



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

May/June 2012

## Community-Wide **GARAGE SALE**

**Saturday, June 2 9:30 am - 4 pm**  
**Liberty Center Parking Garage**  
**(just south of the Troy Community Center)**

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

Flea Market vendors also welcome. Your registration fee gives you two parking spaces in the garage. Concessions and porta-john on site. Over 150 vendors and 1500 shoppers are expected to attend. Shoppers admission fee of \$2 per person, children under 12 free. Please register by May 24. Register for activity number based on time you wish to unload. This event is co-sponsored by the Friends of Troy Seniors.

Act. #	Unload Time	Resident	Non-Res
128994I	8-8:30 am	\$20	\$25
128994J	8:30-9 am	\$20	\$25

### Friends of Troy Seniors Receive MRPA Community Service Award

The Friends of Troy Seniors (FOTS) have received the Michigan Recreation and Park Association Community Service Award in recognition of their support and advocacy for Troy senior programs and services. These awards are presented to individuals and groups who show outstanding support to public recreation programs in their community. With the City of Troy facing severe budget constraints, the Friends organized and stepped up to provide support for senior programs. Thank you to the Friends of Troy Seniors steering committee members Diane Alati, Henry Allemon, Ron Butterbaugh, William LaRue, Marlene Pzybycein, Carol Sanders, Joanne Stephenson, and the other Friends volunteers for their support of the Troy Senior Program.

The Friends are still growing and would like to increase their membership and volunteer base. Please consider becoming part of their team. Please see page 7 for more Friends news!

### Newsletter Subscription Renewal

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

### Gardens Sites Available

Garden sites are available for persons age 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are 20'x20', limit one per household, and must be tended by applying senior. The ground is tilled and water is available. No bathrooms available. The fee is \$70. No refunds after May 18. Register now!

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

### 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 - staples or paper clips do not need to be removed. This service is not available for commercial purposes.

### Mouth Organ Grinders Performance

**Monday, May 21 at 10:30 am in the Lobby**

Join our senior citizen harmonica group, The Mouth Organ Grinders, as they perform patriotic music in honor of Memorial Day for all to enjoy. Please wear your colors to show your support of this great nation. All are welcome to attend this free program.

### 39th Annual Newcomer's BINGO

**Friday, May 4 - 1 to 3 pm**

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

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Sat, 8:30 am-12:30 pm

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**Weather Hotline**  
(Cancellations due to weather)  
248.689.9756

**City Hall**  
248.524.3300

**City Web Site**  
[www.troymi.gov](http://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.*

**A Taste of Mackinac Trip Meeting**

Tuesday, May 8 – 1-2 pm  
Troy Community Center Room 304

The Michigan Recreation and Park Association will present "A Taste of Mackinac" where you can find out all about the trip to Mackinac Island scheduled for September 25-28 (see page 3 for details). Enjoy complimentary tea, cookies and fudge, a presentation on the history of the Grand Hotel, and an overview of a typical trip to the Grand Hotel. Reservations are not required.

**Did You Hear?**

Thursday, May 10, 10 am; Troy Community Center Room 301

Diane Nens, Audiologist with United Healthcare's newest division, hi-Health Innovations will provide free hearing screenings, video-otoscope and a short presentation, "Did You Hear?" Light Refreshments provided. Reservations are not required for this free presentation.

Did You Hear....

- Diabetics are twice as likely to have hearing loss than those who do not have diabetes?
- Hearing loss is the 3rd most common chronic affliction in the U.S.?
- How 33 million Americans with hearing loss hear smoke detectors, carbon monoxide alarms etc. safely.
- How do I clean the wax out of my ears? Why do I have wax build-up?

