



Senior News

Birmingham Area Seniors Coordinating Council and Center

June, 2011

EASTERN MARKET TOUR

Thursday June 16 - 9:30 am- 2:30 pm

Pre-register at BASCC by: Wednesday, June 8

\$35/Member

\$40/Non-member

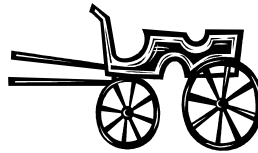
Feet on the Street Tours owner Linda Yellin will take you on a narrated (and fun!) tour of the historic Eastern Market "District". Tour includes by a sprinkling of tasty treats at local specialty food shops including: Gabriel Import's amazing olives, Supino's award winning pizza and an assortment of Hirt's cheeses. There will be time for browsing, with lunch on your own at Vivio's Restaurant. Transportation provided, departs from and returns to BASCC.

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, a horse-drawn carriage tour, history and garden lectures, kitchen tour with a cooking demonstration, 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, 248.203.5270.

DISCUSSION GROUP

Wednesday, June 8 - 1:30 p.m.

Jim Saylor, Facilitator - 248.644.3130

Mary McDougall, Facilitator - 248.851.0812

Free

The group discusses the Frontline program *Battle for the Bible*, which traces the development of the bible into its present day forms. The central theme is the struggle between the Catholic Church, who wanted to keep the bible written in ancient languages, and those who wanted it translated into modern languages. A subplot is the break between King Henry VIII of England with the Church and its effect on the bible and the formation of other Protestant denominations.

8TH ANNUAL PEANUT BUTTER & JELLY DRIVE

Wednesday, June 1

Friday, July 29

Drop off hours

9 a.m. - 4 p.m.

Monday through 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.

NEW THIS MONTH

Eastern Market Tour Page 1
Thursday, June 16

**Take the Mystery Out
of Social Networking** Page 3
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Feature Film Page 5
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Wednesdays, June 8,
July 13 and August 10

COORDINATOR'S CORNER

What is a Volunteer? One definition I like says, "A volunteer is someone who contributes time, effort and talent to meet a need or to further advance a mission."

That is exactly what our newsletter volunteers have been doing over the years. They faithfully came to BASCC to collate, fold and label the newsletter each month. Beginning with this issue, the newsletter was printed, folded and mailed from an outside source. The increased cost for equipment and staffing has made it more cost effective to print offsite.

I'd like to personally thank the following BASCC members who contributed a few hours out of their day to advance the BASCC mission each month. The newsletter volunteers are:

Bill Wiebrecht – Folding Machine Operator
 Extraordinaire, **Bob Capps**, **Larry Frincke**,
Monique Fauconnet, **Marilyn Gibson**, **Margaret Hull**, **Al Rosie**, **Dora Saber**, **Haim Schlick**, **Dorothy Cobb**, **Rosemarie Cobleigh**,
Dorothy Coordes, **Eugenia Florek**, **John Horiszny**, **Genevieve Peters**, **Ruby Stinson**,
Audrey Upward, **Rose Zoller**, and **Pat and Stephanie Meyers**.

Thank you to **Judy Murrell**, Printer and Super Supervisor, who oversaw the process with a smile on her face and a basket of donuts.

BASCC is about active participation for the good of the community. From helping with computer instruction, office assistance, facilitating a class, home-delivered meals, etc. It all matters!

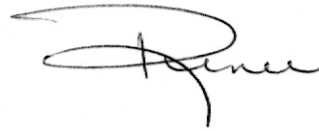
ANNUAL CAMPAIGN

The 2011 Annual Campaign is underway and thanks to all of you who have generously donated. It's not too late to send us your contribution. Your donation truly makes a difference

A new way to volunteer!

I welcome your participation on one of the BASCC Board committees: fundraising, membership, marketing and strategic planning. Member involvement provides valuable insight and feedback to ensure that BASCC continues to be an extraordinary place for seniors 55+. If you would like to volunteer for a committee or for more information please contact me.

Again, thank you to all our BASCC volunteers... your good work is greatly appreciated!


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.

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

AAAH! MORE MESSAGES \$15/15 minutes
 Mondays, May 23, June 20 & 27
 10:00 a.m.-12:30 p.m.
 Joan Allesee, Certified Massage Therapist

Studies conducted by the Touch Research Instituted 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.

