$40/45*

"Guys on Ice" Tipping Point Theatre WAIT LIST

Saturday, Dec. 11 (DAY20-D1001) 12:15 - 5:45 PM
BTSS Coach Fee: \$36/41*

"Bowfire Holiday Heart Strings" Orchestra Hall

Sunday, December 12 (DAY23-D1001) 12:00 - 5:45 PM
Celebrate the season with the gift of music. Jazz to Classical to Bluegrass to Celtic to Rock, the master musicians of Bowfire present their energized holiday favorites. Their astonishing strings, kinetic choreography and vibrant vocals make Bowfire an unforgettable holiday event. **Begin with lunch on your own at Brandy's.**
BTSS Coach Fee: \$46/51*

Manhattan Transfer Orchestra Hall

Tuesday, December 14 (DAY25-D1001) 5:00 -10:45 PM
Multi-Grammy winning vocal quartet Manhattan Transfer will perform a Christmas show at Orchestra Hall. In all, the Group has collected eight Grammys-for hits such as *Birdland*, *Route 66*, *Why Not!* *Brasil* and *Sassy*. **Begin with lunch on your own at Beau Jack's.**
BTSS coach Fee: \$46/51*

"Home for the Holidays" DSO WAIT LIST

Thursday, Dec. 16 (DAY21-D1001) 9:30 AM - 3:45 PM
BTSS Coach Fee: \$52/57*

Shopping & Lunch at Olde World Canterbury Village

Friday, Dec 17 (DAY26-D1001) 9:30 AM-2:15 PM
Start your day shopping at the *Always Christmas* store to pick up those last minute gifts and decorations. Lunch (included) afterwards at the *King's Court Castle* restaurant. When registering please indicate menu choice:

- Soup of the day and your choice of chicken roll up or fish slider sandwich or castle slider sandwich; or
- Shepherd's Pie; or
- Soup of the day and Traverse City or Maurice Salad.

BTSS Coach Fee: \$22/27*

"Mary Poppins" Detroit Opera House WAIT LIST

Wednesday, Dec 22 (DAY22-D1001) 11:00 AM – 5:15 PM
BTSS Coach Fee: \$65/71*

"Rodgers and Hammerstein" DSO

Thursday, Jan 13 (DAY02-A1101) 9:30 AM - 3:45 PM
Showstopper after showstopper, the Pops brings you an enchanted evening of Rodgers and Hammerstein on Broadway! All your favorite hits from Oklahoma! The Sound of Music, The King and I and South Pacific. **Followed by lunch on your own at Big Rock Chophouse.**
BTSS Coach Fee: \$52/62*

"Wait Until Dark" Baldwin Theatre

Sunday, January 16 (DAY03-A1101) 11:30 AM – 5:00 PM
Three sinister con men embark on a mission to find a valuable doll in the Greenwich Village apartment of Sam Hendrix and his blind wife, Susy. Murder and mayhem ignite the stage in a deadly game of cat-and-mouse. This suspenseful thriller will keep you on the edge of your seat. **Begin with lunch on your own at Royal Oak Brewery.**
BTSS Coach Fee: \$29/39*

North American International Auto Show

Tuesday, January 18 (DAY04-A1101) 9:30 AM – 3:30 PM
Experience the next generation of transportation at the 2011 North American International Auto Show. More than 500 vehicles on display, representing the most innovative designs in the world. *Transportation only, participants purchase their own ticket at the door.* **Followed by lunch on your own at Mt. Chalet II.**
BTSS Coach Fee: \$12/\$22*

"The 39 Steps" Meadowbrook Theatre

Wednesday, January 19 (DAY05-A1101) 11:15 AM – 5:00 PM
Winner of two Tony Awards, this story of love, secrets and international espionage is based on the Hitchcock novel and film. A man with a boring life meets a woman who's a spy. When she's murdered a mysterious organization is hot on the man's trail in a nationwide manhunt with a death defying finale! **Begin with lunch on your own at Chapman Mills.**
BTSS Coach Fee: \$37/47*