This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

**Myths of Hearing Loss**

Monday, June 11, 12:30 pm; Troy Community Center Room 301

An opportunity for Q & A as well as hearing loss myths debunked with United Healthcare Audiologist Diane Nens. This is a light, yet informative presentation. Light Refreshments provided! Reservations are not required for this free presentation. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

**Let's Talk About MS**

Saturday, May 19, 12:30 - 2 pm; Troy Community Center Room 305

Charles Tiffany will hold an open discussion and demonstrations of new health techniques. Charles is a 73 year old umbilical cord blood stem cell participant who was diagnosed with MS in 1963. There is no charge for this program, but reservations are required. Call 248.952.6836 (10 am - 4 pm) or e-mail [tiffany002@comcast.net](mailto:tiffany002@comcast.net). This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

**Is Senior Retirement Housing In Your Future?**

Wednesday, June 13, 11:30 am - 2 pm

It is never too early to see what is offered in your community. Oakmont Manor would like to invite you to tour their Independent Living Community located at 18 mile and Dequindre. The Oakmont bus will pick you up at the Troy Community Center on Wednesday, June 13 at 11:30 am and return you to the center at approximately 2 pm. Their chef will prepare a wonderful lunch for you including a decadent dessert! After dining, work off your lunch with a walking tour of Oakmont Manor. It's a great chance to see first-hand what is offered and have an opportunity to ask residents what they think. They will provide you with an information package but it is not the time to sell their property! Space is limited for this free event. Contact Dave Weller at 586.726.0603 to reserve a spot. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

- **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.

### TITANIC Artifact Exhibit at the Henry Ford

Thursday, May 24 - 10:30 am - 4:30 pm

Act. # 148922T Fee: \$35; Non-Res: \$40

This exhibit commemorates the 100th anniversary of the Titanic's tragic final days. Highlights include full-scale replicas of the grand staircase, a first class cabin, a third class cabin, and one of the watertight doors along with hundreds of genuine relics. There will also be time to tour the museum and have lunch on your own at one of the two museum restaurants or the Driving America Diner. **Tickets must be confirmed by May 10, so register early!** Transportation is by school bus.

### Ernie at the City Theatre

Thursday, June 14, 1 pm - 4:30 pm

Act. # 148922U Fee: \$32; Non-Res: \$37

*Ernie* is set on Ernie Harwell's last night at Comerica Park. Just before he walks onto the grassy field, he encounters an unusual boy who is eager to know all about him, coaxing Harwell into giving one final broadcast - the broadcast of his life. The City Theater in Detroit seats 430 and has the atmosphere of an off-Broadway house. Our seats are in rows 8-10 on the right. Transportation is by school bus.

### Detroit Tigers Baseball

Thur, July 5 - 11:45 - 5 pm; Act. #148923A \$65; NR: \$70

Thur, Sept. 20 - 11:45 - 5 pm; Act. 148923B \$42; NR: \$47

We will be attending two games this year. The July 5 seats are Infield Box Section 118. The September 20 seats are in Section 141 and 142 and include a voucher for a hotdog and soda. All ages welcome! **The count for the July 5 game must be confirmed by June 4, so register early!** Transportation is by school bus.

### Put-In-Bay on South Bass Island

Thursday, June 21 - 7:15 am - 6:45 pm

Act. # 148922V Fee: \$108; Non-Res: \$113

Enjoy an island train tour which will include the following: Heineman Winery (with wine tasting), Crystal Cave (the world's largest known geode), Butterfly House (with over 500 different types of butterflies from all over the world), lunch at Tipper's Restaurant, and free time for shopping. Transportation is by motorcoach.

### Detroit Symphony Orchestra Presents A Night at the Cotton Club

Sunday, June 3, 2 pm - 6 pm

Act. # 148922W Fee: \$54; Non-Res \$59

The DSO salutes the "Hi De Ho" swing of Cab Calloway, the elegant sheen of Duke Ellington and the blast of Satchmo with this high energy concert. Our seats are on the main floor rear. Transportation is by school bus. **Register by May 18.**

## EXTENDED TRIPS

- Register directly with the travel agent (except Mackinac)
- Cancellation insurance is recommended.
- Brochures are available at the Community Center.
- Trips subject to tour company refund policies.

### 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 NCY and more. A flyer with complete details is available at the Community Center.

Call Shoreline Tours for reservations. **800.265.0818.**

### Western National Parks - August 5-15

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

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

Call Shoreline Tours for reservations. **800.265.0818.**

### Mississippi River Cruise - August 22-25

\$799 pp double, \$1059 single, \$679 triple

This trip includes round trip motorcoach transportation, two nights in Dubuque, Iowa, one night in Davenport, Iowa, all day cruise on the Mississippi River on the Twilight Riverboat, Mississippi River Museum, House on the Rock, six meals, Boetje's Mustard Factory and Isabel Bloom factory tours.