B-I-N-G-O WITH BARB
 Fridays, June 3 and June 17- 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.

WEDNESDAY LUNCH AND LEARN SERIES Free
Managing Your Investments In Uncertain Times
 Wednesday, June 1 - 11:00 a.m. - Lunch included
 Register by May 27
 Seats are still available!

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.



ANYONE CAN PAINT \$27 member
 Tuesday, June 7 - 9:30 a.m. \$32 non-member
 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 Free
 Monday, June 13 - 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.

PODIATRISTS AT BASCC
 Wednesdays, June 22, July 27 and August 24
 9:00 - 11:00 a.m.
 Call BASCC to make an appointment

Dr. Robert Adas, DPM, and Dr. Larry Wexler, DPM, the podiatrists who were recently here for a *Lunch and Learn* program, will be at BASCC for basic foot care (foot exams, toenail trimming, etc.) on the 4th Wednesday of each month through the summer. This service is being provided at BASCC for your convenience, their office is in Huntington Woods. Payment directly to podiatrists.

Most services are covered by insurance. Appointments are appreciated, but walk-ins are welcome!

TAKE THE MYSTERY OUT OF SOCIAL NETWORKING Free
 Wednesday, June 22 - 1:00 p.m.
BACK BY POPULAR DEMAND!

The rate of people over 50 interacting on social media websites is growing at a startling pace. Bart Giola, Baldwin Library technology trainer, conducts a live demonstration and discusses social networking, its history, safety, advantages and disadvantages. Pre-register in the BASCC office by Monday, June 20.

SUPER SLEUTHS

Free

Tuesdays - July 12 & 26, August 9, 23, & 30 – 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:

July 12 - *No Graves As Yet*, Anne Perry (2003)
 The first of five novels about WWI.

July 26 - *The Lincoln Lawyer*, Michael Connelly (2006). The first in a news series about a criminal defense lawyer whose office is in his car. Finalist for best mystery of the decade. *Warning:* rough language, violence, sex- all are usual from this author.

August 9 - *Still Life*, Louise Penny (2007) is the first in the Armand Gamache series. A finalist for best mystery of the decade.

August 23 - *Bad Boy*, Peter Robinson (2010) is book #19 in the Alan Bank series. Banks isn't in the first half, Annie Cabot is. Banks daughter is a main character.

August 30 - Lunch. Choose titles for next year.

ASK THE OFFICER

Free

Mondays, - 10:00 a.m.
 BASCC Lobby

Corporal Jerry Hall from the Birmingham Police Department is taking a summer break. Look for his return in the fall.

ASPIRING AUTHORS

Free

Thursdays, June 2 and June 16 - 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, June 15 - 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 take a summer break and resume in the fall.

COIN CLUB

Resumes in the fall

Contact Robert Beuter, 248.646.9657 for more information.

DRAWING CLASS

Free

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

Drawing class will take a summer break.

LUNCH OUT

Kruse & Muer on Wilshire
 911 Wilshire Drive
 Troy, MI (248) 362-2700

Monday, June 20 - *meet at restaurant at 12:30 pm*

This friendly, upscale, affordable restaurant is known for using the finest and freshest ingredients



and for preparing those ingredients with care and attention to detail. Located just north of Big Beaver, Wilshire Drive may be accessed off of either Big

Beaver or Crooks Road. Parking is available in front or in the lot just west of restaurant.

Please pre-register by calling BASCC office by Thursday, June 16, so a reservation can be made.

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

Materials Fee

Thursdays, 9:30 a.m.-12:30 p.m.
 Mixie Hockman, Instructor

Resumes in September Learn to create beautiful pottery under Mixie's direction. Limited to eight students. Call BASCC for space availability.

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 - takes a summer break - resumes in the fall

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, June 8 - 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 Schuelke, 248.588.1151 for more information.

FEATURE FILM Free
The King's Speech (R) - 1 hour/51 minutes
Thursday, June 9 - 12:30 p.m.

This flick has it all - best picture, best actor and best director. After his brother abdicates, George, known as 'Bertie' (Colin Firth) reluctantly assumes the British throne as King George VI. Plagued by a dreaded stammer and considered unfit to be King, Bertie engages the help of an unorthodox speech therapist named Lionel Logue (Geoffrey Rush). Through a set of unexpected techniques, and as a result of an unlikely friendship, Bertie is able to find his voice and boldly lead his country through World War II.