"Shen Yun Performing Arts" Detroit Opera House

Saturday, Jan. 22 (DAY01-A1101) 11:30 AM – 5:45 PM
A triumph of collaboration, bringing together leading dancers, choreographers and musicians from around the world. Its productions are unique, fun and entertaining, but also educational, enriching, and uplifting. **Begin with lunch on your own at Tokyo Buffet.**
BTSS Coach Fee: \$75/85*

"Fakes, Forgeries and Mysteries" DIA

Wednesday, Jan 26 (DAY06-A1101) 10:00 AM – 3:15 PM
Exhibit highlights mistakes and other discoveries regarding artist attribution, authenticity and value of works in the DIA's collection. Illustrates how the DIA assesses artworks using research, science, and technology, revealing an aspect of the museum's work rarely seen by the public. Includes some 50 paintings, sculptures, photographs, prints, drawings and decorative arts from diverse cultures. **Followed by lunch on your own at Café DIA.**
BTSS Coach Fee: \$28/38*

Grand Buffet Oakland Community College

Thursday, Jan 27 (DAY07-A1101) 10:15 AM – 1:15 PM
Culinary Grand Buffets feature: Endless selections of fresh salads, vegetables, potatoes and a variety of meats, seafood, fish and a wonderful dessert table with pastries, tortes, cakes and cookies. There will be time to visit their onsite bakery. Located on the third floor of J-Building of the Orchard Ridge campus in Farmington Hills.
BTSS Coach Fee: \$22/32*

"Ravel & Schubert" DSO

Friday, January 28 (DAY08-A1101) 9:30 AM – 4:00 PM
Thomas Wilkins will conductor and pianist, Andrew von Oeyen will perform these famous works: Ravel *Mother Goose Suite*, Ravel *Piano Concerto in G Major*, Schubert *Rosamunde Overture* and Schubert *Symphony No. 2*. **Followed by lunch on your own after at Andiamo's.**
BTSS Coach Fee: \$40/50*

"Four Generations of Miles" Orchestra Hall

Friday, February 4 (DAY09-A1101) 5:00 – 10:45 PM
Drummer Jimmy Cobb, guitarist Mike Stern, bassist Buster Williams and saxophonist Sonny Fortune come together to play at Orchestra Hall in Four Generations of Miles this February. The performance, in honor of Miles Davis, will feature selections from Davis' legacy. **Begin with dinner on your own at Meriweather's.**
BTSS Coach Fee: \$46/56*

"In the Heights" Fisher Theatre

Saturday, Feb 5 (DAY10-A1101) 11:00 AM – 5:15 PM
Moving, funny, and uplifting 2008 Tony Award-winning Best Musical about a community of hard-working immigrants seeking a better life and trying to find their place – their home – in their new country. An exhilarating journey into a vibrant Manhattan community – where the coffee is light and sweet, the windows are always open, and the breeze carries the rhythm of three generations of music. **Begin with lunch on your own at Luxe Bar & Grill.**
BTSS Coach Fee: \$80/90*

"1940's Radio Hour" Village Players

Sunday, February 6 (DAY11-A1101) 11:30 AM – 4:30 PM
Be a part of the audience to watch a zany cast of characters prepare for, then sing their way through their December 21, 1942 radio broadcast. Enjoy great arrangements of *Boogie Woogie Bugle Boy*, *Old Black Magic*, *Our Love is Here to Stay*, *Aint She Sweet*, *I Got a Gal (in Kalamazoo)*, *Hey Daddy*, *Strike Up the Band* and many more classics. **Begin with lunch on your own at Mitchell's Fish Market.**
BTSS Coach Fee: \$30/40*