Call Shoreline Tours for reservations. **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

Register at the Community Center. 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. **Trip meeting May 8 - see page 2.**

### Reflections of Italy - October 3-12

\$3899 pp double, \$4499 single, \$3869 triple

This trip includes round trip airfare, lodging, and 14 meals. Visit Rome, Florence, Venice and more. A flyer with complete details is available at the Community Center.

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

**2012 Summer Outdoor Pickleball**

**50+ Co-ed Doubles Pickleball Mixers**

Mixers meet for 12 weeks. No play July 1 and 6. Drop in for \$2 per week or get a discount by signing up for 12 weeks. Mixer manager will collect all fees at the court. Friday's volunteer manager is Phoebe Crandall: 248.420.4288. Sunday volunteer manager is Pam Mackowski: 248.828.7395.

Day	Time	Begins	Location	Fee
Fri	5-7 pm	June 1	Baker MS	\$18
Sun	5-7 pm	June 3	Smith MS	\$18

**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.

**2012 Troy Senior Golf Leagues**

Both leagues are full but we are taking names for the sub list. These nine hole leagues are held at Sylvan Glen on Monday and Wednesday, teeing off at 7:30-8 am.

Act. #148986B Mon. sub                      Act. #148987B Wed. sub

For more information, please call:

Monday league      Mike Maziasz                      248.649.0195  
 Wednesday league      Dick Benson                      248.689.5324

**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, 8-10:15 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.

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



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*Coupon cannot be used with optical insurance or for previous orders.*

*Complete prescription pairs only. Some restrictions apply.*

*Offer valid through June 30, 2012*



- Classes meet at the Troy Community Center
- Drop-in fee is \$6; Non-Res. \$7 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. # 138979B  
T & Th, 11-11:50 am 6/12-8/23

**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. # 138981B  
Thu, 6-7 pm 6/21-8/23

**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:** \$10; Non-Res.: \$11

Act. # 138989B  
Tue, 5:30-6:30 pm 6/19-8/21

**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: 7.

No class July 2, 4 & 11.

**Fee:** \$34; Non-Res.: \$44

Act. # 138982A      Act. # 138982B  
Mon, 10-10:50 am      Wed, 10-10:50 am  
6/18-8/6                      6/13-8/8

**\*Free with Fitness Passport**

See Community Center pass options in Troy Today or inquire at the Community Center

**Muscle Strengthening with Lisa\***

A total body workout using hand-held weights, tubing, and medicine balls. Weeks: 8. No class July 3 & 5.

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

Act. # 138975C      Act. # 138975D  
Tue, 10-10:50 am      Thu, 10-10:50 am  
6/19-8/14                      6/21-8/16

**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: 7. No class July 2, 4 & 11.

**Fee:** \$34; Non-Res.: \$44

Act. # 138983C      Act. # 138983D  
Mon, 9-9:50 am      Wed, 9-9:50 am  
6/18-8/6                      6/13-8/8

**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: 8 No class July 2 & 4.

**Fee:** \$38 Non-Res.: \$48

Act. # 138977C      Act. # 138977D  
Mon, 11-12:10 pm      Wed, 11-12:10 pm  
6/18-8/13                      6/20-8/15

**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: 6.

**Fee:** \$30; Non-Res.: \$40

Act. # 138976A  
Mon, 1-2 pm 6/25-7/30

**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: 7.

**Fee:** \$34; Non-Res.: \$44

Intermediate      Advanced  
Act. # 138976B      Act. # 138976C  
Mon, 3-4 pm      Mon, 2-3 pm  
6/18-7/30                      6/18-7/30

**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      Drop in passes  
Tue, 11-11:45 am      available through  
4/3-6/5 - 10 wks      June 5. Class will  
return in the fall.

**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 approximately 82-84 degrees.* **Returning residents from the most recently paid session (spring) have priority and may register beginning May 21. New resident students may register beginning May 22. Non-residents may register beginning May 24.** Returning students changing time slots must register as new. **Weeks:** 10 No class July 3 & 5.

