



# Fifty Forward

Recreation, Information and Services for ages 50+

A Publication of the Troy Recreation Department

May/June 2014

## Community Wide Garage Sale and Flea Market Saturday, May 31, 9:30 am - 3 pm Liberty Center Parking Garage (Just south of the Troy Community Center)

Clean out your closets and garage and turn your discards into \$\$\$CASH\$\$\$.

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

| Act. #  | Unload Time |
|---------|-------------|
| 128994N | 7:30-8 am   |
| 128994O | 8-8:30 am   |
| 128994P | 8:30-9 am   |

**Shoppers:  
Admission is \$2.  
Children under 12 free.**

### What's the Big Interest in Pinterest?

Thursday, May 15, 10-11 a.m.  
Troy Community Center Room 302  
When you are browsing online and see something you want to save, Pinterest allows you to "pin" things just as you would on a real bulletin board and set up folders to organize your pins. Also, you can follow friends on Pinterest and repin things that interest you to your board. Come and see how during this free workshop. Please register for **Act. #115935A**.

### Gardens Sites Available

Garden sites are available for ages 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are 20' x 20' (raised beds are smaller), limit one per household, and must be tended by applying senior. The ground is tilled and water is available. The fee is \$70; NR: \$80. No refunds after May 2.

- Use **Act. #125936D** for a ground level bed
- Use **Act. #125937D** for a raised bed - *FULL*

### Newsletter Subscription Renewal

It's time to renew your newsletter subscription if you receive it by mail. This is the second to the last issue you will receive if you do not renew. See page 15 for details on how to renew. If you receive the newsletter via e-mail, you DO NOT need to renew. A third option is to pick up a free copy at the Community Center. *Please renew now! Thank you!*



### Spring Drop-In Ballroom Dances MARK YOUR CALENDARS!

Thursdays, May 8 and June 12, 7-9:30 pm  
Fee: \$6 Res \$7 Non-Res Pay at the door  
Troy Community Center Room 304/305  
Brought to you through the efforts of James Savage, the Friends of Troy Seniors, American House Troy and the Troy Recreation Department. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. All ages invited!



### SHARP Home Computer Assistance for Seniors and Persons with Disabilities

The purpose of this SHARP program is to assist seniors (age 60+) and physically challenged individuals, or military families who are Troy homeowners and who need in-home help using or maintaining their Windows PC. This program supports computers running any Microsoft Windows Operating System. Support is not available at this time for Apple products (iPad, Mac, etc.).

The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free but you will be required to pay for any supplies needed. Tipping is not allowed. If you need computer assistance call SHARP at 248.528.2929 and leave a message on the recorder. Your request will be reviewed and a consultant will contact you to set up a date and time for your home visit. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow-up on your job.

This program is made possible by collaboration with the City of Troy and the North Woodward Community Foundation SHARP Fund. Donations to the North Woodward Community Foundation are accepted.

### Tiger Baseball Games

See page 3 for details.

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**Troy Recreation  
Department**  
3179 Livernois  
Troy, MI 48083  
248.524.3484

**50+ Program Staff**  
**Carla Vaughan**  
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[vaughancs@troymi.gov](mailto:vaughancs@troymi.gov)

**Elaine Torvinen**  
Senior Program Coordinator  
[E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov)

**Recreation Dept. Hours**  
Mon-Fri, 8 am-8 pm  
Sat, 8:30 am-12:30 pm

**Fax**  
248.689.6497

**Medi-Go Plus Transportation**  
248.457.1100

**SMART Transportation**  
866.962.5515

**Emerald Kitchens**  
(Meals on Wheels)  
248.689.0001

**Weather Hotline**  
(Cancellations due to weather)  
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](http://www.troymi.gov)

**This newsletter is available  
online at**  
[troymi.gov/SeniorNewsletter](http://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.*

## Upcoming Events

248.524.3484

### 40th Annual Newcomer's BINGO

Friday, May 2, 1 - 3 pm

The Troy Newcomers will provide this FREE bingo with prizes and refreshments. The regular bingo is cancelled this week



### Beginning Knitting Class

Tuesdays, May 13-June 3 (4 weeks) - 1-3 p.m.; Troy Community Center Rm 403

Act. 115934A: \$45; Non-Res: \$55

This class will cover essential knitting techniques. Begin by learning how to cast on and then how to do the two basic stitches - knitting and purling - that everything else is based on. Also learn how to increase, decrease, and bind off, the importance of gauge, and how to read a basic pattern. Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. A \$15 materials fee is payable to the instructor at the first class which will include knitting needles and yarn. Additional more advanced knitting classes will be offered in the fall if interest is sufficient. Adults of all ages are welcome to attend.

### Know the 10 Warning Signs of Alzheimer's Disease

**Thursday, June 5, 10:30 a.m., Troy Community Center Room 304**

Always Best Care Senior Services of Troy and Estate Planning Professionals invite you to this FREE program which will provide information about Alzheimer's disease and moving testimony from families living with the disease, to encourage early detection and early intervention. You will gain a greater understanding on the difference between age-related memory loss and dementia and Alzheimer's disease. By the end of the presentation, participants will be able to identify the 10 warning signs of AD and what to do if they are experiencing signs. This program is presented by the Alzheimer's Association - Greater Michigan Chapter. Caregivers: learn how to plan for the future and daily care for dementia patients. Also learn about what legal documents you need in place to protect you, your assets, and your family. A continental breakfast will be provided. Please RSVP no later than June 2, to Laura at 586.604.7112 or Nita at 248.525.3466. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

### 2014 Health Update: Pain - What Is My Body Really Telling Me?

#### FREE Lunch Included

Tuesday, June 24, 10 a.m. - Noon; Troy Community Center Room 304

Dr. James Gregg D.C., President and Founder of Gregg Chiropractic Life Centers and Michigan Disc & Spine, a noted local and national speaker on health and wellness issues, will present his seminar Pain - What Is My Body Really Telling Me? followed by a Q and A session addressing your health questions. His team will provide individual painless and non-invasive computerized health screenings that will immediately detail any current health issues. Lunch will be provided courtesy of Gregg Chiropractic Life Centers and gift cards will be raffled off. Reservations are required. Register online or call 248.524.3484 and ask for Act. #145909C. Register by June 23. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

### Help with Prescription Drug Costs

Friday, May 16 at the Troy Community Center

Making ends meet should not mean going without your medications. If you have limited income and resources, Medicare's "Extra Help" program can help pay Medicare prescription drug coverage premiums, copayments, and deductibles. If your income is less than \$17,235 (or \$23,265 for a married couple) and your assets are less than \$13,440 (or \$26,265 for a married couple), then you may qualify for Extra Help. **These numbers do not count your primary residence and car.** If you have questions about this benefit or want help applying, Medicare counselors will be available to help on May 16 at the Troy Community Center. To schedule your appointment, call the Area Agency on Aging 1-B Medicare Medicaid Assistance Program at 1-800-803-7174. (\* 2013 income guidelines, effective through March 31, 2014. 2014 Income Guidelines not available at press time.)

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- If you use a wheelchair or need a special accommodation, please indicate this upon registration.
- **One-Day Trip Refund Policy:** 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 prior to the trip.

### Detroit Institute of Arts

Thurs, May 22, 12:30-4 p.m., Act. 148924T FREE!!!

