



Senior News

Birmingham Area Seniors Coordinating Council and Center

May, 2011

EXCLUSIVE ENGAGEMENT! SPRING SYMPHONY CONCERT AT BASCC Friday, May 27 -10:30 a.m. \$15 Ticket

Enjoy an intimate musical experience presented by the Birmingham-Bloomfield Symphony Orchestra (BBSO) string quartet. They will play classical favorites on Friday, May 27 at 10:30 a.m. During intermission coffee and pastries will be served.



Mingle with the musicians during intermission and stay for a question and answer session at the end of the concert.

Tickets may be purchased for \$15 through the BASCC office. Space is limited so stop by and pick up your tickets today!

Tell your friends, family and neighbors about this exclusive opportunity to hear classical music close to home!

2010-2011 VOLUNTEER OF THE YEAR

Each year at our volunteer recognition event, BASCC honors one member who has gone above and beyond in his or her volunteer activities.



This year's volunteer of the year, John Rady, Jr., is a quiet, unassuming man who has donated time to BASCC since 2007.

John made a significant impact on the lives our seniors. He has fixed countless computers for our members and staff and volunteered at all of our special events except serving at the spring tea (we're working on that).

We can't thank John enough for all he does for BASCC. Congratulations, John!

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IT PAYS TO BELONG!

(Your Membership Expires June 30)

COORDINATOR'S CORNER

The theme for the volunteer breakfast this year was *Volunteers are the Heart of BASCC*. From Meals on Wheels to the Rummage Sale to our front office greeters, we have volunteers in so many areas that it's hard to mention them all. Thank you for helping BASCC fulfill its mission. You truly are the "heart" of BASCC.

We're grateful to our 2011 Volunteer Breakfast sponsors and their representatives:

- BCBS of Michigan – Julieann Morelli
- Clavenna Vision Institute – Melissa Gould
- Emerald Food Services – Cheryl Wallace
- Herndon Healthcare – Patricia Herndon
- Premier Healthcare – Sean Southers

Finally, congratulations to **John Rady**, Volunteer of the Year. He has helped numerous members, and staff with their countless computer problems with a positive, never give up attitude.

Since coming to BASCC in 2007 one of my favorite events of the year is the Spring Tea and Fashion Show. Again, this year Lori Hoffman will be back with her collection of vintage hats so wear your favorite hat, enjoy delicious tea sandwiches and a cup a' tea.

Spring is finally here! Enjoy!

INTERGENERATIONAL READING CELEBRATION

Wednesday, May 4 - 9:45-10:45 a.m.

The third and fourth graders from Birmingham Covington School invite BASCC members to a reading celebration. Be part of this meaningful event that creates connections between adults and young people of our community.

Refreshments provided. Register by calling BASCC at 248.203.5270,

MATURE DRIVER WORKSHOP

\$25/member

Wednesday, June 1 - 9:00 am -1:00 p.m. \$30/non-member

Thursday, June 2 - 9:00 am-1:00 p.m.

Friday, June 3 - 9:00 am -12:00 p.m.

Registration Deadline: Friday, May 20

The workshop teaches defensive driving and risk management skills, the effects of aging on driving and compensation skills for diminished ability.



Gain valuable insight into your driving ability by having certified instructors measure your reaction time, depth perception, night driving glare recovery and useful field of view.

On June 12, an optional, confidential on-the-road evaluation (1 ¼ hour) with a AAA-certified instructor in your own vehicle is offered to class participants. Results of the road evaluation are strictly confidential between you and the instructor.

Michigan legislation states that auto insurance companies may provide premium discounts to drivers 50+ that complete an approved eight-hour driver safety course. Check to see if your insurance company participates.

MACKINAC ISLAND - GRAND HOTEL

Tuesday, September 27–Friday, September 30

Cost: \$757/double, \$697/triple, \$971/single

Register and pay by June 29

Enjoy three nights and four days at the elegant Grand Hotel. Enjoy a horse-drawn carriage tour, history and garden lectures, kitchen tour with cooking demo, dancing nightly to the Grand Hotel Orchestra and more.

Trip includes: round trip motorcoach, ferry trip rides and taxi to hotel, five-course dinner nightly, full breakfast daily with afternoon tea and cookies. Enjoy this scenic island without the summer crowds! Travel insurance recommended. Call BASCC for details.

While BASCC is unable to endorse any of the products or services of our newsletter sponsors, we appreciate the support of these businesses.

B-I-N-G-O WITH BARB

Fridays, May 6 and 20 - 1:00-2:00 p.m.

Eight games of regular bingo (horizontal, vertical, diagonal, four corners) are played. The cost to play is: 1 card/\$2, 2 cards/\$4, 3 cards/\$6, 4 cards/\$8 etc. Thanks to Baldwin House for cover-all prizes and cookies.

FALL PREVENTION SERIES

\$50 member

Mondays, May 2 - June 6

\$55 non-member

10:00 – 11:00 am

Instructor: Sharon Claye

Must pre-register by Thursday, April 28

Are you an older adult concerned about falling, or a baby boomer worried about the safety of aging parents? Good news - there's no need for anyone to lose their independence as the result of a fall!

Practice various balance and strengthening techniques in this fun and empowering class proven to reduce the risk of falling. Overcome the fear of falling with this unique approach as you practice various exercises integrated into daily living in a fun and safe atmosphere.

