



Senior News

Birmingham Area Seniors Coordinating Council and Center

April, 2011

VOLUNTEER APPRECIATION BREAKFAST

Tuesday, April 12 - 10:00 a.m.

RSVP by Monday, April 4

The date of the BASCC volunteer appreciation breakfast is fast approaching!

Members who have volunteered at BASCC during the past year will be treated to a fun-filled morning beginning with a scrumptious pancake breakfast. Who is the volunteer of the year? Come and find out!

If your name appeared on the list of volunteers in the March issue of *Senior News*, be sure to call BASCC and register by Monday, April 4.

INTERGENERATIONAL READING CELEBRATION

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

Registration Deadline: Friday, April 29



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. Call BASCC, 248.203.5270, to register today!

MAD HATTER'S TEA

Thursday, May 19 - 12:30 -2:30 pm

Must pre-register by Thursday, May 12

\$12 member

\$15 non-member

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. The following is needed to make the tea successful:



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

Please call the office to let us know if you can help.

It's Baaack!



Flower Power is back!

See page 13 for details

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COORDINATOR'S CORNER

Antique treasures brought in a nice crowd for our first annual appraisal event on March 5. The appraisers valued dolls, jewelry, paintings and much more. Some were pleasantly surprised by the value of their items. The fundraising event brought in over \$2,300 for BASCC.

Thanks to appraisers **Gary Wachler, Joe Del Giudice** and **Brian Sanders** for donating their time to benefit BASCC. We couldn't have done it without the many volunteers who baked or brought goodies for the event. Also, thank you to our many volunteers who kept our event organized and running smoothly. Finally, thank you to the BASCC staff for all the help you gave before, during and after the appraisal event.

Volunteers are the Heart of BASCC! Please join us at our Annual Volunteer Breakfast, that's right breakfast - pancakes and sausage, on April 12 at 10:00 a.m. as we celebrate the many volunteers who contribute their time to BASCC. Don't forget to RSVP by April 4. Call 248.203.5270.

Congratulations to BASCC staff member **Judy Murrell**. She has been named the new Meals on Wheels Site Manager at BASCC. Judy is available Monday through Friday from 9:00 a.m. - noon to answer any questions you have about volunteering or receiving Meal on Wheels.

As the flowers get ready to peak their heads out from under the snow, we're seeing an increase in the number of members who are coming back after being away for the winter or are venturing out from their warm homes. *Come back to BASCC! We've missed you!*


MATURE DRIVER WORKSHOP

Wednesday, June 1 - 9:00 am -1:00 p.m.

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

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

Cost: \$25 member - \$30 non-member

Registration Deadline: Friday, May 20

As an over-80 BASCC member and long-time volunteer, **Donna Scott** has taken the Traffic Improvement Association's mature driver program twice and "I will take it every year it is offered, so that I know what my deficiencies are and how to overcome them. Review of the traffic laws, instructions on roundabouts and many other issues that concern all of us is offered."



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 1/4 hour) with a AAA-certified instructor in your own vehicle is offered to class participants. TIA keeps no records of scores. Results of the road evaluation are strictly confidential – between you and the instructor.

Donna recommends this program to every senior driver who wants to retain the ability to drive safely!

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.

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, April 1 and 15 - 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.

READERS' CHOICE

1st Tuesday - now 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:

April 5 - *Winter in Madrid* by C. J. Ransom is a spy/romance story set in 1930s Spain. A young Englishman is recruited to be a spy but doesn't realize what he is getting into.

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.

GOLF LEAGUE KICKOFF MEETINGS

Wednesday, April 6

Springdale League - 10:00 a.m.

Lincoln Hills League - 1:00 p.m.

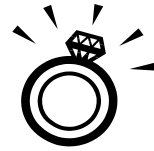
Plan to attend one of these kickoff meetings if you are interested in playing on either league. Details about greens fees, golf rules, start dates, etc. will be discussed. Participation is on a first-come, first-serve basis. You must be a BASCC member to join. League fees are collected at the meeting.

If you're unable to attend the meeting, please contact the appropriate league manager for details - **Lincoln Hills**: Pat Callanan, 248-642-7129, **Springdale**: Bev Weiss, 248-644-2540, or Bobbie Sprigg, 248-435-5320.

JEWELRY AND MORE

Monday, April 11 - 9:00 a.m.-4:00 p.m.