As a result of the millage, the DIA is offering another free senior tour. Spend the first hour with a gallery guide followed by free time at the museum and time for lunch (on your own) at the museum cafe. Optional tickets to the Samurai exhibit can be purchased there for \$10. Transportation by motor coach.

### Detroit Tigers Baseball

Wed, June 18: 11:45am - 5pm; Act. 148924W \$53; NR: \$58

Wed, Sept. 24: 11:45am - 5pm; Act. 148926A \$43; NR: \$48

We are offering two games this year. Seats for June 18 vs. the Royals are in Sections 112 and 113. Seats for Sept. 24 vs. the White Sox are in Section 143. Both include a voucher for a hotdog and soda. All ages welcome! **The count for the June game must be confirmed by May 17, so register early!** Transportation is by school bus.

### Suds at Cornwell's Turkeyville Dinner Theater

Tue, July 15, 9:30 am - 6:30 pm, Act. 148926B \$76; NR \$81  
*Suds* is loaded with good clean fun and some of the 60's greatest pop hits. It is the story of a young woman and her guardian angels who come to teach her about finding true love in, of all places, a laundromat. The fee includes a complete turkey lunch buffet. Transportation is by motorcoach.

### Ann Arbor Street Art Fair

Wed, July 16, 10:15 am - 5 pm, Act. 148926D \$25; NR \$30  
 This award-winning art fair is consistently listed among the top

## Colette Tours Travel Meeting

**Wednesday, May 14, 1 pm.**

**Troy Community Center Room 302**

Representatives from Colette Tours will provide information and answer questions about upcoming trips to Portugal in November 2014, Hawaii in February 2015, Switzerland & Bavaria in May 2015, and the Italian Lakes and the Greek Isles in September 2015.

## EXTENDED TRIPS

- Register directly with the travel agent except Mackinac Island
- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center.**

### New York City - July 14-18

\$929 pp double, \$1249 single, \$849 triple

Round trip motorcoach, two nights in Pennsylvania, two nights in Secaucus, New Jersey (5 miles from NYC), two breakfasts, Broadway show "Newsies," all day sightseeing of NYC, 9/11 Museum, 9/11 Memorial, Ellis Island and the Statue of Liberty, and the Flight 93 Memorial. Call Shoreline Tours for reservations. **800.265.0818.**

### Nova Scotia - August 9-17

\$3199 pp double, \$4099 single, \$2949 triple

Motorcoach to Toronto, air to Halifax, eight nights lodging, 14 meals and extensive sightseeing. Call Shoreline Tours for reservations. **800.265.0818.**

### Hudson River Valley - September 8-13, 2014

\$1259 pp double, \$1759 single, \$1199 triple

In 2013, National Geographic named this area one of the top 20 must-see destinations in the world. Motorcoach transportation, five nights lodging, nine meals and extensive sightseeing as outlined in the brochure available at the Community Center. Call Shoreline Tours for reservations. **800.265.0818.**

### New Orleans - October 18-26, 2014

\$1799 pp double, \$2579 single, \$1699 triple

Motorcoach, 2 nights Tennessee, 2 nights French Quarter, 1 night Lafayette, LA, 2 nights Natchez, 1 night Memphis, 12 meals and sightseeing as detailed in the brochure. Call Shoreline Tours for reservations. **800.265.0818.**

### Portugal and Its Islands – Nov. 7-19, 2014

\$4249 per person double, \$4899 single, \$4219 triple

Transfers from Troy, airfare, 13 days, 18 meals, and extensive sightseeing. Visit medieval towns, coastal villages, and natural landscapes, and enjoy Portuguese cuisine, regional wines and folkloric entertainment. Highlights detailed in brochure. Book by May 7 and deduct \$250 from the price listed above. Call Group Tours International for reservations. **248.625.3645.**

### Grand Hotel Mackinac Island - Sept. 22-25, 2014

Act. #148918G - \$769 pp double \$985 single \$708 triple

Round trip motor coach and baggage handling

Round trip ferry ride and round trip taxi to hotel

Accommodations at Grand Hotel - rooms assigned by luck of the draw.

Grand Buffet lunch upon arrival and champagne reception.

Five course dinner nightly, full breakfast daily.

Horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly to the Grand Hotel Orchestra.

**NEW!!!** A few spaces are available for those who want to drive up on their own and meet the group at the boat dock. Fee: Act. #148918H - \$669 pp dbl \$885 single \$608 triple

A \$200 deposit is due upon registration. Balance due Aug. 13. No refund after Aug. 13 unless a replacement is found. NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+. Online registration is not available.

**Indoor Drop-In Pickleball**

Four courts available for play

|                   |                |                |
|-------------------|----------------|----------------|
| Mon. Afternoon    | 12-2 pm        | 50+ Only       |
| Tue/Thu. Mornings | 5:45-8 am      | All Ages       |
| Wed. Evening      | 6-8:30 pm      | All Ages       |
| Fri. Morning      | 10:30 am- 3 pm | Senior Special |
| Fri. Evening      | 3-5:30 pm      | 50+ Only       |
| Fri. Evening      | 5:30-7:30 pm   | All Ages       |

All sessions free to Fitness Center pass holders. 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. \$3 Senior Special rate extended to 3 p.m. for Pickleball and Fitness Center access. Equipment provided.

**Fall 2014 Pickleball Doubles Ladder Play**

at the Troy Community Center - All Ages Ladders

**Registration begins Aug. 1 Residents, Aug. 4 NR**

**Sundays, 6:15-8:15 pm 10 week session**

**Act#148998C Oct 12-Dec 14 32 players - \$57 R, \$67 NR**

**Fridays, 5:30-7:30 pm, 10 week session**

**Act#148998F Oct 17-Dec 19 16 players - \$46 R, \$56 NR**

**50+ Only Ladders**

**Registration begins Aug. 1 Residents, Aug. 4 NR**

**Mondays, 12-1:30 pm, 10 week session 16 players**

**Act#148998D Oct 13-Dec 15 \$34R, \$44 NR (3.0 & below)**

**Tuesdays, 1-2:30 pm, 10 week session 16 players**

**Act#148998E Oct 14- Dec 16 \$34 R, \$44 NR (3.5 & up)**

Registration required. Play three games with three different partners. Ladder competition among individual competitors. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs will be needed. If you have questions contact Elaine T. at 248.524.3484. Equipment is provided.

**50+ Drop-In Badminton**

Mondays, 2-3:30 pm

Four courts are available and equipment is provided. Free for Fitness Center pass holders. Others must purchase a daily drop in pass or purchase a punch card to take part in this open recreation program.

**Michigan Senior Olympics**

2014 Summer Games for men and women 50+

Aug. 6-15 (see exceptions below) at various Oakland County locations. Registration deadline: JULY 16!

The events include: archery, basketball, badminton, bowling, bocce ball, cycling, dancesport, horseshoes, pickleball, powerlifting, road races, racquetball, shuffleboard, swimming, table tennis, triathlon (8/24), tennis, softball (8/23), track & field and racewalk (8/23) and volleyball. MSO membership (\$25) is required. Call 248.608.0250 for more information or visit [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org).

**Senior Tennis League**

An informal senior tennis league will meet on Tuesday and Friday mornings from 9 am - 11 am at Boulan Park beginning May 7. \$3 per person per session paid at the courts (exact change appreciated). Reservations are not required. For more information, contact league

director Judy Luther at 248.879.9550.