The *Six Step Balance System* designed by Dr. Betty Perkins-Carpenter is used. You can purchase a copy the book (\$18) at the first class.

READERS' CHOICE

1st Tuesday - through May – 1:00 p.m.

Pat Hernlund, Facilitator - 248.546.1222

E-mail: pathern@sbcglobal.net

Come join this lively group of readers as they discuss a series of books. New members are always welcome. 2011 books:

May 3 - *Half Broke Horses: a True Life Novel* by Jeannette Walls is a story of frontier ranch life in Texas and is based on Walls' grandmother.

May 9 - Group lunch, future books chosen, place to be announced.

Call BASCC to register. It is okay to come to a meeting even if you have not finished or even read the book. Questions? Call or e-mail Pat.

ANYONE CAN PAINT

\$27 member

Tuesday, May 3 - 9:30 a.m. & 12:30 pm \$32 non-member

Subject: *Wildflower in a Meadow*

Pre-register by Tuesday, April 26

Tuesday, June 7 - 9:30 a.m.

Subject: *Moonlit Lighthouse*

Pre-register by Tuesday, May 31

Absolutely anyone can paint! Steve Wood returns to BASCC to teach you how to paint like an artist in just one class! Steve combines painting tips and techniques, with humor and encouragement, providing a relaxing, enjoyable experience for beginning to intermediate painters. By the end of class, participants will have completed an 11 x 14 acrylic painting. Fee includes all supplies.

STORYTELLERS GROUP

Monday, May 9 - 1:00 p.m.

Mary Lou Flatter, Facilitator - 248.540.2479

Call BASCC to register

Storytellers is a group of people willing to write about their unique life experiences and then read them during the monthly meeting.

GOLF CLINIC wth Joe Portfilio

\$45 member

Carl's Golfland

\$50 non-member

1976 S. Telegraph Rd.

Bloomfield Hills

Tuesdays - May 10, 17 and 24 - 1:00-2:00 pm

Pre-register by April 26

By popular demand, Joe Portfilio, co-head professional from Carl's Golfland, will continue to help you get your game ready for the season. ***This Clinic is held outdoors at Carl's Golfland.*** Lessons under covered area if it's raining. Lessons include: May 10 - Irons, May 17 - Short Game, May 24 - Woods. For players of all ages and abilities. Bring your clubs. Class size limited to 10.

AVOID MAIL FRAUD SCHEMES

Free

Wednesday, May 11 - 10:00 a.m.

Pre-register by Monday, May 9

US Postal Service Agent Olesen discusses various types of mail fraud schemes. From chain letters to investment fraud, learn how scams are typically perpetrated, how the targeted individual can identify them and, most importantly, how to keep from becoming a victim.

MAD HATTER'S TEA \$12 member
 Thursday, May 19 - 12:30 -2:30 pm \$15 non-member
 Pre-register by Thursday, May 12

Wear your favorite spring hat and plan to attend BASCC's annual Mad Hatter's Tea Party. Hat collector Lori Hoffman returns to present her unique collection of over 100 vintage hats, which date from 1850 to the 1950's. **We still need:**



- Volunteer hat models
- Volunteer Dapper Gentlemen - a few BASCC male members to serve the tea!
- The loan of tea cups, saucers and teapots

If you can help, please call the office.

HELP BASCC BLOOM!
 Wednesday, May 25 - 10:00 a.m.
 Rain date Thursday, May 26

BASCC welcomes member donations of flats of pink or white impatiens to beautify the courtyard! We also need help with planting the flowers.

If you can donate a flat or help plant the impatiens, please call the office by Monday, May 23.

WEDNESDAY LUNCH AND LEARN SERIES Free
Managing Your Investments In Uncertain Times
 Wednesday, June 1 11:00 a.m. or 1:00 p.m.
 Pre-register by Friday, May 27

Merrill Lynch's Don Gill, Managing Director, Wealth Management in the Bloomfield Hills office, will share his investment insight and strategies for success in today's challenging financial markets.

Don will share the following with the group: market overview, short and long-term market cycle, and a unique investment process designed to deliver a stable-to-growing income stream.

A free lunch provided by the presenter follows the presentation. In order to plan for the lunch, call BASCC by Friday, May 27.

Barron's Magazine ranked Don Gill as the #8 Top Financial Advisor in Michigan for the second year in a row.

ASK THE OFFICER Free
 Monday, May 23 - 10:00 a.m.
 BASCC Lobby

Corporal Jerry Hall from the Birmingham Police Department will be available in the BASCC lobby to answer your questions. He will return again in the fall.

ASPIRING AUTHORS Free
 Thursdays, May 5 and 19 - 10:00 a.m.
 Dr. Sheila Becker, Facilitator - 248.649.0384

Shelia and other group members can help you develop your interest in writing that could lead to publication! Drop in to learn more.

BESTSELLERS BOOK CLUB Free
 Wednesday, May 18 - 1:00 p.m.

Join us on the third Wednesday of each month for a lively discussion of *current* bestsellers. Call BASCC to register and find out what book the group is reading.

BOOK TALK Free
 Mondays - 2:00 p.m.
 Ann Plunkett, Facilitator - 248.737.9395

The group will use the book *The Best American Short Stories of 2009* for discussions.

COIN CLUB
 3rd Wednesday - 7:00 p.m.