Members Kay and Bill Cline return to BASCC



with their popular faux jewelry, attractive accessories and fashion watches. Most items cost \$8. Stop by and do a bit of spring shopping - a portion of the proceeds benefit BASCC.

STORYTELLERS GROUP

Monday, April 11 - 1:00 p.m.

Mary Lou Flatter, Facilitator - 248.540.2479

Call BASCC to register

Every one of us has unique life experiences and a story to tell. As we reflect on life's journey, we often recognize the impact of these moments. *Storytellers* is a group of people willing to write these experiences on their own time and then read them during the monthly meeting. The group meets the second Monday of each month.

The purpose of the group is not to critique, but to share one's story. Storytellers need not be polished or professional. This is your self-written story, which might include family history, a dash of genealogy or a special memory.

SILK SCARF WORKSHOP

An Afternoon of Creative Expression

\$10 member

\$15 nonmember

Monday, April 11 - 1:00-2:30 p.m.

Pre-register by Monday, April 4

A Birmingham Bloomfield Art Center instructor will be at BASCC to teach the shibori silk painting methods. This creative class is enjoyable for all skill levels. Fee includes materials for two scarves. Home Instead Senior Care co-sponsors this event.

MEMBERS ART EXHIBIT

Free

Monday, April 11 - Friday, April 15

Creative members of BASCC's pottery, watercolor and drawing classes will display their works of art in the lobby, for all to enjoy! Thanks to these talented artists for agreeing to participate, and to instructors Ilona Yates (drawing) and Mixie Hockman (pottery) for their longstanding commitment to these ever-popular classes.

MASSAGES ARE BACK! **\$15/15 minutes**
 Monday, April 11 - 10:00 a.m.-12:30 p.m.
 Monday, April 25, 10:00 a.m.-12:30 p.m.
 Joan Allesee, Certified Massage Therapist

Studies conducted by the Touch Research Institute illustrate that benefits from massage include increased sleep and cognitive function, increased deep breathing, pain management and increased range of motion. Massage therapy can restore a sense of social connection and encourage a sense of well-being. Call the BASCC office to sign up for your preferred time slot. Pay massage therapist directly.

FIRE SAFETY FOR SENIORS **Free**
 Thursday, April 21 10:00 a.m.
 Must pre-register by Monday, April 18
FREE SMOKE ALARM FOR ALL WHO ATTEND!

Please join Fire Inspector, David Greenwood from the Birmingham fire department as he discusses fire safety tips, including: the importance of FILE OF LIFE cards as well as numerous other services that are provided to local residents courtesy of the fire department.

FALL PREVENTION OVERVIEW **\$7 member**
 Monday, April 25 10:00-11:00 a.m. **\$10 non-member**
 Must pre-register by Monday, April 18

In this session you will learn about a fun program proven to reduce the risk of falling by improving your balance! Attend this lively introductory session, presented by Sharon Claye, a Post Rehab Conditioning Specialist and Certified Personal Trainer, who will present the award-winning *Six Step Balance System*. A five-week in-depth fall prevention class begins in May.

THE ROYAL WEDDING!
 Friday, April 29 - Time - TBD

Enjoy England's "Royal Wedding of the Century" on BASCC's big screen TV. Since we don't yet know what time the wedding will air locally, please contact the BASCC office to get your name on the list to be called once we have details.



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.

ANYONE CAN PAINT **\$27 member**
 Tuesday, May 3 - 9:30 a.m. **\$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.

AVOID MAIL FRAUD SCHEMES **Free**
 Wednesday, May 11 - 10:00 a.m.
 Pre-register by Monday, May 9

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

ARMCHAIR TRAVEL

Free

Armchair Travel returns next month. Be sure to check the May issue for our next destination.

ASPIRING AUTHORS

Free

Thursdays, April 7 and 21 - 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, April 20 - 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, April 13 - 1:30 p.m.
Film: *Daughter from Danang*
Jim Saylor, Facilitator - 248.644.3130
Mary McDougall, Facilitator - 248.851.0812

At the end of the Vietnam War, the United States airlifted the children of American service men and Vietnam women. This is the story of one woman who returned to Vietnam to meet her birth mother. Come and see how her journey turns out.

DRAWING CLASS

Free

Thursdays - 1:00 p.m.
Ilona Yates, Instructor

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

FEATURE FILM

Free

Thursday, April 14 - 12:30 p.m.