**2014 Golf Leagues**

Both leagues are full, but we are taking names for the sub list. These nine hole leagues are held at Sylvan Glen on Monday and Wednesday, teeing off at 7:30-8 a.m. Call 248.524.3484 to have your name placed on the sub list.

**Act. #148986M:** Monday sub list

**Act. #148987M:** Wednesday sub list

For more information, please call:

Mon. League: John Ranieri 248.641.8720

Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com

Wed. League: Tony D'Amico 248.588.5425

Louis Sahr 248.828.4264

**Sports Leagues**

**Bowling** - Mondays and Thursdays, 12-2:30 pm at Thunderbird Lanes, Sept. - April. Points for beating own average. \$5 per week. Call 248.362.1660.

**Golf** - Mon and Wed mornings at Sylvan Glen, May - Sept. Registration information in the Nov/Dec newsletter.

**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. Contact Judy Luther at 248.879.9550 for more information.

**Pickleball** - Ladder play fall and winter on Sundays evenings and Tuesday afternoons. See July/Aug & Nov/Dec newsletters.

**Volleyball** - 55+-Tuesday mornings October - March. Contact Dave Mattis at 248.649.1898 for more information about participating in this league.

**Drop-In Sports**

**Badminton** - Fridays, 8-10:15 am, \$3. Mondays, 2-3:30 pm. Free for Fitness Center pass holders. All others drop in fees apply. Equipment provided.

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

**Pickleball** - Offered at various times throughout the week - see the Community Center calendar for details. Senior special on Friday: \$3 from 10:30 am - 3 pm.

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

**Volleyball** - Mondays and Thursdays, 9:30-11 am, Sept. - March. Free for Fitness Center pass holders. All others drop in fees apply.

- All classes meet at the Troy Community Center.
- Drop-in passes are \$6 (Non-Res \$7) unless noted.
- 10 visit drop-in punch cards are available for: Muscle Strengthening, Tai Chi, Pilates, Balance and Stretch, Yoga w/ Marie and Aqua Exercise.

**Fitness RX Women on Weights with Barb**

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 lb.) hand weights. **Weeks: 10**  
**Drop-in fee \$10 per class (\$11 Non-Res)**

| Act #   | Day | Time     | Dates           | Fee  | NR   |
|---------|-----|----------|-----------------|------|------|
| 138981C | Tue | 6 - 7 pm | June 17- Aug 19 | \$61 | \$71 |
| 138981D | Thu | 6 - 7 pm | June 19- Aug 21 | \$61 | \$71 |

**Fitness RX Barre Plus Class for age 45 and Up**

Using low weights/high reps, sculpt your abs, arms, thighs and glutes. Your results: increased muscular endurance, and tighter abs, glutes and arms. Bring 2-3 lb weights and a mat. Bands and balls supplied by instructor. This class is designed for ages 45+ or de-conditioned younger students.

**Weeks: 10**      **Fee: \$61**      **\$71 NR**

**Drop in fee \$10 per class (\$11 Non-Res)**

**Wed at 1:15 pm and Mon and Wed at 5:30 pm**

**No spring or summer session. This class will return in the FALL!**

**\*Muscle Strengthening with Rachel**

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks: 10**

| Act #   | Day | Time        | Dates           | Fee  | NR   |
|---------|-----|-------------|-----------------|------|------|
| 138975C | Tue | 10-10:50 am | June 17- Aug 19 | \$47 | \$57 |
| 138975D | Thu | 10-10:50 am | June 19- Aug 21 | \$47 | \$57 |

**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** **No class 6/30 & 7/2**

| Act #   | Day | Time        | Dates            | Fee  | NR   |
|---------|-----|-------------|------------------|------|------|
| 138977C | Mon | 11-12:10 pm | June 16 - Aug 11 | \$39 | \$49 |
| 138977D | Wed | 11-12:10 pm | June 18 - Aug 13 | \$39 | \$49 |

**Tai Chi: Adv & Beg with Kim Cary / Int w/Keith**

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. Instructor's permission required for Adv. **Weeks: 8**

| Act #   | Day | Level | Time    | Dates          | Fee  | NR   |
|---------|-----|-------|---------|----------------|------|------|
| 138976A | Mon | Int   | 3-4 pm  | June 16- Aug 4 | \$39 | \$49 |
| 138976B | Wed | Adv   | 1:45 pm | June 18- Aug 6 | \$39 | \$49 |
| 138976C | Wed | Beg   | 2:45 pm | June 18- Aug 6 | \$39 | \$49 |

**Chair Exercise**

Monday, Wednesday and Friday, 11-11:50 am. Purchase a \$31, 10- punch card at front desk (NR \$41)

**Stretch and Tone**

Monday and Thursday, 11-11:50 am. Purchase a \$31, 10-punch at front desk (NR \$41)



**Friday Nights 6:30-7:30 pm**  
**Ages 13 and up!!!**

Zumba is one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious, international music and easy-to-follow dance. You'll be so busy strutting your stuff that you'll forget you're actually exercising!

**Fee: \$6 RES, \$7 NR (cash only). Pay at the door**

For more information contact: [terri@ccplusedance.com](mailto:terri@ccplusedance.com).

**Chair Yoga with Janeen Purchase a drop in pass!!!**

An effortless arrangement of gentle stretches, breathing exercises and meditations utilizing a chair for assistance. A creative way to stretch out stress and reenergize, while building strength and endurance. No need to visit the floor! **Weeks: 10**

**Drop-in fee \$7.50 per class (\$8.50 Non-Res)**

| Act.#   | Day | Time        | Dates       | Fee  | NR   |
|---------|-----|-------------|-------------|------|------|
| 128984A | Tue | 11-11:45 am | Apr 1-Jun 3 | \$60 | \$70 |

**No summer session for this class. See you in the fall!!!**

**\*Beginning Pilates with Ilene Hill**

Improve overall 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: 10**

| Act #   | Day | Time        | Dates            | Fee  | NR   |
|---------|-----|-------------|------------------|------|------|
| 138982A | Mon | 10-10:50 am | June 16 - Aug 18 | \$47 | \$57 |
| 138982B | Wed | 10-10:50 am | June 18 - Aug 20 | \$47 | \$57 |

**\*Balance and Stretch with Ilene Hill**

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: 10**

| Act #   | Day | Time      | Dates            | Fee  | NR   |
|---------|-----|-----------|------------------|------|------|
| 138983C | Mon | 9-9:50 am | June 16 - Aug 18 | \$47 | \$57 |
| 138983D | Wed | 9-9:50 am | June 18 - Aug 20 | \$47 | \$57 |

**\*Pilates with Fawn**

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. **Weeks: 10**

| Act #   | Day  | Time        | Dates           | Fee  | NR   |
|---------|------|-------------|-----------------|------|------|
| 138979B | T&Th | 11-11:50 am | June 17- Aug 21 | \$87 | \$97 |

**Aquatic Exercise with Jennifer**

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. *Water temperature is 82-84 degrees.* Resident online registration begins Monday, May 19 at 8 am. Resident walk in registration begins Tuesday, May 20. Non-residents online or walk in registration begins Thursday May 22. **Weeks: 10** **Fee: FREE!!!! HAP sponsored**

| Act #   | Day    | Time        | Dates           |
|---------|--------|-------------|-----------------|
| 138978C | T & Th | 9-9:50 am   | June 10- Aug 14 |
| 138978D | T & Th | 10-10:50 am | June 10- Aug 14 |

**\*This class is included in the Fitness Passport. Details available at the Community Center.**

## All classes meet at the Troy Community Center



## Anyone Can Paint

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like an artist in one class. An 11 x 14 painting will be completed in class. Paint, brushes, canvas boards and all other supplies are included in the fee.