Contact Robert Beuter, 248.646.9657 for more information.

DISCUSSION GROUP Free
 Wednesday, May 11 - 1:30 p.m.
 Jim Saylor, Facilitator - 248.644.3130
 Mary McDougall, Facilitator - 248.851.0812

The May program is a three-part *Frontline* presentation. Part 1: reviews issue of highly paid college coaches versus the athletes who sign away all their rights; part 2 Chinese artist, Ai Weiwei, who has been severely reprimanded for his outspoken views on Chinese social repression; and part 3 a brief overview of the American intelligence officer who leaked classified information to the *WikiLeaks* website. A full-length *Frontline* program follows about *WikiLeaks*.

DRAWING CLASS

Free

Thursdays - 1:00 p.m.

Ilona Yates, Instructor

Ilona guides beginning and intermediate students in drawing techniques. Bring your own materials.

LUNCH OUT

O'Mara's Irish Restaurant

Monday, May 16 - 12:30 p.m. at the restaurant

2555 12 Mile Road (sw corner 12 Mile/Coolidge)

Berkley, MI 48072-1625

(248) 399-6750

We've rescheduled this Lunch Out due to the snow-storm in February. O'Mara's Irish restaurant is Berkley's best kept Irish dining secret! Traditional Irish fare, including succulent Shepherd's Pie, is featured along with American restaurant food favorites. Call BASCC by Thursday, May 12, so a reservation can be made.

FEATURE FILM

Free

Mao's Last Dancer (PG)

Thursday, May 12 - 12:30 p.m.

The inspiring true story of Li Cunxin and his extraordinary journey from rural China to international stardom as a world-class ballet dancer. *Mao's Last Dancer* weaves a moving tale about the quest for freedom and the courage it takes to live your own life.

Pre-register by noon the day before. The movie will be cancelled if no one pre-registers.

KNITTING & CROCHETING

Free

Mondays - 10:00 a.m.

Enjoy lively discussion and laughs with this group. Bring your own project and materials or use supplies here at BASCC.

POTTERY

Thursdays, 9:30 a.m.-12:30 p.m.

Mixie Hockman, Instructor

Learn to create beautiful pottery under Mixie's direction. Limited to eight students. Call BASCC for space availability. Materials fee paid to instructor.

WATERCOLOR CLASS

Free

Wednesdays - 1:00 p.m.

Join this experienced group of painters. They will gladly guide novice painters.

MAH-JONGG

Free

American - Fridays - 10:00 a.m.

Chinese - 1st and 3rd Thursdays - 10:30 a.m.

American Mah Jongg uses a special set of inscribed tiles that players deal, draw and discard, while working to make combinations prescribed and printed on a "Card of Hands," published annually by the National Mah Jongg League. Players need this card, which can be purchased from various stores and online.

Chinese Mah Jongg is comparable to playing Rummy with a set of inscribed tiles instead of a deck of cards. Players deal, draw, and discard tiles, while working to make combinations of three to four tiles, and "going out" first with the highest score.

QUILTING

Free

Wednesdays - 10:00 a.m. - 2:00 p.m.

Novice or experienced quilters are welcome to join this group of ladies who enjoy creating projects and sharing ideas.

RED HAT BELLES

Wednesday, May 11 - 10:30 a.m.

Barb Gowans, "Queen Mum," 248.673.3650

E-mail: barbgowans@sbcglobal.net

The Red Hat Belles continue to plan social activities and gatherings for the ladies who dress in red and purple. Luncheons and other fun events are eagerly anticipated. Join them each month, all are welcome. For more information, contact Barb.

SING-A-LONG

Free

Join this lively group of singers when they reconvene in September. Come raise the roof!

STAMP CLUB1st and 3rd Tuesday - 7:00 p.m.

Contact John Schuelke, 248.588.1151 for more information.

DAY TRIPS

The following trips are offered in partnership with the Birmingham Community House. All departure/return times are approximate. Monday-Saturday pickup location is the First Presbyterian Church on Maple. Sunday pick up is at the Community House, 380 S. Bates, Birmingham. Call Julie Mandich for more information.

Holland Tulip Festival **\$110**
Wednesday, May 11 - 7:00 a.m. - 9:00 p.m.

Lights! Camera! Action! featuring a new male quartet, and gifted Panning family Bluegrass Group. After attending the Volksparade and famous Streetscubbing stop at Veldheer's Tulip Farm that boasts five million tulips. Trip includes: all entrances, lunch and box lunch on return.

Rigoletto **\$79**
Friday, May 13 - 8:45 a.m. - 3:30 p.m.
Breakfast at The Community House

Opera in three acts by Verdi. Rehearsal performance at the Detroit Opera House, best seats and snack.

Two for One! – Farrell on Flint and Saginaw **\$99**
Saturday, May 14 - 9:00 a.m. - 4:00 p.m.

Michael Farrell lectures at two museums: First it's the Marshall Fredericks Museum in Saginaw then on to the Flint Institute of Arts for an exhibition of early Andrew Wyeth works. Lunch follows at Warwick Hills Country Club.

The Birth of Our City – Detroit **\$89**
Thursday, June 2 – Lecture – 7:00 p.m.
Saturday, June 11 – Tour – 9:30 a.m. – 3:30 pm

Michael Hodges presents a lecture and slide show of his great, great, grandfather's business, Detroit Lubricator, which supplied oil to the world's steam locomotives. The bus tour features the distinct neighborhoods of Detroit. Lunch is included.