Red - Bruce Willis, Morgan Freeman and Helen Mirren

An enjoyable comic action-thriller with a sense of humor about itself. A group of former government assassins fight back against the CIA after they're targeted for knowing too much. Frank Moses used to be a hired gun for the CIA, along with Joe, Marvin, and Victoria. Frank's specialty was carrying out contracts that the government didn't want the public to know about. These days, Frank and his gang are all retired, but the powers that be are still concerned that they know too much.

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.

LUNCH OUT

Varies

Monday, April 18 - 12:30 p.m. *at the restaurant*
Sweet Lorraine's Cafe
29101 Greenfield Rd. (N of 12 Mile Road), Southfield

Voted one of Michigan's Top 10 favorite restaurants in the Zagat's Michigan Guide, Sweet Lorraine's is casual, fun and sophisticated. Daily specials include wonderful homemade soups, pastas, seafood and vegetarian entrees, inspired by exciting ethnic cuisines. Sweet Lorraine's favorites include fresh-baked desserts such as Apple Brown Betty. Moderately priced. Please pre-register in BASCC office, so a reservation can be made.

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, April 13 - 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 CLUB

1st and 3rd Tuesday - 7:00 p.m.

Contact John Schuele, 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. Call Julie Mandich for more information.

Mozart's Magic Flute

\$50

Thursday, April 7 - 6:30 - 11:30 p.m.

Opera in two parts by Mozart has both singing and spoken dialogue, an elaborate production of nonsense and gaiety. Rehearsal performance at the Detroit Opera House.

Brigadoon

\$89

Power Center, Ann Arbor

Sunday, April 17 - 10:30 a.m. - 5:30 p.m.

A romantic story with lyrics by Alan Jay Lerner and music by Frederick Loewe. *The Heather on the Hill* and *Almost Like Being in Love* are just two of the songs you'll hear. Best seats with brunch at the Gandy Dancer.

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. A fast moving song and dance musical revenue with live band. 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 for a collaborative between artists and architects of well known buildings in Detroit, then on to the Flint Institute of Arts for an exhibition of early Andrew Wyeth works. Lunch follows at Warwick Hills Country Club.

COMING SOON!

It Pays to Belong!

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**
Boyne 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.

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

America the beautiful, from the banks of the Colorado River to the walls of the Grand Canyon. Learn about the Native American culture of the southwest, their native art works, the villages where they lived and worked plus the beauty of our national parks (Grand Canyon, Lake Powell, Bryce Canyon National Park, Zion National Park and Monument Valley) ending up in star-studded Las Vegas. Detailed color brochure available. Tour includes roundtrip air from Detroit eight nights, breakfast daily, all transfers, professional guides and tours.

STRATFORD FESTIVAL PRESENTS:

Jesus Christ Superstar **\$159**
Sunday, September 25 – 8:00 a.m. – 8:00 p.m.

Valid passport or enhanced driver’s license required

Andrew Lloyd Webber’s rock opera with lyrics by Tim Rice featuring *Everything’s Alright* and *I Don’t Know How to Love Him*. Lunch at the Annex restaurant, best seats available and a box lunch on return.

STRATFORD FESTIVAL PRESENTS:

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

Valid passport or enhanced driver’s license required

Enjoy familiar songs such as *The Lusty Month of May* and *If Ever I Would Leave You*. Best seats available with lunch at the Annex restaurant and a box lunch on return.

COMING SOON!
It Pays to Belong!

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 248.530.4622.

ASK THE ATTORNEY

Free

Resumes in May

Attorney Chuck Lillie offers free legal counseling. Schedule an appointment by calling BASCC.

BLOOD PRESSURE CLINIC

Free

Wednesday, April 6 - 10:00-11:00 a.m.

Blood pressure screenings are offered the first Wednesday each month. No appointment needed.

EARLY STAGE MEMORY LOSS**SUPPORT GROUPS**

Tuesdays, April 12 and 26 - 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.

LOAN CLOSET

Free

BASCC has a loan closet with wheelchairs, walkers, canes and other equipment available to members for short-term use. BASCC also accepts donations of clean, gently used medical equipment. Please contact Shirley or Jeanne for more information about using or donating medical equipment.

MEALS ON WHEELS

Hot meals are delivered to homebound seniors. To enroll, call Emerald Foods at 248.689.0001. Volunteers package and deliver meals.