**Fee:** \$27.50; Non-Res \$37.50 **Ages:** 16 and older

| Act #   | Date         | Time   | Subject                  |
|---------|--------------|--------|--------------------------|
| 145933L | Thu, May 8   | 6-8 pm | Country Road to the Barn |
| 145933M | Thu, June 12 | 6-8 pm | Summer Stream            |
| 145932A | Thu, July 10 | 6-8 pm | Waiting for Spring       |

## 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. Supply list is available on your receipt. **Weeks:** 8

| Act #   | Day | Time          | Dates         | Fee   | NR    |
|---------|-----|---------------|---------------|-------|-------|
| 138971B | Wed | 9:30 am-12 pm | Jun 25-Aug 13 | \$110 | \$120 |

## Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction.

Supply list available on receipt. **Instructor:** Marat Paransky  
**Weeks:** 8 **No summer Class. Join us in the fall!**

| Act #   | Day | Time    | Dates         | Fee  | NR   |
|---------|-----|---------|---------------|------|------|
| 148972B | Tue | 12-3 pm | Sept 23-Nov 1 | \$67 | \$77 |

## Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ in this class. If you have a portable keyboard feel free to bring it. A book may be purchased at the first class: \$15 for beginners and \$15 for intermediate. **Mondays 9 a.m. Beg. 10 a.m. Adv.**

**Instructor:** Grace. **Fee:** \$37; Non-Res. \$47 **Weeks:** 8  
**No summer class. See you next fall!**

## Tap Lessons

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 **Tuesdays (Beg) 1:30 & (Int) 2:30pm**  
**No summer class. See you in the FALL!!!**

## Zumba Gold Dance Exercise

Tue and Fri 10-10:50 am, Mon & Wed 7-8 pm

**Fee:** \$6; Non-Res \$7 payable 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!!!

## Teen - Adult Ceramics

Join our resident artist Jan Lindell-Meinhard to create beautiful pottery. Different projects every week to release the potter within us. Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class. **Instructor:** Jan Lindell-Meinhard, Bachelor of Fine Arts and Masters of Arts Wayne State University.

**Material Fee:** \$25 (paid directly to instructor 1st week)

**Location:** Troy Community Center **Weeks:** 4 **Ages:** 14 and up

**Theme:** Pool Party Accessories

| Act#    | Day/Dates    | Time         | Res. | NR   |
|---------|--------------|--------------|------|------|
| 124305F | Wed 5/14-6/4 | 7:15-9:15 pm | \$64 | \$74 |

## Clay Projects for Seniors

Tap into your creative side. Work with clay and glazes to design beautiful pottery. Under the direction of our art instructor you have the opportunity to explore the world of clay.

**Themes:** 124305H Stepping Stones, 124305J Flower Pots

**Instructor:** Jan Lindell-Meinhard, Bachelor of Fine Arts and Masters of Arts Wayne State University

**Material Fee:** \$15 for 4 week class (paid directly to instructor 1st week)

2 week class includes material fee.

**Location:** Troy Community Center **Ages:** 50 and up

| Act#    | Day | Dates    | Theme           | Time          | Res  | NR   |
|---------|-----|----------|-----------------|---------------|------|------|
| 124305H | Tue | 5/13-6/3 | Stepping Stones | 10:30-12 pm   | \$48 | \$58 |
| 124305J | Tue | 5/13-20  | Flower Pots     | 12:30-1:30 pm | \$20 | \$25 |

## Line Dance Lessons

Mondays and Wednesdays, 12:30-1:30 pm

**Fee:** \$6; Non-Res \$7 at door

Connie will teach you the basic steps and combine them into a dance. Guys and gals of all levels are welcome. Beginners welcome at any time! No partner needed.



## Beginning Knitting Class

Tuesdays, May 13-June 3 (4 weeks), 1-3 pm

Troy Community Center Room 403

Act. 115934A: \$45; Non-Res: \$55

This class will cover essential knitting techniques. Begin by learning how to cast on and then how to do the two basic stitches - knitting and purling - that everything else is based on. Also learn how to increase, decrease, and bind off, the importance of gauge, and how to read a basic pattern. **Instructor** Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. A \$15 materials fee is payable to the instructor at the first class which will include knitting needles and yarn. Additional more advanced knitting classes will be offered in the fall if interest is sufficient. Adults of all ages are welcome to attend.

Computer Classes - See page 10

## Beginning/Intermediate Swing and Ballroom Dance - Friday Evenings

**Swing:** No dance experience 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. All are welcome. No partner required.

**Ballroom:** No dance experience 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. No partner required.

**Instructors:** Jim & Donna Berg Fee: \$59 \$69 Non-Res

| Act #    | Style    | Time      | Dates          |
|----------|----------|-----------|----------------|
| 128980C  | Swing    | 7-7:50 pm | May 2-June 20  |
| 128980D  | Ballroom | 8-8:50 pm | May 2-June 20  |
| 138980A* | Swing    | 7-7:50 pm | June 27-Aug. 8 |
| 138980B* | Ballroom | 8-8:50 pm | June 27-Aug. 8 |

\* No class July 4

## Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 p.m.

Fee: \$6; Non-Res \$7 at door

Always wanted to ballroom dance? Join our group classes 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. Monday - No class May 26.

**Mon:** May Salsa June Waltz  
**Wed:** May Argentine Tango June Rumba

## Square Dance Lessons

Mondays, 7-9:30 p.m.

\$5 per person (NR \$6) payable at the door

Join us for beginning square dance lessons. Partners recommended but not required. Experienced dancers will assist. For more information, call Geoff at 248.547.3073.

## Friday Night Square Dances

Every third Friday, Nov. - May, 7:30-9:30 p.m. Fee: \$4

Dances are held in the studios upstairs at the Troy Community Center. Call Janet at 248.952.1466 for details.

## NEW!!! Advanced Square Dance Lessons

Thursdays, 7-9 p.m. (No class June 26)

\$5 per person (NR \$6) payable at the door

Minimum of three years Mainstream/Plus level dancing required. Classes led by Caller/Instructor Ray Wiles. 'NEW' Experienced Advanced level dancers are welcome and invited to attend any of our classes. Classes will progress through the A1 and into the A2 dance programs. Dress is casual attire and requires soft soled non-marking shoes.

## How To Stay Fit and Enjoy Life

Thursdays, May 8-June 5 (5 weeks), 1-2:30 p.m.

Troy Community Center Room TBA

Denise Hubbard, RN with Cherrywood Nursing and Living Center, will help you jump start your fitness goals. She will help you track your weight loss and provide healthy snacks, a food scale, and prizes. Topics include portion control, eating out, diabetes risks, healthy meal prep, sodium and blood pressure, and lifestyle changes. Call 248.524.3484 or register online for this FREE program. **Act. #115927H.**

## English Skills Workshop

Thank you to Ed Lee for providing this program.  
 After taking the summer off, the program will return in the fall.