"The Misanthrope" Hilberry Theatre

Wednesday, Feb 9 (DAY12-A1101) 11:00 AM – 5:15 PM
The misanthrope is a man who seems passionate in his comic detestation of humankind - its foibles and hypocrisy. Yet the woman he desperately loves stokes his flames of ire and desire as she courts him while a promising her love to many other suitors. Life unravels beautifully in Moliere's masterpiece on men, women, passions and protestations. **Begin with lunch on your own at Lily's Seafood.**
BTSS Coach Fee: \$28/38*

"Red, White and Tuna" Farmington Hills Players

Sunday, Feb 13 (DAY13-A1101) 11:30 AM – 5:00 PM
The Players first visited Tuna, Texas in their production of "A Tuna Christmas". They've returned to Tuna during the town's 4th of July High School Class Reunion – with a show full of fireworks and fun from the land where the Lion's Club is too liberal and Patsy Cline never dies. **Begin with lunch at J. Alexander's.**
BTSS Coach Fee: \$29/39*

"Gene Pitney & Buddy Holly" Club 650 at OPC

Thursday, February 17 (DAY14-A1101) 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 Gene Pitney and Buddy Holly with songs like *Hello Mary Lou*, *That'll Be the Day* and many more. Light appetizers included before the performance.
BTSS Coach Fee: \$27/37*

** Fees are listed as Resident/Non-resident. Non-Bloomfield Twp. residents pay additional fee per trip.*

** Trips occurring before January 1, 2011 - \$5 fee*

** Trips occurring after January 1, 2011 - \$10 fee*

See page 2 for registration/cancellation policies.

"Proof" Tipping Point Theatre

Saturday, February 19 (DAY15-A1101) 12:15 – 5:45 PM
Pulitzer Prize and Tony Award winning play that looks at the loyalty and devotion of fathers and daughters. Catherine, daughter of a recently deceased, mentally-ill, mathematical genius, struggles with fears of following in her father's footsteps. Her search for faith, hope and love leads her to one of her father's former students and the realization that while life is often based on provable facts, a leap of faith is also often a necessity. **Begin with lunch at Diamond Jim Brady's.**

BTSS Coach Fee: \$36/46*

"Gershwin & the American Songbook" DSO

Thursday, Feb 24 (DAY16-A1101) 9:30 AM – 4:00 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

Saturday, Feb 26 (DAY17-A1101) 11:00 AM – 5:15 PM
Experience the sizzling excitement of 20 champion dancers in a true theatrical experience. Burn the Floor takes audiences on a journey through the passionate drama of dance - the elegance of the Viennese Waltz, the exuberance of the Jive, the intensity of the Paso Doble, as well as the Tango, Samba, Mambo, Quickstep and Swing. **Begin with lunch on your own at the Kona Grill.**

BTSS Coach Fee: \$71/81*

"Reunion" Meadowbrook Theatre

Wednesday, March 2 (DAY18-A1101) 11:15 AM – 5:00 PM
Set to music of the era, this Civil War story was adapted from letters, diaries, memoirs and newspapers written by the men and women who were there. Deals with the struggle of the North to mobilize politically, militarily and emotionally and deciding just what it's fighting for and against. **Begin with lunch on your own at Blue Water Bistro.**

BTSS Coach Fee: \$31/41*

"Fiddler on the Roof" Novi Civic Theatre

Friday, March 11 (DAY19-A1101) 4:30-10:30 PM
Don't miss this great production of a timeless classic at the Novi Civic Theatre. This musical is filled with a rousing, heartwarming score, which includes "Tradition," "Matchmaker, Matchmaker," "If I Were A Rich Man" and "Sunrise, Sunset," **Begin with dinner on your own at Moe's on Ten.**

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 (EDE) 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 – 4:00 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 – 4:00 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*

"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*

Thank You for Your Donations... Sally Taylor, Sidney Kelly, Barbara Driver, Janine Richard, Ronald Steinberg, Michael Stacey, Magdalena Predeteanu, Edward Alpert, Ron Lech, Joanne Speyer, Barry Tilds, Charlotte Clark, Geraldine Warshawsky, Dorothy Montplaisir, Annette Carter, Sally Taylor*

* CHARITABLE CONTRIBUTIONS AND GIFTS
An individual may deduct under Internal Revenue Code Sec. 170 (subject to maximum deduction of 50 of a taxpayer's contribution base) any charitable within the taxable year, to a State, federal or local government units, or any political subdivision thereof, only if the contribution of gift is made exclusively for public purpose contribution which is made exclusively for public use.

