



Troy Parks and Recreation

# Friendship Club

For persons 13 and up unless otherwise specified.

Activities are held at the Troy Community Center, 3179 Livernois, Troy MI 48083, (248) 524-3484, unless otherwise noted. Staff will try their best to meet everyone's needs but you may be asked to provide an aide or to withdraw from the activity.



## January/February 2013

Your membership card expired on Aug. 31, 2012. New membership forms for 2012-2014 were due by September 2012. Form is available on the city website:

<http://troymi.gov/Portals/0/Files/ParksRec/AdaptiveRecreation/AdaptiveRegistrationForm.pdf>

Drop off form or mail to CC and we will mail you a new membership card which is required for admission to all activities. A new subscription period started in Sept/Oct 2012 for receiving the Adaptive Newsletter in the mail. You will need to re-enroll if you want to continue to receive the newsletter. There are three ways to receive the newsletter which is published six times per year:

- Receive it by mail by submitting the fee and registration form in this newsletter. Troy residents pay \$5 for two years (12 issues). Subscriptions begin with the Sept/Oct issue of even numbered years and are prorated biannually. Pay \$5 on or before 2/28/13, \$3.75 between 3/1/13 and 8/31/13, \$2.50 between 9/1/13 and 2/28/14, and \$1.25 after 3/1/14. Non-residents pay \$7 per year, prorated as above. Ask for Act. #135320B.
- Pick up a free copy at the Community Center.
- Receive the newsletter free via e-mail. Visit the City web site: [www.troymi.gov](http://www.troymi.gov) and click on SUBSCRIBE in the upper center of page. Enter your e-mail address and click on SAVE. Then select Adaptive News & Updates and click SAVE.

**Reminder: No Daytime Friendship Club on Tuesday, Dec. 25 and Jan. 1 or Thursday, Dec. 27.**

**All drop-in fees are \$6 at the door (except Bowling which is now \$7) and punch cards are \$47 and \$57 NR.**

**Save money by using a PUNCH CARD!!!** It can be used to pay for **Movie and Pizza, Karaoke and Dancing, Friday Frolic, and Bingo.** These activities are \$6 per person at the door. Purchase a punch card at the front desk for \$47 for residents of Troy and \$57 for non-residents. This will result in a **savings of \$13 for residents and \$3 for non-residents over paying at the door.** This punch card is good for admission into ten of these events. There is no refund for lost or stolen cards, so be careful not to lose your punch card once you purchase it. Write your name and phone number on the back in case you misplace it. This card can be purchased with cash, check or credit card (Mastercard or Visa) at the front desk at the Community Center.

### BASKETBALL

Register now for the 10-week fall and winter basketball sessions. Participants will be divided in to four teams. Join Coach Courtney Dalley for a fun season! The four teams will practice together for the first few weeks and then play against each other and have playoffs. On the first day of basketball, a more detailed letter will be passed out.

| <u>Act. #</u> | <u>Day</u> | <u>Time</u> | <u>Location</u>  | <u>Fee</u>   | <u>Begins</u> | <u>Ends</u> |
|---------------|------------|-------------|------------------|--------------|---------------|-------------|
| 135315B       | Tuesday    | 6:30-8:30pm | Community Center | \$60R \$70NR | Jan. 15       | Mar. 19     |

Did You Know . . . The Troy Recreation Department offers overnight trips for ages 50+, and those age 50+ are invited to bring guests of all ages. Your parents might be interested in some of these trips and could bring you along. Maybe we can get a group of Friendship Club parents to participate. Flyers with complete details about the trips are available at the Community Center. The next trips offered are: Costa Rica February 23-March 3, Williamsburg and More May 11-17, and The Wizard of Oz in Toronto June 19-20, 2013.

**MOVIE AND PIZZA – Monday, January 14 and February 11**

**2nd Monday Time:** 6:30-8:30 pm **Location:** Troy Community Center

**Cost:** Punch card or \$6 at the door. (includes movie, drink, and a pizza snack). No registration is required. **Aides may purchase pizza \$1/slice. Please place your order when you check in.**

**Monday, January 14** “Brave”

**Monday, February 11** “Para Norman”

**FRIDAY FROLIC DANCE – Friday, January 11 and February 8 (Cookies will be served for Valentines Day)**

**2nd Friday of each month except July and August.** Dancing with a DJ and refreshments.

**Time: 7 - 9:00 pm Location:** Troy Community Center

**Cost:** Punch card or \$6 at the door. No registration is required.

**KARAOKE AND DANCING – Monday, January 21 and February 18**

**3rd Monday** - Have fun while singing along with latest and greatest artists. Pop and chips will be served. Feel free to dance along. Bring your favorite CD if you want to sing.

**Time: 7 - 8:30 pm Location:** Troy Community Center

**Cost:** Punch card or \$6 at the door. Aides may purchase pop and chips for \$1. No registration required.

**BINGO NIGHT – Monday, January 28 and February 25**

**4<sup>th</sup> Monday** - Prizes will be given to the winners and we will break for refreshments.

**Time: 7-8:30 pm Location:** Troy Community Center

**Cost:** Punch card or \$6 at the door. No registration required

Aides may purchase pop and chips for \$1.