## Aquatic Exercise with a Personal Trainer

People with arthritis or other disabilities who can't perform land exercise can use water to improve fitness and range of motion and to relieve pain and stiffness. Water cushions stiff and painful joints or fragile bones that might be injured by the impact of land exercises. 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 with Personal Trainer Susan O'Connor. 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. This session can be broken down into three 20 minute sessions (or two 30 minute sessions). After your desired number of private sessions, continue your routine on your own at the therapy pool by purchasing a pass. To schedule a session, contact Susan O'Connor at 248-526-2657, Ext. 4. She will help you find a safe, effective and fun exercise routine that will set you on your way to greater mobility.

## Fifty Forward E-News Updates

If you get the *Fifty Forward* newsletter via e-mail, then you automatically get e-news updates from the Recreation Department on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via e-mail), here's how to sign up: Go to the homepage of the City web site at [www.troymi.gov](http://www.troymi.gov). Click on the black 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 at the bottom. Then, under 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.

Monday

Tuesday

Wednesday

Thursday

Friday

# May

|   |  |  |   |   |
|---|--|--|---|---|
|   |  |  | 11:45 Fishwich<br>12:30 Birthday Party  | 11:45 BBQ Meatballs<br>1:00 Newcomer's Bingo                                    |
| 11:45 Hamburger Stroganoff <sup>5</sup>   | 11:45 Lemon Pepper Chicken <sup>6</sup>                        | 10:00 Book Club<br>11:45 Sizzle Steak <sup>7</sup>                 | 10-11 Ask A Nurse<br>10:00 Caregiver Support<br>11:45 Chili Macaroni <sup>8</sup> | 11:45 Meatloaf<br>1:00 Bingo <sup>9</sup>                                       |
| 11:45 Chicken Sandwich <sup>12</sup>  | 11:45 Lemon Baked Fish<br>1:00 Red Hat <sup>13</sup>           | 11:45 Spaghetti<br>1:00 Travel Meeting <sup>14</sup>               | 10:00 Pinterest Workshop<br>11:45 Oven Fried Chicken <sup>15</sup>                | 10-12 Blood Pressure<br>11:45 Stuffed Cabbage<br>1:00 Bingo <sup>16</sup>       |
| 10:30 Mouth Organ Grinders<br>11:45 Mac & Cheese <sup>19</sup>                                | 11:45 Beef Hot Dog <sup>20</sup>                               | 10-12 Disk Erasure<br>11:45 Shepherd's Pie <sup>21</sup>           | 11:45 Chef's Selection<br>12:30 DIA Trip <sup>22</sup>                            | 11:45 NO LUNCH<br>1:00 Bingo <sup>23</sup>                                      |
| <b>Center Closed</b><br><b>Memorial Day</b><br>Fitness area open<br>7 am - 2 pm <sup>26</sup> | 11:45 Sausage & Sauerkraut<br>12:30-2 Focus Hope <sup>27</sup> | 9:30-12 Computer Consultations<br>11:45 Veg. Lasagna <sup>28</sup> | 11:45 Chili w/Rice <sup>29</sup>  | 11:45 Hamburger<br>1:00 Bingo <sup>30</sup><br>9:30-3 Garage Sale <sup>31</sup> |

|  |   |  |  |   |
|--|---|--|--|---|
| 11:45 Ginger BBQ Chicken <sup>2</sup>    | 11:45 Spaghetti <sup>3</sup>  | 10:00 Book Club<br>11:45 Lemon Pepper Fish <sup>4</sup>                | 10:30 Alzheimer's Program<br>11:45 Sweet & Sour Meatballs <sup>5</sup>             | 11:45 Oven Fried Chicken<br>1:00 Bingo <sup>6</sup>                       |
| 11:45 Roast Pork Loin <sup>9</sup>       | 11:45 Chicken Parmesan<br>1:00 Red Hat <sup>10</sup>                          | 11:45 Beef Hot Dog <sup>11</sup>                                       | 10-11 Ask A Nurse<br>10:00 Caregiver Support<br>11:45 Chili Macaroni <sup>12</sup> | 11:45 NO LUNCH<br>1:00 Bingo <sup>13</sup>                                |
| 11:45 NO LUNCH <sup>16</sup>             | 11:45 Sweet & Sour Chicken <sup>17</sup>                                      | 10-12 Disk Erasure<br>11:45 BBQ Ribs<br>11:45 Tiger Trip <sup>18</sup> | 11:45 Sloppy Joes <sup>19</sup>  | 10-12 Blood Pressure<br>11:45 Stuffed Cabbage<br>1:00 Bingo <sup>20</sup> |
| 11:45 Sausage & Sauerkraut <sup>23</sup> | 10:00 Pain Workshop<br>11:45 Sizzle Steak<br>12:30-2 Focus Hope <sup>24</sup> | 9:30-12 Computer Consultations<br>11:45 Mac & Cheese <sup>25</sup>     | 11:45 Chef's Selection <sup>26</sup>   | 11:45 Fishwich <sup>27</sup>  |

11:45 Cheeseburger<sup>30</sup>

# June

Lunch is served from 11:45 am - 12:30 pm, Monday -Thursday and 11:30 am -12:15 pm on Friday.  
Suggested donation: \$3.50. Under age 60 must pay \$6.

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 7.

**Medicare Counseling**

Jim Zoellner, certified Medicare/Medicaid counselor, offers 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 Wednesday before desired 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 248.312.0179 for details.\*\*

**Red Hat**

2nd Tuesday, 1 pm. Call 248.524.1108 for details

**T.O.P.S.**

Thursdays, 8:30 - 10:30 am at the Community Center. Non-profit weight loss support group. Call 586.268.1514 for details.\*\*

**HEALTH SCREENINGS**

**Ask A Nurse**

2nd Thursday, 10-11 am. 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.

**Hearing Screenings**

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

**CARDS AND GAMES**

**Bingo** - Fridays, 1-2:30 pm. .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 (248.307.9644)\*\*, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$6 at door (586.775.7363).

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

**Euchre** - Tuesdays, 12:30-3 pm. Call 248.689.0854 for details.\*\*

**Pinochle** - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. pinochle (no experience needed) Thursday, 12:30-3 pm. 248.376.5556.\*\*

**CREATIVE ARTS**

**Ballroom Dance Lessons** - Mon. & Wed., 1-2 pm. \$6 at door (\$7 NR).

**Band** - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. Call 248.689.3536 for details. \$18 (\$23 NR)

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

**Line Dance Lessons** - Mon. and Wed., 12:30-1:30 pm. \$6 at door (\$7 NR)

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

**Needlework Club** - Tuesdays, 10am - noon. Share ideas and advice on knitting, crocheting and other needlework. No lessons. Call 248.588.5442 for details.\*\*

**Painting Club** - Thurs, 9 -11:30 am. Call 248.646.3978 for details.\*\*

**Quilting Group** - Wednesdays, 9 am - 4 pm. All levels welcome. Bring works in progress. No lessons. \$60 (\$70 NR)

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

**SPORTS AND FITNESS**

For ongoing sports and fitness activities, see pages 4 and 5.

**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. No reservation required. Cakes donated by the Newcomers. Ice cream donated by Emerald Food Service.