Walkerville Tour with Michael Farrell **\$99**
June 3 - 9:00 a.m. - 4:00 p.m.
Passport or enhanced driver's license required!

Tour begins in Windsor at the Hiram Walker Headquarters with a tour then to St. Mary's Anglican Church and Willistead Manor. Lunch at Il Gabbiano.

EXTENDED TRIPS

Mushroom Mania - **\$475/ double**
Boyer City & Charlevoix
May 13-15, 2011

"SHROOMS" from the woods of northern Michigan to the shores of Lake Michigan. Round trip motor coach transportation, two nights' accommodation, two breakfasts and dinners, tickets for the Morel mushroom hunt and all tours.

Go Wright - Oak Park, Illinois **\$320/double**
May 20-21, 2011 **\$375/single**
Tickets limited
Depart 9:00 am Friday - Return 9:30 pm Saturday

See rare interiors of private homes, maintained in their original state, and designed by Frank Lloyd Wright and his contemporaries in Oak Park and River Forest, IL. Tour includes roundtrip motorcoach with box lunch on Friday, one night Renaissance Hotel, Oak Brook, with breakfast, Saturday house walk and a box lunch.

Call BASSC for details about the following trips:

Canyon Country \$2,549/double
 July 21-July 29, 2011 \$3,249/single

Canyon Ranch, Tucson, AZ \$2225/double
 August 5-9, 2011 *Airfare not included*

To Paris with Love \$2399/double
 September 9-16, 2011
Deposit: \$400 to reserve a space by May 15

Venetian Foodies! \$3099/double
 September 9-17, 2011
Deadline to register is May 31

Stratford Festival: Jesus Christ Superstar \$159
 Sunday, September 25

Shades of Ireland \$2999/double
 October 11-20, 2011 *Deadline to register is May 12*

Stratford Festival: Camelot \$159
 Sunday, October 30 – 8:00 a.m. – 8:00 p.m.

Tiramisu and the Riviera Too! \$2999/double
 November 7-17, 2011

ASK THE ATTORNEY

Tuesday, May 17 - 2:45 to 3:45 pm

Attorney Chuck Lillie offers 15-minute appointments of free legal counseling. Schedule an appointment by calling BASCC.

Free

BLOOD PRESSURE SCREENING

Wednesday, May 4 - 10:00-11:00 a.m.

Come to BASCC for a blood pressure screening. No appointment needed.

Free

EARLY STAGE MEMORY LOSS SUPPORT GROUPS

Tuesdays, May 10 and 24 - 1:00 p.m.

New early stage participants and care partners are now being accepted. Early stage participants must be interviewed prior to attendance. If you are interested, please contact the Harry L. Nelson Helpline at 1-800-272-3900 and ask for the Early Stage Support line.

DURABLE MEDICAL EQUIPMENT LOANS

Free

Our loan closet contains wheelchairs, walkers, canes, commodes, bath benches and shower stools available for short-term use. We also accept donations of any of the above items if they are clean and gently used. Please contact Shirley or Jeanne for more information about borrowing or donating items.

LUNCH AND A TOUR

Free

Please join the Outreach staff for an outing to local senior housing. Transportation to and from BASCC, lunch and a tour are free. Please call BASCC to register or if you have any questions. Scheduled tours are:

May 11 - 10:30 a.m.

Sanctuary at Bellbrook, Rochester Hills

June 8 - 10:30 a.m.

Canterbury on the Lake, Waterford

July 13 - 11:00 a.m.

St. Anne's Mead, Southfield

August 10 - 11:00 a.m.

Waltonwood of Royal Oak

MEALS ON WHEELS NUTRITION ENROLLMENT & VOLUNTEER OPPORTUNITY

Please call Emerald Foods at 248-689-0001 to enroll. If you are available once a week, once a month, or once in a while to deliver or package meals please call 248-203-5281 to volunteer.

MEDICARE/MEDICAID COUNSELING

Free

Tuesday, May 3 - 10:30 a.m. to 1:30 p.m.

The Area Agency on Aging 1B offers counseling each month. Please call BASCC for an appointment.

NUTRITION SUPPORT

Ensure Plus is offered at a reduced cost. An application from BASCC and prescription from the physician are necessary. Please call BASCC to order or for more information.

VISION ENRICHMENT SUPPORT GROUP

Free

Wednesday May 18 - 10:00-11:30 a.m.

Dr. Lori Stec, a Beaumont Ophthalmologist, will lead the discussion. Those who are visually challenged and their family/caregivers are welcome to join this group to discuss issues and hear speakers.

MINOR HOME REPAIR & YARD SERVICE PROGRAM

Thanks to the Foundation for Birmingham Senior Residents and Community Development Block Grants, we are able to help low to moderate income residents in Birmingham and the Village of Beverly Hills with minor home repair and yard services that includes snow removal and lawn care.

If you believe you may qualify for these services, please contact Shirley or Jeanne in Outreach.

ADDITIONAL ASSISTANCE TO LOW INCOME SENIORS

If you are having difficulty paying for prescription co-payments, insurance premiums, eye glasses, dental care or hearing aids please call the Outreach Department to see if they can assist you.