Enrichment opportunities for the well informed Traveler...

How the New Health Care Law Benefits You ☉

Tuesday, Dec 7 (EDU52-D1001) 1 - 2:30 PM
Congress enacted a new health care law which brings a number of benefits to all Americans, including people over 50. AARP Speaker will update us on these changes. To assist in planning, preregistration requested for the following two programs. Day of event, sign in at main level reception desk and pay guest fee, if applicable.)

How the New Health Care Law Benefits You ☉

Tuesday, Dec 7 (EDU52-D1001) 1 - 2:30 PM
Congress enacted a new health care law and some of these changes you will see this year. Others phase in over the next several years. This AARP speaker will update us on some of these changes.

To assist in planning, preregistration requested for the above drop in programs. Day of event, sign in at main level reception desk and pay guest fee, if applicable.

Travelers may also enjoy...

Stained Glass

Tues & Thurs Fee: \$2/\$12*
1:30 – 3:30 PM
Jan 18 & 25 (ART12-A1101) Light House Night-Lite
Feb 17 & 24 (ART12-A1102) Stained Glass Angel
Learn to create a colorful stained glass lighthouse night-lite or free standing stained glass angel. Cut, solder, foil use all the stained glass techniques to create your perfect work of art. (\$10 material fee at first class)

Wii Bowling League ☉

2nd Wednesday (SOC35-A1101) 11 AM **Begin: January 12**
Join the virtual world of bowling and have a fun, fun, fun time! Sign up now for our new Wii bowling league. For bowlers and non-bowlers alike! Monthly competitive, friendly play at the center.

Historytelling

History teller: **Maureen Esther**
Tuesday, Dec 14 (EDU47-D1001) 1-3 PM Fee: \$10/15*
Lecture covers Christmas traditions and their origins. Includes a discussion of "Twelfth Night" festivities at the courts of Henry VIII and Elizabeth I.

Celebrations!

Happy Holidays (SEV10-D1003)

Thursday, December 9 9:30 - 10:30 AM
Lahser High School **Knightingales & Knightsingers**
Muffins & More
(To assist in planning, Preregistration Requested.)

Jazz'n It Up ☉ (SEV10-A1101)

Monday, January 31 2:45 - 3:45 PM
Andover High School **Jazz Ensemble**
Popcorn & Root Beer
(To assist in planning, Preregistration Requested.)

Time's running out – get yours today!



only \$25

Books

Get great savings! Support BTSS!
(FUN04-C1001)

Celebration!!



Happy Holidays!

(SEV10-D1003)

Thursday, December 9 9:30 – 10:30 AM
Lahser High School Knightingales & Knightsingers
Muffins & More

Jazz'n It Up! ♪

(SEV10-A1101)



Monday, January 31 2:45 – 3:45 PM
Andover High School Jazz Ensemble
Popcorn & Root Beer

Preregistration required

(♻ See top of page 9 for details.)



Bloomfield Seniors E-mail List

We often learn of new opportunities after our brochure is printed. Rather than miss out, we will send out email updates about new classes, trips, upcoming events or special programs. To sign up for this service, please visit our website, enter your email address and subscribe. www.bloomfieldtwp.org/seniors/maillinglist

You may also get up-to-date information about all Township departments. Go to the home page of the Township's website, www.bloomfieldtwp.org, and click on "E-mail List" in the dark blue box, top right hand corner. An electronic newsletter will be sent 1-2 a month or as news happens.

How can we be of service?