**Book Club** - 1st Wednesday, 10 am. No reservation required. Call Corrine at 248.528.1508 for more information.\*

**Computer Lab** - Free!!! 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.

**\*\*Participation Fee\*\***

Annual fee for Sept. 1 - Aug. 31 2014. Prorated monthly. (Act. #145202)

Want to try it out? Your first visit is free!

\*\$12 annual participation fee; Non-Res: \$17.

\*\*\$36 annual participation fee; Non-Res: \$46.

\$60 annual fee to participate in as many groups as you want; Non-Res: \$70

**OR**

\$1.50 per meeting drop-in fee; NR \$2 (Quilting: \$3/\$4). (Office note: Use POS 1206)

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.troycllc.org](http://www.troycllc.org). To aid in planning your class choices, Intro to Word Processing and Intro to Excel will only be offered three times each year.

**Fee for classes below: \$42; Non-Res \$52**  
**Each session is 2 hours/meets 4 times/2 wks.**

## Computers for Beginners 1

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

| Act #   | Day    | Time          | Dates  |
|---------|--------|---------------|--------|
| 135951N | M & W  | 1-3 pm        | 5/5-14 |
| 135951O | T & Th | 9:30-11:30 am | 6/3-12 |

## 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 web sites, sending e-mails, making CD's and DVD's and much more.

| Act #   | Day    | Time          | Dates   |
|---------|--------|---------------|---------|
| 135973K | T & Th | 9:30-11:30 am | 6/17-26 |
| 145973A | M & W  | 1-3 pm        | 7/21-30 |

## Windows 8

Prerequisite: Computers for Beginners or some previous computer experience. Learn to use the Windows operating system (Windows 8) to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more!

| Act. #  | Day    | Time         | Dates    |
|---------|--------|--------------|----------|
| 135972H | T & Th | 1-3 pm       | 4/29-5/8 |
| 135972I | M & W  | 6:30-8:30 pm | 6/2-11   |
| 145972A | T & Th | 1-3 pm       | 7/8-17   |

## Introduction to Power Point

An introduction to Microsoft's PowerPoint software that can be used for presentations, picture collages, to display your vacation pictures or present any subject.

| Act #   | Day    | Time          | D a t e s |
|---------|--------|---------------|-----------|
| 135961C | T & Th | 9:30-11:30 am | 5/13-22   |

## Computer Security/Internet Scams

Worried about viruses, spam or identity theft? Then this class is for you. It's a hands-on course to show you how to protect your computer and personal data. Learn powerful methods to back up your files and protect yourself from viruses, scams, spyware and other computer problems.

| Act #   | Day    | Time   | Dates   |
|---------|--------|--------|---------|
| 135967D | T & Th | 1-3 pm | 6/17-26 |

## 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.

| Act #   | Day    | Time   | Dates   |
|---------|--------|--------|---------|
| 135954C | T & Th | 1-3 pm | 5/13-22 |

**Fee for classes below: \$21 Non-Res: \$26**  
**Each session is 2 hours/meets 2 times in 1 wk. Exception: Email meets for 1 two hr session.**

## E-Mail

This course is a one-on-one two hour session with an instructor who will focus on **your** e-mail system and **your** specific needs. Lessons range from opening a new e-mail account through creating contact lists, adding attachments, sending and receiving pictures, etc. All major e-mail providers (AOL, Gmail, Hotmail, Outlook Express, Windows Live Mail, Yahoo) are covered.

| Act #   | Day | Time          | Date |
|---------|-----|---------------|------|
| 135960U | T   | 9:30-11:30 am | 5/6  |
| 135960V | TH  | 9:30-11:30 am | 5/8  |
| 145960A | T   | 9:30-11:30 am | 7/8  |
| 145960B | TH  | 9:30-11:30 am | 7/10 |

## 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.

| Act #   | Day   | Time   | Dates   |
|---------|-------|--------|---------|
| 135962D | M & W | 1-3 pm | 5/19-21 |

## FREE Drop-In Computer Lab

The computer lab is open for drop-in use on Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm subject to monitor availability.

## New! Home Computer Assistance

## Basic PhotoShop Elements

If you own a digital camera or a scanner, you'll appreciate this class! Use Photoshop's tools to download, organize and edit your digital images. Learn how to fix photos with color, brightness or contrast problems. Develop skills to print beautiful pictures, restore old photos and create special projects like photo books and calendars.

**Wks: 4 Fee: \$60; Non-Res: \$70**

| Act #   | Day   | Time   | Dates  |
|---------|-------|--------|--------|
| 135959C | M & W | 1-3 pm | 6/2-25 |

## Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, learn to add creative interest and impact to your photos. Create special effects, brighten colors, enhance portraits and even move objects from one photo to another. Design panoramas, slide shows, photo galleries and much more!

**Wks: 4 Fee: \$60; Non-Res: \$70**

| Act #   | Day    | Time    | Dates    |
|---------|--------|---------|----------|
| 145970A | T & Th | 9:30 am | 7/15-8/7 |

## Private Consultations

Meet with a Learning Center instructor on the fourth Wednesday when 45 minute appointments are available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The fee is \$5 payable at the Community Center desk before your appointment. These appointments are to help you with your personal computer, not for business purposes. Please call to cancel if you cannot keep your appointment. No refunds.

## 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.





# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

## Gift Basket Raffle at the Spring Senior Expo

We are pleased to announce that Corinne Growney won the Friends gift basket on March 18. Corinne, we congratulate you and hope that you are enjoying the contents of the basket.

## Election of Advisory Board Members

At the annual Friends of Troy Seniors meeting on May 15, we are required to hold an election for our seven 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. If you are interested in having your name placed on the ballot, please call 248.526.2608 and leave a message for the Nominating Committee. We urge the Friends membership to attend this meeting to cast your vote.

## Friends of Troy Seniors Volunteer Opportunities

Our success and ability to continue to serve seniors is dependent on volunteers. Volunteering is a great way to keep active and to make new friends. Please consider leading a project or being on a team of volunteers for a project. Perhaps you have an interest in office work and would like to volunteer to work "on call" rather than on a set schedule. Whatever your interest, please let us know by calling 248.526.2608 or stopping in at the office between the hours of 10 am. and 1 pm., Monday through Friday.

We still are in need of volunteers for the Spring Drop-In Ballroom Dances scheduled for May 8 and June 12. The time of the dance is 7 to 9:30 pm. but volunteers would need to arrive by 6 or 6:30 pm. If you would like to help and even take a turn on the dance floor, please contact us at the telephone number above.

## Community Garage Sale

Sat, May 31, 9:30 am - 4 pm, Liberty Center Parking Garage

Volunteers are needed for this annual event. If you are interested, please contact the Friends office at 248.526.2608 or stop in at the office between 10 am and 1 pm, Monday through Friday to sign up. There will also be a Friends of Troy Seniors table at the sale to sell overstock from our Purse Sale last November. We need volunteers

at this table as well. See page 1 for additional information.