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



NEW MEMBER COFFEE
Wednesday, June 29 - 10:00 a.m.

Welcome new members! Come and acquaint yourself with programs, services and staff; tour the facility; and learn how to register for programs. Call 248.203.5270 to reserve a spot at the event you want to attend.

BEAUTIFUL BLOOMS



Thanks to all the generous members who contributed to beautifying the BASCC gardens.

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.

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 in Windsor.

Ernie - City Theatre **\$89**

Sunday, June 19 - 10:30 am

Departs 10:30 a.m. returns 4:30 p.m. (approximate)



Matinee performance of a new stage play written by award winning author Mitch Albom. Who will ever forget Ernie Harwell's "looong gone!" Brunch at the Whitney.

EXTENDED TRIPS

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. Tour includes roundtrip air, 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.

Call BASSC for details about the following trips (248.203.5270):

Canyon Ranch, Tucson, A August 5-9, 2011 - Airfare not included	\$2225/double
To Paris with Love September 9-16, 2011 - Deposit: \$400 to reserve a space by May 25	\$2399/double
Venetian Foodies! September 9-17, 2011 - Deadline to register is May 31	\$3099/double
Tiramisu and the Riviera Too! November 7-17, 2011	\$2999/double

ASK THE ATTORNEY**Free****Tuesday, June 21 - 2:45 to 3:45 pm**

Attorney Chuck Lillie offers 15-minute appointments of free legal counseling. Call BASCC to schedule an appointment.

BLOOD PRESSURE SCREENING**Free****Wednesday, June 1 - 10:00-11:00 a.m.**

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

**EARLY STAGE MEMORY LOSS
SUPPORT GROUPS****Tuesdays, June 14 and 28 - 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:

June 8 - 10:30 a.m.

Canterbury on the Lake, Waterford
Limit: 20

July 13 - 11:00 a.m.

St. Anne's Mead, Southfield
Limit: 18

August 10 - 11:00 a.m.

Waltonwood of Royal Oak
Limit: 14

**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, June 7 - 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, June 15 - 10:00-11:00 a.m.**

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.

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.



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.

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 Renee Cortright at BASCC for a box lunch ticket and be part of this important rally.

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: **Joyce Aiken, Jack Anderson, Sante Cundari, Robert Dedrich, Michael and Jeanne Fritz, Pete Galucci, Ruth Harris, Ann Nordloh, Joseph Papp, Celia Pronovich and Shirley Tresh.**

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 **Elizabeth Berry**. Our condolences to the family of **Robert Schmidt**.

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

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 05/06/11:

04/11/11			
N/S	Bonnie Powers & Joe Janik	59%	
E/W (Tie)	Sue Howard & M. Boulos		
	Rose Griffin & M. Gibson	54%	
04/18/11			
N/S	Jim Peters & Tom Tabor	59%	
E/W	P. Benson & Betsy Todd	69%	
04/25/11			
N/S	David & Joy Brewster	62%	
E/W	Joe Janik & Sue Howard	66%	
05/02/11			
N/S	Joan Bidell & Bill Wiebrecht	69%	
E/W	P. Benson & Betsy Todd	71%	

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 05/06/11:

04/13/11	Bill McFadden	5440
04/20/11	Betty Ladewig	4150
04/26/11	Dorothy Post	4510
05/04/11	Marion Easton	3510

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.

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. Final standings 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	569	Margaret Janks	446
J. Manduzzi	530	Jo Ann Melekian	408

BASCC GOLF LEAGUES
 Mondays - Springdale - 9:30 a.m.
 Wednesdays - Lincoln Hills - 10:30 a.m.

If you want to be added to the sub list for either league, contact league managers for details:
 Lincoln Hills - **Pat Callanan**, 248.642.7129;
 Springdale - **Bobbie Sprigg**, 248.435.5320 or
Bev Weiss, 248.644.2540.

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

Stay stronger longer with chair exercises, stretching and meditation.

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.

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

BASCC gym thru Thursday, June 16
NEW time and day beginning Monday, June 20
Mondays & Wednesdays - 10:00 a.m. - Noon

Players may choose to play inside at BASCC or, weather permitting, outside at Groves High School tennis courts (along Evergreen).

