



Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

June 2016

Community Wide

Garage Sale and Flea Market

Saturday, June 4, 9:30 am - 3 pm

Liberty Center Parking Garage

(Just south of the Troy Community Center)

Register now for this year's garage sale and flea market!!! Clean out your closets and garage and turn your discards into \$\$\$CASH\$\$\$.

Vendor fee: \$20; NR: \$25

Act. #	Unload Time
128994T	7:30-8 am
128994U	8-8:30 am
128994V	8:30-9 am

**Shoppers:
Admission is \$2.
Under 12 free.**

Shall We Dance Drop-In Ballroom Dances

2nd Thursday of Every Month! June 9, July 14 ...7-9:30 pm

Troy Community Center Room 304/305

Fee: \$6 Res; \$7 NR; HS Students \$3 Pay at door

Brought to you by James Savage, the Friends of Troy Seniors, American House Troy, Senior Meals on Wheels and the Troy Recreation Department.



Daughterhood Circle

Thursday, June 2, 6:30-8 pm

Troy Community Center Room 504

Join us for the third meeting of Troy's Daughterhood Circle - new members always welcome!

New Coloring Group - See page 20

Grand Hotel Mackinac Island October 10-13, 2016

Troy Seniors have been visiting Mackinac Island every year since 1974 for this "cruise on land" all inclusive trip sponsored by the Michigan Recreation and Park Association...



Newsletter Subscription Renewal

It's time to renew your newsletter subscription. This is the last issue you will receive if you do not renew.

Please renew now! Thank you!

Community Center Maintenance Closures

Due to the installation of a new HVAC unit at the Community Center, the following closures will be necessary:

June 6-9: The entire fitness area, locker room, babysitting, pool, gym and fitness studios will be closed.

June 6-11: The north (senior) parking lot will be closed. Fourteen temporary handicap spaces will be added to the east and south sides of the building during this time.

June 6-8: Creative Endeavors will be closed.

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A Matter of Balance

Wed and Fri, June 1-24 (4 weeks/8 sessions), 1-3 pm
Troy Community Center Room 302

Fee: \$15 payable to the Area Agency on Aging

This program will reduce the fear of falling and demonstrate exercises that improve flexibility, range of motion and strength. The format will include group discussion, problem solving, skill building, and assertiveness training. Receive a \$15 gift card when you complete the program! For more information or to register, call the Area Agency on Aging 1-B at 800.852.7795 or visit AAA1B.com.

Diabetes PATH Workshop

Will Return in the Fall at the Troy Community Center

For people with type 2 diabetes, their family and caregivers. This workshop is facilitated by two trained leaders, one or both having diabetes or another chronic condition. Participants will learn how to: Manage symptoms and fight fatigue, build confidence, monitor blood sugar, communicate effectively with healthcare professionals and more! This workshop is brought to you by the Area Agency on Aging. Light refreshments and \$15 gift card included are included in the \$15 fee. Pre-registration is required as space is limited.

One Day Trips

- Register early so trips are not cancelled! TICKETED EVENTS may be cancelled up to 30 days in advance if there are not enough registered.
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- Indicate upon registration if you need an ADA accommodation.
- A \$10 service fee is withheld on all patron requested refunds plus costs incurred. Full refunds issued for medical emergencies with doctor letter and notification before trip.

Toledo Zoo and Canal Boat Ride

Wed, Jun 22, 8 am - 7 pm; Act. 148927R \$86; NR \$91

Visit the Toledo Zoo followed by lunch (included) at Georgio's Cafe International. After lunch, visit the Ludwig Mill & Heritage Center - the only remaining working mill along Ohio's canals. Then get a sense of what canal travel was like as living history characters narrate your boat tour on an original section of the Miami and Eric Canal. Transportation is by motorcoach for this Bianco tour.

Turkeyville - Shout! Performance

Tue, July 19, 9:15 am - 6:45 pm; Act. 148928A \$78; NR \$83

Cornwell's complete turkey lunch buffet is included with this performance of *Shout! Shout!* will take you back to the music, fashion and freedom of the 60s. Transportation is by motorcoach for this Bianco tour.

Amish Acres Arts & Crafts Festival

Fri Aug 5, 7:15 am - 9:45 pm; Act. 148928B \$73; NR \$78

Includes admission and lunch voucher at the 54th craft festival at Amish Acres in Nappanee, Ind. Lots of walking, and dress for a possible change in the weather. Transportation is by motorcoach for this Bianco tour.

Remember When Diamond Jack River Cruise

Tue, Aug 23, 10 am - 6 pm; Act. 148928D \$77; NR \$82

Includes lunch at Smokies Restaurant & Bar in Wyandotte, a 2-hour narrated boat cruise with many interesting anecdotes about Boblo and much more, and shopping time in downtown Wyandotte. Transportation is by motorcoach for this Bianco tour.

All Things Detroit

Wed, Sept. 7, 8:15 am - 5:30 pm; Act. 148928H \$64; NR \$69

A step on guide will narrate a fantastic tour of the city including famous landmarks and new developments, a tour of the Guardian Building, and a few photo stops along the way. Lunch at American Coney Island and dessert at the Majestic Cafe (where you will also see the oldest continuously operated bowling alley in the US) are included. (Trip involves a fair amount of walking.) Transportation is by motorcoach for this Bianco tour.

Stratford Featuring A Chorus Line

Wed, Sept. 14, 7:15 am - 9 pm; Act. 148928C \$154; NR \$159

Includes buffet lunch at the Queen's Inn, time for shopping in downtown Stratford, and a performance of *A Chorus Line* at the Festival Theatre. Transportation is by motorcoach for this Bianco tour. Proper ID required to cross border. \$70 cancellation fee after Aug. 14.

Detroit Tigers Baseball

Thu, Sept. 15, 11:45 - 5 pm; Act. 148928I \$49; NR: \$54

We are offering one game this year. Seats are in Section 142 and include a voucher for a hot dog and soda. All ages welcome! Transportation is by school bus.

Detroit Historic Churches

Wed, Oct. 12, 9 am - 5:30 pm; Act. 148928J \$79; NR \$84

Tour Sweetest Heart of Mary, Old St. Mary's, and Ste. Anne de Detroit. Trip also includes lunch at Andiamo Riverfront and a stop at La Gloria Bakery in Mexican Town. Transportation is by motorcoach for this Bianco tour.

Coming soon . . .

Ann Arbor Adventure Oct. 5

Waterloo Sandhill Cranes Oct. 19

- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center or attached to the weekly e-news letter.**

Colorado - July 24 - Aug. 2, 2016

\$1999 per person double, \$2899 single, \$1799 triple

Includes roundtrip motorcoach, 9 nights lodging, 14 meals, and sightseeing at Boys Town, Rocky Mountain National Park, Pikes Peak, Royal Gorge and much more. Call Shoreline Tours for reservations. **800.265.0818.**

Cleveland Rocks! - July 30-31, 2016

\$343 per person double, \$430 single, \$315 triple

Includes roundtrip motorcoach, 1 night lodging, admission to the Rock & Roll Hall of Fame, musical tribute to the Beatles at the Music Box Supper Club (dinner included) and narrated luncheon cruise on the Goodtime III. Call Bianco Tours for reservations. **734.946.7021.**

Great Canadian West - Aug. 14-20, 2016

\$2999 per person double, \$3679 single, \$2799 triple

Includes roundtrip air, 6 nights lodging, 10 meals, and sightseeing in Victoria, BC, Vancouver and much more. Call Shoreline Tours for reservations. **800.265.0818.**

San Francisco and Yosemite - Aug. 15-20, 2016

\$2817 per person double, \$3288 single, \$2661 triple

Includes roundtrip air, 5 nights lodging, 7 meals, and touring in San Francisco, Alcatraz, Yosemite National Park and more. Call Bianco Tours for reservations. **734.946.7021.**