## Thank You Donors, Sponsors and Volunteers

We would like to thank the following businesses and individuals for their continued support of the Friends of Troy Seniors:

- The FOTS volunteers who assisted at the Spring Senior Expo and who represented FOTS at our table and to Lynn Rachwitz for making up the lovely gift basket which was raffled off.
- The FOTS and Oakmont volunteers who assisted at the Senior Crime Seminar; Oakmont Senior Communities for co-sponsoring the coffee service and lunch along with a grant from the North Woodward Community Foundation; and to Dolly's Pizza of Troy for their continued participation in our food events.
- The FOTS volunteers who assisted at the semi-annual Document Shredding and Absolute Shreds for their support.
- The Focus Hope volunteers who showed up monthly all winter to place the food boxes in the vehicles in all sorts of frigid weather.
- The FOTS all volunteer office staff and the volunteers who assisted in making this year's AARP Tax Aide Program a success.
- The FOTS Nominating Committee for their time and expertise in selecting a slate of nominees for the annual election in May.
- The Harvest Pastry Pick Up volunteers who braved the long winter three mornings a week to bring pastries into the Senior Dining Room so that seniors could enjoy an extra treat.

## Monthly Membership Meetings

Thursday, May 15 and Thursday, June 19

FOTS meetings are held on the 3rd Thursday of the month at 1 p.m. in the Troy Community Center unless otherwise announced. The meetings are open to all members and non-members as well. We invite you to join us and would welcome your ideas and

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

248.526.2608

[fots@wowway.com](mailto:fots@wowway.com)

[www.friendsoftroyseniors.org](http://www.friendsoftroyseniors.org)

Hours – Mon-Fri 10 am - 1 pm

Closed Friday, May 23 and Monday, May 26

## Veteran Designation Offered on Licenses, ID Cards Beginning May 1

Michigan now offers veterans the convenience of having a veteran designation on their licenses and ID cards. The designation provides a convenient way for veterans to prove their service to businesses that offer veteran discounts instead of carrying around discharge papers. The designation also allows the Secretary of State's Office to partner with the Michigan Department of Military and Veterans Affairs and veteran service organizations across the state to provide referral information to veterans so they better know what resources and services are available to them. Too often veterans are unaware of the programs and services they deserve and have earned by serving in the military. Veterans who want the designation need to provide the Secretary of State's Office with proof of a discharge that was honorable or under honorable conditions. The designation will not cost veterans anything more when they renew. Veterans who get the designation outside of his or her normal renewal time must pay \$9 for a replacement license or ID card. Visit [www.michigan.gov/veterans](http://www.michigan.gov/veterans) for more info.

# Thank You Senior Program Volunteers!

## Creative Endeavors

Marie Dolmage  
Joann Dreger  
Wendy Kibat  
Pat Kulka  
Linda Latsko  
Christine Lecoutre  
Betty Louney  
Donna MacGowan  
Ambareen Malik  
Evelyn Manceor  
Ruth Mapes  
Mary Meyers  
Adam Schaulfer  
Heena Shah  
Virginia Sinko  
M.J. Southwell  
Donna Spaniola  
Oudsia Taqi  
Marjorie Wagner

## Program Leaders

Corine Alonzo - Book Club  
Judy Baker - Quilting  
Geoff Brieger - Sq Dance  
Michael Burnett -  
Woodcarving  
Jerry Coval - Harmonica  
Sylvia Furman - Red Hat  
Zora Hargrave - Pinochle  
Jackie Gregorich -  
Needlework  
Don Kaiser - Euchre  
Judy Luther - Tennis  
Pam Mackowski -  
Pickleball  
Carol Ann Marsh - TOPS  
Dave Mattis - Volleyball  
Lynn McLean - Beg  
Pinochle  
Marion Medler-T Bridge  
Phil Oh - Pacific Rim  
Judy Pearl - Line Dance  
Audrey Perry - Thu. Bridge  
Marlend Przybycien -  
Restaurant Group  
Bob Rourke - Band  
Beverly Seidel - Painting  
Club  
Cynthia Wilsher - Quilting  
Nancy Yockey - Cribbage

## Computer Learning Center

Chris Adams  
Bob Berk  
Mike Brady  
Pam Brady  
Curtis Brown  
Fred DeNio  
Randall Fournier  
Tina Franco  
Bette Gay  
Darnell Hargrave  
Zora Hargrave  
Jim Harris  
Nancy Ho  
Patty Huffer  
David Kaminski  
Rick Knight  
Richard Kucejko  
John Lavender  
Lynn McLean  
James Sauter  
Frank Searight  
Heena Shah  
Bob Treharne  
Bob Zimmerman  
Jim Zoellner

## SHARP

Jeff Benton  
Tom Bernard  
Mike Brady  
Russ Bruning  
Phil Ciesliga  
Jim Cyrulewski  
Les Davis  
Cele Dille  
Walt Feifer  
Matt Ferri  
Bruce Gates  
Robert Gervais  
David Gray  
Steven James  
Kathi Johnson  
Tom Kaszubski  
Dagoberto Krambeck  
Charlie Lobbestael  
Tom Loftus  
Keith Meadows

## David Nagengast

Doug Slattery  
Larry Sporer  
Mindy Sporer  
Ken Stress  
Karin Stahl  
David Taylor  
Bruce Turnage  
Susan Voytal  
Jerry Whitefoot  
Sharron Wilson

## Taxes

C.V. Abraham  
K.L. Asija  
Theresa Beineik  
I-Ching Chen  
Lixia Chen  
Sandra Dong  
Tina Franco  
Sharon Galliker  
Sharon Grieser  
Taube Karpov  
Richard Kucejko  
Bill LaRue  
Doug McGlaun  
Linda Meida  
Carmelo Milia  
Bill Rhodes  
James Sauter  
Donald Schafer  
Richard Schmitt  
Cathy Tran  
Jerry Watson

## Special Events and Programs

Diane Alati - Various  
Fred Alati - Various  
Isis Awad - Newsletters  
Don Bernd - Pianist  
Su Chaudhyri - Various  
Elaine Cook - Newsletters  
Aggi Erlandsan - Various  
Joan Ersin - Various  
Wally Gannon - Various  
Nancy Ho - Newsletters  
Phyllis Hocking - Various  
Lil Karamanian - Trips  
Dorothy Pietron - Various

## Pauline Potrzuski -

Newsletters  
Nancy Thoenes -  
Badminton, Trips  
Jim Zoellner - Medicare

## Bingo

Carol D'Andrea  
Mary Craft  
Lonnie Lance  
Joyce Manke  
Fay McCormick  
Madelon Owen  
Dorothy Pietron  
Marlene Przybycien  
Dorothy Schillinger  
Howard Schillinger  
Melvina Scott  
Joanne Stephenson

## Friends of Troy Seniors

Diane Alati  
Fred Alati  
Ron Butterbaugh  
Freda Cochran  
Elaine Cook  
Diane Cronin  
Sandy Cyplik  
Pat Daniels  
Carolyn Darch  
Minoo Daroga  
Gloria Dixon  
Virginia Dow  
Sanaa El-Shamaa  
Aggie Erlandson  
Joan Ersin  
Jan Fenech  
Wally Gannon  
Rajaram Gokhale  
Sharon Grieser  
Corinne Growney  
Phyllis Hocking  
Joanna Horne  
Veronica Iversen  
Margaret Julian  
Sue Kaiser  
Mary Kerwin  
Lakshmi Kodali  
Katerina Kornievskaja  
Tatiana Kornievskaja

## Bill LaRue

RuthAnn LaRue  
Jean Lawrence  
JoAnn Lingenfelter  
Juliana Lord  
Joe Malone  
Pat Mannering  
Tom Mannering  
Kay McFarland  
Debbie Misner  
Dick Mosey  
Bonnie Moulik  
Kevin Outland  
Pauline Potrzusk  
Marlene Przybycien  
Lynn Rachwicz  
Bill Rhodes  
Elizabeth Rhodes  
Emily Rhodes  
Pat Rhodes  
Debbie Rivers  
Shirley Roberts  
Val Roberts  
Ann Ross  
Patrice Rowbal  
Jim Sauter  
Donald Schaefer  
Gil Schmidt  
Margaret Schwartz  
Michael Schwartz  
Tony Sciuillo  
Irene Sidhom  
Dawn Smith  
June Spraggin  
Lucy Stefanowski  
Joanne Stephenson  
Martha Teller  
Lois Templeman  
Tim Toland  
Mike Vlajkov  
Jim Werpetsinski

Volunteers gave more than 19,000 hours to the senior program last year!