MARK YOUR CALENDAR

The annual Expo and Flu Shot Clinic will be Tuesday, October 11 from 10:00 a.m. to 1:00 p.m.

8TH ANNUAL PEANUT BUTTER AND JELLY DRIVE**Wednesday, June 1 through Friday, July 29****Drop off hours - 9:00 a.m. - 4:00 p.m. Monday-Friday**

Please contact any groups you know who might want to partner with BASCC. This is a very important service especially for financially challenged families whose children are out of school for the summer.

TELEPHONE REASSURANCE

If you or someone you know lives alone and would like a friendly call each weekday to check on them and brighten their day please call BASCC to enroll. If you would like to be a volunteer sub caller please contact the BASCC Outreach Department.

FILE OF LIFE PACKETS AVAILABLE

This medical information packet, which is magnetized to your refrigerator, is designed to provide emergency personnel with necessary medical data to begin immediate treatment. Please contact BASCC if you are interested.

**OAKLAND COUNTY HOME IMPROVEMENT
LOAN PROGRAM**

Focusing on health and safety, Oakland County provides loans to low and moderate income residents who own their home. Payments are deferred until you sell, move or lease your home and have no interest. Pick up an application at BASCC or visit their website at: www.oakgov.com/chi

BEWARE OF SCAMS

Local law enforcement has asked us to remind you to be aware of scams. The most recent alert from Bill Schuette, the Attorney General, involves grandparents being called and told their grandchild is in trouble and needs money. Do not send any money without confirming with other family members that there is an emergency. If you cannot reach anyone please call the police department.

BE PART OF OLDER MICHIGANIANS DAY

The number of Michigan seniors age 60+ is rising by 135 residents per day! This growing wave of older adults presents challenges and opportunities. Older Michiganians Day 2011 is a rally on the steps of the State Capitol in Lansing on June 15, 2011 from 10:00 am-2:00 pm to advocate on issues and programs that affect older Michigan residents.

The platform this year urges Michigan Legislators and the Governor to:

- Assure access to a full range of high quality long term care options
- Create more livable communities so older adults will stay in Michigan and contribute to our economic recovery
- Provide greater protections for vulnerable older adults from abuse and financial exploitation

A box lunch will be served. Call BASCC for a box lunch ticket and be part of this important rally.

What's It Worth Continues!

Sell your jewelry, antiques and memorabilia to Wachler Estate Collection and Gary Wachler will donate a percentage to BASCC for each item purchased. Tell Gary BASCC sent you.

Contact Gary Wachler at gwachler@gmail.com or at 248.540.4622.

BASCC does not discriminate on the basis of disability in admission or access to its programs, activities or services as required by Title II of the Americans with Disabilities Act of 1990 and is an equal opportunity provider and employer.

BEGINNING BRIDGE **Free**

Mondays - 10:00 a.m.-12:00 p.m.

Al Rosie, Instructor

Al teaches beginning bridge for those with little to no bridge playing experience.

BRIDGE PRACTICE **Free**

Thursdays - 9:00 a.m.-12:00 p.m.

Al Rosie & Bill Wiebrecht, Coaches

Al and Bill help players with strategies.

MONDAY DUPLICATE BRIDGE **Free**

Mondays - 12:15-3:15 p.m.

Al Rosie, Facilitator

Enjoy an afternoon of duplicate bridge with this group of players. Winners as of 04/08/11:

03/14/11

N/S	Joan Bidell & Bill Wiebrecht	59%
E/W	C. Del Vero & Betty Ladewig	66%

03/21/11

N/S	Joan Bidell & Bill Wiebrecht	64%
E/W	Jack Gates & Barbara Minue	57%

03/28/11

N/S	Joan Bidell & Bill Wiebrecht	60%
E/W	C. Del Vero & Betty Ladewig	58%

04/04/11

N/S	Joan Bidell & Bill Wiebrecht	64%
E/W (Tie)	Joe Janik & Jim Brown	60%
	C. Del Vero & Betty Ladewig	60%

TUESDAY EUCHRE **Free**

12:30-3:30 p.m.

Enjoy an afternoon of euchre with good company.

WEDNESDAY BRIDGE **Free**

12:00-3:15 p.m.

Sheila & Jay Becker, Facilitators - 248.649.0384

Enjoy a fun afternoon of social bridge. Winners as of 04/08/11:

03/16/11	Betty Meisner	4800
03/23/11	Betty Ladewig	3580
03/30/11	Sheila Becker	4580
04/06/11	Jay Becker	4480

COMPUTER TRAINING **\$5/hour**

One-on-one training sessions are offered. Stop by BASCC to pre-pay and schedule a class. Purchase discount cards and save (\$20/5 lessons)!

Class Times

Monday (9 am-12 pm)

Monday (1-3 pm)

Wednesday (9 am-12 pm)

Friday (9 am-12 pm)

Instructor

Jim Caldwell
Henry Nabors

Ron Denton

Jim Caldwell
Larry Frincke
Jay Reynolds

Jay Reynolds

Some of our instructors can also give guidance on installing new computer equipment in a member's home. Call Patrice Lynch for details.

SENIOR NEWS GOES ELECTRONIC

In keeping with our efforts to reduce costs, *Senior News* is now online at the BASCC website. Help us be more cost efficient. Request the **electronic version only** by sending an e-mail to info@bascc.net. Be sure to include your name and e-mail address. You will be notified via e-mail each month when it is available online.