Pacific Northwest & California - Sept. 12-19, 2016

\$3049 per person double, \$3849 single, \$3019 triple

Includes roundtrip air, 7 nights lodging, 10 meals, and sightseeing in Seattle, Mount St. Helens, Portland, Redwood National Park, San Francisco and more! Call Group Tours International for reservations. **248.625.3645.**

Shades of Ireland - Oct. 12-21, 2016

\$3349 per person double, \$3749 single, \$2969 triple

Includes roundtrip air, lodging, 13 meals, and sightseeing in Dublin, Waterford, Killarney, Limerick, Kingscourt and more! Call Group Tours International for reservations. **248.625.3645.**

New York City - Oct. 9-14, 2016

\$1599 per person double, \$2499 single, \$1369 triple

Includes roundtrip motorcoach, 5 nights and 6 meals. Midtown luxury hotel near Times Square, 9/11 Memorial, Apollo Theater, Statue of Liberty Pedestal Pass, Ellis Island, Saturday Night Live Museum and more. Call Shoreline Tours for reservations. **800.265.0818.**

Traverse City Wine & Dine - Oct. 11-13, 2016

\$535 per person double, \$610 single, \$510 triple

Includes roundtrip motorcoach, 2 nights, 2 dinners, tour of Grand Traverse Commons (the former state hospital) and wine tasting. Call Bianco Tours for reservations. **734.946.7021.**

Ark Encounter - Oct. 22-23, 2016

\$339 per person double, \$419 single, \$309 triple

Be among the first to experience the full-sized replica of Noah's Ark, located in Northern Kentucky. Includes roundtrip motorcoach, 1 night, 2 meals, and admission to the Creation Museum and The Ark Encounter. Call Shoreline Tours for reservations. **800.265.0818.**

Tropical Costa Rica - Oct. 28-Nov. 5, 2016

\$2749 per person double, \$3099 single, \$2619 triple

Call Group Tours International for reservations. **248.625.3645.**

Nashville - Oct. 30-Nov. 2, 2016

\$999 per person double, \$1379 single, \$889 triple

Includes roundtrip motorcoach, 3 nights and 5 meals, tour of Nashville, Grand Ole Opry and more. Call Shoreline Tours for reservations. **800.265.0818.**

Niagara Falls Festival of Lights - Dec. 5-6, 2016

\$229 per person double, \$299 single, \$199 triple

Includes roundtrip motorcoach, 1 night and 2 meals. Call Shoreline Tours for reservations. **800.265.0818.**

**Grand Hotel
Mackinac Island**

October 10-13, 2016

Act. 148918L - \$829 pp double, \$1109 single, \$749 triple

Includes:

- Round trip motor coach and baggage handling
- Round trip ferry ride and round trip taxi to hotel
- Elegant accommodations at Grand Hotel - rooms assigned by luck of the draw. All rooms non-smoking.
- Five course dinner nightly, full breakfast daily.
- Grand Buffet lunch and champagne reception.
- Horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly and MORE!.

Drive Up On Your Own Option

A limited number of spaces are available for those who want to drive up on their own and meet the group at the boat dock. The fee is as follows:

Act. 148918M

\$729 pp double, \$1009 single, \$649 triple

NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+. A \$200 deposit is due upon registration. Balance due Aug. 26. No refund after Aug. 26 unless a replacement is found. Trip insurance recommended. Insurance forms are available at the Troy Community Center. Online registration is not available.



- All classes meet at the Troy Community Center.
- Drop-in passes are \$6 (\$7 NR) unless noted.
- 10 visit Punch cards available for: Balance and Stretch, Beginning Pilates, Gentle Aquatic Exercise, Muscle Strengthening, Tai Chi, Yoga/Pilates w Rachel and Yoga w/ Marie, \$60/\$70 NR
- * = Fitness Passport class. Details at the Community Center.
Drop in passes available for purchase for current classes.

*Balance and Stretch w/Ilene Hill (Fri Rachel)

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138983D	Mon	9-9:50 am	Jun 20-Aug 29 (no class 7/4)
138983E	Wed	9-9:50 am	Jun 22-Aug 31
138983F	Fri	9-9:50 am	Jun 17-Aug 26

* Beginning Pilates with Ilene Hill

Improve balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body, mind and spirit functioning as a coordinated whole. **Weeks:** 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138982A	Mon	10-10:50 am	Jun 20-Aug 29 (no class 7/4)
138982B	Wed	10-10:50 am	Jun 22-Aug 31

Fitness RX Women on Weights

Increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, improve balance and help prevent falls. Bring a mat and light (5 lbs.) hand weights. **Weeks:** 10 **Fee:** \$61 \$71 NR **Drop in fee:** \$10 class (\$11 NR).

Act #	Day	Time	Dates
138981C	Tue	6 - 7 pm	Jun 14-Aug 16
138981D	Thu	6 - 7 pm	Jun 16-Aug 18

Gentle Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. HAP sponsors the summer session of this class. Simply come to the front counter and get a number to attend class. 50 numbers available each day for each class. **Weeks:** 10 **Fee:** FREE!!! HAP Sponsored

Act #	Day	Time	Dates
138978C	T & Th	9-9:50 am	Jul 5-Sep 8
138978D	T & Th	10-10:50 am	Jul 5-Sep 8

* Muscle Strengthening with Rachel

This total body workout strengthens and tones muscles using a variety of resistance equipment, including hand weights, tubing and medicine/therapy balls. Functional exercises improve muscle endurance, balance and core strength. Modification and progression cues to most exercises also provided. **Weeks:** 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138975C	Tue	10-10:50 am	Jun 21-Aug 30
138975D	Thu	10-10:50 am	Jun 23-Sept 1

Tai Chi with Keith, Marci and Kim

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes.

Weeks: 8 **Fee:** \$40 \$50 NR (No class 7/4/2016)

Act #	Day	Level	Time	Dates
138976A	Mon	Int	3-4 pm	Jun 13-Aug 8
138976B	Mon	Beg	2-3 pm	Jun 13-Aug 8

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out and reenergize, while building strength and endurance. No need to visit the floor! **Drop in fee:** \$7.50 per class (\$8.50 NR)

No Summer session offered. Look for Fall class info in August issue of the Fifty Forward.

Yoga/Pilates with Rachel

Combining moves from both disciplines, improve extension, balance, alignment and range of motion for most muscles and joints. Mats, chairs, barres and various other equipment will be used to achieve an energizing and rejuvenating experience. Various modifications and progressions will be used throughout the session making it an individual process in a group setting.

Weeks: 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138979C	Tue	11-11:50 am	Jun 21-Aug 30
138979D	Thu	11-11:50 am	Jun 23-Sept 1

Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on. **Weeks:** 8 **Fee:** \$40 \$50 NR

(No class 7/4, 7/18 & 7/20)

Act. #	Day	Time	Date
138977C	Mon	11-12:05 pm	Jun 13-Aug 15
138977D	Wed	11-12:05 pm	Jun 15-Aug 10

Drop-In Exercise Classes

Chair Exercise:

Mon, Wed, & Fri, 11-11:50 am

Excellent class for those new to, or just returning to exercising. Incorporates work while seated and some exercises standing holding on to the chair. Uses balls, tubing and hand weights. Purchase a \$16/10 visit punch card at front desk (NR \$21). **The Friends of Troy Seniors have awarded the Recreation Department a grant which allows us to offer this class at a lower price.**

Stretch and Tone with Carol Petty

Mon & Thu, 11-11:50 am.

This class includes standing and floor work and lots of socializing. Bring a mat. **Purchase a \$31, 10 visit punch card at front desk (NR \$41).**

Indoor Drop-In Pickleball

Mon Daytime	11:30 am - 2 pm	Senior Special
Wed. Evening	6 pm - 8:30 pm	All Ages
Fri. Daytime	10:30 am - 2 pm	Senior Special

Four courts are available for play. All sessions free to Fitness Center pass holders. For all others drop in pass rates apply. Res. \$7/visit or \$50 for a 10 visit punch card, NR Employee \$8 visit or \$70 for a 10 visit punch card, NR \$10 a visit or \$80 for a 10 visit punch card. Equipment provided. \$4 Senior (50+) Special rate extended to 3 pm for Fitness Center access.

