



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Jan/Feb 2012

AARP Free Tax-Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will prepare income tax returns or answer tax questions at the Troy Community Center for persons of low to moderate income with special attention to senior citizens. The program is available on Fridays from February 3 to April 13, 2012 (closed April 6 Good Friday) from 9 am to 2 pm.

Appointments must be made with the Friends of Troy Seniors (FOTS) Monday to Friday during the hours of 10 am to 2 pm at **248-526-2608** or in person at the FOTS office near the Community Center lunch room.

See page 13 for a complete list of records to bring when you have your taxes prepared.

Ireland and Mediterranean Cruise Meeting

Thursday, January 12, 11 am

Troy Community Center Room 301

Group Tours International owner Darlene Bringard and your Ireland trip escort Nancy Thoenes will be on hand to answer all of your questions about the upcoming trip to Ireland on April 17 (see page 3 for more details) and the Eastern Mediterranean cruise that will be offered in September.

Troy Senior Program By the Numbers

It was a busy year for the Troy 50+ program. Here are a few facts and figures:

- Participation in 50+ programs was almost 125,000 last year. That's an average of 500 seniors per day!
- Eighty-four different classes and ongoing programs were offered for ages 50+.
- Over 3800 households receive the senior newsletter, more than 1,300 of them via e-mail.
- Volunteers gave over 16,000 hours of service to the senior program.
- Almost 27,000 homebound lunches were delivered and 13,700 lunches were served at the Community Center.
- Creative Endeavors craft shop sold over \$30,000 worth of merchandise for 93 different senior vendors.
- 294 students took classes at the Troy 50+ Computer Learning Center at the Troy Community Center.
- SHARP performed 350 free home repairs.
- Medi-Go Plus gave over 14,000 rides to seniors and persons with disabilities.

Troy Recreation Department . . .

Creating Community Through People, Parks, and Programs

Get Fit at the Troy Community Center

Do you have a New Year's resolution to improve your health . . . lose weight . . . get fit? Why not join the fitness club at the Troy Community Center? The senior rate (age 60 and older) for the Recreation Pass Unlimited is \$18 per month for residents. Non-residents pay \$30 per month. Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. There is also a Matinee Pass (not just for seniors) available for \$15.75 per month for residents (non-residents pay \$23) that allows you to use the amenities Monday - Friday only from 8 am - 3 pm.

In addition, a Fitness Passport is available that includes all of the above plus you can participate in a select list of fitness classes (list of classes included available at the Community Center). The senior rate for the Fitness Passport is \$25 per month. Non-residents pay \$37.

Additional discounts are available for low-income or permanently disabled residents.

For those without a pass, the daily resident rate is \$7 or \$5 with a 10-visit punch card. Seniors receive a special daily rate on Friday mornings: \$3 for use of the pool from 8-10 am and the fitness room and gym from 8-11:30 am.

Grandparent Cabin Fever Reliever

February 26 - March 3 at the Troy Community Center

Looking for a fun activity to do with your grandchildren? Visit the Troy Community Center between February 26 and March 3 and pay ONLY \$9 for one adult and two grandkids (same price for residents and non-residents). Additional adults are \$5 each and additional grandkids (ages 3-12) are \$2/each. Participate in open swim, open gym and grandkids 13 and older can use the workout room.

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**Troy Recreation
Department**
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248.524.3484

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

Fax
248.689.6497

Medi-Go Plus
248.457.1100

SMART
866.962.5515

Emerald Kitchens
(Meals on Wheels)
248.689.0001

Weather Hotline
(Cancellations due to weather)
248.689.9756

City Hall
248.524.3300

City Web Site
www.troymi.gov

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.

Mouth Organ Grinders Valentine's Performance

Monday, February 13 - 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a free harmonica performance by our senior harmonica group The Mouth Organ Grinders.

Gotta Go, Gotta Go?

Wednesday, January 25 - 10-11:30 am

Troy Community Center Room 303

You are not alone! In fact, over 50% of seniors have problems related to the urinary tract. If you, a friend, or relative have frequency, urgency, incontinence or urinary tract infections there is help for you. Presenter Pradeep Nagaraju, M.D. is a Beaumont physician and Assistant Professor at Oakland University William Beaumont School of Medicine specializing in medical and surgical treatment of bladder dysfunction. This free seminar will address the prevention and treatment of bladder problems. Refreshments will be served. **Please call 248-740-0670 to reserve seating.**

FREE!!! Lecture Presentation "Fast Carriers of World War II"

Thursday, February 2, 12:45-2 pm

Troy Community Center Room 503

Roland Rossliip will present a participants perspective of the impact of this type of ship during the World War II. Roland served on the Bunker Hill, one of the fast carriers. Come and enjoy reminiscing about where you were when many significant events occurred. There will be plenty of time for questions at the conclusion of presentation.

Enjoy the "Chef's Choice" lunch prior to this presentation. Lunch is served from 11:45 am - 12:30 pm with a suggested donation of \$3. Reservations are not required.

Free Reception and Admission for Seniors to Troy High Musical

Sunday, March 4, 1 pm at Troy High School

The Troy High Theatre Ensemble is presenting their spring musical (name of show not available at press time), and are inviting 50 seniors to attend a reception and the play. Light refreshments will be served at 1 pm followed by the play at 2 pm. To register for the reception, call 248.524.3484 and ask for **Act. #135911C** or register online. Additional tickets for the play can be purchased for \$7. Performances do sell out. Visit the theater's website for more information about additional tickets: www.troytheaterensemble.org.

Save the Date!

Senior Expo

at Troy Community Center
Tuesday March 20 10 am -2 pm

Mark your calendars! This Expo will feature over 80 vendors offering you one-stop shopping for information on financial services, housing, home care and much more. Contact Elaine T to volunteer to help with this event. 248-524-3484.

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- 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.
- Individuals that need personal care must be accompanied by an adult to assist with their special needs.

New Year's Eve Tribute to Elvis

Saturday, December 31, Noon - 5:15 pm

Act. #148922J Fee: \$81; Resident discount \$71

Enjoy lunch at the Portofino Restaurant in Wyandotte where fine Italian food has been served for over 30 years. A three course dinner will be served during the show beginning with garden salad, choice of chicken picatta, baked orange roughy or beef burgundy (indicate your choice when you register), sugar and sugar-free dessert and one cocktail. The Tribute to Elvis show features Greg Jaqua, named "Best International Elvis" in 2009 at the world's largest Elvis festival in Wales, UK. Transportation is by motorcoach.

Book Cadillac Hotel and Lunch

Tuesday, February 7, 10 am - 2 pm

Act. # 148922N Fee: \$58; Resident discount \$48

The Book Cadillac Hotel was once the grandest of Detroit's downtown hotels. A member of the National Registry of Historic Buildings, this Italian-Renaissance style hotel, built in 1924, was the tallest building in Detroit and the tallest hotel in the world. A \$180 million renovation has restored it to its original splendor. A 45-minute tour of the hotel will be followed by lunch at the Boulevard Room with choice of Chicken Panini or Chicken Caesar Salad (indicate choice upon registration). Transportation by school bus. Escort: Diane Alati.

Oakland Community College Grand Buffet

Thursday, February 2, 10:45 am - 2 pm

Act. # 148922P Fee: \$29; Resident discount \$24

Enjoy the finest cuisine prepared by the students of the Culinary Studies Institute at Oakland Community College Orchard Ridge Campus and visit the campus bakery after lunch. Transportation by school bus. Escort: Diane Alati.

Windsor Raceway and Slots

Monday, February 20, 10 am - 5:15 pm

Act. # 148922M Fee: \$25; Resident discount \$20

Travel by deluxe motorcoach to the Windsor Raceway & Slots where you will receive \$20 in slot play. You will be asked birthdate, citizenship and name exactly as it appears on your id when you register. We are required to give this information to customs before the trip. You must provide this information and bring a valid passport, passport card or enhanced driver's license with you. No refunds granted for failure to comply.

EXTENDED TRIPS

- Register directly with the travel agent.
- Cancellation insurance is recommended.
- Brochures are available at the Community Center.

Kewadin Casino - Feb. 27-29

\$125 pp double, \$145 single, \$125 triple

This trip includes round trip motorcoach, two nights at the Kewadin Casino in Sault Ste. Marie, two breakfast buffets, one day at the Bay Mills Casino, two \$10 coin vouchers, and one \$10 food voucher. A flyer with complete details is available at the Community Center

Call Bianco Tours for reservations. Trip subject to tour company refund policies. **734.946.7021.**

Ireland - April 17-26

\$3049 pp double, \$3449 single, \$3019 triple

Highlights include Dublin, Waterford Crystal, Blarney Castle, Killarney, Limerick, castle stay and more. Round trip air, lodging, and thirteen meals are included. A flyer with complete details is available at the Community Center. Tour escort: Nancy Thoenes.

Trip meeting January 12 at 11 am. See page 1.

Call Group Tours International for reservations. Trip subject to tour company refund policies. **248.625.3645.**

Charleston and Savannah - April 21-28

\$1499 pp double, \$2199 single, \$1319 triple

This trip includes round trip motorcoach transportation, seven nights lodging, ten meals and sightseeing including Andy Griffith's Mayberry, Savannah, Charleston, Jekyll Island and more. A flyer with complete details is available at the Community Center

Call Shoreline Tours for reservations. Trip subject to tour company refund policies. **800.265.0818.**

New York City - June 15-20

\$1299 pp double, \$2099 single, \$1129 triple

This trip includes round trip motorcoach transportation, five nights lodging, five breakfasts, all day sightseeing tour in NYC and more. A flyer with complete details is available at the Community Center

Call Shoreline Tours for reservations. Trip subject to tour company refund policies. **800.265.0818.**

Western National Parks - July 8-18, 2012

\$2999 pp double, \$4199 single, \$2749 triple

This trip includes round trip air Detroit/Denver, 1st class motorcoach touring, 10 nights lodging, 16 meals, Shoreline tour director, Mt. Rushmore, Yellowstone, Grand Teton boat cruise, and MUCH MORE. A flyer with complete details is available at the Community Center

Call Shoreline Tours for reservations. Trip subject to tour company refund policies. **800.265.0818.**

2012 Troy Senior Golf Leagues

Registration fee: \$47.50 Res. Discount \$42.50 (Refundable thru 4/1)

These nine hole senior golf leagues are held at Sylvan Glen on Monday and Wednesday. Play begins around May 1 for approximately 20 weeks, teeing off at 7:30-8 am. The greens fees will be paid directly to your league officers in the spring. If you take extended vacations, please sign up as a sub only.

New Players: New players may register NOW! Indicate your average for nine holes when registering. If the league is full, add your name to the wait list and you will be notified if an opening occurs. If you want to sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

Act. # 148986A Monday League
Act. # 148986B Monday sub list
Act. # 148987A Wednesday League
Act. # 148987B Wednesday sub list

For more information, please call:

Monday league:	Mike Maziasz	248.649.0195
	Doug Cravens	248.528.0434
Wednesday league:	Dick Benson	248.689.5324
	Ken Jones	248.879.8109

Sports Leagues

Bowling - Mondays, 1 - 3:15 pm at Thunderbird Lanes, Sept. - April. Points for beating own average.

Golf - Mon and Wed mornings at Sylvan Glen May - Sept.

Softball - Women 50+ - Tuesday evenings, Men 50+ - Thursday evenings, May - August.

Tennis - Indoors at the Tennis Bubble Sept.- May and outdoors at Boulan Park May-Sept.

Volleyball - 55+-Tuesday mornings Oct. - March. Practice Monday and Thursday mornings.

Drop-In Sports

Badminton - Fridays, 9:30-10:30 am, \$3. No charge for Community Center pass holders. Equipment provided.

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

Pickleball - Fridays, Beg: 10:30-11:30 am; Int/Adv: 11:30 am -1:30 pm, \$3. Wednesdays, 7-8:30 pm \$7 (\$5 with punch card). NR \$10/\$8. No charge for Community Center pass-holders.

Table Tennis - Tue, 10 am- noon \$36 annual participation fee (\$46 NR) or \$1.50 drop-in fee at door (NR \$2)

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

Pickleball Doubles Ladder Play

at the Troy Community Center Gym

Sundays, 6-8 pm; January 8 - March 25 - 12 weeks

Adults 18 and over

Act #118998J - 32 players - \$80; Res. Discount \$70

Tuesdays, 1-2:30 pm Jan. 10 - Mar. 27 - 12 weeks

Adults age 50 and over only.

Act. #118998K - 16 players - \$55; Res. Discount \$45

Pre-registration required. Play three games with three different partners. 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+ Pickleball Doubles Drop-In Mixer

Fridays, 5-7 pm, ongoing - No play Dec. 23 and 30

Fee: \$5; Res. Discount \$4

Four courts are available for drop-in play with advanced players on the west courts and beginning players on the east courts. Equipment provided. Partners are not required.

50 Plus Softball

Women: Tuesday evening; Men: Thursday evening

Team Registration Format

Troy teams will compete in the Oakland County Softball Leagues. Games begin in mid May and end in mid August. Half of scheduled games will take place in Troy and remaining half will take place at various Oakland County cities.

Registration Procedure for 2012 – Registration will be by team only. Managers from 2011 season will have sole discretion regarding team rosters. Players must be on a team prior to registering. 2011 team managers will be mailed league information including registration details in early January. Players from 2011 should contact managers in mid January for league/team information. Player fees for 2012 will remain the same as 2011 (\$35 – resident, \$55 – non-resident).

Interested new players may submit name and contact information to the Troy Recreation Department. Names will be provided to team managers. No guarantee of placement on a team, placement is at the discretion of the team manager.

Stretch & Tone

Mon and Thur, 11-11:50 am

Purchase \$41 10-punch card at front desk; Resident discount \$31. Card can also be used for Chair Exercise.

Chair Exercise

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

Purchase \$41 10-punch card at front desk; Resident discount \$31. Card can also be used for Stretch and Tone.

- Classes meet at the Troy Community Center
- Drop-in fee is \$7; Res. Disc. \$6 unless noted.

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.

Fee: \$96; Res. Disc: \$86

Act. # 118979A
T & Th, 11-11:50 am
1/10-3/15

Fitness RX Women on Weights

Increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, and improve balance. Bring a mat and light (5 lbs.) hand weights. Weeks: 10. Instructor: Julia

Fee: \$65; Res. Disc: \$55

Drop-In Fee: \$11; Res. Disc: \$10

Act. # 118981B
Thu, 6-7 pm
1/12-3/15

Fitness RX Fitness Fusion

A fusion of yoga, weight training and Pilates to maximize your fat burning, especially around the waist. Please bring light (5 lb.) hand weights and a mat for floor work. Weeks: 10. Instructor: Julia

Fee: \$65; Res. Disc: \$55

Drop-In Fee: \$11; Res. Disc: \$10

Act. # 118989A
Tue, 5:30-6:30 pm
1/10-3/13

Beginning Pilates with Ilene*

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 as a coordinated whole. Weeks: 10.

Fee: \$56; Res. Disc: \$46

Act. # 118982C Act. # 118982D
Mon, 10-10:50 am Wed, 10-10:50 am
1/9-3/12 1/11-3/14

Muscle Strengthening with Lisa*

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

Fee: \$56; Res. Disc: \$46

Act. # 118975C Act. # 118975D
Tue, 10-10:50 am Thu, 10-10:50 am
1/10-3/13 1/12-3/15

Balance and Stretch with Ilene*

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.

Fee: \$46; Res. Disc: \$56

Act. # 118983C Act. # 118983D
Mon, 9-9:50 am Wed, 9-9:50 am
1/9-3/12 1/11-3/14

Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Bring a mat or towel to lie on. Weeks: 10.

Fee: \$56; Res. Disc: \$46

Act. # 118977C Act. # 118977D
Mon, 11-12:10 pm Wed, 11-12:10 pm
1/9-3/12 1/11-3/14

Beginning Tai Chi with Silva

Join Silva as she leads the beginner level of this class. Work on basic movements of Tai Chi. Wear loose comfortable clothing and flat shoes. Weeks: 10.

Fee: \$56; Res. Disc: \$46

Act. # 118976D
Mon, 1-2 pm
1/9-3/12

Chair Yoga with Janeen

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!

Fee: \$69; Res. Disc. \$59

Act. # 118984C
Tue, 11-11:45 am
1/10-3/13 - 10 wks

Tai Chi with Kim Cary

Enhance balance and body awareness with slow, graceful, precise movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Advanced. Weeks: 10.

Fee: \$56; Res. Disc: \$46

Intermediate	Advanced
Act. # 118976F	Act. # 118976E
Mon, 3-4 pm	Mon, 2-3 pm
1/9-3/12	1/9-3/12

**Zumba Gold
Dance Exercise**

Mon and Wed 7-7:50 pm
Tue and Fri 10-10:50 am
\$7 per person; Res. Disc. \$6 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.

***Free with Fitness Passport - See page 1 for details**

Fitness RX Total Toning Workshop

Sat. Jan. 28; 10:30-11:30 am

Act. 118988A Fee: \$31; Res. Disc. \$21

This workout is a fun, high-energy fitness experience which fuses exercise techniques from Pilates, Dance, Cardio-Sculpting Moves and Yoga. Firm, tighten and tone your whole body and burn mega-calories along the way. Bring hand weights (3 lbs works best for most) and a mat for floor work. This is a one day workshop to give you the tools to continue to work out on your own. DVD available for sale at class: \$25.



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: \$37.50; Res Disc. \$27.50 **Ages:** 16 and older

Act #	Date	Time	Subject
145933J	Thu, Jan 12	6-8 pm	Meandering Stream
145933K	Thu, Feb. 9	6-8 pm	Taking the Back Road
145933L	Thu, Mar 8	6-8 pm	The Red Barn

Watercolor Painting Lessons

For beginners through advanced painters. Karen Halpern will guide you in working with watercolor. Supply list is available on your receipt.

Fee 3 week class: \$55; Res. Disc. \$45

Fee 9 week class: \$132; Res. Disc \$122

Act. #	Day	Time	Dates	Wks
118971B	Wed	9:30 am-12 pm	Jan 11-Mar 7	9
118971C	Wed	9:30 am-12 pm	Mar 21-Apr 4	3

Oil & Acrylic Painting

For beginner through advanced acrylic painters. Instructor Marat Paransky demonstrations and individual instruction. Supply list available on your receipt.

Weeks: 8 **Fee:** \$76; Res. Disc \$66

Act. #	Day	Time	Dates
118972C	Tue	12-3 pm	Jan. 10 - Feb. 28

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

Weeks: 12 **Fee:** \$64; Res Disc: \$54

Act #	Level	Day	Time	Dates
118974D	Int.	Wed	2:30-3:30 pm	Jan. 11 - Mar. 14
118974E	Adv Beg	Tue	1:15-2:15 pm	Jan. 10 - Mar. 13
118974F	Beg	Tue	2:15- 3:15 pm	Jan. 10 - Mar. 13

Zumba Gold Dance Exercise

Mon & Wed 7-8 pm: Tue and Fri 10-10:50 am at the Troy Community Center

\$7 per person; Res. Disc. \$6 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.

Drop In Ballroom Dance

Mondays and Wednesdays, 1-2 pm - Studio B & C

Fee: \$7; Res. Disc \$6 at door

Instructor Amy Tranchida brings 30 years of experience and a great sense of humor to her classes. Meet new people in a fun environment, burn extra calories, and get ready for weddings, cruises, and nights on the town. The Monday class will feature four weeks of E.C. Swing (no class 1/30), and three weeks of Quickstep (no class 2/6). The Wednesday class will feature four weeks of Samba, and four weeks of Waltz (no class 2/1).

Line Dance Lessons

Mondays & Wednesdays, 12:30-2 pm

Instructor Connie Buss will teach you the basic steps and how to combine them in to a dance. Guys and gals of all abilities are welcome. \$7; Res disc \$6 at door

Square Dance Lessons

Mondays, 7-9 pm

Join us for beginning square dance lessons. New dancers will be accepted in the September only. Partners are recommended but not required. Experienced dancers will be on hand to help you learn. Fee: \$6; Res. Disc. \$5 per person per week, payable at the door. For more information, call Myrna or Tom at 248-689-8256.

Piano Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. A book may be purchased at the first class: \$15 for beginners and \$15 for intermediate.

Instructor: Grace **Fee:** \$47; Res. Disc \$37 **Weeks:** 10

Act. #	Day	Level	Time	Dates
118973A	Mon	Adv.	9-9:50 am	Jan 16-Mar 19
118973B	Mon	Int.	10-10:50 am	Jan 16-Mar 19
118973C	Mon	Beg.	11-11:50 am	Jan 16-Mar 19





FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIPS

New Office for the FRIENDS OF TROY SENIORS

A newly opened office in the Troy Community Center becomes the focal point for all FRIENDS activities. The office, which is adjacent to the Senior Dining Room, is open from 10 am to 2 pm daily and is staffed with friendly volunteers ready to provide support and advocacy for all important senior citizen issues. Becoming a member of FRIENDS OF TROY SENIORS is free. Joining demonstrates your support. FRIENDS OF TROY SENIORS will work on your behalf to provide a unified “voice” on senior issues. Stop by our office to register your membership and share your thoughts. We want to hear from you.

Compuware Corporation Steps Up for Senior Citizens

Many thanks to Compuware Corporation for their generous contribution of computers and software for the new FRIENDS office. Without their support, our office would not have become a reality. Compuware Vice President Doug Kuiper explains, “Compuware has always been a good corporate citizen, supporting local and national causes that improve the communities where our employees live and work. Many of our employees call Troy home and we are pleased to support the FRIENDS. During these tough economic times, it is especially important that corporations and local businesses take a few extra steps to help build and maintain our communities and their values. Compuware challenges other able corporations to Step Up and become supporters of FRIENDS of TROY SENIORS.” FRIENDS Chairman Bill LaRue announced that Compuware is the first recipient of the Chairman’s Award.



Schedule your AARP Tax-Aide Appointments NOW

The AARP Tax-Aide program continues this year. This popular program was slated for elimination due to City budget reductions. Now, thanks to FRIENDS volunteers, who will take your appointments and organize the event, the program continues. Stop by the FRIENDS office or call 248-526-2608 during normal 10 am to 2 pm office hours for your appointment. Tax assistance is available to all low and mid-income tax filers with special emphasis on Senior Citizen returns.

The FRIENDS OF TROY SENIORS Need YOU!

Our success and ability to build a strong senior citizen program is dependent on volunteers. Many volunteer opportunities exist throughout the Community Center. Provide assistance in our office, plan for and work at one of the senior events or help keep the Senior Reading Room organized. Help decorate our dining room for holidays and special occasions, assist with fund raising events, or provide companionship for seniors visiting the Community Center. Provide entertainment or lead programs or games. Support the bingo program, help with the Flu Shot Clinic, work the craft shows, etc. The list is endless. Get involved! Contribute your time and energy to senior living in our community and receive the satisfaction of helping others. Free computer training is available to volunteers who work in the office. The only requirement is a caring attitude and a willingness to “Give a Smile and Lend a Hand.”



Lunch and Dinner with FRIENDS

Marinelli’s of Troy, the popular restaurant at 4924 Rochester Road, is sponsoring a FRIENDS OF TROY SENIORS day on Wednesday, January 19th from 11 am to 9 pm. Twenty

percent of your total check for your food and drinks will be donated to FRIENDS. As a guest, you pay the regular menu price and Marinelli’s makes a generous 20% contribution to the FRIENDS. Invite YOUR friends and relatives for dinner! Pick up your official coupon at the FRIENDS office or bring this page to Marinelli’s on the 19th. In addition to the donation, Marinelli’s will provide you with a free surprise in appreciation of your support!

FRIENDS OF TROY SENIORS
3179 Livernois Troy, MI 48083
248-526-2608
FOTS@wowway.com
www.FriendsOfTroySeniors.org
Office Hours – Daily 10 am - 2 pm

Monday	Tuesday	Wednesday	Thursday	Friday
Center Closed Happy New Year! 2	11:45 Sloppy Joes 3	9:30-12 Computer Consultations 4 11:45 Chicken Leg Quarter	11:45 Chef's Choice 5 12:30 Birthday Party	11:45 Pot Roast 6 1:00 Bingo
11:45 Sizzle Steak 9	11:45 Veal Parmesan 10 1:00 Red Hat	10:00 Book Club 11 11:45 Chili Con Carne	10-11:30 Caregiver Support 12 11:00 Ireland Meeting 11:45 Cheeseburger	11:45 Penne Pasta Casserole 13 1:00 Bingo
11:45 NO LUNCH 16	11:45 Meatloaf 17	10-12 Disk Erasure 18 11:45 Roast Pork	11:45 BBQ Chicken 19	10-12 Blood Pressure 20 11:45 Sheperd's Pie 1:00 Bingo
11:45 Open Face Turkey Sandwich 23	11:45 Lemon Chicken 24 1-3 Focus Hope	10:00 Gotta Go? Presentation 25 11:45 BBQ Pork Riblet	11:45 Mac and Cheese 26	11:45 Beef Hot Dog 27 1:00 Bingo
11:45 Pork Chop 30	11:45 Baked Chicken 31	Jan.		

Feb.		9:30-12 Computer Consultations 1 11:45 Baked Fish 5:30 Restaurant Group	10:45 OCC Buffet Trip 2 11:45 Chef's Choice 12:30 Birthday Party 12:45 WWII Presentation	11:45 Pepper Steak 3 1:00 Bingo
11:45 Sausage and Sauerkraut 6	10:00 Book Cadillac Tour 7 11:45 Roast Turkey	10:00 Book Club 8 11:45 Spaghetti	10-11:30 Caregiver Support 9 11:45 Chicken Ala King	11:45 Salisbury Steak 10 1:00 Bingo
10:30 Harmonica Concert 13 11:45 Sloppy Joes	11:45 Chicken Leg Quarter 14 1:00 Red Hat	10-12 Disk Erasure 15 11:45 Sweet and Sour Meatballs	11:45 Pot Roast 16	10-12 Blood Pressure 17 11:45 Friends Pizza Lunch -see pg. 16 1:00 Bingo
11:45 NO LUNCH 20	11:45 Sizzle Steak 21	11:45 Fish Sandwich 22	11:45 Chili Con Carne 23	11:45 Pasta Casserole 24 1:00 Bingo
11:45 Roast Pork 27	11:45 Meatloaf 28 1-3 Focus Hope	11:45 Chicken Pie 29		

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday.
Suggested donation: \$3. 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.

Friends of Troy Seniors

This non-profit group supports Troy Senior programs and services. See page 7 for more details.

Medicare Enrollment Assistance

Jim Zoellner, certified Medicare/Medicaid counselor, offers enrollment assistance on the 2nd and 4th Friday from 10 am-1 pm in room 404 by appointment only. Get help with selecting insurance, 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.**

Counseling with a Social Worker

2nd Thursday, 10 am - noon. Call 248.524.3484 to make a one-hour appointment. Free. Offered by Oakland Family Services.

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.**

SPORTS AND FITNESS

For ongoing sports and fitness activities, see page 4.

CARDS AND GAMES

Bingo - Fridays, 1-2:30 pm. .25 per 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 - Mon. and Wed. 12:30-3 pm. Call 248.528.0379 for details. Jr pinochle (no experience needed) Thursday, 12:30-3 pm. 248.376.5556.**

CREATIVE ARTS

Ballroom Dance Lessons - Wednesdays, 1-2 pm. \$6 at door (\$7 NR).

Band - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. Call 248.828.8047 for details. \$25 (\$30 NR)

Golden Choraliars Chorus - Select Fridays 9:45-11:30 am. Sept. through June. Several performances per year. Call 248.362.2965 for details.*

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

Line Dance Lessons - Mon. and Wed., 12:30-2 pm. \$6 at door (\$7 NR)

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

Needlework Club - Tuesdays, 10 am. Drop-in. Share ideas, advice and friendship. Call 248.528.9247 for details.**

Painting Club - Thursdays, 9 -11:30 am. Drop-in. Call 248.646.3978 for details.**

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

Woodcarving Club - Mondays, 8:30-11 am. Beginners and visitors welcome. Call 248-528-3292 for details.**

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.

Book Club - 2nd Wednesday, 10 am. No reservation required. Call Corrine at 248.528.1508 for more information.*

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

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 ages 60 and older. No reservation needed. Suggested donation: \$3. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

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

****Participation Fee****

(Act. #145200)
Annual fee for Sept. 1 - Aug. 31 2012

*\$20 annual participation; Resident discount: \$15. Prorated monthly.

**\$46 annual participation fee; Resident discount \$36. Prorated monthly

\$70 annual fee to participate in as many groups as you want; Resident discount \$60

OR

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

Troy Restaurant Group

Wednesday, February 1 - 5:30 pm at Mon Jin Lau
Dine out with others every other month. Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next Restaurant Group event is Wednesday, February 1 at Mon Jin Lau, 1515 E. Maple, Troy. Please RSVP to JoAnn Thompson 248.879.2637 or Jat61@wowway.com by January 27. The group will have separate checks.

Home Instead Caregiver's Support Group

Jan. 12 and Feb. 9 (2nd Thursday)
10-11:30 am

This group, which meets on the second Thursday of each month, is co-sponsored by Home Instead Senior Care and there is no charge to attend. All ages are welcome. Share your caregiving concerns and get information. Call 248.703.5556 for details.

Red Hat Society

Jan. 10 and Feb. 14 (2nd Tuesday)
Call Sylvia at 248.524.1108 for more information about the Red Hat meetings. \$20 annual participation fee; Res. Disc. \$15. Register for Act. #145200D or \$1.50 at the door (NR \$2). In addition, the Red Hats collect annual dues of \$35 per person.

Book Club

Jan. 11 and Feb. 8 (2nd Wednesday) - 10 am
Contact Corrine at 248.528.1508 for more information about the books to be discussed. New members welcome. \$20 annual participation fee; Resident discount \$15. Register for Act. #145200A or \$1.50 at the door (NR \$2).

ACBL Bridge Clubs

A Monday club meets at noon and a Friday club meets at 11 am at the Troy Community Center. The cost is \$6 payable at the door. Call George Stankovich at 586.775.7363 for more information.

Mouth Organ Grinders Valentine's Performance

Monday, February 13 - 10:30 am
Stop by the Community Center lobby at 10:30 am to enjoy a free harmonica performance by our senior harmonica group The Mouth Organ Grinders.

Annual Group Participation Fee

There is an annual participation fee for groups that meet at the Community Center. For groups that meet 12 times per year or fewer, the annual fee is \$15 per person (\$20 for non-residents). For groups that meet more than 12 times per year, the annual fee is \$36 per person (\$46 for non-residents). The fee should be paid at the Community Center front desk. This fee covers the time period of September 1 - August 31, 2012 and is prorated monthly for those who join later in the year. Newcomers may attend their first meeting free. You must pay for each group you attend, or participants who attend several groups can choose to pay \$60 per person (\$70 for non-residents) to attend as many groups as you like. Listed below are the groups that are required to pay this fee.

\$15 annual fee (\$20 NR) - Act. #145200

- | | |
|---------------------|-------------------|
| A Book Club | C India Club |
| B Golden Choraliars | D Red Hat Society |

\$36 annual fee (\$46 NR) - Act. #145200

- | | |
|--------------------------|----------------------|
| E Bridge-Tues. Duplicate | N Pacific Rim |
| F Bridge-Thur. Party | O Painting Club |
| G Computer Lab-Drop-In | P Pinochle Monday |
| H Cribbage | Q Pinochle Wednesday |
| I Euchre | R Pinochle-Jr. |
| J Harmonica Club | S Quilting Club* |
| K Heritage Concert Band | T Table Tennis |
| L Line Dance | U TOPS |
| M Needlework Club | V Woodcarving Club |

*This group must pay multiple group fee due to extended hours.

W Multiple Groups - pay an annual fee of \$60 (\$70 NR) to participate in as many of the above groups as you wish. Show your receipt to the group leader the first time you attend.

Drop in fee option: \$1.50 per meeting (\$2 non-residents) payable to the group leader at the door. (Double for quilting group due to extended hours.)

Woodcarving Club Welcomes New Members

Mondays, 8:30-11:30 am
Troy Community Center Room 401
Are you looking for a fun, relaxing morning where you can make new friends? Come and carve your morning away. No experience required. Nominal participation fee applies but your first visit is free. Call Mike Burnett at 248-528-3292 for more information.



Thursday Teas at Two at the Troy Museum

Sip a cup of tea while enjoying a slice of history. Presentations begin at the Old Troy Church at the Troy Historic Village, 60 W. Wattles, at 2 pm and last one hour. Guest are welcome to bring their own china cup and saucer. The fee is \$7 per person. Register in advance as space is limited. No refunds. Call 248-524-3570 for more information.

January 26: Hello Dolley Tea

Learn about the life and times of Dolley Madison, the First Lady from 1809-1817. Speaker Anna Lopez will also show vintage hats and period dress.

February 23: Tea with a Voyageur

300 years ago, a French-Huron scout traded his way to the Great Lakes, where he was taken in by the Ojibwa. Genot Picor shares stories of these places.

Troy Library Spice of Life Discussion Group

The Spice of Life Study and Discussion Group meets on the second and fourth Wednesdays at the Library from 10-11:30 am. (No meeting in the summer.)

Troy Library Book Discussion Groups

For a list of the many book discussion groups offered at the Library, see page 19 of the winter issue of Troy Today which was mailed in early December.



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At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. A computer with Windows 7 is provided for each student and course materials are included in the fee. For detailed course outlines, visit www.troycllc.org.

Fee for classes below: \$52; Res Disc \$42
Each session is 2 hours and meets 4 times.

Computers for Beginners 1

For those with no previous knowledge of computers. Learn the basics and build self-confidence. (Recommended 1st course)

Act. #	Day	Time	Dates
135951I	M & W	1-3 pm	1/9-18
135951J	T & Th	6:30-8:30 pm	1/10-19
135951K	T & Th	6:30-8:30 pm	2/14-23

Computers for Beginners 2

All new recommended second course. Build on the skills learned in Computers for Beginners 1. Includes starting programs, organizing files, copy and paste, accessing CDs and DVDs and more.

Act.	Day	Time	Dates
135973D	M & W	1-3 pm	1/23-2/1
135973E	T & Th	6:30-8:30 pm	2/28-3/8

Intermediate Computer Skills

Prerequisite: Computers for Beginners or some previous computer experience. This course introduces Windows, organizing files, word processing, spreadsheets (using Microsoft Office 2007) and more.

Act.	Day	Time	Dates
135952G	M & W	1-3 pm	2/13-22
135952H	T & Th	1-3 pm	3/20-29

Internet Using Internet Explorer

Search the web, download files, use free anti-virus software, customize Internet Explorer 8, and visit a variety of fun and interesting web sites.

Act. #	Day	Time	Dates
135953D	T & Th	9:30-11:30 am	2/28-3/8

Windows 7

Prerequisite: Computer for Beginners or some previous computer experience. Learn to use the new Windows 7 operating system to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more.

Act. #	Day	Time	Dates
135972D	M & W	6:30-8:30 pm	1/9-18

Introduction to Excel

Must have computer experience. Use spreadsheets to maintain an address book, a budget, or an investment portfolio, manage sports league scores, etc using Excel 2007.

Act. #	Day	Time	Dates
135968C	M & W	6:30-8:30 pm	1/23-2/1

Intro to Word Processing

Intro to Computers or previous computer experience required. Create letters and other documents using Microsoft Word 2007.

Act. #	Day	Time	Dates
135954C	T & Th	6:30-8:30 pm	1/24-2/2

Computer Security/Internet Scams

Ten steps for online safety and protection against crashes. Includes backing up your computer, anti-virus, anti-spam, anti-spyware, identity protection, firewalls and routers, using virtual credit cards, Internet scams, and truth of Internet stories.

Act. #	Day	Time	Dates
135967C	M & W	6:30-8:30 pm	2/13-22

Introduction to PowerPoint

Use Microsoft's PowerPoint 2007 for presentations, picture collages, signs, and slide shows. An excellent way to display your vacation pictures or present any subject.

Act. #	Day	Time	Dates
135961C	T & Th	9:30-11:30 am	2/14-23

Fee for classes below: \$26; Res Disc \$21
Each session is 2 hours and meets 2 times.
Exception: E-mail meets for 1 two hr. session
one-to-one student/instructor ratio.

E-Mail

A two-hour one-on-one session with an instructor covering the e-mail 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 e-mail account, bring your user ID and password to the class.

Act. #	Day	Time	Date
135960M	Tue	9:30-11:30 am	1/24
135960N	Thu	9:30-11:30 am	1/26
135960O	Mon	6:30-8:30 pm	2/27
135960P	Wed	6:30-8:30 pm	2/29

Where Did That Document Go?

Find stored documents and pictures and learn to organize files in folders and transfer files between computer and flash drive.

Act #	Day	Time	Dates
135969D	T & Th	9:30-11:30 am	1/31-2/2
135969E	M & W	1-3 pm	2/27-29

Picture Formats

Learn how to format photos and clip art for maximum quality and minimum storage size for use in e-mailing, file sharing and printing.

Act #	Day	Time	Dates
135963B	T & Th	9:30-11:30 am	1/10-12

Private Consultations

Meet with a Learning Center instructor on the first Wed. of the month. 45 minute appointments available at 9:30, 10:15 and 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. Please call to 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 Computer Lab

The computer lab is open for drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. \$36 annual participation fee required (NR \$46) or \$1.50 drop-in fee (NR: \$2).

House Calls

These individuals will come to your home for a nominal fee and help you set up a computer, install software, set up an Internet account, etc. Please call them directly. All are area code 248.

Rita Knorr: 689.8454
Chris Sarsfield: 828.5933
Tom Sawyer: 647.9099
Charles Smart: 740.7899
Tom Tellotte: 312.8866

Basic PhotoShop Elements

Work with photos from a digital camera, scanner and other sources. Topics include restoring old photos, sharing photos online, photo file formats, and more. **Wks: 4 Fee: \$70; Res Disc: \$60**

Act #	Day	Time	Dates
135959C	T & Th	1-3 pm	1/10-2/2

Advanced PhotoShop Elements

Building on Basic Photoshop Elements, add impact to your photos with special effects, enhanced colors, framing, combining photos, creating panoramas, slide shows, photo galleries and more!
Wks: 4 Fee: \$70; Res Disc: \$60

Act. #	Day	Time	Dates
135970B	T & Th	1-3 pm	2/14-3/8

“HELP! I Have A Computer and Don’t Know What To Do Next!”

Instructor Michael Wilson is returning with an expanded version of this class. Follow along through your 100-page, easy to understand, step-by-step, large print take-home book. The book and three 2-hour demonstrational classes (using computer & digital projector) are designed for mature and recent learners! Topics include basic e-mail and attachments; printing, playing music and DVDs, copy and pasting, transferring camera pictures, finding good free games, using pictures as desktop backgrounds, keyboard shortcuts, and more as time allows! If you attended the class in October and have the book you may want to skip Class #1, but are welcome to sign up for all three. Details on what will be covered in each class is available on a flyer at the Community Center.

Fee: Class #1 w/ book \$29 per class; Res Disc. \$24
Class #1 w/o book & Classes #2 and #3 \$25 Res Disc \$20
Class #1 Act. #148993C Thu, Jan. 26 2:30-4:30 pm
Class #2 Act. #148993D Thu, Feb. 2 2:30-4:30 pm
Class #3 Act. #148993E Thu, Feb. 9 2:30-4:30 pm

In addition to the above classes Michael will teach the following classes. Detailed descriptions available on a flyer at the Community Center.

Learn To Organize Computer Pictures, Files, Folders, and E-mails Bring Your Laptop (Optional)

Act. #148997A Thursday Feb. 16, 2:30-4:30 pm Fee: \$25; Res Disc \$20
Are your files, digital pictures, e-mails, and information scattering everywhere on your computer? Learn to create folders and get organized. (Handouts given)

Basic Computer Maintenance for Those Who Don’t Have a Clue

Act. #148994A Thursday Feb. 23, 10 am–12 pm Fee: \$25; Res Disc \$20
Basic computer maintenance is essential to having a safe and well running machine. If you don’t know how to empty your temporary internet files, delete cookies, defragment your hard drive, use scandisk, use “help and support”, uninstall unwanted programs, use disk cleanup, etc., then get over to this class. Bring your laptop (optional). (Demonstration class with easy to follow handouts.)

Help! I Have Unexpected Pop-ups, Invading Messages, Notifying Prompts, Internet Error Messages, Suspicious Ads, and Unwanted Icons

Act. #148995A Thursday Feb. 23, 6 – 8 pm Fee: \$25; Res Disc \$20
Do you find it difficult to enjoy your computer because of unfamiliar and intimidating messages? Do you cancel out of programs because of pop-ups you are unfamiliar with? Mike Wilson, your instructor, will be waiting to take the mystery out of tons of frustrating computer pop-ups. Instructor will explain (in simple terms) many daunting issues that recent and mature learners face. Don’t miss this class! (Demonstration class with easy to follow handouts.)

AARP Free Tax-Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will prepare income tax returns or answer tax questions at the Troy Community Center, for persons of low to moderate income with special attention to senior citizens. The program is available on Fridays from February 3 to April 13, 2012 (closed April 6 Good Friday) from 9 am to 2 pm.

NEW: Appointments must be made for tax preparation with the Friends of Troy Seniors (FOTS), Monday to Friday during the hours of 10 am to 2 pm at 248-526-2608 or in person at the FOTS office near the Community Center lunch room.

If you are homebound, please ask a friend or relative to bring in your information for tax preparation. Telephone assistance is NOT available to answer questions.

Bring the following records with you to have your tax return prepared:

- A copy of all income tax forms filed for 2010 and all 2011 tax forms received by mail.
- Amount of any estimated Federal or Michigan income tax you paid for 2011.
- All income statements for the 2011 tax year. Examples are: W-2, SSA-1099 Social Security Benefit Statement, 1099-INT Bank Interest Statement, 1099-DIV Dividend Statements and 1099-B Sale of Securities (must also provide original purchase date and price of sold assets), 1099-R Income from Retirement Plans, IRA Distributions, Pensions, 1099-OID Interest on Original Issue Discount Securities, 1099-S: Statement for Sale of a Home.
- Your bills for all property taxes paid or billed in 2011, or statement of total amount of rent paid in 2011 (must also have name and address of landlord).
- Receipts for any medical insurance for which you paid premiums.
- If you want to itemize deductions, receipts for medical expenses and prescriptions not covered by Medicare or other insurance, charitable contributions made, mortgage interest paid, car registration fee, etc.
- Heating bills from Nov. 2010-Oct. 2011 you paid.
- All other income or deduction information you want included in your tax return.

If you want a refund deposited directly into a bank account, you must bring your bank routing AND account numbers (both are found on your personal check or can be obtained from your bank).

Assistive Listening Devices

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

Captioned Telephone - Available at the Community Center for hard-of-hearing to try out.

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

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 1-3 pm. You must be 60 or older with a household income of \$1,180 per month or less (\$1,594 or less for a two person household – both can receive food). Apply at the Community Center front desk. You must apply 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, ramps and shower chairs only 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 - magnifies print up to 45 times. Directions are posted.

Community Center Passes

The senior rate (60 and older) is \$18 per month (NR: \$30). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee rate of \$15.75 per month for residents, \$18.50 for non-resident employees and \$23 for non-residents allows you to use the club Monday - Friday from 8 am - 3 pm. 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. 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 -1:30 pm.

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 \$1 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



SMART Dial-A-Ride This service has been discontinued as of December 2011. Fixed route busses are still available in Troy. Call 866-962-5515 for a current fixed route schedule or visit smartbus.org.

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

**Open Monday - Saturday
10 am - 2 pm and Wednesday
and Thursday from 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 pay a 30% commission. From this, the City pays the 6% sales tax and other operating expenses. 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. Include name and phone for reply.



Weather Cancellations
Call 248.689.9756 for weather cancellation information. Call 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 <http://www.troymi.gov/ParksRec/>. 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. 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 \$24,450 or less (\$27,950 for two people) can receive a 25% discount on 50+ classes - maximum one class per season (two computer classes per season). 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/ParksRec/ and click on the envelope on the left hand side. 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 27th 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. #135000H.**

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

Blood Pressure Screenings

3rd Friday - January 20 and February 17
10 am-Noon - Room 404

RN Katherine Duncan will provide blood pressure screenings on the third Friday of each month from 10 am - noon in room 404. This drop-in program is free.

Counseling with a Licensed Social Worker

2nd Thursday - January 12 and February 9
9 am-Noon - Room 403

Speak privately with a licensed Social Worker from Oakland Family Services - Older Adult Division regarding any senior issues you may be experiencing. Call 248.524.3484 to schedule a one-hour appointment. Walk-ins accepted if time allows. There is no charge as this program is grant funded.

Home Care and Assistive Living Consultations

Jan. 11 and Feb. 8 (2nd Wednesday)
10-11 am - Troy Community Center Room 403

Always Best Care Senior Services of Troy will provide free consultations about non-medical in-home care for seniors and disabled adults. They also offer FREE Independent and Assisted Living Placement services. If you have long term care insurance or are a veteran or a surviving spouse of a veteran, they can help you get the benefits you qualify for and answer any other questions that you have. Drop in and chat for a few minutes to get more information about these services. For more information, call 248.525.3466.

Office: (248) 680-8400
www.curtishuntmd.com

Curtis L. Hunt, MD
Internal Medicine - Adult Primary Care

2888 E. Long Lake Road, Suite 110
Troy, MI 48085

Diplomate, American Board of Internal Medicine
Medicare Participating Provider
Serving the Troy Community for over 15 years

E-Newsletter and E-News Updates

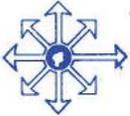
In addition to the *Fifty Forward* newsletter, we send out weekly e-news updates on most Wednesdays. If you would like to receive the newsletter and these updates, here's how to sign up: Go to the homepage of the City website at www.troymi.gov. Click on the envelope on the upper left side. Enter your e-mail address and click on GO. 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.

Friends Pizza Lunch

Friday, February 17 at Noon in Room 402

The Friends will be offering a full pizza lunch to be served at noon. The cost is \$3 and reservations are required. Call the Friends at 248-526-2608 Monday - Friday between 10 am and 2 pm. Please call by Thursday, February 17. (No federally funded lunch on this date.)

Carolyn Van Dorn
Office Administrator



NURSING UNLIMITED
INCORPORATED
Specializing in Home Care

2095 E Big Beaver
Suite 350
Troy, MI 48083

(248) 528-1122 Phone
(248) 528-9922 Fax

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- Newsletter sponsorships are available. Contact Carla Vaughan at vaughancs@troymi.gov.