COMPUTER LAB

Daily - 9:00 a.m.-3:00 p.m.

Use our technology lab to check your e-mail, surf the Internet or take lessons.

WANT A COMPUTER?

Patrice Lynch, Media Facilitator - 248.203.5280

Do you want a computer to use at home? You can receive a donated, used and upgraded computer as well as instruction at BASCC.

WE WANT TO SEND MAIL

If you want to be on the BASCC broadcast e-mail list, send your e-mail address to info@bascc.net. Be sure to include your name. We will not share your address with anyone.

BASCC suggests you consult with your doctor before participating in any exercise program

AGEBUSTERS WORKOUT **\$40/10 classes**
Tuesday - 9:00 a.m. Thursday - 10:00 a.m.

AFASA certified instructor Lori Harbour leads this fun, high energy 60-minute class that incorporates cardio, muscle strengthening, balance and stretching, using a variety of equipment.

BASCC BOWLING LEAGUE **\$6**
Fridays - 10:00 a.m.
Resumes in September

Drop in at Hartfield Lanes, 3490 W. 12 Mile, Berkley, 248.543.9338. Fee includes three games, shoes and coffee. Standings as of 04/08/11 are:

Men's High Single		Women's High Single	
Steve Kates	234	Margaret Janks	174
Al Rosie	218	Lorraine Jelinek	169
J. Manduzzi	211	Susan Beauvais	167
Men's High Series		Women's High Series	
Steve Kates	594	Lorraine Jelinek	448
Al Rosie	532	Margaret Janks	433
J. Manduzzi	530	Jo Ann Melekian	408

LIMBER UP **Free**
Mon/Wed/Fri - 9:00 a.m.

Stay stronger longer with chair exercises, stretching and meditation.

PICKLEBALL **Free**
Mondays and Thursdays - 12:15-2:15 p.m.

This fun game is played on a badminton court with the net lowered to 34 inches. It is played with a wiffle ball and wood or composite paddles.

PING PONG **Free**
Monday - Friday - 9:00 a.m.-4:00 p.m.

Bring a friend and drop in to play a game of ping pong in our lobby.

TAI CHI **\$60/10 classes**
Tuesdays and Fridays 10:00-11:30 a.m.

A slow meditative physical exercise designed for relaxation, balance and health. You can join at any time. Punch cards are available in the office.

TENNIS LEAGUE

Tuesdays - 2:00 p.m. - ends May 10
Barbara Weiss, Facilitator - 248.644.2540
Resumes in September

Play indoors at the Birmingham Racquet Club. Regular players are needed. For more information, call Barbara.

VOLLEYBALL **Free**

Monday and Wednesday - 12:30 p.m.
Jeannie Miller, Facilitator - 248.642.5211

Play at the First United Methodist Church unless otherwise specified on the calendar.

WALKING CLUB **Free**

Tuesdays - 10:00 a.m.
Mirella Panozzo, Facilitator - 248.258.6482

Walk your way to fitness at the First United Methodist Church indoor track or outside when weather permits.



DOCUMENT SHREDDING at SOCCRA

Absolute Shreds of Auburn Hills will no longer come to BASCC to shred personal documents.

Free paper shredding is available at SOCCRA's Recycling Drop-Off Center (14 Mile Road and Coolidge).

SOCCRA is open to the public Monday-Friday 8:00 a.m. - 4:00 p.m. and on Saturday 8:00 a.m. - 1:00 pm. SOCCRA has shredders available for you to feed your documents in yourself.

2010-11 MEMBERSHIP DUES

Single Resident.....	\$30.00
Family Resident.....	40.00
Single Non-Resident.....	35.00
Family Non-Resident.....	45.00

MEET OUR NEWEST MEMBERS

We continue to spread the word about the benefits of a BASCC membership. This month we are pleased to introduce you to our newest members: **Sally C. Barnds, Marco Knapp, Scott Moore, Betty and Kenneth Roth, Heather and Alfred Sherk, James Stern, Virginia and Benjamin Ursell, Jean and Bill Westcott**

BASCC CARES

Special thoughts are sent to members who have experienced illness or personal loss. Our wishes for a speedy recovery are sent to: **Beverly Kado and Donna Scott.**

If you know of any member who has been ill or recently deceased, please call the BASCC office by the first of the month.

The following generous donations were received between March 14 and April 8, 2011

Goods and Services

Charles Bradley
Johnson Family
Julie Mandich
Roger Zatkoff

Businesses/Organizations

BCBS of Michigan
Birmingham Stamp Club
Clavenna Vision Institute
Emerald Food Services
Herndon Healthcare
Premier Healthcare

Schools

Berkshire Middle School PTA

Individual

F. M. Gardner
Emily L. Jones
Mary McElmurry
James Saylor
Theresa Sims
Frank Watson

Share the Spirit

Mary and John Simpson
John C. Diller

KROGER REWARDS PROGRAM

It's that time of year again!
To continue earning Kroger Community Rewards for the May 1, 2011 through April 30, 2012 program, ALL BASCC MEMBERS MUST re-enroll at krogercommunityrewards.com.