**Fee:** HAP Sponsored Free

Act. # 138978C      Act. # 138978D  
T & Th, 9-9:50 am      T & Th, 10-10:50 am  
6/12-8/23                      6/12-8/23

**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.



## 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
145933N	Thu, May 10	6-8 pm	Surprise Falls
145933P	Thu, June 14	6-8 pm	Winter Shadows
145932A	Thu, July 12	6-8 pm	River 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:** \$109; Non-Res \$119

Act. #	Day	Time	Dates	Wks
138971C	Wed	9:30 am-12 pm	June 20 - Aug 15	8

## 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 the Hustle, and four weeks of the Cha Cha. The Wednesday class will feature five weeks of Salsa, and four weeks of Foxtrot.

## 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.

## Piano/Organ Keyboarding, Oil and Acrylic Painting, Square Dance Lessons and Tap Lessons will return in the fall

If you want to check these classes out this spring, drop in and observe as follows:

Piano/Organ: Mondays, 9 am - noon through June 18  
 Oil/Acrylic Painting: Tuesday, 12-3 pm through May 1  
 Square Dance Lessons: Mondays, 7-9 pm, ongoing  
 Tap Lessons: Tuesdays 1-3:15 pm through May 29

New this fall: Harmonica Lessons, Mondays at 11 am beginning September 17. Details in the July/August newsletter.

## Basic Computer Maintenance for Those Who Don't Have a Clue

Act. #148994B Mon, June 4, 2:30-4:30 pm; Fee: \$20; NR \$25  
 Maintenance is essential to a safe, 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 demonstration class with easy to follow handouts. Bring your laptop (optional).

## "HELP! I Have A Computer and Don't Know What To Do Next!"

Act.#148993F Wed, June 13, 20 & 27, 1-3 pm Fee: \$75; NR \$85  
 Meet computer author and instructor Mike Wilson and follow him through your 100-page, step-by-step, large print take-home book. The book and three 2-hour demonstrational classes (using computer and projector) are designed for mature 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!

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

Act. #148995D Mon, June. 25, 1 - 3 pm Fee: \$20; NR \$25  
 Do you find it difficult to enjoy your computer because of unfamiliar and intimidating messages? Do you cancel out of programs because of unfamiliar pop-ups? Mike Wilson will take the mystery out of frustrating computer pop-ups and explain (in simple terms) many daunting issues you may face. in this demonstration class with easy to follow handouts.

## Organize Computer Pictures, Files, Folders, and E-mails

Act. #148997C M & W July 16 & 18 6-8 pm Fee: \$40; NR \$50  
 Are your files, digital pictures, emails, and information scattering everywhere on your computer? Learn to create folders and get organized. Instructor Mike Wilson will demonstrate how to create an orderly system. Learn how to download and copy files from the internet, and transfer pictures from camera to computer, CD's, and flash drives and easily find them. Also learn how to copy, move, and relocate files and folders and arrange and delete emails. Handouts included. Bring your laptop (optional).

## Microsoft Word Made So Easy...Really!!!

Act. #148996A M & W, Jul 23 & 25, 6-8 pm Fee: \$40; \$50 NR  
 Instructor Mike Wilson will cover many of the basics of Microsoft Word, as well as tabs, ribbons, margins, copy and paste, columns, multiple pages, tables find/replace, and more!

**More Computer Classes: See page 12!**



# 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.

### Small Changes, BIG Differences

Wednesday, May 23, 9-10 am - Room 303

As we grow older, we experience changes in hearing, memory, vision and mobility. Many times these changes create the need to do everyday things a little differently. If you are experiencing any of these age related changes you may be able to use Assistive Technology (AT) devices and services to maintain your independence. Using Assistive Technology can make everyday tasks possible and easier. Please join Kelley Miller, Information and Advocacy Specialist from the Michigan Disability Rights Coalition, as she explains this amazing technology. From vibrating alert systems, push button fishing reels, automatic page turners to devices that help you reach, carry, or lift objects, Kelley will help you to understand the devices that could make your life easier.