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
 Resumes in September

Tennis league will take a summer break. Regular players are needed. For more information, call Barbara.

VOLLEYBALL Free
 Monday and Wednesday - 12:30 - 2:30 p.m.
 Jeannie Miller, Facilitator - 248.642.5211

Play at First United Methodist Church through Wednesday, June 22.

Play moves to BASCC beginning Monday, June 27 through Wednesday, August 10.

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.

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

The following generous donations were received
between April 9 and May 3, 2011

Goods and Services

Michael Arnold
Cheryl Mangiapane
J.R. Plukas

Individual

Margaret A. Allesee
Dorothy Bartush
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THANK YOU!

**Bee Kalt Travel Center for your
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Many thanks to Harold Kalt, President of Bee Kalt Travel

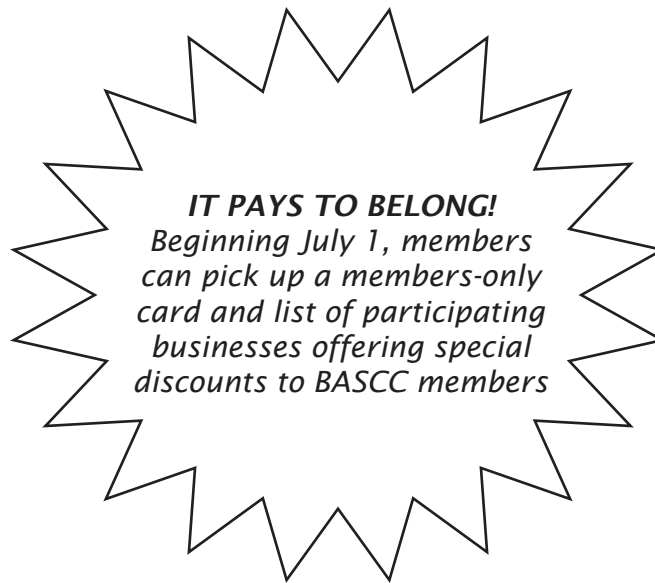
It Pays to Belong!

Privileges of BASCC Membership

FREE

Your membership
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Art Classes	Knitting & Quilting
Ask the Attorney	Lending Library
Ask the Officer	Maj Jongg
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Bridge	Sing-a-Longs
Euchre	Travelogues
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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 membership application out of your **MAY** 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.

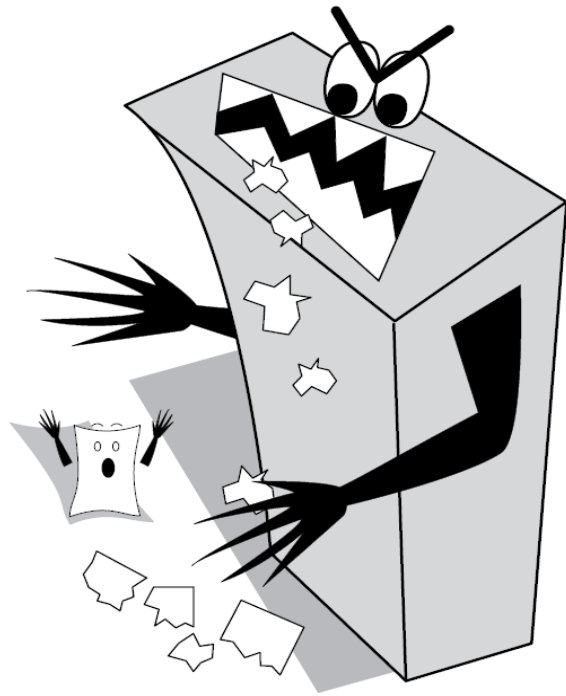
*Mail (or drop off) your completed application along
with your check (payable to "BASCC") to*

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

DOCUMENT SHREDDING at SOCCRA

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

SOCRRRA 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.



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.