You will not receive any communication from Kroger relative to enrollment expiring. How to Re-enroll:

Go to www.krogercommunityrewards.com

Click: Michigan

Click: "Re-enroll"

Enter: Your email address

Find: Our organization by typing in our NPO number - 84840

Click: Select your organization

Click: Save Changes

You are re-enrolled and once again supporting BASCC by doing your everyday shopping.

ANNUAL TRUCK DAY SET

The Early Childhood Center's annual truck day is **Tuesday** morning, **May 17** in the east parking lot. There will be **no parking** in the east lot until after 11:30 am. Park in the west lot or on the street.

BASCC Board Of Directors

President - Roger Garvelink
Vice President, Finance - Charles Lillie
Vice President, Personnel - Russell Dixon
Secretary - Nancy Buck
Assistant Secretary - Dianne McKeon
Treasurer - Robert Sack
Assistant Treasurer - Jane Fluegel
Past President - Don Jensen

BASCC Board Members

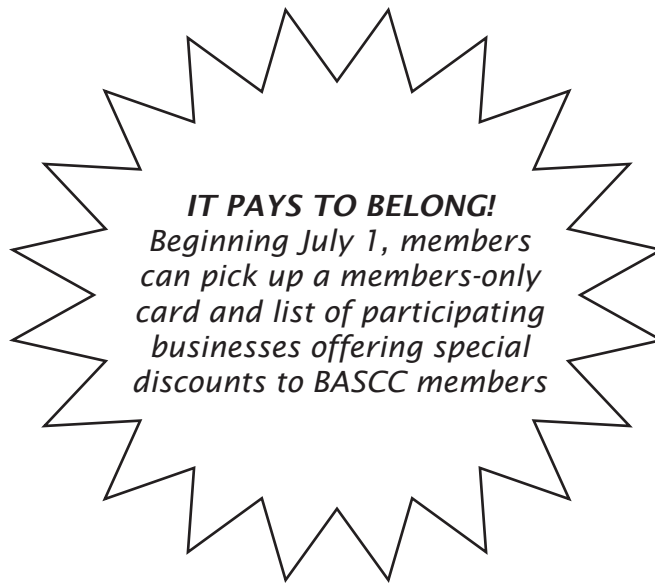
Diane K. Bert, PhD	Scott Moore
Robert Borgon	Henry Nabors
Renee Cortright	Dorothy Pfeifer
Sandy Debicki	Tina Rowley
Robert Kenning	Cheryl Mangiapane
Bill Lamott	Dr. Sylvia Whitmer
Ellen Marshall	Marcia Wilkinson

It Pays to Belong!

Privileges of BASCC Membership

FREE

Art Classes	Knitting & Quilting
Ask the Attorney	Lending Library
Ask the Officer	Maj Jongg
Book Clubs	Pickleball
Bridge	Sing-a-Longs
Euchre	Travelogues
Discussion groups	Volleyball
Feature Films	Walking Club
Housing Tours	Writing Groups



IT PAYS TO BELONG!
*Beginning July 1, members
can pick up a members-only
card and list of participating
businesses offering special
discounts to BASCC members*



It's easy as 1-2-3 to renew your membership now

1. Cut the enclosed membership application out of your newsletter.
2. Complete the required information on the **front** and **back** side of the application.
3. Both members **must** sign the back side of the application.

*Mail (or drop off) your completed application along
with your check (payable to "BASCC") to*

BASCC Membership
2121 Midvale Street
Birmingham, MI 48009-1509
248-203-5270



Birmingham Area Seniors Coordinating Council
 2121 Midvale Street
 Birmingham, MI 48009-1509
 248-203-5270
 Website: <http://www.bascc.net>

Membership Application

July 1, 2011 to June 30, 2012

Master Member

Last Name _____

First Name _____

Street _____

City _____ Zip _____

Gender Female Male Birth Date _____

Phone _____

E-mail _____

Second Member

Last Name _____

First Name _____

Gender Female Male Birth Date _____

Member Directory

Unless you check the box below, you will be listed in our directory which is distributed only to other BASCC members.

I DO NOT want to be listed in the BASCC directory.

Senior News Options

Mail my newsletter to me.

I want to read my newsletter online.

I want to **renew** my membership

I am a **new** BASCC member

How did you hear about BASCC? _____

Birmingham Public Schools District residents

\$30 Single Membership

\$40 Family Membership

Non-Birmingham Public Schools District residents

\$35 Single Membership

\$45 Family Membership

Please complete the emergency information and Release of Claims form on the back

OFFICE USE ONLY

Process Date

Amount Paid

Check#

Residence Code

Initial

EMERGENCY CONTACT INFORMATION

New Members: Provide the following emergency information.

Renewing Members: Update your emergency information.

MASTER MEMBER

Contact _____

Relationship _____ Phone _____

Address _____ City/State _____ Zip _____

Medical concerns _____

SECOND MEMBER

Provide this information if it is different from the MASTER MEMBER

Contact _____

Relationship _____ Phone _____

Address _____ City/State _____ Zip _____

Medical concerns _____

BASCC VOLUNTEER OPPORTUNITIES

I am interested in the following opportunities

- Office clerical Special events Meals On Wheels Computer center
 Telephone reassurance Student/senior mentor Other _____

Release of Claims

In consideration of being enrolled in any BASCC program, I hereby assume all risks in connection with such program, and I further release BASCC, the instructors, and/or agents/operators of such programs for any injury or damage that may befall me while participating in such programs, including all risks connected therewith, whether foreseen or unforeseen; and I further agree to save and hold harmless BASCC, the program and persons from any and all claims by me, my family, estate, heirs or assigns, arising out of my enrollment and participation in such programs.