### Huron Clinton Metroparks

Wednesday, June 27, 9-10 am - Room 303

The Huron-Clinton Metropolitan Authority, created in 1940, provides excellent recreational and educational opportunities in five counties. The natural diversity of the Metroparks is reflected in the number of unique habitats, animals, and plants found throughout the parks. Jack Liang, Metroparks' Community Relations Administrator, will tell you about the park system which has 13 parks, 24,000 acres, with hike-bike trails, nature centers, farms, lakes and streams, 10 golf courses, picnic areas, and much more.

## Monthly Membership Meeting of the Friends of Troy Seniors

The next meeting of our membership will be held on Thursday, May 17th at 1pm. This is the Annual Meeting where elections will be held for the Advisory Board. There is still time to place your name on the slate of nominations if you would like to run for a board position. Please contact the office at 248.526.2608 before May 17. Our June monthly meeting of the membership will be held on Thursday, June 21st at 1 pm.

## Barnard Elementary School Invites Seniors to School

Thursday, May 10, 8:50 - 11:45 am

Haven't been to school in a while? Meet at the Troy Community Center "bus stop" at the north entrance for transportation by school bus to Troy Barnard Elementary School. Meet the principal, enjoy a continental breakfast, take a tour of the school and join the students in their classrooms. You will have a chance to see how school has changed and witness first-hand the use of the latest educational technology. The bus will return in time for you to have lunch at the Community Center.

Participation is limited to the first 45 seniors who register by calling 248.526.2608 or stopping at the FRIENDS OF TROY SENIORS office during normal business hours of 10 am to 2 pm, Mon-Fri. You must be 50+ to register.

## 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:

**Dolly's Pizza of Troy** – for sponsoring our successful Pizza Party in February.

**Flagstar Bank** – for their sponsorship and generous contribution which allowed us to bring the St. Patrick's Dance back to the Community Center.

**Nino Salvaggio's of Troy** – for donating a vegetable tray and a fruit tray which were enjoyed at our St. Patrick's Dance in March.

**Caribou Coffee on Crooks Rd.** – for donating gallons of coffee, cream, sugar, cups and stirrers which were enjoyed at our St. Patrick's Dance in March.

**The Sweet Spot Candy Shoppe of Troy** – for selling candy to us at a much reduced rate and enjoyed at our St. Patrick's Dance in March.

**Kiwanis Club of Troy** – for a generous contribution to provide transportation for the upcoming visit by the seniors to Barnard Elementary School on May 10.

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

**248.526.2608**

FOTS@wowway.com

www.FriendsOfTroySeniors.org

Office Hours – Mon-Fri 10 am - 2 pm

Monday	Tuesday	Wednesday	Thursday	Friday
April 30 9-10 Document Shredding 11:45 Salisbury Steak	11:45 Roast Chicken Leg 1	9:30-12 Computer Consultations 2 11:45 Sausage and Sauerkraut	11:45 Chef's Choice 3 12:30 Birthday Party	11:30 Chicken Ala King 4 1:00 NEWCOMERS Bingo
11:45 Goulash 7	11:45 Roast Port Tenderloin 8 1:00 Mackinac Meeting	10:00 Book Club 9 11:45 Ginger BBQ Chicken	8:50 Barnard School 10 10:00 Did You Hear? 10-11:30 Caregiver Support 11:45 Hamburger	11:30 Sweet & Sour Meatballs 11 1:00 Bingo
11:45 Baked Spaghetti and Squash 14	11:45 Roast Turkey 15 1:00 Red Hat	10-12 Disk Erasure 16 11:45 Fried Chicken Breast	11:45 Veal Patty 17 1:00 Friends Meeting	10-12 Blood Pressure 18 11:30 Breaded Fish 1:00 Bingo 12:30 MS Talk 19
10:30 Harmonica Performance 21 11:45 Breaded Pork Tenderloin	11:45 Tahitian Chicken 22 1-3 Focus Hope	9:00 Assistive Technology Speaker 23 11:45 Beef Pepper Patty	10:30 Titanic Trip 24 11:45 Baked Chicken	11:30 NO LUNCH 25
<b>Center Closed Memorial Day</b> 28	11:45 Turkey Tetrazzini 29	11:45 Lemon Chicken 30	11:45 Hamburger Stroganoff 31	<b>May</b>