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

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Family Resident.....	40.00
Single Non-Resident.....	35.00
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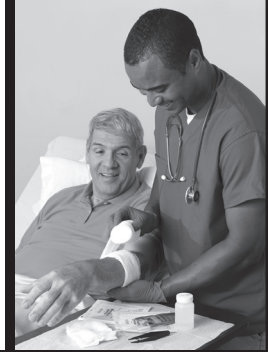
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Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Peanut Butter & Jelly Drive June 1 through July 29 Drop off times Monday-Friday 9:00 am - 4:00 p.m.</p>		<p>1</p> <p>9:00 Limber Up 10:00 Blood Pressure Quilters 10:30 Lincoln Hills Golf Lunch and Learn 11:00 Bridge 12:00 Watercolor</p> <p>9a-3p TIA Mature Driver Workshop</p>	<p>2</p> <p>9:00 Bridge Practice 10:00 Agebusters Workout Aspiring Authors 12:15 Pickleball</p> <p>9a-3p TIA Mature Driver Workshop</p>	<p>3</p> <p>9:00 Limber Up 10:00 Amer Mah Jongg Tai Chi 1:00 Bingo with Barb</p> <p>9a-12p TIA Mature Driver Workshop</p>
<p>6</p> <p>9:00 Limber Up 9:30 Springdale Golf 10:00 Beginning Bridge Knitters Fall Prevention 12:15 Duplicate Bridge Pickleball</p>	<p>7</p> <p>9:00 Agebusters Workout 9:30 Anyone Can Paint 10:00 Medicare Counsel Tai Chi Walking Club 12:30 Euchre 7:00 Stamp Club</p>	<p>8</p> <p>9:00 Limber Up 10:00 Quilters Red Hat Belles 10:30 Housing Tour Lincoln Hills Golf 12:00 Bridge 1:00 Watercolor 1:30 Discussion Group</p>	<p>9</p> <p>9:00 Bridge Practice 10:00 Agebusters Workout 12:15 Pickleball 12:30 Feature Film</p>	<p>10</p> <p>9:00 Limber Up 10:00 Amer Mah Jongg Tai Chi</p>
<p>13</p> <p>9:00 Limber Up 9:30 Springdale Golf 10:00 Beginning Bridge Knitters 12:15 Duplicate Bridge Pickleball 1:00 Storytellers Group</p>	<p>14</p> <p>9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:00 Early Stage Memory Loss Support Group</p>	<p>15</p> <p>9:00 Limber Up 10:00 Quilters Vision Support 10:30 Lincoln Hills Golf 12:00 Bridge 1:00 Bestsellers Club Watercolor</p>	<p>16</p> <p>9:00 Bridge Practice 9:30 Eastern Mrkt Tour 10:00 Agebusters Workout Aspiring Authors 12:15 Pickleball</p>	<p>17</p> <p>9:00 Limber Up 10:00 Amer Mah Jongg Tai Chi 1:00 Bingo with Barb</p>
<p>20</p> <p>9:00 Limber Up 9:30 Springdale Golf 10:00 Beginning Bridge Knitters Pickleball 12:15 Duplicate Bridge 12:30 Lunch Out</p> <p>10a-12p 15-Minute Massages</p>	<p>21</p> <p>9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:30 Board Meeting 2:45 Ask the Attorney 7:00 Stamp Club</p>	<p>22</p> <p>9:00 Limber Up 10:00 Pickleball Quilters 10:30 Lincoln Hills Golf 12:00 Bridge 1:00 Social Networking Watercolor</p> <p>9-11am Podiatrist</p>	<p>23</p> <p>9:00 Bridge Practice 10:00 Agebusters Workout</p>	<p>24</p> <p>9:00 Limber Up 10:00 Amer Mah Jongg Tai Chi</p>
<p>27</p> <p>9:00 Limber Up 9:30 Springdale Golf 10:00 Beginning Bridge Knitters Pickleball 12:15 Duplicate Bridge 12:30 Volleyball</p> <p>10a-12p 15-Minute Massages</p>	<p>28</p> <p>9:00 Agebusters Workout 10:00 Tai Chi Walking Club 12:30 Euchre 1:00 Early Stage Memory Loss Support Group</p>	<p>29</p> <p>9:00 Limber Up 10:00 New Mem. Coffee Pickleball Quilters 10:30 Lincoln Hills Golf 12:00 Bridge 12:30 Volleyball 1:00 Watercolor</p>	<p>30</p> <p>9:00 Bridge Practice 10:00 Agebusters Workout</p>	



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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.