_____/_____
Signature Master Member / Date

_____/_____
Signature Second Member / Date

Please return this completed application with your payment to:

BASCC Membership
2121 Midvale Street
Birmingham, MI 48009-1509

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Limber Up 10:00 Beginning Bridge Knitters Fall Prevention 12:15 Duplicate Bridge Pickleball 2:00 Book Talk	3 9:00 Agebusters Workout 9:30 Anyone Can Paint 10:00 Tai Chi Walking Club 10:30 Medicare Counsel. 12:30 Anyone Can Paint Euchre 1:00 Readers' Choice 2:00 Tennis 7:00 Stamp Club	4 9:00 Limber Up 9:45 Intergenerational Reading Party 10:00 Blood Pressure Quilters 12:00 Bridge 1:00 Watercolor	5 9:00 Bridge Practice 9:30 Pottery 10:00 Agebusters Workout Aspiring Authors 10:30 Chinese Mah Jongg 12:15 Pickleball 1:00 Drawing Class	6 9:00 Limber Up 10:00 Amer Mah Jongg Tai Chi 1:00 Bingo with Barb
9 9:00 Limber Up 10:00 Beginning Bridge Knitters Fall Prevention 12:15 Duplicate Bridge Pickleball 1:00 Readers' Choice Lunch Storytellers 2:00 Book Talk	10 9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:00 Early Stage Memory Loss Support Group Golf Clinic at Carl's 2:00 Tennis	11 9:00 Limber Up 10:00 Mail Fraud Quilters Red Hat Belles 10:30 Housing Tour 12:00 Bridge 1:00 Watercolor 1:30 Discussion Group	12 9:00 Bridge Practice 9:30 Pottery 10:00 Agebusters Workout 12:15 Pickleball 12:30 Feature Film 1:00 Drawing Class	13 9:00 Limber Up 10:00 Amer Mah Jongg Tai Chi
16 9:00 Limber Up 10:00 Beginning Bridge Knitters Fall Prevention 12:15 Duplicate Bridge Pickleball 12:30 Lunch Out 2:00 Book Talk	17 9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:00 Golf Clinic at Carl's 1:30 Board Meeting 2:45 Ask the Attorney	18 9:00 Limber Up 10:00 Quilters Vision Support 12:00 Bridge 1:00 Bestseller Book Club Watercolor 7:00 Coin Club	19 9:00 Bridge Practice 9:30 Pottery 10:00 Agebusters Workout Aspiring Authors 10:30 Chinese Mah Jongg 12:15 Pickleball 12:30 Mad Hatter's Tea 1:00 Drawing Class	20 9:00 Limber Up 10:00 Amer Mah Jongg Tai Chi 1:00 Bingo with Barb
23 9:00 Limber Up 10:00 Ask the Officer Beginning Bridge Knitters Fall Prevention 12:15 Duplicate Bridge Pickleball 2:00 Book Talk	24 9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:00 Early Stage Memory Loss Support Group Golf Clinic at Carl's	25 9:00 Limber Up 10:00 BASCC Bloom Quilters 12:00 Bridge 1:00 Watercolor	26 9:00 Bridge Practice 9:30 Pottery 10:00 Agebusters Workout 12:15 Pickleball 1:00 Drawing Class	27 BBSO Concert NO PROGRAMS
30 BASCC CLOSED Memorial Day Holiday	31 9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre	EXCLUSIVE ENGAGEMENT! Birmingham-Bloomfield Symphony Orchestra String Quartet Friday, May 27 ~ 10:30 a.m. Cost: \$15 Tickets available at BASCC		



2121 Midvale Street
Birmingham, MI 48009-1509
248-203-5270
www.bascc.net

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PRIORITY!

**It's Time to Renew
Your Membership!**

MEET THE BASCC STAFF

Renee Cortright	Coordinator
Judy Murrell	Administrative Clerk
Nancy Blades	Business Facilitator
Patrice Lynch	Media Facilitator
Debby Isken	Office Supervisor
Julie Mandich	Program Planner
Shirley Crumley	Sr. Outreach Provider
Jeanne Nance	Outreach Provider
Fletcher Reliford	Senior Van Driver
Harold Moore	Senior Van Driver

BASCC MISSION STATEMENT

The mission of the Birmingham Area Seniors Coordinating Council (BASCC) is to identify and meet the needs of older adults by soliciting and coordinating community resources to provide educational, recreational and social programs; supportive outreach services; and volunteer opportunities.

HONOR YOUR LOVED ONE

To remember a family member or friend, consider a memorial donation to BASCC in his or her name. Donation envelopes are available for distribution at area funeral homes or in the BASCC office.

PLEASE REMEMBER BASCC IN YOUR PLANNING

BASCC needs your support to provide for a sustainable future. Please consider the following:

Wills and trusts - BASCC can be named as a beneficiary of wills, trusts and life insurance.

Securities - Stocks and mutual funds may be donated with the potential benefit of a tax deduction.

Cash - No gift is too large or too small.

For further information please contact BASCC treasurer Bob Sack at 248-645-9363.