June				11:30 Chef's Selection 1 1:00 Bingo
11:45 Pork Chop 4	11:45 Country Fried Steak 5	9:30-12 Computer Consultations 6 11:45 Homestyle Veal Restaurant Group	11:45 Chef's Choice 7 12:30 Birthday Party	11:30 Potato Crunch Fish 8 1:00 Bingo
11:45 Roast Pork Tenderloin 11 12:30 Hearing Loss Myths	11:45 Goulash 12 1:00 Red Hat	10:00 Book Club 13 11:45 Lemon Pepper Chicken	10-11:30 Caregiver Support 14 11:45 Baked Fish 1:00 Ernie Trip	10-12 Blood Pressure 15 11:30 Hamburger 1:00 Bingo
11:45 Spaghetti 18	11:45 Roast Turkey 19	10-12 Disk Erasure 20 11:45 Fried Chicken	7:15 Put-In-Bay Trip 21 11:45 Veal Patty	11:30 Breaded Fish 22 1:00 Bingo
11:45 Breaded Pork Tenderloin 25	11:45 Tahitian Chicken 26 1-3 Focus Hope	9:00 Metropark Speaker 27 11:45 Beef Pepper Patty	11:45 Baked Chicken 28	11:30 Pollock Almondine 29 1:00 Bingo

Lunch is served from 11:45am-12:30pm Monday -Thursday and from 11:30am-12:15pm 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** - Mon. & Wed., 1-2 pm. \$6 at door (\$7 NR).

**Band** - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. Call 248.828.8047 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 (\$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 & 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. & 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, June 6 - 6 pm at The Rusty Bucket  
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, June 6 at The Rusty Bucket, 42874 Woodward, on the east side, south of Sq Lake, Bloomfield. Please RSVP to JoAnn Thompson 248.879.2637 or [Jat61@wowway.com](mailto:Jat61@wowway.com) by June 3. The group will have separate checks.



## Caregiver's Support Group

May 10 and June 14 (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.

## Book Club

May 9 and June 13 (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).

## Line Dance Group

Wednesdays, 8-9:30 pm Studio C

Drop-in fee is \$3.50; Resident disc: \$3 First visit FREE!

This group of experienced dancers welcomes anyone interested in line dancing. No partner is needed. A variety of about 75 different beginner and intermediate dances are offered, and new dances are added periodically. Ten to fifteen different dances are exercised each week with music consisting of country, Latin, popular old and new favorites, Hawaiian, and any other music that inspires. Dances are led by experienced members. Those with some line dance experience would be most comfortable in this group but beginners are welcome to attend. In addition to the drop-in rate, an annual rate is available. Ask the leader for details.

## Heart of Hills Players Present Damn Yankees

May 2 and 3 at 2 pm, May 4 and 5 at 7 pm  
Warren Community Center, 5460 Arden, Warren MI  
Tickets are \$16 in advance or \$18 at the door for this senior theater organization presentation. Call 586.268.8400 for tickets or visit the Heart of the Hills website at [www.hohplayers.org](http://www.hohplayers.org) for more information.

## Red Hat Society

May 8 and June 12 (2nd Tuesday)

The Red Hats will hold a general meeting on May 8 at 1 pm at the Community Center. On June 12 at 1 pm, they will have a picnic at Brinston Park in Troy (members only). 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.

## Troy Library Spice of Life Discussion Group

The Spice of Life Study and Discussion Group meets on the first and third Wednesday at the Troy Library from 10-11:30 am. Some of the subjects on the agenda in May and June are "Future Car," "Jaguar: Year of the Cat," and "Victor Borge: Comedy in Music." For more information, contact Fay Brown at [faybrown2@yahoo.com](mailto:faybrown2@yahoo.com). (No meeting in July and August.)

## 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. **No bridge May 7 and 11.**

*Happy Mother's Day*

*From*

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# Thank You Senior Program Volunteers!