**Cornhole Leagues**

Wednesday, May 25—Aug 10 (12 weeks); 12-1:30 pm
North Lawn Troy Community Center
Act. 128986A; Fee: \$15 per person NR \$20

A fun activity similar to horseshoes. Fee is per person - sign up as an individual and designate who your partner is when you register. Don't have a partner? Sign up we'll match you up with a partner. League play begins Wednesday, May 25 - August 10 for those age 50 and over. A match will consist of three games to 21. Play up to three matches each week. Awards for league winners. Questions contact Elaine T at 248.524.3484 or E.Torvinen@troy.mi.gov.

**Bocce Leagues**

Tuesday May 24-Aug 9 (12 weeks) 12-1:30 pm
Act. 128987A; Fee: \$15 per person NR \$20

Outdoor Bocce Courts on North Side of Troy Community Center

This is a great social game that players of all abilities can enjoy. The league schedule will be determined once number of players registered is determined. Sign up as a two player team, or as an individual and be paired with a partner. Rules of play will be distributed the first week and a practice round played. After that scores will be recorded and league winners will be awarded a prize.

Zumba Gold Toning

Tuesdays 10-10:50 am; \$6, NR \$7 at door

Combine the international rhythms of Zumba Gold® with the strength-training techniques of Zumba® Toning, for an easy-to-follow, health-boosting dance-fitness program for the active older adults and beginners. Use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, strengthen and tone, and improve mobility, posture, coordination and cognition. Toning sticks are available for purchase for \$15 from the instructor, or bring personal hand weights, less than 3 lbs.

Zumba Gold Dance Exercise

Wed 7-8 pm, Fri 10-10:50 am; \$6, NR \$7 at door

Get energized with this low-impact aerobic workout that takes salsa, cha-cha, samba, tango, flamenco, calypso, hip-hop and belly dancing and puts it all into a workout routine. Bring two bottles of water and a face towel. First class is free!!!

2016 Troy 50+ Golf Leagues

Both leagues are full, but add your name to the sub list.

Act. 148986Q: Mon. sub list **Act. 148987Q:** Wed. sub list

For more information, please contact:

Mon.: Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com
 Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com

Michigan Senior Olympics

2016 Summer Games for men and women 50+

Aug. 12-22 (see exception below) at various Oakland County locations. Registration deadline: JULY 22!

The events include: archery, basketball, badminton, bowling, bocce ball, cycling, dancesport (July 24), disc golf, golf, horseshoes, pickleball, powerlifting, road races, racquetball, shuffleboard, swimming, table tennis, triathlon, tennis, softball, track & field and racewalk and volleyball. MSO membership (\$25) is required. Call 248.608.0250 for more information or visit www.michiganseiorolympics.org.

Sports Leagues

Bocce - Leagues being organized for this May through Aug.

Bowling - Mondays and Thursdays, 12-2:30 pm. at Troy Lanes 1950 E. Square Lake Rd., Sept. - April, \$5.25 per week. Complimentary coffee while bowling. Call 248.879.8700.

Cornhole - League play being organized for this summer. See details above.

Golf - Mon and Wed mornings at Sylvan Glen May - Sept. Registration begins in November.

Pickleball - Ladder play fall and winter on Friday and Sunday evenings and Tuesday afternoons.

Softball - Women 50+ Tuesday evenings, Men 50+ Thursday evenings, May - August. Details available in January.

Tennis - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulan Park May-Sept. For information, call Judy Luther at 248. 879.9550.

Drop-In Sports

Badminton - Times vary - see Community Center calendar for details. Senior special rate of \$4 Mon. and Fri.

Bocce - Outdoor, seasonal. Equipment provided during Community Center hours.

Pickleball - Offered at various times throughout the week - see Community Center calendar for details. Senior special \$4 Mon. 11:30 am - 2 pm and Fri. from 10:30 am - 2 pm.

Shuffleboard - Outdoor, seasonal. Equipment provided during Community Center hours.

Volleyball - Mondays and Thursdays, 9:30-11 am, Sept. -mid June. Free for fitness center pass holders. All others drop-in fee applies.

All classes meet at the Troy Community Center

Anyone Can Paint

Join award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in one class. He demonstrates and paints right along with the class. An 11 x 14 painting will be completed by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$24; NR \$29

Act #	Date	Time	Subject
145933M	Thu, Jun 9	6-8 pm	Sunflower Outside My Window
145932A	Thu, Jul 14	6-8 pm	Winter Morning
145932B	Thu, Aug 11	6-8 pm	Sunlight Through the Trees

Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. An extensive supply list available on your receipt or from the front desk. **Weeks:** 9

Act #	Day	Time	Dates	Fee	NR
138971B	Wed	9:30am-12pm	Jun 29-Aug 24	\$124	\$134

Clay Projects for Seniors (Age 50+)

Participants 50 and older will work with clay and glazes to design beautiful pottery. Under direction of our art instructor you have the opportunity to explore the world of clay. **Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State. **Material fee:** \$5 per session (paid directly to instructor 1st week) **Day:** Tuesdays **Weeks:** 2 **Fee:** \$20 **NR:** \$25

Act#	Dates	Time
134305G	6/21-6/28	10:30am-12:00pm
134305H	7/12-7/19	11:00am-12:30pm

Check out our Parent and Tot classes and consider attending with a grandchild. See the Summer Troy Today.

Oil & Acrylic Painting No summer session offered

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. An extensive supply list available on your receipt or from the front desk. Tuesday afternoons resuming in September.

Tap Lessons No summer session offered

Beginners: No experience necessary! Learn basic steps and work on a nifty routine. Bring your old tap shoes, or come to the first class for suggestions on places to find new or used shoes. **Instructor:** Terry Slater. Tuesday afternoons resuming in September.

Keyboarding No summer session offered

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ - if you have a portable keyboard feel free to bring it. A book may be purchased at the first class for \$15. **Instructor:** Lucia **Weeks:** 8

Look for fall class info in the August *Fifty Forward*.

Knitting and Crocheting Classes

Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. **Beg.:** A \$15 materials fee is payable to the instructor at the first class for knitting needles and yarn. Adults of all ages may attend.

Int. Knitting: You know how to knit and purl and have made simple items. Now you want to move your skills up a notch. Make a vest or sweater that fits in this class. Bring a pattern, yarn and needles for a project you choose to the first class.

Int. Crocheting: You know the basic crochet stitches and want to take it a step further. Build on the stitches you already know and learn how to do the crab stitch, picot stitch and the shell stitch. Discover how you can use these stitches on their own or to enhance your knitting. You will make a crochet scarf or any other piece of your own choosing.

Open: Continue with projects you are working on or start something new. Must know the basic stitches.

Weeks: 4 **Fee:** \$45; NR \$55

Act.	Class	Day	Time	Dates
125934Q	Int. Crocheting	Tue	1-3 pm	Jun 7-28
125934R	Int. Knitting	Wed	1-3 pm	Jun 8-29
125935A	Open	Tue	1-3 pm	Jul 12 - Aug 2
125935B	Open	Wed	1-3 pm	Jul 13 - Aug 3

Beginning knitting and crocheting will be offered in the fall.

10 Benefits of Lifelong Learning

1. Lifelong learning helps fully develop natural abilities.
2. Lifelong learning opens the mind.
3. Lifelong learning creates a curious, hungry mind.
4. Lifelong learning increases our wisdom.
5. Lifelong learning makes the world a better place.
6. Lifelong learning helps us adapt to change.
7. Lifelong learning helps us find meaning in our lives.
8. Lifelong learning keeps us involved as active contributors to society.
9. Lifelong learning helps us make new friends and establish valuable relationships.
10. Lifelong learning leads to an enriching life of self-fulfillment.