MEALS ON WHEELS VOLUNTEERS NEEDED

Whether you are available one day a week or once a month, volunteers are needed to package and deliver meals, especially substitute drivers. To volunteer, call 248.203.5281.

MEDICARE/MEDICAID COUNSELING

Free

Resumes May 3

The Area Agency on Aging 1B offers Medicare/Medicaid and prescription drug counseling each month. To make an appointment, call BASCC.

ATTENTION**HOME CHORE and YARD SERVICE CLIENTS!**

Please send or drop off a copy of your 2010 Michigan Homestead Property Tax Credit Form (1040CR) as soon as possible.

NUTRITION SUPPORT

Ensure™ plus is offered at a reduced cost with a physician's prescription. Please call BASCC to place your order or for more information.

VISION ENRICHMENT SUPPORT GROUP

Free

Wednesday April 20 - 10:00-11:30 a.m.

Topic: Vision Matters

April 20 - Greater Detroit Society for the Blind and Visually Impaired. May 18 - Dr. Lori Stec Ophthalmologist from Beaumont Hospital.

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.

HELP IS ONLY A PHONE CALL AWAY!

BASCC can help with prescription co-pays, insurance premiums, eye glasses, dental care or hearing aids. Please contact Shirley or Jeanne in Outreach to see if you qualify for assistance.

TELEPHONE REASSURANCE

This service is designed for those who live alone and may need someone to check on their welfare and provide social contact. *You must register for this service.*

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 your refrigerator. BASCC has a supply of the cards. Call Shirley or Jeanne in Outreach to get a card.

HOME IMPROVEMENT LOAN PROGRAM

Oakland County provides home improvement loans with an emphasis on health and safety. The program is available to low and moderate income residents. The loans have no interest and payments are 100 percent 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 and Home Improvement Division website at www.oakgov.com/chi. For an application, call 248.858.5401.

LEAVE THE DRIVING TO US!



Please call BASCC for more information
248.203.5270

BASCC offers curb to curb service to seniors and disabled adults residing in the Birmingham School District to medical, dental, personal appointments, shopping or activities at BASCC. Our service area has been broadened to include the UnaSource medical building at Crooks and Long Lake in Troy and the medical buildings located at Northwestern Highway between 12 and 14 mile roads.

Transportation hours are 9:00 a.m.-3:30 p.m. Monday through Friday. Call at least three days in advance to request a ride. For reservations call 248.203.5270.

HOUSING TOURS

Free

Join us for a fun outing to a local housing facility for a tour and lunch. You will be picked up from and returned to BASCC. Tours are on Wednesdays. Call BASCC to register, 248.203.5270. Scheduled tours are:

April 13 - 11:00 a.m.

Evergreen Health and Living Center, Southfield

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

Caring for the Community

Skilled Nursing • Short-Term Rehab

Heartland Health Care Center - Georgian Bloomfield
2975 North Adams Road
Bloomfield Hills, MI 48304
248.645.2900

www.IChooseHeartland.com



A PROVEN LEADER.

Heartland 
Health Care Center

COMING SOON!

It Pays to Belong!

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 03/11/11:

02/14/11

N/S	Joan Bidell & Bill Wiebrecht	67%
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E/W	Ann Bollan & Al Reade	63%
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02/21/11

N/S	Joan Bidell & Bill Wiebrecht	58%
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E/W	C. Del Vero & Betty Ladewig	54%
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02/28/11

N/S	P. Hungerman & Al Reade	64%
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E/W	C. Del Vero & Betty Ladewig	74%
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03/07/11 (Tie)

N/S	Joan Bidell & Bill Wiebrecht	55%
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	Rosemay Harm & Bob Acosta	
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E/W	Flo Everard & Lee Wilson	59%
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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 03/11/11:

02/16/11	Betty Ladewig	5620
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02/23/11	Alice Lezotte	5290
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03/02/11	Marion Easton	3870
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03/09/11	Bill McFadden	4430
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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)

Instructor

Jim Caldwell
Henry Nabors

Monday (1-3 pm)

Ron Denton

Wednesday (9 am-12 pm)

Jim Caldwell
Larry Frincke
Jay Reynolds

Friday (9 am-12 pm)

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.