## Creative Endeavors

Marie Dolmange  
Joann Dreger  
Joan Ersin  
Richard German  
Sandy Hudkins  
Linda Latsko  
Christine Lecoutre  
Betty Louney  
Evelyn Manceor  
Ruth Mapes  
Elizabeth Murphy  
Lew Renshaw  
Donna Spaniola  
Marjorie Wagner  
Delphine Wilk

## Program Leaders

Corine Alonzo - Book Club  
Judy Baker - Quilting  
Michael Burnett -  
Woodcarving  
Don Coomer - Volleyball  
Jerry Coval - Harmonica  
Nesta Douglas - Tennis  
Sylvia Furman - Red Hat  
Zora Hargrave - Pinochle  
Jackie Gregorich -  
Needlework  
Don Kaiser - Euchre  
Myrna Krausnick -  
Square Dance  
Judy Luther - Tennis  
Carol Ann Marsh - TOPS  
Lynn McLean - Jr.  
Pinochle  
Marion Medler - T Bridge  
Phil Oh - Pacific Rim  
Judy Pearl - Line Dance  
Audrey Perry - Thurs.  
Bridge  
Ken Shipman - Chorus  
Beverly Seidel -  
Painting Club  
JoAnn Thompson -  
Restaurant Group  
Cynthia Wilsher - Quilting  
Inez Woloson - Band  
Nancy Yockey - Cribbage

## Computer Learning Center

Chris Adams  
Bob Berk  
Mike Brady  
Pam Brady  
Mike Burke  
Tim Caserta  
Yanka Deeplaniak  
Fred DeNio  
Ruth Feiler  
Randall Fournier  
Tina Franco  
Bette Gay  
Mary Ann Haddad  
Darnell Hargrave  
Zora Hargrave  
Jim Harris  
Susan Holloway  
Patty Huffer  
David Kaminski  
David Keats  
Rick Knight  
Shirley Krol  
Richard Kruszewski  
Richard Kucejko  
John Lavender  
Lynn McLean  
Manu Naik  
Algloria Peek  
Mary Ann Pierce  
James Sauter  
Frank Searight  
Heena Shah  
Charles Smart  
Bernard Smith  
Bob Treharne  
Lee Watkins  
Bob Zimmerman  
Mary Ann Zito  
Jim Zoellner

## Food Distribution

Dee Bush  
Jerry Bush  
Melodie Conley  
Honor Flaim

Dave Harris  
Diane Morrell  
Fred Morrell  
Marianne Primeau-Harris  
Tammy Renshaw  
Bob Renshaw  
Larry Sporer  
David Thornton  
Ron VanAllen  
Jerry Whitefoot

## SHARP

Tom Bernard  
Rini Buoncompagni  
Jack Cavellier  
Jim Cyrulewski  
Les Davis  
Cele Dilley  
Joseph Feko  
Bruce Gates  
Robert Gervais  
David Gray  
Steven James  
Kathi Johnson  
Tom Kaszubski  
Dagoberto Krambeck  
Tom Loftus  
Kay McFarland  
Keith Meadows  
David Nagengast  
Doug Slattery  
Larry Sporer  
Mindy Sporer  
Karin Stahl  
David Taylor  
Susan Voytal  
Jerry Whitefoot  
Sharron Wilson

## Taxes

C.V. Abraham  
Raj Gokhale  
Sharon Grieser  
Taube Karpov  
Richard Kucejko  
Bill LaRue  
Carmen Milia  
Bill Rhodes

Bill Ross  
James Sauter  
Donald Schafer  
Richard Schmitt  
Jerry Watson  
Leslie Witt  
Hanaa Yousif

## Special Events and Programs

Diane Alati - Various  
Fred Alati - Various  
Isis Awad - Newsletters  
Don Bernd - Pianist  
Su Chaudhyri - Various  
Aggi Erlandsan -  
Various  
Joan Ersin - Various  
Janet Fenech -  
Newsletter  
Wally Gannon - Various  
Nancy Ho - Newsletters  
Phyllis Hocking -  
Various  
Lil Karamanian - Trips  
Mei-Sie Lee - Chorus  
Audrey Perry - Pianist  
Dorothy Pietron - Various  
Irene Pikor - Various  
Pauline Potrzuski -  
Newsletters  
Nance Thoenes - Trips  
Val Thompson - Trips  
Jim Zoellner - Medicare