Homebound Meals: The City of Troy and Emerald Food Service also thank the volunteers who delivered 26,711 meals to homebound seniors in Troy last year.

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**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.

**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.

**Focus Hope Food** is distributed on the 4th Tuesday (except Dec.) from 12:30-2 p.m. You must be 60 or older with a household income of \$1,245 per month or less (\$1,681 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 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.** Wheelchairs, four-wheeled walkers, ramps and shower chairs are needed.

**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.

**Radio for Visually Impaired** - The Detroit Radio Information Service (DRIS) reads over 100 current publications via a pre-tuned single-frequency radio. Borrow a radio at the Community Center to try out or call DRIS at 313.577.4146 to get your own.

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

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

**Community Center Passes**

The senior rate (60 and older) is \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 for non-residents allows you to use the club Monday - Friday from 8 am - 3 p.m. Additional discounts are available for low-income persons.

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

For those without a pass, the daily rate is \$7 (NR \$10). Seniors receive a special rate on Fridays: \$3 for use of the pool from 8-10 am and the fitness room and gym from 8 am -3 p.m.

**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 or checks made out to the Foundation may be turned in at the Community Center.



**Transportation**

**Medi-Go Plus** (248.457.1100) transports door-to-door to doctors, 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 p.m. the day before you want a ride.

## Creative Endeavors

### Handmade Gifts and More

at the Troy Community Center  
inside the north entrance

Open Monday - Saturday  
10 a.m. - 2 p.m. and Wednesday from 5-9 p.m.

## 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.

**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](mailto:vaughancs@troymi.gov). Include name and phone for reply.



Weather Cancellations  
Call 248.689.9756  
for weather  
cancellation  
information. Call  
after 4:30 p.m. for  
the status of evening

**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/recreationregistration](http://www.troymi.gov/recreationregistration). Click on the Online Registration button and then enter household ID (find this number on a previous receipt or call 248.524.3484) and last name of head of household. On the next screen, enter the activity number you wish to enroll in and add to cart. 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. Trip cancellations 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. Activities with insufficient enrollment are usually cancelled at least three days prior to the start date.

**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 six times per year:

1. Receive it free via e-mail. Visit the City web site – [www.troymi.gov/](http://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.
1. Pick up a free copy at the Community Center on or after the 25th of every other month.
2. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/1, \$3 between 8/1 and 10/31, \$2 between 11/1 and 2/28, and \$1 after 3/1. Non-residents \$6 per year, prorated as above. **Act. #135000K. (L for 2014-2015)**

**Mail-In Registration Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Activity #: \_\_\_\_\_ Fee: \_\_\_\_\_ Activity # : \_\_\_\_\_ Fee: \_\_\_\_\_

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: \_\_\_\_\_

City of Troy  
Recreation Department  
3179 Livernois  
Troy, MI 48083  
Address Service Requested

PRSRT STD  
U.S. Postage Paid  
Permit #19  
Troy, Michigan

## Perennial Plant Exchange

Saturday, May 17, 10 am - Noon

The Troy Garden Club hosts the 18th annual Troy Plant Exchange at the Troy Civic Center in the parking lot adjacent to the Skate Park on Town Center Drive rain or shine. This event is free and no money will exchange hands. Trading only! Reservations are not required. Please label all plants as to type and color of bloom, if known, and bring only healthy, pest-free plants. You may want to bring a wagon or a buddy to facilitate trading. Call 248.641.7904 for more information.

## Troy Community Chorus Spring Concert

Friday, May 2 - 8 pm at Athens High School

The Troy Community Chorus will present a concert entitled "*Heart Beats*" on Friday, May 2 at 8 pm at Athens High School. A limited number of free senior tickets are available at the Community Center beginning April 29. Tickets are for Troy residents, limit two per person. Additional senior (age 62+) tickets are \$8 in advance or \$15 at the door. Call Maggie at 248.390.1752 to purchase tickets.

## Athens Multi-Band Spring Concert

There's something for everyone at the Monday, May 19 Athens Bands Spring Concert. With the Brass Ensemble, Campus, Concert, Symphonic, and Jazz bands performing, concert goers will be able to enjoy jazz, classical, and popular music selections. The concert begins at 6:45 pm in the Athens High School Auditorium, 4333 John R Road. Enter the auditorium from the parking lot behind the school. Admission is free.

## Home Chore Program

This federally funded program assists low-income Troy homeowners 62 and older and persons with disabilities with lawn mowing and snow removal. Senior applicants must have a maximum household income of \$34,950 for a one-person household or \$39,950 for a two person household and present recent tax return. Homeowners with a permanent disability must submit a 2013 Michigan Homestead Property Tax Form (Form MI 1040-CR), proof of disability (letter from their doctor stating disability), and Social Security Benefit letter. Chores performed include spring clean-up in April (gutter cleaning and general cleaning of the yard); lawn mowing throughout the growing season approximately once every 7-10 days; fall clean-up in November including leaf pickup; and snow removal throughout the winter months. To apply, call 248.524.1147. Funds are limited.

## Mouth Organ Grinders Performance

Monday, May 19, 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a free one-hour harmonica performance presented by the Troy Mouth Organ Grinders. For information about joining this group, see page 9.

## Troy Society of Senior Singles

Tuesday, May 6 and Monday, June 2, 4 pm - Room 402

Attend these business and event planning meetings for members and newcomers (\$1.50 drop-in fee, free for first timers) followed by dinner at local restaurants (tentative Steelhouse Tavern and Kruse and Muer). Call 248.689.8070 information and dinner reservations. Events include:

1. April 30 Senior Day at Zoo (free). Call 248.641.8270.
2. Free outdoor concerts May 15, 1:30 pm. Boogie Woogie at Temple Israel on Walnut Lk. Rd; June 19 Steel Band and June 26 Fiddlers Restring at Royal Oak Library. Call 248.585.5538.
3. May 21 2.5 mile lakeside hike and brown bag lunch at Independence Oaks County Park. Call 248.435.5133.

## Do You Need To Talk?

Counseling Service Offered at the Troy Community Center

A licensed social worker from Oakland Family Services will schedule meeting times at the Troy Community Center to provide emotional counseling for those struggling with feelings of depression, anxiety or other problems. Services are covered by Medicare and most supplemental insurances. To schedule

## Ask A Nurse

2nd Thursday, 10-11 a.m., Room 404

A registered nurse from Crittenton Home Care will be at the Community Center from 10-11 am on the second Thursday of each month. She will offer free routine blood pressure screenings plus a question and answer time. Appointments are not required.

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- To advertise in this newsletter, contact Carla Vaughan at [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov).