



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Mar/Apr 2012

2012 Senior Expo

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

This year's expo features 80+ vendors in the health, housing and financial services areas who will offer you information about their products and services. Many of the vendors will be holding raffles at their tables. Visit 15 vendors and get your passport stamped to be eligible for great door prizes. Free coffee and water will be available all day. Stop by the senior lunchroom and register for the senior lunch that will be served from 11:45 am - 12:30 pm for a \$3.00 suggested donation (\$6 fee if under age 60). This annual event is attended by 300-500 visitors, providing one stop shopping for information on financial issues, housing, home care and much more.

Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 to volunteer.

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 through April 13, 2012 from 9 am to 2 pm (except April 6 Good Friday).

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.

Shoreline Tours Trip Meeting

Charleston/Savannah, New York, Western National Parks
Thursday, March 15 - 1 pm

Troy Community Center Room 303

Mike Bondy from Shoreline Tours will be on hand to answer all of your questions about upcoming trips to Charleston and Savannah in April, New York City in June and the Western National Parks in July. See page 3 for more details about these trips. Join us to learn more about these fully escorted tours. Single travelers welcome!

St. Patrick's Dance

Wednesday, March 14, 7 - 10 pm; Doors open at 6:30 pm at the Troy Community Center Room 304/305

Sponsored by the Friends of Troy Seniors and Flagstar Bank Act. #118912E - \$7 per person in advance, \$9 at the door

Act. #118912F - \$56* for reserved tables of 8

Lads and lasses, young and young at heart seniors (50+), the Friends of Troy Seniors (FOTS) would like to invite you to celebrate St. Patrick's Day with friends old and new. The evening's festivities will include music by Mike Wolverton, vegetable and fruit trays, and beverages. Wear green to show your Irish spirit. Register now at the Community Center, online, or by mail - see page 15.

*Sorry no reserved tables can be purchased the evening of the dance. One person must pay for entire table when registering, and be responsible for any cancellations. Call The Friends at 248.526.2608 for more information.



Document Shredding

Monday, April 30 - 9-10 am; Fee: \$2 per person
Troy Community Center - North Parking Lot

This event is brought to you by the Friends of Troy Seniors. The Absolute Shreds truck will be in the north parking lot of the Community Center during this one-hour time slot only. This community event is limited to private individuals with 3 - 4 boxes per household. Items that can be shredded are any type of paper documents - staples or paper clips do not need to be removed. This service is not intended for commercial purposes.

Volunteers are needed to help with this event. Contact the Friends of Troy Seniors at 248.526.2608 if you would like to help.

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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.

Counseling with a Licensed Social Worker

2nd Thursday - March 8 and April 12 - 9 am-Noon - Room 403

When asked, "How are you?" we often answer, "I'm fine," when really we may be hurting emotionally or feeling frustrated, angry, or sad. Have you recently experienced the loss of a spouse, loved one, or friend, or had to move to another home or give up driving? Are your adult children or other family members trying to offer unwanted help? What if there was someone who could listen without judging? Maybe your troubles cannot be fixed; but sometimes just sharing the burden can lighten that burden. Or maybe there is an answer to your problems and you are not aware of it.

A licensed social worker from Oakland Family Services is available to meet privately at the Troy Community Center with residents 60 and older to discuss whatever may be troubling them. These one-time sessions can be a great opportunity to speak with a caring Social Worker who provides a safe haven to discuss your concerns. **There is no charge for the session.**

Call 248.524.3484 to schedule a one-hour appointment; walk-ins welcome as time permits. This program is offered by Oakland Family Services' OASIS Program . If ongoing counseling is desired, meetings can be set up at an Oakland Family Services office or in your home. Medicare and most supplemental insurance plans are accepted. Grant funding may also apply.

Gardens Sites Available

Garden sites are available for Troy residents 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are 20' x 20', limit one per household, and must be tended by applying senior. The ground is tilled and water is available. The fee is \$70. No refunds after May 18.

Returning Gardeners: Returning gardeners may register now. To be guaranteed a spot, register by April 2.

- Use Act. #125936B for a ground level bed
- Use Act. #125937B for a raised bed

New Gardeners - Open plots will be assigned by lottery on Monday, April 9. Register for the lottery now through April 5. The \$70 fee must accompany your registration and will be returned if you do not get a garden. On-line registration is not available for the lottery.

- Use Act. #125931J for the ground level bed lottery
- Use Act. #125931K for the raised bed lottery

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

Thursday, March 1, 12:45-2 pm (Rescheduled from February 2)
Troy Community Center Room 503

Roland Rosslip 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.

Managing Low Back Pain; New Medicare and Other Insurances Update and Changes to Physical Therapy Benefits

Thursday, April 26 - 12:30-1:30 pm - Room 503

Guest speakers Michael N. Fahmy, PT, OMPT - CEO/Founder and Rehab director and Ross Walker, MPT, OMPT - Physical Therapist Supervisor will present the common causes for low back pain and how can you monitor and avoid the pain. They will also discuss in general the treatment methods and different approaches in physical therapy. The second part of the workshop will present the new changes to Medicare and other Insurances in regards to physical therapy coverage for 2012. Refreshments will be served. Please join us for this informative presentation.

- **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.

Living Stations of the Cross

Thursday, March 29, 8:30 am - 2:45 pm

Act. # 148922S Fee: \$67; Non-Resident: \$77

Enjoy premium seating for the *Living Stations of the Cross* theatrical experience at the Cathedral of the Most Blessed Sacrament in Detroit. This multi-media experience utilizes live acting, beautiful music, dramatic images and professional lighting and sound to educate and inspire. Lunch is included at Traffic Jam & Snug where there will be a choice of several entrees. Transportation by motor coach.

The 5th Dimension at Casino Windsor

Thursday, April 12 - 9:15 am - 7 pm

Act. #148922Q \$20; Non-Resident: \$25

This trip includes motor coach transportation, \$10 cash coupon, and admission to the 3 pm performance of *Florence LaRue & The 5th Dimension* performing hits such as Up, Up, and Away, Wedding Bell Blues, and Aquarius/Let the Sun Shine In. Lunch is on your own at the casino. You will be asked birth date, citizenship and name exactly as it appears on your ID when you register. We are required to give this information to customs 48 hours 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. Min. age: 19.

Detroit Symphony Orchestra Tribute to Elvis

Friday, April 27 - 9:30 am - 1:30 pm

Act. # 148922R Fee: \$57; Non-Resident \$67

Legendary Elvis tribute artist Kraig Parker joins the DSO for a new production fit for "The King." Put on your blue suede shoes and thrill to all your Elvis favorites including *Jail House Rock*, *Heartbreak Hotel*, *Suspicious Minds*, and more! Our seats are in the dress circle. Some steps required. Transportation is by school bus. Escort: Diane Alati.

Comments on the February
trip to the Book Cadillac Hotel:

*Excellent tour
Excellent lunch
Great day!*

EXTENDED TRIPS

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

Ireland - April 17-26

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

Call Group Tours International for availability. 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. **Promotional meeting March 15. See page 1.**

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, five nights lodging, five breakfasts, all day sightseeing tour in NYC and more. A flyer with complete details is available at the Community Center. **Promotional meeting March 15. See page 1.**

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

Western National Parks - July 8-18

\$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 detailed flyer is available at the Community Center. **Promotional meeting March 15. See page 1.**

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

MRPA Grand Hotel - Mackinac Island September 25-28

Act. #148918E - \$749 pp double \$962 single \$688 triple

Includes the following:

Round trip motor coach and baggage handling

Round trip ferry ride and round trip taxi to hotel

Elegant accommodations at Grand Hotel - rooms assigned by luck of the draw. All rooms non-smoking.

Grand Buffet lunch upon arrival and champagne reception.

Five course dinner nightly, full breakfast daily, tea and cookies each afternoon

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

A \$200 deposit is due upon registration. The balance is due by August 17. No refund after Aug. 17 unless a replacement is found. NON-RESIDENTS: Add \$10 to the above fee.



50 Plus Softball

Women: Tuesday evening

Men: Thursday evening

Team Registration Format

Troy teams will compete in the Oakland County 50+ 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 were mailed league information including registration details in early January. Players from 2011 should contact managers for league/team information. Player fees for 2012 will remain the same as 2011 (\$35 – resident, \$55 – non-resident).

Interested new players should 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.

Sports Leagues

Bowling - Mondays, 1 - 3:15 pm at Thunderbird Lanes, Sept. - April. Points for beating own average. Call 248-362-1660 for more information.

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 each year.

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 at the Community Center.

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.

Life Line Screening - Tests That Can Save Your Life

Friday, March 30 - Troy Community Center Room 304
Pre Registration is required. Call 800.324.1851

Life Line Screening will offer five safe, painless non-invasive preventive health screenings that are typically not a part of a routine physical. All five screenings available for \$149.

1. Stroke/Carotid Artery Screening - \$60
2. Heart Rhythm Screening (Atrial Fibrillation) - \$60
3. Abdominal Aortic Aneurysm Screening - \$60
4. Peripheral Arterial Disease Screening - \$60
5. Osteoporosis (bone loss) Risk Assessment - \$35

50+ Pickleball Doubles Drop-In Mixer

Fridays, 5-7 pm, ongoing through Apr. 27 No play 4/6.
Fee: \$4; Non-Res. \$5

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.

2012 Troy Senior Golf Leagues

Registration fee: \$42.50; Non-Res. \$47.50 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: 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 *FULL!*. Wait list available

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

Senior Tennis League Begins May 8

An informal senior tennis league will meet on Tuesday and Friday mornings from 9 am - 11 am beginning May 8 at Boulan Park. \$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.

- 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: \$86; Non-Res.: \$96

Act. # 128979A

T & Th, 11-11:50 am 4/3-6/7

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: \$55; Non-Res.: \$65

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

Act. # 128981B

Thu, 6-7 pm 4/5-6/7

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.

New Instructor: Janet Ruhlman

Fee: \$55; Non-Res.: \$65

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

Act. # 128989A

Tue, 5:30-6:30 pm 4/3-6/5

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: \$46; Non-Res.: \$56

Act. # 128982C

Mon, 10-10:50 am
4/2-6/11

Act. # 128982D

Wed, 10-10:50 am
4/4-6/6

Muscle Strengthening with Lisa*

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

Fee: \$46; Non-Res.: \$56

Act. # 128975C

Tue, 10-10:50 am
4/3-6/5

Act. # 128975D

Thu, 10-10:50 am
4/5-6/7

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; Non-Res.: \$56

Act. # 128983C

Mon, 9-9:50 am
4/2-6/11

Act. # 128983D

Wed, 9-9:50 am
4/4-6/6

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: \$46; Non-Res.: \$56

Act. # 128977C

Mon, 11-12:10 pm
4/2-6/11

Act. # 128977D

Wed, 11-12:10 pm
4/4-6/6

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: \$46; Non-Res.: \$56

Act. # 128976D

Mon, 1-2 pm 4/2-6/11

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: \$46; Non-Res.: \$56

Intermediate

Act. # 128976F

Mon, 3-4 pm
4/2-6/11

Advanced

Act. # 128976E

Mon, 2-3 pm
4/2-6/11

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! Drop in fee: \$7.50 NR \$8.50.

Fee: \$59; Non-Res.: \$69

Act. # 128984B

Tue, 11-11:45 am
4/3-6/5 - 10 wks

Zumba Gold Dance Exercise

Mon and Wed 7-7:50 pm

Tue and Fri 10-10:50 am

\$6 per person; Non-Res. \$7 at door

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

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, Feb. 27 at 8 am. Resident walk in registration begins Tuesday, Feb. 28. Non-residents online or walk in registration begins Friday Mar. 2. Weeks: 10. No class Apr. 3 & 5.

Fee: \$106; Res. Disc. \$116

Act. # 128978A

T & Th, 9-9:50 am
3/27-6/7

Act. 128978B

T & Th, 10-10:50 am
3/27-6/7

Stretch & Tone

Mon and Thur, 11-11:50 am

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

Chair Exercise

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

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

***Free with Fitness Passport**

See Community Center pass options in Troy Today or inquire at the 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, Mar 8	6-8 pm	The Red Barn
145933M	Thu, Apr 12	6-8 pm	Next to the Pond
145933N	Thu, May 10	6-8 pm	Surprise Falls

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: \$45; Non-Res \$55

Fee 9 week class: \$122; Non-Res \$132

Act. #	Day	Time	Dates	Wks
118971C	Wed	9:30 am-12 pm	Mar 21-Apr 4	3
128971C	Wed	9:30 am-12 pm	Apr 18-Jun 13	9

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:** \$66; Non-Res \$76

Act. #	Day	Time	Dates
128972B	Tue	12-3 pm	Mar. 13 - May 1

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: 10 **Fee:** \$46; Non-Res: \$56

Act #	Level	Day	Time	Dates
128974D	Int.	Wed	2:30-3:30 pm	Mar. 28 - May 30
128974E	Adv Beg	Tue	1:15-2:15 pm	Mar. 27 - May 29
128974F	Beg	Tue	2:15- 3:15 pm	Mar. 27 - May 29

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.

Ballroom Dance Lessons

Mon and Wed, 1-2 pm - Troy Community Center Studio B
Fee: \$6; Non-Res. \$7 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, and three weeks of Quickstep. The Wednesday class will feature four weeks of Samba, and four weeks of Waltz.

Line Dance Lessons

Mon and Wed, 12:30-2 pm - Troy Community Center Studio A
Fee: \$6; Non-Res \$7 at door

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.

Square Dance Lessons

Mondays, 7-9 pm - Troy Community Center Room 304/305

Fee: \$5; Non-Res \$6 at door

Join us for beginning square dance lessons. New dancers are accepted in the September only. Partners are recommended but not required. Experienced dancers will be on hand to help you learn. 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:** \$37; Non-Res. \$47 **Weeks:** 10

Act. #	Day	Level	Time	Dates
128973A	Mon	Adv.	9-9:50 am	Apr 9-Jun 18
128973B	Mon	Int.	10-10:50 am	Apr 9-Jun 18
128973C	Mon	Beg.	11-11:50 am	Apr 9-Jun 18

Intermediate Bridge Lessons

Improve your bidding, response and defense in this class. Bridge is a great way to stimulate the mind and make new friends! Instructor Reva Gornbein has a Master's Degree in Education and over 25 years of teaching experience. Join the fun!

Weeks: 8 **Fee:** \$51; Non-Res: \$61

Act. #	Day	Time	Dates
145919N	Wed	9:30-11:30 am	Apr 18-Jun 6



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



OAKMONT

Senior Communities

Oakmont Presents

The Friends of Troy Seniors and Oakmont Senior

Communities will host a series of informative and engaging presentations. A **FREE continental breakfast** will be provided, courtesy of Oakmont Senior Communities. Please register: 248.526.2608.

The Zoo, Then & Now

Wednesday, March 28, 9-10 am - Room 303.

Enjoy a visual history of the zoo, then and now. The new Arctic Ring of Life is the world's largest polar bear exhibit. There are many newly acquired animals and old favorites in new settings. The Detroit Zoological Society, a non-profit organization, operates both the Detroit Zoo and the Belle Isle Nature Zoo.

Communication Tools-What's Out There?

Wednesday, April 25, 9-10 am - Room 303

It's about the social media revolution! What started out as a turn of a dial or a simple telephone call has turned into a world-changing mobile experience available on virtually every modern communication device. The pace of technology can induce unnecessary stress, so join us and the Geek Squad from Best Buy Madison Heights for the latest in communication. Questions welcome.

Monthly Membership Meeting of the Friends of Troy Seniors

Join us at the regular monthly meeting of our membership. The meetings are held on the third Thursday of every month at the community center at 1 pm. Our next meeting is scheduled for March 15. The April meeting will be held on April 19. This would give you an opportunity to meet with the membership and learn more about our operation.

February 17 Pizza Party a Success

Since Emerald Food Service had the day off, the Friends of Troy Seniors sponsored a Pizza Party Lunch at the Community Center on Friday, February 17. The turnout was great and the personal service provided by Friends volunteers was greatly appreciated. The dining room had Valentine decorations and everyone enjoyed pizza, a salad bar and home-baked desserts. Thanks to all our guests and especially to the volunteers who helped that day.

Document Shredding and St. Pats Dance brought to you by the Friends - See page 1!

The FRIENDS OF TROY SENIORS Need YOU!

Our success and ability to build a strong senior citizen program is dependent on volunteers. Many opportunities exist such as providing assistance in our office or planning and working in a leadership position to support senior citizen programs and events. The following positions are available:

Membership Coordinator

Develop and implement programs designed to increase the total membership and bring membership satisfaction. Recruit members and volunteers who will become the vital and most important part of the Friends of Troy Seniors.

Event Coordinator

Keeps track of and assists in event planning and execution of projects and events. Insures that event leadership is properly staffed and executes the procedures and policies stated in the Friends bylaws and by the Advisory Board.

Volunteer Coordinator

Coordinates volunteers, reports on volunteer activities and evaluates volunteer performance and needs. The Volunteer Coordinator is responsible for achieving what is critical for the sustainability of the Friends of Troy Seniors by involving volunteers in every part of their mission.

Thank You from the Friends of Troy Seniors

We would like to thank the following sponsors and contributors without whom the Friends of Troy Seniors could not continue to provide activities and events:

Marinelli's of Troy – for sponsoring the successful fund raiser on January 19.

Barnard Elementary students in Mrs. Simon's 4th grade class who made Valentine decorations for the Community Center Senior Dining Room

Flagstar Bank – for a generous contribution and the cosponsoring of the upcoming St. Patrick's Day Dance on March 14. (See page 1 for details.)

Democratic Club - for their generous donation.

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

248.526.2608

www.FriendsOfTroySeniors.org

Office Hours – Mon-Fri 10 am - 2 pm

Monday

Tuesday

Wednesday

Thursday

Friday

March

11:45 Chef's Choice¹
12:30 Birthday Party
1:00 Fast Carriers
of WWII

11:45 Tuna Casserole²
1:00 Bingo

11:45 Lemon Chicken⁵

11:45 Turkey Sandwich⁵

9:30-12 Computer
Consultations⁷
11:45 BBQ Pork Riblet

9-12 Social Worker⁸
10:00 Caregiver
Support
11:45 Beef Hot Dog

11:45 Mac and Cheese⁹
1:00 Bingo

11:45 Pork Chop¹²

11:45 Baked Chicken¹³
1:00 Red Hat

10:00 Book Club¹⁴
11:45 Chef's Selection
7:00 Dance

11:45 Pepper Steak¹⁵
1:00 Trip Meeting

10-12 Blood Pressure¹⁶
11:45 Cheese Lasagna
1:00 Bingo

10:30 Harmonica
Performance¹⁹
11:45 Roast Turkey

10-2 EXPO²⁰
11:45 Sausage and
Sauerkraut

10-12 Disk Erasure²¹
11:45 Chicken Ala King

11:45 Spaghetti²²

11:45 Baked Fish²³
1:00 Bingo

11:45 Sweet and Sour²⁶
Meatballs

11:45 Chicken Leg
Quarter²⁷
1-3 Focus Hope

9:00 Zoo Speaker²⁸
11:45 Sloppy Joes

8:30 Stations of Cross²⁹
Trip
11:45 Pot Roast

11:45 Fish Sandwich³⁰
1:00 Bingo

11:45 Chili Con Carne²
1:00 Bingo

11:45 Sizzle Steak³

9:30-12 Computer
Consultations⁴
11:45 Pasta Casserole
5:30 Restaurant Group

11:45 Chef's Choice⁵
12:30 Birthday Party

Center Closed⁶
Good Friday

11:45 NO LUNCH⁹

11:45 Roast Pork¹⁰
1:00 Red Hat

10:00 Book Club¹¹
11:45 Meatloaf

9-12 Social Worker¹²
9:15 5th Dim. Trip
10:00 Caregiver
Support
11:45 Chicken Pie

11:45 BBQ Chicken¹³
1:00 Bingo

11:45 Mac and Cheese¹⁶

11:45 Turkey Sandwich¹⁷

10-12 Disk Erasure¹⁸
11:45 Lemon Chicken

11:45 BBQ Pork Riblet¹⁹

10-12 Blood Pressure²⁰
11:45 Cheeseburger
1:00 Bingo

11:45 Baked Chicken²³

11:45 Pork Chop²⁴
1-3 Focus Hope

9:00 Communication
Tools Speaker²⁵
11:45 Baked Fish

11:45 Chef's Selection²⁶

9:30 DSO Elvis Trip²⁷
11:45 Cheese Lasagna
1:00 Bingo

9-10 Document
Shredding³⁰
11:45 Salisbury Steak

April

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 information.

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/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 Chorals 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. Beginners welcome. Call 248.689.2499 for details.**

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

Painting Club - Thursdays, 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. 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****

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

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

*\$15 annual participation fee; Non-Res: \$20.

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

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

OR

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

Troy Restaurant Group

Wednesday, April 4 - 5:30 pm at Square Lake Diner
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, April 4 at Square Lake Diner, 6024 Rochester Road, N/E corner of Square Lake and Rochester. Please RSVP to JoAnn Thompson 248.879.2637 or Jat61@wow-way.com by April 1. The group will have separate checks.

Home Instead Senior Care® Caregiver's Support Group

March 8 and April 12 (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

March 13 and April 10 (2nd Tuesday)

The Red Hats will hold a general meeting on March 13 at 1 pm at the Community Center. On April 10, they will have lunch at the Polish Cultural Center in Troy at 1 pm. Call Sylvia at 248.524.1108 for more information. \$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

March 14 and April 11 (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.



Needlework Group Welcomes New Members

Tuesdays, 10 am - noon at the Troy Community Center Room 303

Join this friendly group and share ideas and advice on knitting, crocheting and other needlework. This group is

for those with some needlework experience and does not offer lessons for beginners. Nominal fee applies. Call 248.588.5442 for details.

Mouth Organ Grinders Performance

Monday, March 19 - 10:30 am

Join the Mouth Organ Grinders, our local harmonica band for their 'CELTIC REVUE' - a sampling of music from Ireland, Scotland, England, and Australia. Wear your colors and/or tartans if you have them. There is no charge for this event.



Card Groups

See page 9 for more information on the bridge, cribbage, euchre and pinochle groups that meet at the Community Center. These are drop-in groups and you do not need to have a partner to attend. For bridge, please call the leader ahead of time if you would like them to find a partner for you. Phone numbers available on page 9.

Annual Group Participation Fee

There is an annual participation fee for groups that meet at the Community Center. 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. Pay for each group you attend, or if you attend several groups, pay \$60 per person (\$70 for non-residents) to attend any or all groups.

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

- | | |
|---------------------|-------------------|
| A Book Club | D Red Hat Society |
| B Golden Choraliers | |

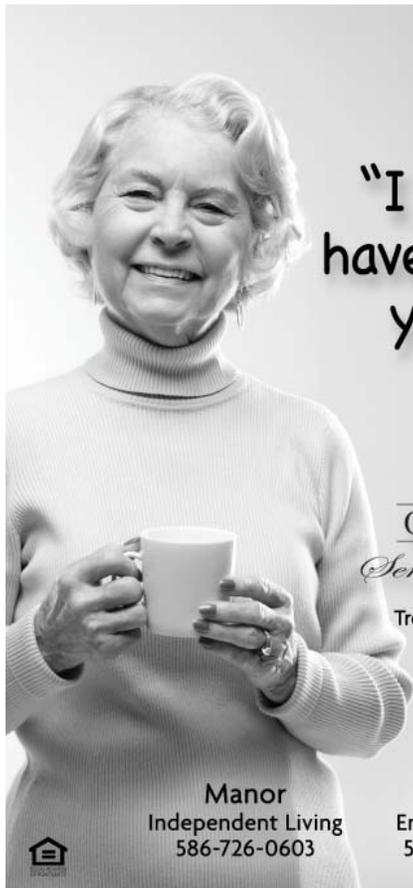
\$36 annual fee (\$46 NR) - Act. #145200

- | | |
|--------------------------|----------------------|
| 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 pays 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.)



"I should have done this years ago!"



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TroySenior



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.troy clic.org.

Fee for classes below: \$42; Non-Res \$52
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
135951L	M & W	1-3 pm	3/19-28
135951M	T & Th	9:30-11:30 am	3/20-29
135951N	T & Th	1-3 pm	4/24-5/3

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
135973F	T & Th	9:30-11:30 am	4/3-12
135973G	T & Th	1-3 pm	5/8-17

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
135952H	T & Th	1-3 pm	3/20-29
135952I	T & Th	1-3 pm	4/3-12
135952J	M & W	6:30-8:30 pm	4/23-5/2

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
135972E	M & W	6:30-8:30 pm	3/19-28

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
135954D	M & W	1-3 pm	4/2-11

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
135968D	T & Th	6:30-8:30 pm	3/20-29

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
135967D	M & W	1-3 pm	4/30-5/9

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
135961D	M & W	6:30-8:30 pm	4/2-11

Fee for classes below: \$21; Non-Res \$26
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
135960Q	M	1-3 pm	3/5
135960R	W	1-3 pm	3/7
135960S	T	6:30-8:30 pm	4/24
135960T	TH	6:30-8:30 pm	4/26

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
135969E	M & W	1-3 pm	2/27-29
135969F	T & Th	9:30-11:30 am	4/24-26

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

AARP Defensive Driving Course Offered By Beaumont Hospital

March 27-28 - 10 am - 2:30 pm

Fee: \$12 AARP members; \$14 non-members

AARP's eight hour Driver Safety Program for adults 50 and over will be offered at Beaumont Safety City USA in the Northwood Shopping Center at 30955 Woodward Avenue, Royal Oak, 48073. Pre-registration is required. You must attend both days. Some insurance companies offer incentives for completing the program. Call 248.551.0103 to register or for more information. This class will no longer be offered at the Troy Community Center.



Preserving Your Family's Images Workshop

Saturday March 10, 1 - 4 pm at the Troy Museum

Fee: \$25, Troy Historical Society members \$20

With so many format changes, it's hard to know what to do so future generations can see your cherished family memories. How can you extend the life of your photos, films, videos and DVDs? Join us for an overview of planning your family's multi-media future. Handouts included. Instructor Kim Schroeder teaches photo preservation and restoration at Wayne State. Register by March 5. Call 248-524-3570 for details.

Recording Your Family's Story: Oral History Workshop

Saturday April 21, 10 am - 3 pm at the Troy Museum

Fee: \$33, Troy Historical Society members \$30

If only someone would have written it down in time... Ever wanted to interview someone and record their memories? Oral histories are a great way to collect those stories from the past. Learn the best methods from Dr. Willie McKether of the University of Toledo. He will teach techniques, discuss equipment, and legal issues important when conducting interviews. Lunch is included. Register by April 16. Call the Museum 248.524.3570 for details.

Troy High Jazz Ensemble Dinner Dance March 23

The Troy High Colts are sponsoring a dinner with dancing and silent auction at St. Nicholas Cultural Center, 760 W. Wattles, Troy on Friday, March 23 from 6:30-10 pm. Gourmet dining will be provided by Opus One Catering and dancing will be provided by the Troy High Jazz Ensemble. Tickets are \$35 per person and must be purchased by Friday, March 16. For more information or to order tickets, contact Sophia Masters at 248.761.8390 or spmasters@comcast.net. Tickets will also be available at the St. Pat's Dance on March 14 (See page 1).

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 through April 13 (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 home bound, 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 room - 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 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).

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

Troy High Annual Senior Citizen Prom

Thursday, April 19 - 6-9 pm - Troy High Auxiliary Gym

This FREE event will feature the Tommy James Band and light refreshments will be served. Formal attire is optional. Reservations are not required. Troy High School is located at 4777 Northfield Parkway (at the corner of Long Lake). Use the athletic entrance. If you have any questions, please call James at 248.689.7259.

Navigating the Health Care Maze – How to Advocate for Your Loved Ones

Tuesday, April 24 – 7 pm - Troy Community Center

Your loved one has been admitted into the hospital. How can you best advocate? Learn to identify the patient's wishes (Advance Directives, Five Wishes), effectively communicate with the medical team, plan for a safe discharge, and determine home health care vs. rehabilitation vs. private duty assistance vs. nursing home. Hear the speakers own story about how she put theory into practice. Kelley Smith, RN, MPH is a Registered Nurse Case Manager with extensive experience collaborating with patients and their families, doctors, hospitals and health care providers. She owns an independent case management company, Health Advocate Partners, LLC and also works at two local hospitals as an inpatient RN Case Manager. Kelley is very familiar with the health care system and has relationships with many local health care providers. Please call Home Instead Senior Care at 248.203.2273 to make a reservation for this very informative free presentation.

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

Athens High Spaghetti Dinner and Show

Thursday, March 22 - 6 pm

The Athens High School National Honor Society and Theatre Company invites seniors to a spaghetti dinner and musical at Athens High School. Come at 6 pm to the cafeteria for the meal and then enjoy the dress rehearsal of *Little Shop of Horrors* at 7 pm. Dinner seating is limited 100, and reservations are required. Sign up at the Community Center for yourself and a maximum of one other person – call 248.524.3484. Ask for Act. #125999F. PLEASE cancel if you decide not to go so someone can take your place. Additional seating is available for the play, and you do not need a reservation for the play only. Athens High School is located on John R just north of Wattles.

Home Care and Assisted Living Consultations March 14 and April 11 (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 other questions that you have. Also, find out more about Always in Touch, a *free* telephone reassurance program offered by Always Best Care. Drop in and chat for a few minutes to get more information about these services. For more information, call 248.525.3466.

Blood Pressure Screenings

3rd Friday - March 16 and April 20 10 am-Noon - Room 404
RN Katherine Duncan provides blood pressure screenings on the third Friday of each month from 10 am - noon in room 404. This drop-in program is free.

- 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.