Drop in at Hartfield Lanes, 3490 W. 12 Mile, Berkley, 248.543.9338. Fee includes three games, shoes and coffee. Standings as of 01/07/11 are:

Men's High Single		Women's High Single	
Steve Kates	234	Margaret Janks	174
Al Rosie	218	Lorraine Jelinek	169
J. Manduzzi	211	Jo Ann Melekian	156
Men's High Series		Women's High Series	
Steve Kates	594	Lorraine Jelinek	448
Al Rosie	532	Margaret Janks	433
J. Manduzzi	512	Jo Ann Melekian	397

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.
Barbara Weiss, Facilitator - 248.644.2540

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.

COMING SOON!

It Pays to Belong!

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 |

BOOK LOVERS – SAVE THE DATE

Donations Needed Now

Friends of the Baldwin Public Library will hold its semi-annual spring used book sale Friday, May 6 through Monday, May 9, 2011.

Over 10,000 books will be on sale as well as CD's, DVD's video games, etc. Everything is sorted by category. Proceeds benefit Library programs and materials.

Book sale hours are:

- Friday, May 6 – 7:00-9:00 pm
- Saturday, May 7 – 9:30 a.m.-4:30 p.m.
- Sunday, May 8 – 12:00-4:00 p.m.
- Monday, May 9 – 10:00 a.m.-2:00 p.m.

Member preview night is Friday, half-price day is Sunday (bring Mom...it's Mother's Day) and bag day is Monday (fill a bag for \$5.00).

Donations are needed and must be in good condition. Tax receipts are available at the circulation desk. Drop off your items at the Library on the shelves next to the elevator on the main floor.

For information about joining the Friends of the Baldwin Public Library, call 248.647.1700, or you can join at the door.

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

KROGER REWARDS PROGRAM

Thanks a Bunch to the following members who are participating in our Kroger Community Rewards Program. **Elizabeth Berry, Nancy Blades, Nancy Buck, Jack Burns, Renee Cortright, Sandy Debicki, Russell Dixon, Eugenia Florek, Jane Fluegel, Anneliese Freeman, Sandra Frincke, Bill Lamott, Pat Meyers, Theresa Monsour, Judy Murrell, Jim Saylor, and Haim Schlick.**



They registered their Kroger Plus card number online and as they do their everyday shopping BASCC receives a percentage of all their purchases. Thanks again for your support of BASCC.

SUPPORT THE ANNUAL BEF GARAGE SALE

Saturday, April 16 - 9:00 a.m.-3:00 p.m. Berkshire Middle School

The Birmingham Education Foundation's annual garage sale is set for Saturday, April 16 at Berkshire Middle School, 21707 West 14 Mile Road, Beverly Hills from 9:00 a.m. - 3:00 p.m. Donations can be dropped off at Berkshire on Thursday, April 14 between 4:00-8:00 p.m. and Friday, April 15 10:00 a.m. – 7:00 p.m.



Get in the door early (8:00 a.m.) on Saturday, April 16 for \$1.00. Tax forms available.

For questions or to volunteer, please contact Jane Polan at 248-626-2231 or J5Polan@aol.com.

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.

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: **Shirley Bennett, Allison Friedman, Diane Hilborn, Helen and Wallace Jordan and Linda Juracek-Lipa**

BASCC CARES

Special thoughts are sent to members who have experienced illness or personal loss. Our wishes for a speedy recovery are sent to: **Jay Becker, Stephanie Meyers, and Vi Strech.** Our condolences to the families of **Lillian Hanley and Rose Jeszke.**

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

ENJOY BEAUTIFUL FLOWERS THIS SUMMER!

Order Deadline is April 27



Flower Power is back just in time for you to choose from flowering plants like Bleeding Hearts and Coneflowers and enjoy their beauty this summer. Order flowering bulbs and 50% of your purchase price is donated to BASCC. Spread the word about this great sale to your

family and friends.

2 Easy Ways To Order**In-person**

Stop by BASCC and pick up a color brochure. Place your order with cash, check or credit card. We'll call you when your order is ready to pick up.

Online at flowerpowerfundraising.com

Click on: Select An Organization
Enter: BASCC, Birmingham, MI
Scroll down: Click on Birmingham Area Seniors Coordinating Council

Online orders are shipped to your home.

The following generous donations were received between February 14 and March 11, 2011.