**MY CHANCE TO DANCE**

Winner of the 2002 Governor’s Amateur Athletic Event Award, this dance/exercise program presented by C.C. Plus includes circle dances, party dances, line dances, fun music and great exercise. The program is specially choreographed to avoid failure and build on success! Wheelchairs and walkers welcome!! **Payment should be made to the instructor at class.** The fee is \$6 per class for drop-in students or \$40 for eight classes paid in advance. Please contact Peggy DiMercurio at [mdimercurio@wowway.com](mailto:mdimercurio@wowway.com) or 586-801-4902, with any questions.

| <b>Day</b> | <b>Time</b>    | <b>Location</b>   |             |                   |
|------------|----------------|-------------------|-------------|-------------------|
| Thursday   | 7:00-8:00 p.m. | Big Beaver Church | 3753 John R | 1/10 through 4/25 |

**DAYTIME FRIENDSHIP CLUB**

**Reminder: No Daytime Friendship Club on Tuesday, Dec. 25 and Jan. 1 or Thursday, Dec. 27.**

**PLEASE MAKE SURE PARTICIPANT IS REGISTERED PRIOR TO ATTENDING**

This program for ages 18 and older meets every Tuesday and Thursday from 10 am to 3 pm (except holidays as noted) at the Troy Community Center with many fun activities brought to you by Kathy Martin and staff. Activities will be revised based on your requests, and we are always open to your suggestions. **The fee is \$76 (\$86 NR) per month for one day a week or \$152(\$172NR) for both days. Pre-registration is required and you must register for the entire month.** Contact Elaine Torvinen at the Community Center 248-524-3484 or email [E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov). for more information. **Register early!!! Space is limited. If you wait until the first day of the month to register the program may be filled.**

We ask that new participants attend with a family member or aide on a Tuesday or Thursday prior to registering to be introduced to the program and meet staff. This will also give ample time for all necessary paperwork to be completed before enrolling. Thank you for your cooperation.

A 25% subsidy is available to low-income Troy residents who meet the following guidelines: 1 person household – annual income of \$24,450 or less; 2 person household – annual income of \$27,950 or less; 3 person household – annual income of \$31,450 or less. Please call 248-524-3484 for information on larger household sizes. Applicants must fill out a confidential application and submit it at the time of registration. Please call 248-524-3484 and we will mail an application to you. Transportation for Troy residents may be available through Troy Medi-Go Plus. Call 248-457-1100 for information.

The activity numbers for the 2012-2013 season are as follows:

**Tuesdays**

Jan. 135300G

Feb. 135300H

Mar. 135300J

Apr. 135300K

May 135300L

June 135300M

**Thursdays**

Jan. 135303G

Feb. 135303H

Mar. 135303J

Apr. 135303K

May 135303L

June 135303M

**ON GOING EVENTS**

**Basketball:** Tuesday evenings fall and winter at the Troy Community Center for persons with developmental disabilities. Registration is required. Minimum age: 16.

**Bowling:** Saturdays (except holiday weekends and July and August) from **10 a.m - 12 p.m.** at Troy Lanes (Square Lake west of John R). **\$7 per week includes shoes and three games.** Drop-in.

**My Chance to Dance:** Thursday evenings from 7:00-8:00 pm at the Big Beaver United Methodist Church September – April Minimum age 13. Please contact Peggy DiMercurio at [mdimercurio@wowway.com](mailto:mdimercurio@wowway.com) or 586-801-4902, with any questions.

**Performing Arts Club:** For teens and young adults with developmental disabilities. **Tuesdays 7-9 pm** at Big Beaver United Methodist Church 3753 John R. Sponsored by the Italian Study Group of Troy. For more information, call Denise at 248-703-7303. Minimum age: 16.

**Soccer League:** Spring and fall soccer is offered by the Troy Youth Soccer Ability League for physically and developmentally disabled ages five through 26. Teams are formed by age and ability. For more information contact Sandy Green 248-709-6446.

**Softball:** A Thursday evening league for teens and adults with developmental disabilities plays against other cities in Oakland County May through August. Practices are held on Thursday evenings, and Tuesday evenings when a field is available. Registration by April 20 required. Minimum age: 16.

**Special Events:** Countywide special events are offered by Oakland County Parks for people with cognitive and physical impairments. Call (248) 858-7596 to receive the Oakland County Parks newsletter.

**Special Olympics:** Team Troy Special Olympics participates in swimming, track and field, and golf. Minimum age: 8. Call 248-370-0922 [www.somi.org](http://www.somi.org) for more information.

**Weight Watchers:** Tuesdays, meets at 5:30 pm and again at 6:00 pm at the Big Beaver United Methodist Church 3753 John R, Troy. The fee is .50 per week. Braille is available. Persons accompanying a program participant may participant for the same fee. Co-sponsored by The Arc of Oakland County. Call Allison Murowany at 248-816-1900 for details. Minimum age 13.

**MAIL-IN REGISTRATION FORM**

**All patron requested refunds are subject to a \$10 cancellation fee.**

**RELEASE OF LIABILITY:** 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, my child and other family members while participating, watching and traveling to or from this activity.