-Selfgrowth.com

Beg. Swing and Ballroom & Adv. Swing

Friday Evenings: Weeks: 6

Fee: \$59 NR \$69; Any Two Classes: \$98 NR \$118

Swing: No dance experience required. No partner required. Instruction will focus on the fundamentals of East Coast Swing including: Basic Step, Open Position, Closed Position, Send Out, Inside Turns, Outside Turns, Basic Cuddle, Sugar Push and more.

Advanced Swing: Instruction will focus on expanding upon the fundamentals of Swing including: variations on footwork, advanced principles of connection, leading and following techniques, musicality, and incorporating "breaks" into the dance.

Ballroom: No dance experience required. No partner required. Instruction will focus on acquiring the skills necessary to enjoy social ballroom dancing. Each session will introduce students to traditional styles of ballroom dance including Waltz, Foxtrot, Rumba and Cha Cha. Emphasis will be placed on proper posture, dance positions, leading and following techniques and footwork. All are welcomed.

Instructor: Jim Berg

Act #	Style	Time	Dates
138980J	Swing	7-7:50 pm	Jul 8 - Aug 12
138980K	Ballroom	8-8:50 pm	Jul 8 - Aug 12
138980L	Adv. Swing	9-9:50 pm	Jul 8 - Aug 12
138980M	Any 2 classes		Jul 8 - Aug 12

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm; Fee: \$6; NR \$7 at door

Have you always wanted to ballroom dance? Join this class and learn a different Smooth, Rhythm, or Swing dance each month. Learn tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes.

Month	Mondays	Wednesdays
June	Rumba	Beg. Viennese Waltz
July	Merengue	Foxtrot

No class May 30, June 20, 22, 27 & 29.

Square Dance Lessons

Mondays, 7-9:30 pm

Fee: \$5; NR \$6 at door - FIRST CLASS FREE!

Mainstream	7-8 pm
Plus Level	8-9 pm
Workshop with Walt	9-9:30 pm

Singles and couples welcome. No partner required. Experienced dancers will assist. For more information, call Carrie at 248.632.4288. Caller Walt Zatorski.

Friday Night Square Dances

Every third Friday, Nov. - May, 7:30-9:30 pm

Fee: \$5 per person

Dances are held in the studios upstairs at the Troy Community Center. Partners not required. Contact Veronica at 248.566.3026 with any questions. Caller Walt Zatorski.

Market Basket Weaving Class

Wed., June 8, 12:30-4:30 pm

Troy Community Center Rm 402

Act. 135903C; \$28 Res, \$33 NR

Make a market basket for all your shopping needs. It starts on a D handle with an open weave base. With some easy stop and start rows up the sides and choice of color the sides go up quickly. Put a sturdy rim on the basket and you are ready to hit the farmers market. All supplies are included in the fee. Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.

**American Flag Mosaic Class**

Tuesday, June 14, 6:30-9 pm

Troy Community Center Room 401

Act. 135902E; \$36 Res, \$41 NR

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create beautiful mosaic masterpieces. Follow in their footsteps and fashion your own "American Flag" mosaic. Class is for men and women - no experience necessary. Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Community Center front desk. Pre-registration is required.

American Mah-Jong Lessons

Wednesday afternoon lessons will return in the fall

Troy Community Center Room 402A

Fee: \$29, NR \$39

Instructor Judy Shell teaches this class for beginners and those who want a review. Learn the rules of the game, how to "make a hand" and how to play. Mah-Jong games to use during class will be provided. Class size is limited to 16. Class meets in room 402A - enter through the dining room (Room 402). **Materials fee of \$9 is payable to the instructor at the first class if you need a current Mah-Jong card.**

Troy English Skills Workshop will return in the fall

Computer Classes - See page 9

June

Monday

Tuesday

Wednesday

Thursday

Friday

		10:00 Book Club 11:45 Chef's Salad	1 10-11 Ask A Nurse 11:45 Baked Chicken 12:30 Birthday Party 6:30 Daughterhood Circle - pg 1	2 11:45 BBQ Spareribs 1:00 Bingo	3
11:45 Mac & Cheese	6 11:45 Antipasto Salad 1:00 Red Hat	7 11:45 Spaghetti 12:30 Basketweaving Class - pg 7	8 10-11:30 Caregiver Support 11:45 Oven Fried Chicken 7:00 Ballroom Dance - pg 1	9 10-12 Hearing Screening 11:45 NO LUNCH 1:00 Bingo	10
11:45 Tuna Salad	13 11:45 Chilimac 6:30 Mosaic Class - pg 7	14 9:30 Scam Speaker - pg 20 10-12 Disk Erasure 11:45 Pulled Pork	15 11:45 Ginger Baked Chicken	16 10-12 Blood Pressure 11:45 Cheeseburger 1:00 Bingo	17
11:45 Chili	20 11:45 Chicken Salad	21 8:00 Toledo Zoo 9:30-12 Computer Consultations 11:45 Roast Pork	22 11:45 Macaroni Casserole 12:30-2 Focus Hope	23 11:45 Potato Crunch Fish 1:00 Bingo	24
11:45 Spaghetti	27 11:45 Beef Hot Dog	28 11:45 Meatloaf	29 11:45 Chef's Selection	30	

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday. Reservations are not required. Suggested donation: \$3.50. Under age 60 must pay \$6. Coffee is available in the dining room Monday-Friday from 8 am - 12:30 pm \$.50/cup.

Senior Mondays and Fridays at the Community Center Fitness Area - Ages 50+ can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of \$4. **Drop-in Pickleball is included and is offered on Mondays from 11:30 am - 2 pm and on Fridays from 10:30 am - 2 pm.**

At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit www.troyclic.org. **All computers use Windows 10.**

Computers for Beginners 1

Just starting out with computers? Want to learn about that mouse, keyboard or computer screen? This class is for beginners with little or no experience. Become familiar with your computer while building self-confidence with easy-to-learn lessons.

Fee: \$42 NR \$52 Wks: 2 Hrs: 8

Act #	Day	Time	Dates
135951K	M & W	1-3 pm	6/6-6/15
145951A	T & TH	9:30-11:30 am	7/12-7/21
145951B	M & W	1-3 pm	8/8-8/17

Computers for Beginners 2

This course continues where Beginners 1 left off. Go beyond the basics with hands-on exercises to operate programs, work with files and folders and explore the Internet. Become comfortable changing your computer settings, visiting websites, sending emails, making CD's and DVD's and much more.

Fee: \$42 NR \$52 Wks: 2 Hrs: 8

Act #	Day	Time	Date
135973K	M & W	1-3 pm	6/20-6/29
145973A	T & TH	9:30-11:30 am	7/26-8/4
145973B	M & W	1-3 pm	8/22-8/31

Intro to Word Processing

This course is designed for people who want to learn the essential features of Microsoft Word, the popular word processing software. You will gain the skills to create all kinds of documents, from letters to professional papers. Learn how to set margins, insert pictures, check spelling, print documents and much more.

Fee: \$42 NR \$52 Wks: 2 Hrs: 8

Act #	Day	Time	Dates
135954C	T & TH	1-3 pm	6/7-6/16

Windows 10

Prerequisite: Computers for Beginners or some computer experience. Learn to use the Windows 10 operating system to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more!

Fee: \$42 NR \$52 Wks: 2 Hrs: 8

Act. #	Day	Time	Dates
135972J	M & W	6:30-8:30 pm	6/6-6/15
145972A	T & TH	1-3 pm	7/19-7/28

Introduction to Power Point

Ever see one of those cool slide shows from the Internet with beautiful photos and lovely music? It was probably made with a PowerPoint program. You can learn how to make the same kind of slide show with your own pictures. Even better, you can learn the many other uses of PowerPoint for presentations, collages, posters and how to customize your work with pictures, animation, audio and video.

Fee: \$42 NR \$52 Wks: 2 Hrs: 8

Act #	Day	Time	Dates
135961C	T & TH	9:30-11:30 am	6/21-6/30

Scanning

If you own or are about to buy a scanner, take this class! You'll learn several important scanning techniques for pictures, photos and documents. Have fun and gain valuable hands-on experience with your own photos, slides and negatives using the classroom scanners.

Fee: \$21 NR \$26 Wks: 1 Hrs: 4

Act #	Day	Time	Dates
135962C	T & TH	9:30-11:30 am	6/7-6/9
145962A	M & W	1-3 pm	8/1-8/3

E-Mail

A two-hour one-on-one session with an Instructor covering the email system you are using or want to use. Help is available for WOW, Comcast, Yahoo, Hotmail, Gmail, Outlook Express/Windows Live mail and AOL. If you have an email account, bring your user ID and password to the class. **Fee: \$21 NR \$26 Wks: 1**

Act #	Day	Time	Dates
145960A	M	1-3 pm	7/11
145960B	W	1-3 pm	7/13

Private Consultations - Meet with a Learning Center instructor on the fourth Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The non-refundable fee of \$5 is payable when you make your appointment. VISA or Mastercard accepted by phone for this program. Please cancel if you cannot keep your appointment.

Hard Drive Erasure - This free service is offered on the third Wed. from 10 am - noon in the computer lab. Prevent identity theft if you are throwing out or giving away your computer. Drop off just the computer or remove the hard drive and bring it in.

Drop-In Lab - The computer lab is open for FREE drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. **Subject to Lab Monitor availability.**

Free SHARP In-Home Computer Help - For Troy seniors age 60+ who use any Microsoft Windows Operating System. Support is not available for Apple products. The volunteer labor is free but you must pay for supplies. Tipping is not allowed. For assistance, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions follow up. This program is made possible by the City of Troy and the North Woodward Community Foundation. Donations to the North Woodward Community Foundation accepted.

These activities are held at the Troy Community Center unless noted.

Special Interest/ Support Groups

Ask the Attorney

Dana Wilson offers free 15 min. consultations on the 3rd Wednesday from 10:30 am - noon. Appointments required. Call 248.524.3484.

Caregiver's Support Group

2nd Thursday, 10-11:30 am. Free.

Friends of Troy Seniors

This non-profit group supports Troy Senior programs and services. See page 12.

Medicare Counseling

Jim Zoellner and Ken Ochs, certified Medicare/Medicaid counselors, offer enrollment assistance on the 2nd and 4th Friday from 10 am-1 pm in room 404. Also get help with claims, denials of service, and more. Call 248.524.3484 to make an appointment by the Wed. before appointment date. For help with Part D enrollment, bring your prescriptions.

Pacific Rim Outreach

Wednesdays, 12:30-3:30 pm. Information and social activities. Call Phil Oh at 248.641.8445.

Red Hat

2nd Tuesday, 1 pm. 248.524.1108.

T.O.P.S.

Thursdays, 8:30 - 10:30 am. Non-profit weight loss support group. 586.202.7090..

Health Services

Ask A Nurse

1st Thursday, 11am -12 pm. Room 404. Drop-in. Free. Sponsored by Crittenton Home Care.

Blood Pressure Screenings

3rd Friday, 10 am - Noon. Room 402. Drop-in. Free. Sponsored by FOTS

Emotional Counseling

Call Oakland Family Services to schedule an appointment at their office in Berkley, Pontiac, Rochester Hills or Walled Lake. 248.858.7766, Ext. 200.

Hearing Screenings

2nd Friday, 10 am-12 pm. Room 402A. Drop-in. Free. Sponsored by FOTS.

Cards & Games

Bingo - Fridays, 1-2:30pm. .25/card with \$1 admission card. Cash prizes.

Bridge - Duplicate - Tuesdays 12:30-3:30 pm (248.546.4335), Party - Thursdays 12:30-3 pm (248.588.7409), ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$7 (586.775.7363).

Cribbage - Fridays, 1-3 pm. Beginners welcome. 248.689.1740.

Euchre - Tuesdays, 12:30-3 pm. 248.840.9748.

Mah-Jong - Wed. 1-3:30 pm and Fri. 1:30-4 pm. 248.641.8412.

Pinochle - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. Pinochle (less experience needed) Thursday, 12:30-3 pm. 248.376.5556.

Creative Arts

Ballroom Dance Drop-in Lessons Mon. & Wed., 1-2 pm. \$6 (\$7 NR).

Coloring Group Starts May 4 Wed, 9-10:30 am Self directed Free!!!

Swing and Ballroom Lessons Friday evenings. See page 7 for details.

Band - Practices 1st and 3rd Wednesday from 7:30-9:30 pm. 248.689.3536.

Knitting Lessons: See page 6

Line Dance Group - Wed, 8-9:30 pm. All levels welcome. 248.641.9346.

Harmonica Club (Mouth Organ Grinders) - Mondays, 9:30-11 am. Sept. - May. Beginners welcome. 248.689.2499.

Needlework Club - Tuesdays, 10 am- 12 pm. Share ideas and advice on knitting, crocheting and other needlework. No lessons. 248.588.5442.

Painting Club - Thursdays, 9 -11:30 am. 248.646.3978.

Painting Lessons - see page 6

Quilting Group - Wednesdays, 9 am-4 pm. All levels welcome. Bring works in progress. No lessons.

Sewing Group - Mondays, 12-5 pm. 248.877.9252.

Woodcarving Club - Mondays, 8:30-11 am. Beginners and visitors welcome. 248.528.3292.

Massage Therapy

Chair or table massage is offered on Mondays and Fridays from 9 am to 2 pm with massage therapist Gordon Maslowski. The fee is \$15 for a 20 minute chair massage or \$35 for a 45 minute table massage. Call 248.840.3460 to make an appointment. Walk-ins welcome if time allows.

Other Activities

Birthday Party - 1st Thursday 12:30-1 pm in room 402. No reservation required. Cakes donated by the Newcomers. Ice cream donated by Emerald Food Service.

Book Club - 1st Wednesday, 10 am in Room 402A. See page 11 for details.

Computer Lab - Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability.

Hot Lunch - This federally funded program is held Monday - Thursday from 11:45 am - 12:30 pm and Friday from 11:30-12:15 pm for ages 60 and older. No reservation needed. Suggested donation: \$3.50. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

Homebound Lunches - Homebound lunches and liquid meals available Monday - Friday at noon. Call 248.689.0001.

Sports & Fitness

See pages 4 & 5.

Creative Endeavors Gift Shop

Seniors may place their handmade crafts in this consignment shop, located inside the north entrance of the Troy Community Center. Sellers retain 70% of the selling price. For more information, contact Carla at 248.524.3492.

Fifty Forward Dinner Club

Carpool/Uber from the Troy Community Center or meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. No decision has been made about a June event yet. To receive the information when it becomes available, please email forwarddinner@yahoo.com to be added to the list. You do not need to be a Troy resident.

Fifty Forward Lunch Club

Daytime outings to cool places...Please respond thumbs up or down if you would be inclined to hit the road with us! forwarddinner@yahoo.com or 248.840.5303. Thank you...and your ideas matter, let me hear them!

Daughterhood Circle

Thursday, June 2, 6:30-8 pm

Troy Community Center Room 504

Join us at Troy's Daughterhood Circle. Hang out, relax, and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. Please preregister for this FREE activity: Act. 148906A.

Please Register for Group Participation

Please register for *each group* you attend. Although there is no charge for room use, some groups may charge dues. Check with the group leader. See page 10 for more information on these groups.

145205A	Book Club
145205B	Bridge–Thu. Party
145205C	Bridge–Tue. Duplicate
145205D	Cribbage
145205E	Euchre
145205F	Harmonica Club
145205G	Heritage Band
145205H	Line Dance
145205I	Mah-Jong Group
145205J	Needlework Club
145205K	Pacific Rim
145205L	Painting Club
145205M	Pinochle - Beg.
145205N	Pinochle - Monday
145205O	Quilting Group
145205P	Red Hat Society
145205Q	Sewing Group
145205R	Society of Single Seniors
145205S	TOPS
145205T	Woodcarving
145205U	Coloring Group

Mah-Jong Group

Wed., 1-3:30 pm and Fri., 1:30-4 pm

Troy Community Center Lobby

Meet other Mah-Jong players and enjoy the game with new friends. Bring a current mah-jong card. Beginners are welcome but you must know how to play (Lessons: see page 7). Contact Judy at 248.641.8412 or 248.417.4704 for more information and so she can get your contact information.

Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The June book is *Down River* by John Hart. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meeting is **Monday, June 13 at 4 pm** at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. Bring your ideas for events and activities. Newcomers welcome! Call 248.689.8070 for information or dinner reservations.

Troy Library Spice of Life Discussion Group

The Spice of Life Discussion Group meets every Wednesday from 10-11:30 am in the Meeting Room at Troy Library. Programs are on subjects of general interest and vary week to week. A discussion follows each program; no preparation is required except an interest in the world around you. Call 248.524.3538 for more information.

ACBL Bridge Clubs

Monday club (limited to 500 points) meets at 12 pm and Friday club (unlimited) meets at 11 am at the Troy Community Center. The fee is \$7. Call Shirley at 586.775.7363 for details.

Red Hat Society - 2nd Tuesday of each month

Call Sylvia at 248.524.1108 for more information. The Red Hats group leader collects annual dues of \$35 per person.

Caregiver's Support Group

2nd Thursday of each month - 10-11:30 am, Room 403

This group is facilitated by Home Instead Senior Care and there is no charge to attend. All ages welcome. Share your care giving concerns and get information. Call 248.703.5556 for details.

Grandparents Raising Grandchildren

This group, sponsored by the Area Agency on Aging and the Oakland Livingston Human Service Agency, meets in a different Oakland County location each month to provide information and services. Contact Lisa Grodsky at 248.209.2622 or Lisag@olhsa.org for more information.



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Volunteer Opportunities Available with FOTS

Become a volunteer with the Friends of Troy Seniors. You will find it a rewarding experience and you will also make new friends along the way. Contact our office at 248.526.2608 or stop in from 10 AM to 1 PM, Monday through Friday, to learn about these opportunities.

• Project Leaders

We have a great group of volunteers and are seeking individuals to lead these volunteers at various events. A project leader would set up the event with assistance from our Event Coordinator and oversee all aspects of the event through to its completion.

• Webmaster

We are looking for someone with experience as a webmaster to manage our website. This would be a very part-time volunteer position for a senior or for a younger person who likes to work from home.

Senior Resource Center

Check out our resource center brochure rack for information from businesses with products and services for older adults. If you are a business owner and would like to display your brochures, the fee is \$15 per month or \$150 per year. Call 248.526.2608 for an application.

Election of Advisory Board Members

At the annual meeting of the Friends of Troy Seniors on May 19, we held an election for all seven of our board positions listed as follows: Chairperson, Planning & Development Coordinator, Event Coordinator, Fund Raising Coordinator, Membership Coordinator, Volunteer Coordinator and Board Secretary. Those elected will serve a two-year term beginning at end of the meeting. See the July newsletter for a list of our new board members (not available at press time for this newsletter).

Brunch and Learn - page 20

Monthly Membership Meetings

FOTS meetings are held on the 3rd Thursday of the month at 1 pm in Room 301 at the Troy Community Center unless otherwise announced. Our next meeting is Thursday, June 16. Everyone is invited to attend. If you are not yet a member, please attend to find out more about us.

Thank You!

Thank you to our Document Shredding volunteers who are dedicated to running this event twice a year. The event was held at the Aquatic Center with a Shred Corp truck. The volunteers demonstrated teamwork while working at a new location and with a new company.

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: fots@wowway.com

Website: www.friendsoftroyseniors.org

Hours: Mon-Fri 10 am-1 pm

Mission Statement

The Friends of Troy Seniors is dedicated to providing individuals 50 years and older with a sense of purpose and community through maintaining and enhancing senior programs, events and education in Troy and the surrounding area.

Employment Referral List

If you are an individual who wants to provide home care for senior citizens, pick up an application at the Friends of Troy Seniors (FOTS) Office at the Troy Community Center or call 248.526.2608 to have one mailed to you. Your name will be placed on a referral list and prospective employers will contact you. FOTS is acting as a clearinghouse only, not as an employer.

To hire a senior companion, call 248.526.2608 to obtain a copy of the list. To further assist you in this process, we suggest you refer to the **Hiring Paid Caregivers for In-Home Services** guide prepared by the Michigan Office of Services to the Aging. Guides are available at the Friends Office or at the Community Center front desk.

E-News Updates

If you get the **Fifty Forward** newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the home page of the City web site at www.troymi.gov. Click on the subscribe box at the top center of the page. Enter your e-mail address and click on SUBMIT. Confirm your e-mail address and click on SUBMIT. Then, in the Parks and Recreation section, select Troy Fifty Forward News & Updates and any other newsletters listed there that you want to receive. Click on SUBMIT.

Troy Medi-Go Plus Transportation

What is Troy Medi-Go Plus?

Troy Medi-Go Plus is a nonprofit organization dedicated to providing Troy residents age 60+ and Troy residents with disabilities age 18+ with door-to-door transportation to medical appointments and other important destinations. Persons with temporary disabilities may qualify on a case-by-case basis. Vehicles are wheelchair accessible.

Who Pays For Troy Medi-Go Plus?

Troy Medi-Go Plus receives funding from the City of Troy, SMART, Michigan Department of Transportation, Beaumont Foundation, Kroger Community Awards Program, and rider fares and donations.

Where Can I Go with Troy Medi-Go Plus?

Medical Appointments - including dentist, pharmacy, clinics, hospital, therapy. Make your reservation as early as possible. Standing appointments are accepted. Boundaries are 12 Mile, Mound, Auburn (and Barclay Circle) and Southfield/Adams Roads .

Visits to Spouses in Nursing Homes - Call up to one week in advance. No standing reservations. Same boundaries as medical appointments.

Troy Community Center and Troy Library - Monday - Friday. Call up to one week in advance. Standing reservations accepted.

Grocery Shopping - Fridays. Anywhere within the City of Troy and to Meijer in Rochester Hills, Madison Heights and Royal Oak. Reservations accepted two days in advance. No standing reservations.

Oakland Mall - No standing reservations.

Work and Educational Trips - for persons with disabilities. Monday - Friday. Same boundaries as medical appointments. Standing reservations accepted.

Other destinations with the boundaries such as hair salons, banks, churches, restaurants, and movie theaters.

Hours of Service

Monday through Friday, 8 am - 4 pm. (Closed Christmas Day through New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and the day after Thanksgiving and when Troy Schools are closed due to weather. (A limited number of dialysis rides are available on school snow days.)

Cost

\$2 per one way ride. \$40 punch cards available which are good for 20 rides.

For More Information or Reservations

Call 248.457.1100 between 9 am and 4 pm Monday - Friday.

SMART Connector same day service is also available to destinations anywhere within the City of Troy. Call SMART at 866.962.5515 when you are ready for your ride.

In addition, Troy People Concerned may have volunteers available to provide rides to medical and social service agencies for Troy residents of all ages who need door-to-door assistance and cannot use SMART or Medi-Go. Call 248.528.9199 for more information.