Goods and Services

Bigby Coffee
Nancy Blades
Sara Burnside
Shirley Crumley
Carol Driscoll
Mixie Hockman
Dottie Howe
Bev Kado
Erin Lynch
Patrice Lynch
Ray and Helene Mills
Pasquale's
Patty Peacock
Christine Reff
Helen Reilly
Marge Tanney
Mary Woo

Individual

Cleora Fitzpatrick
John Held

Share the Spirit

Don Jensen

In Memory of Lillian Hanley

Dorothy Coordes

VILLAGE PLAYERS OFFER TICKETS

BASCC receives tickets for Village Players preview night performances. A drawing for two free tickets is held one week prior to the performance.



If you want to attend a play, you must call BASCC the month before and submit your name. Remaining shows are: May – *Dirty Rotten Scoundrels*.

CLAVENNA  INSTITUTE

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>MAD HATTER TEA Thursday, May 19, 2011 12:30 ~ 2:30 p.m.</p>				1 9:00 Limber Up 10:00 Amer Mah Jongg Bowling Tai Chi 1:00 Bingo
4 9:00 Limber Up 10:00 Beginning Bridge Knitters 12:15 Duplicate Bridge Pickleball 2:00 Book Talk	5 9:00 Agebusters Workout AARP Tax-Aide 10:00 Tai Chi Walking Club 12:30 Euchre 1:00 Readers' Choice 2:00 Tennis 7:00 Stamp Club	6 9:00 Limber Up 10:00 Blood Pressure Quilters Springdale Golf Meeting Bridge 1:00 Lincoln Hills Golf Meeting Watercolor	7 9a-3p Better Cell Phone Use 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	8 9a-3p Better Cell Phone Use 9:00 Limber Up 10:00 Amer Mah Jongg Bowling Tai Chi
11 9:00 Art Exhibit Limber Up Jewelry & More 10:00 Beginning Bridge Chair Massage Knitters 12:15 Duplicate Bridge Pickleball 1:00 Silk Scarf Class Storytellers 2:00 Book Talk	12 9:00 Art Exhibit Agebusters Workout AARP Tax-Aide 10:00 Tai Chi Volunteer Recognition Breakfast Walking Club 12:30 Euchre 1:00 Early Stage Memory Loss Support Group 2:00 Tennis	13 9:00 Art Exhibit Limber Up 10:00 Quilters 10:30 Red Hat Belles Housing Tour 12:00 Bridge 1:00 Watercolor 1:30 Discussion Group	14 9:00 Art Exhibit Bridge Practice 9:30 Pottery 10:00 Agebusters Workout 12:15 Pickleball 12:30 Feature Film 1:00 Drawing Class	15 9:00 Art Exhibit Limber Up 10:00 Amer Mah Jongg Bowling Tai Chi 1:00 Bingo
18 8:00 Newsletter Printing 9:00 Limber Up 10:00 Beginning Bridge Knitters 12:15 Duplicate Bridge Pickleball 12:30 Lunch Out 2:00 Book Talk	19 8:00 Newsletter Folding 9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:30 Board Meeting 2:00 Tennis 7:00 Stamp Club	20 8:00 Newsletter Mailing 9:00 Limber Up 10:00 Quilters Vision Support 12:00 Bridge 1:00 Bestsellers Book Club Watercolor 7:00 Coin Club	21 9:00 Bridge Practice 9:30 Pottery 10:00 Agebusters Workout Aspiring Authors Fire Safety 10:30 Chinese Mah Jongg 12:15 Pickleball 1:00 Drawing Class	22 <p style="text-align: center;">BASCC CLOSED GOOD FRIDAY</p>
25 9:00 Limber Up 10:00 Beginning Bridge Knitters Fall Prevention Overview Chair Massage 12:15 Duplicate Bridge Pickleball 2:00 Book Talk	26 9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:00 Early Stage Memory Loss Support Group 2:00 Tennis	27 9:00 Limber Up 10:00 Quilters 12:00 Bridge 1:00 Watercolor	28 9:00 Bridge Practice 9:30 Pottery 10:00 Agebusters Workout 12:15 Pickleball 1:00 Drawing Class	29 9:00 Limber Up 10:00 Amer Mah Jongg Bowling Tai Chi Royal Wedding Time to Be Determined



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YOU ARE INVITED!

The BASCC Board of Directors welcomes you to their annual meeting on Tuesday, April 19 at 1:00 p.m. Members are invited to enjoy dessert and coffee and hear staff reports on the status of BASCC programs and outreach services. No reservation is required.

PLACE LABEL HERE

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

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.

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.