**Name of Participant** \_\_\_\_\_

**Contact Person** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Phone** \_\_\_\_\_

**Signed:** \_\_\_\_\_

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

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

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

**TOTAL DUE:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**ENCLOSE REGISTRATION FEE (checks payable to: City of Troy) along with this waiver form and mail to:** Troy Parks and Recreation, 3179 Livernois, Troy, MI 48083. To register online, go to [www.troy.mi.gov/parksandreconline](http://www.troy.mi.gov/parksandreconline). Click on online registration on left side of screen. Click on Existing user? Click to log in. Enter your household number for username (find this number near the bottom left side of previous receipt or call 248-524-3484) and the last name of head of household for password. On the next screen, search by activity number or by type or keyword. You can only register people in your own household.

## January 2013

| Sunday | Monday                                    | Tuesday  | Wednesday | Thursday   | Friday                          | Saturday                                   |
|--------|---|--|-----------|--|---------------------------------|--|
|        |   | 1<br>                               | 2         | 3<br>Friendship Club<br>10 am-3 pm                                 | 4                               | 5<br>Bowling<br>10 am-12 pm<br>Troy Lanes  |
| 6      | 7   | 8<br>Friendship Club<br>10am-3pm<br>W. Watchers 5:30 & 6 pm<br>Performing Arts 7:00 pm                               | 9         | 10<br>Friendship Club<br>10 am-3 pm<br>My Chance to<br>Dance 7-8pm | 11<br>Friday Frolic<br>7-9:00pm | 12<br>Bowling<br>10 am-12 pm<br>Troy Lanes |
| 13     | 14<br>Movie & Pizza<br>6:30-8:30 pm       | 15<br>Friendship Club<br>10am-3pm<br>W. Watchers 5:30 & 6 pm<br>Performing Arts 7:00 pm<br>Basketball 6:30-8:30 pm   | 16        | 17<br>Friendship Club<br>10 am-3 pm<br>My Chance to<br>Dance 7-8pm | 18                              | 19<br>Bowling<br>10 am-12 pm<br>Troy Lanes |
| 20     | 21<br>Karaoke and<br>Dancing<br>7-8:30 pm | 22<br>Friendship Club<br>10am-3pm<br>W. Watchers 5:30 & 6 pm<br>Performing Arts 7:00 pm<br>Basketball 6:30-8:30 pm   | 23        | 24<br>Friendship Club<br>10 am-3 pm<br>My Chance to<br>Dance 7-8pm | 25                              | 26<br>Bowling<br>10 am-12 pm<br>Troy Lanes |
| 27     | 28<br>Bingo<br>7-8:30 pm                  | 29<br>Friendship Club<br>10 am-3 pm<br>W. Watchers 5:30 & 6 pm<br>Performing Arts 7:00 pm<br>Basketball 6:30-8:30 pm | 30        | 31<br>Friendship Club<br>10 am-3 pm<br>My Chance to<br>Dance 7-8pm |                                 |  |

## February 2013

| Sunday | Monday                                   | Tuesday  | Wednesday | Thursday   | Friday                         | Saturday                                   |
|--------|--|--|-----------|--|--------------------------------|--|
|        |  |  |           |  | 1                              | 2<br>Bowling<br>10 am-12 pm<br>Troy Lanes  |
| 3      | 4  | 5<br>Friendship Club<br>10am-3pm<br>W. Watchers 5:30 & 6pm<br>Performing Arts 7:00pm<br>Basketball 6:30-8:30 pm  | 6         | 7<br>Friendship Club<br>10am-3pm<br>My Chance to<br>Dance 7-8pm  | 8<br>Friday Frolic<br>7-9:00pm | 9<br>Bowling<br>10 am-12 pm<br>Troy Lanes  |
| 10     | 11<br>Movie & Pizza<br>6:30- 8:30pm      | 12<br>Friendship Club<br>10am-3pm<br>W. Watchers 5:30 & 6pm<br>Performing Arts 7:00pm<br>Basketball 6:30-8:30 pm | 13        | 14<br>Friendship Club<br>10am-3pm<br>My Chance to<br>Dance 7-8pm<br> | 15                             | 16<br>Bowling<br>10 am-12 pm<br>Troy Lanes |
| 17     | 18<br>Karaoke and<br>Dancing<br>7-8:30pm | 19<br>Friendship Club<br>10am-3pm<br>W. Watchers 5:30 & 6pm<br>Performing Arts 7:00pm<br>Basketball 6:30-8:30 pm | 20        | 21<br>Friendship Club<br>10am-3pm<br>My Chance to<br>Dance 7-8pm   | 22                             | 23<br>Bowling<br>10 am-12 pm<br>Troy Lanes |
| 24     | 25<br>Bingo<br>7-8:30 pm                 | 26<br>Friendship Club<br>10am-3pm<br>W. Watchers 5:30 & 6pm<br>Performing Arts 7:00pm<br>Basketball 6:30-8:30 pm | 27        | 28<br>Friendship Club<br>10am-3pm<br>My Chance to<br>Dance 7-8pm   |                                |  |