Free Smoke Detectors Available from the Red Cross

The Red Cross has a program to install smoke detectors to income qualifying individuals in homes for free. This program is for homeowners and renters. For more information, call the Red Cross at 1.800.REDCROSS or visit the following website:

<http://www.redcross.org/local/mi/emergency-services/home-smoke-alarm>

Free Captioned Telephones Available for Hearing Impaired

Free CapTel IP-based telephones are available at no charge to applicants who have obtained certification of their hearing loss and their need to use a captioned telephone. Oeius will also install the phone for you free of charge. There are no monthly fees or contracts required, but you must have Internet service in your home. Please go to: <http://bit.ly/CapTelForm> to learn more about the phone and it's features as well as obtain the form that is needed for hearing loss verification-it's just takes a signature from your audiologist, trained hearing professional or MD. Please contact Jennifer Weallans, @248.550.6866 if you need more information..

A captioned phone is available at the Troy Community Center for you to try out. Contact Carla at 248.524.3492 or vaughancs@troymi.gov to make an appointment to try out the phone.

LifeTrail Exercise System at Milverton Park

A LifeTrail™ outdoor exercise system is available at Milverton Park. The trail is designed for people 55 and older. The activity stations offer three levels of challenge for each activity. The outdoor workout is designed to make it easier for users to perform daily tasks and enjoy a better quality of life. The progressively challenging exercises are patterned after the twists, turns, and movements of everyday life. The result: Adults are stronger and have more energy to complete the real-life activities that matter most.

Milverton Park is located on the south side of Maple Road east of John R.

Aquatic Exercise with a Personal Trainer

Use water to improve fitness and range of motion and to relieve pain and stiffness. When immersed chest deep, your body bears just 25-35% of its weight. You do not need to know how to swim for these private sessions which are held at the therapy pool at the Troy Community Center. The pool is 4 ft. deep, and the exercises are done in a vertical position (with the bonus of keeping your hair dry!). The water is 88-92 degrees and there is a lift and/or a ramp that can be used to enter the pool. A water wheelchair is also available. You must purchase a minimum of one 60 minute session at a cost of \$60 which can be broken down into two or three shorter sessions. To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4.

Assistive Listening Devices

Available for meetings at the Community Center. See a senior staff person.

Captioned Telephone - Available at the Community Center for hearing impaired persons to try out.

Computer Lab - FREE- Drop-in computer lab with Internet access is available Mon., Wed. and Fri. from 9:30 am - noon based on volunteer monitor availability.

Craft Supplies may be donated to the Community Center for program use or for seniors to take home. The craft closet is located in the Arts and Crafts room and is open M-F from 8-4:30.

Document Shredding Brought to you by the Friends of Troy Seniors, on-site shredding is offered at the Troy Community Center twice a year (spring and fall). Dates are announced in this newsletter.

Focus Hope Food is distributed on the 4th Thursday (Nov/Dec date may vary) from 12:30-2 pm. You must be 60 or older with a household income of \$1,276 per month or less (\$1,726 or less for a two person household – both can receive food). Apply at the Community Center front desk by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

Home Chore Program Assistance for low income Troy homeowners 62 and older with grass cutting, leaf raking, spring yard clean-up, gutter cleaning and snow removal. Call 248.524.1147.

Hospital Equipment Loan Closet Borrow wheelchairs, walkers, canes, crutches, ramps, toilet chairs and shower chairs at the Community Center. For wheelchairs, ramps and shower chairs only: call to confirm availability. **Donations accepted.** Please call 248.524.3484 to see if we are currently accepting items.

Magazine and Puzzle Library Magazine subscriptions are donated by local businesses to read at the Community Center. Puzzles are donated by seniors that you may take home.

Tax Assistance - Provided free by trained AARP volunteers on Fridays from Feb. 1 - April 15. Details in the January and February newsletters.

Video Magnifier available free in the senior reading room - magnifies print up to 45 times. Directions are posted.

Community Center Passes
The senior (60+) resident rate is \$20 per month (no discount for non-resident seniors). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A resident matinee pass is \$17.75 per month that allows you to use the club Monday - Friday from 8 am - 3 pm. Discounts are available for low-income residents.

A Fitness Passport is also available that includes the above plus some select fitness classes for an additional fee.

For those without a pass, the daily rate is \$7 (NR \$10). Seniors (50+) receive a special rate on Mondays and Fridays: \$4 for use of the pool, fitness room and gym from 5:30 am - 3 pm.

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

Open Monday - Saturday
10 am - 2 pm &
Thursday 5-9 pm

248.526.5145

Vendors: Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers retain 70% of the selling price. For more information, call Carla Vaughan at 248.524.3492.

SHARP Home Repair Program

SHARP (Senior Home Assistance Repair Program) helps Troy seniors 60 and older and persons with disabilities with home repairs. The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free. Tipping is not allowed. You must pay for supplies, although assistance may be available if a need exists. If you have a repair that you need assistance with, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow-up on your job. Requests for outside work accepted April 1 - October 15 only.

Donations Accepted- by the North Woodward Community Foundation SHARP Fund. Call the Foundation at 248.740.7600 for more information.

SHARP Home Computer Assistance - See page 13



Transportation

Medi-Go Plus (248.457.1100) transports door-to-door to doctors (boundaries are 12 Mile, Mound, Auburn and Southfield Roads and Providence Hospital), grocery stores, Community Center and Oakland Mall by advance reservation. The fare is \$2 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



SMART Connector (866.962.5515) provides curb-to-curb advanced reservation service throughout Troy and to surrounding communities within an 8-10 mile radius (excluding Rochester/Rochester Hills). Call two days in advance but no later than 4 pm the day before you want a ride.

Grandparent Days at the Troy Aquatic Center

Every Tuesday is Grandparents Day at the Troy Aquatic Center. Grandparents receive one free admission when accompanied by a paying child over the age of 3. Regular fees apply for children.



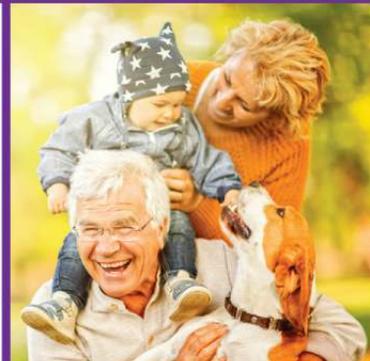
Outdoor Pickleball Courts Coming to Redwood Park

Four outdoor pickleball courts are being constructed at Redwood Park in Troy that will be completed sometime this summer. Look for more information in the July newsletter.



Get Back Home...To What Really Matters!™

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ATTENTION ALL CPAP USERS

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www.ccsem.org

For more information about ADHS, contact:
Mindy Rubio at (248) 537-3300
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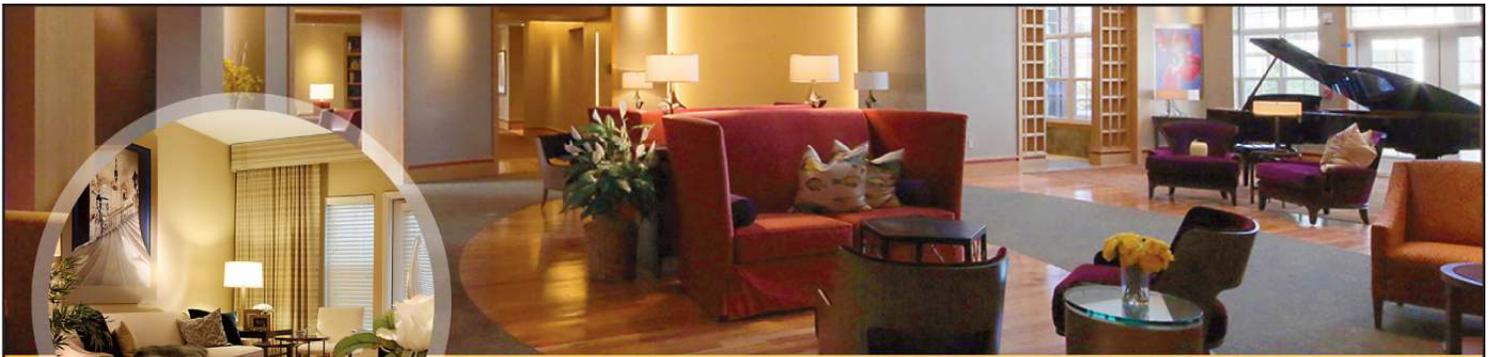
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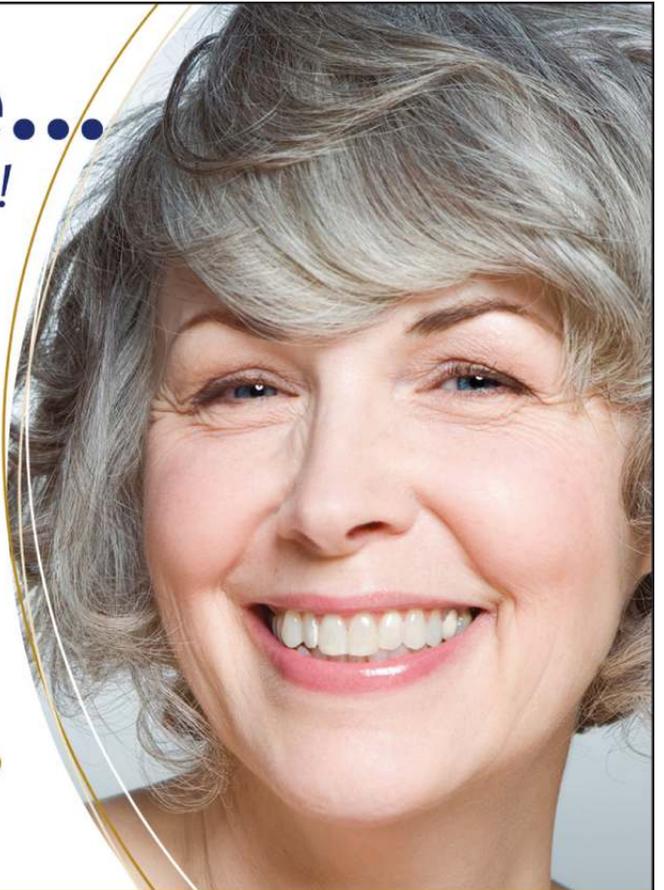
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Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

Please mail or drop off at the Troy Community Center, c/o Carla Vaughan or e-mail your suggestion to vaughancs@troymi.gov. Include name and phone for reply.



Weather Cancellations

Call 248.689.9756 for weather cancellation information. Call after 10:30 am for the status of afternoon programs and after 4:30 pm for the status of evening programs.

Registration Information: Programs are for age 50 and older unless noted. Register at the Community Center, by mail using the form below, or online at www.troymi.gov. Click on **Play Here** and then on **Online Registration** on the left. In member login box, enter household number for username (find this number on a previous receipt or call 248.524.3484) and last name of head of household (all caps) for password. If you know the activity number, click on Shop/Activity Enrollment at top of page and enter activity number. To shop all 50+ programs, click on the 50+ Programs box at the bottom. You can register only your own household online. Registrations are non-transferable.

Refund Policy: There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process if paid by cash or check. Credit card refunds take 2-3 business days. Refunds for computer classes and for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trips are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

Register Early! Please register early or we may cancel for lack of interest often up to three days prior to the start date of the activity.

Americans With Disabilities Act: Please tell us in advance if you need an accommodation and reasonable program modifications will be made.

Low Income Scholarships: Troy residents 50+ with an annual household income of \$24,850 or less (\$28,400 for two people) can receive a 25% discount on 50+ classes or gardens OR a 15% discount on Community Center membership - limit one active discount per session. No discount for drop-in programs, trips, sport leagues, and special events. Apply at the Community Center and bring last year's federal or state 1040 or MI Homestead form as proof of income.

Newsletter Subscriptions

There are three ways to receive the 50+ newsletter which is published 12 times per year:

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$7 per year beginning July 1 and prorated quarterly. Pay \$7 on or before 9/1, \$5.25 between 9/1 and 12/31, \$3.50 between 1/1 and 3/31, and \$1.75 after 4/1. Non-residents \$9 per year, prorated as above. **Act. #135000B.**

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

Activity #: _____ Fee: _____ Activity #: _____ Fee: _____

Check here if you need an accommodation and the ADA coordinator will contact you: _____

I hereby voluntarily release and hold harmless the City of Troy and the Troy School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself while participating, watching and traveling to or from this activity.

Signature Required: _____ Date: _____

Enclose registration fee and mail to: Troy Recreation Department, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy. VISA or MASTERCARD # _____ Exp. Date: _____

**Troy Recreation
Department**

3179 Livernois Troy, MI 48083
Phone: 248.524.3484
Fax: 248.689.6497

50+ Program Staff

Carla Vaughan
vaughancs@troymi.gov
Elaine Torvinen
E.Torvinen@troymi.gov

Recreation Dept. Hours

Mon-Fri, 8 am- 8 pm
Sat, 8:30 am-12:30 pm

Medi-Go Plus Transportation

248.457.1100

SMART Transportation

866.962.5515

Senior Meals on Wheels

248.689.0001

Weather Cancellation Hotline

248.689.9756

Friends of Troy Seniors

248.526.2608

SHARP Home Repair

248.528.2929

Creative Endeavors

248.526.5145

City Hall: 248.524.3300

City Web Site: www.troymi.gov

**This newsletter is available online
at:** troymi.gov/SeniorNewsletter

Mission Statement

The City of Troy is committed to working with and for senior citizens to provide information, programs and services that promote independence and healthy, active aging.

Friends of Troy Seniors Brunch & Learn Series

Phone, Mail & E-Mail Scams

Wednesday, June 15, 9:30 - 11 am, Troy Community Center Room 301

Do you know how many people fall victim to phone, mail and e-scams each year? Join Glen Clark from the Michigan Attorney General's Consumer Protection Division and the Friends of Troy Seniors to get the answer to this question and to learn how to better protect yourself in these situations. The Consumer Education Program, "Michigan Citizens Initiative" is designed to educate the public on scams and frauds most often directed at consumers. The presentation provides valuable information on the telltale signs of scams prevalent in phone calls, mail, email and text messages and the steps to take to minimize your risk of being victimized. This is a presentation that you don't want to miss but space is limited so don't delay in signing up for this event.

This series brings you informative topics and is held on the third Wednesday of each month. Coffee and light refreshments are provided at these free events upon arrival at 9:30 AM. This event is made possible through a grant from the North Woodward Community Foundation. Advance registration is required. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 AM – 1PM, Mon - Fri. Reservations accepted through Fri, June 10.

**FREE Hands-On Help with Your Computer, Tablet, and Smart Phone
Saturdays, 10 am - 12 pm Troy Community Center Computer Lab**

Get help using Facebook, Skype, Email, Instagram and other new fangled programs. Volunteer Rajesh Bansal has 20 plus years of experience in computer science. He will take 30 minute appointments in the Computer Lab. Two times slots may be reserved on the same day. For email help, bring your email address and password with you. Call 248.524.3484 by Wednesday prior to schedule an appointment. If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive. Contact Elaine Torvinen at E.Torvinen@troymi.gov or 248.524.3483 for more information

Coloring Group

Wednesdays, 9-10:30 am

Troy Community Center Room 402 (Dining Room)

Adult coloring is all the rage!!! An adult coloring group meets on Wednesdays at 9 am for those interested in this relaxing activity. Register for **Act. #145205U** if you plan to attend. We will provide coloring sheets that can be reproduced and markers and pencils for coloring. This is a self-directed activity and there is no charge.

- For subscription information, see page 19.
- Newsletter information must be submitted by the 1st of the month prior to publication.