We offer many services that support well-being and independence look for the *yellow* Supportive Services insert for more information.

- | | |
|-------------------------------------|-------------------------|
| Medical Transportation | Telephone Reassurance |
| Blood Pressure Checks | Loan Closet |
| File of Life | Hearing Screening |
| Support Groups | Home Loans/Counseling |
| Minor Home Repair Program | Loan Closet |
| Meals on Wheels | Nutritional Supplements |
| Friendship Club (Adult Day Service) | |

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.

Senior Men's Club

Please pre-register

Facilitators: Bruce Madsen & Jim Grady

Enjoy entertaining speakers, male camaraderie & a light breakfast. Breakfast available for those who pre-register (at least 3 days in advance).

3rd Wednesday 9:30 – 11:30 AM Fee: \$6*

Dec 15 (SOC27-D1003) John M. "Jack" Roberts
"Escape" True Story of a World War II P.O.W.

Jan 19 (SOC27-A1101) William Stout
"Hunting, An Unusual Twist!"

Feb 16 (SOC27-A1102) Officer Jason Coleman
Canine Corp - Bloomfield Twp, Special Demo

Senior Women's Club

Please pre-register

Facilitator: Myrna Ann Hinkson

Enjoy our dynamic speakers and luncheon program catered by Salvatore Scallopini. Lunch served to those who pre-register only (at least 3 days in advance).

4th Wednesday 11:30 AM – 1:30 PM
Fee (with lunch): \$10/20* Fee (w/o lunch): \$2/12*

Jan 26 (SOC28-A1101) William M. Kohen, MD
"Knee & Hip Replacement"

Feb 23 (SOC28-A1102) Jan Roncelli, B.T. Clerk
"Election Technology Trends"

***Thank you to our
2010 Health Fair & Flu Shot Clinic
sponsors***





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

Winter 2010-11

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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.

Registration for appointments begins on Monday, January 3, 2011.

Appointment required: 248-723-3500

Younger Onset Alzheimer's Support Group

(EDU01-D1101)

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 Tuesday of the month from 5:30 - 7:00 pm at 4315 Andover Rd. Advance registration appreciated: call 248-723-3500 to register. Any questions about the group please call Ashton Clark at 248-915-5899.



MINOR HOME REPAIR

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

# in Household	Max. Household Income
1	\$24,450
2	\$27,950

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

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.

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.

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 (Bloomfield Township, Bloomfield Hills, West Bloomfield and Orchard Lake) seniors 60+ 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 hours per month and flexibility between client and driver. Please call Denise at BTSS at 248-723-3500 for more information.



BLOOD PRESSURE CHECKS

Certified volunteers are available on the 3rd Wednesday of each month from 11 am until 12:30 pm. Stop in on one of these dates:

December 15th, January 19th, February 16th

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



BTSS has a loan closet of wheelchairs, walkers, canes and other equipment available free for short term use. Please contact Denise Kolkmeier at 248-723-3500 for more information.

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

In Memoriam...

*Deepest sympathies to the families and friends of:
Tom Wilson, Mildred Neumark, Catherine VanDusen,
Nathan Fink, June Capps, Patricia Frizzell, David Button*

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.

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

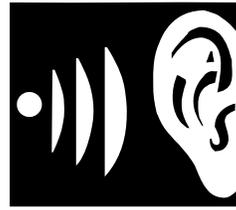
Home Improvement Loan Program

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.

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



FREE HEARING SCREENING

Provided by
Lion's Hearing Center of Michigan

TUESDAY, DECEMBER 7th
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

Holiday Candy!!

Thank you to those who donated Halloween treats for our Meals on Wheels clients. They were absolutely delighted to receive them! It was so well received that we have decided to deliver holiday candy in December! **Please drop off individually wrapped candy at the Senior Center any time between now and December 15th.** Call Denise at 248-723-3500 if you would like to join us on Friday, December 17 at 1:30pm to package the candy for delivery to our meal clients.

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.