## Bingo

Carol D'Andrea  
Betty Gauronskas  
Joyce Manke  
Madelon Owen  
Dorothy Pietron  
Marlene Przybycien  
Dorothy Schillinger  
Howard Schillinger  
Melvina Scott  
Joanne Stephenson  
Harold Stephenson -

## Friends of Troy Seniors

Diane Alati  
Fred Alati  
Henery Allemon  
Su Bennett  
Anne Butterbaugh  
Ron Butterbaugh  
Freda Cochran  
Elaine Cook  
Sandy Cyplik  
Dee Damico  
Pat Daniels  
Gloria Dixon  
Virginia Dow  
Katherine Duncan  
Joan Ersin  
Laurance Farris  
Mary Fudala  
Sharon Grieser  
Corinne Growney  
Phyllis Hocking  
Margaret Julian  
Maryann Klingensmith  
Tatiana Kornievskaja  
Barb Kowlaksi  
Bill LaRue  
RuthAnn LaRue  
Christine Lecoutre  
Joanne Lingenfelter  
John McCaughey  
Ruth Anna McCaughey  
Kay McFarland  
Irene Pikor  
Marlene Przybycien  
Lynn Rachwicz  
Bill Rhodes  
Carol Sanders  
Doris Schuckter  
Margaret Schwartz  
Irene Sidhom  
Joanne Stephenson  
Harold Stephenson  
Lois Templeman  
Mike Vlajkov

Volunteers gave more than 16,000 hours to the senior program last year!

Homebound Meals: The City of Troy and Emerald Food Service also thank the **78 volunteers who delivered 28,895 meals** to homebound seniors in Troy last year.



At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit [www.troycllic.org](http://www.troycllic.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
135951O	T/Th	9:30-11:30am	5/15-24
135951P	M & W	1-3 pm	6/4-13
135951Q	T & Th	6:30-8:30 pm	6/19-28

### 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
135973G	T & Th	1-3 pm	5/8-17
135973H	M & W	1-3 pm	6/18-27

### 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
135952K	T & Th	1-3 pm	6/5-14

### Internet Using Internet Explorer

Search the web, download files, use free antivirus software, customize Internet Explorer 8, visit a variety of fun & interesting web sites.

Act. #	Day	Time	Dates
135953E	T & Th	9:30-11:30am	5-1-10
135953F	M & W	6:30-8:30 pm	6/4-13

### 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
135972F	M & W	6:30-8:30 pm	5/7-16
135972G	T & Th	1-3 pm	6/19-28

### 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
135954E	T & Th	6:30-8:30 pm	5/1-10

### 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
135961E	T & Th	6:30-8:30 pm	6/5-14

### 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
135968E	M & W	1-3 pm	5/14-23

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
135960U	M	6:30-8:30 pm	6/18
135960V	W	6:30-8:30 pm	6/20

### Scanning

Learn to use a scanner to scan photos, slides, etc.

Act #	Day	Time	Dates
135962E	T & Th	6:30-8:30 pm	5/15-

### 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
135963C	T & Th	1-3 pm	5/22-24

### 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
135969G	M & W	6:30-8:30 pm	5/21-23

### 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.

Fee: \$60; Non-Res \$70  
Dates 6/5-28

Act #	Day	Time
135959D	T/Th	9:30-11:30 am

More computer classes  
See page 6

### 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. 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

In home help for a nominal fee. 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



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1-855-523-9355 (M-F, 8 a.m. – 8 p.m.)

Join audiologist Diane Nens at the community center (room 301) for a hearing health seminar, free hearing screenings and video-otoscope on May 10 at 10 a.m. or June 11 at 12:30 p.m. Light refreshments will be served.

**Assistive Listening Devices**

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

**Captioned Telephone** - Available at the Community Center for trail by hard-hearing impaired persons.

**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, four-wheeled walkers, ramps and shower chairs are needed.

**Magazine and Puzzle Library**

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

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

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

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

**Community Center Passes**

The senior rate (60 and older) is \$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 pass at \$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 email your suggestion to [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov). Include name and phone for reply.



**Weather Cancellations**  
Call 248.689.9756 for weather cancellation information. Call after 4:30 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+ news-letter which is published six times per year:

1. Receive it free via e-mail. Visit the City web site – [www.troymi.gov/ParksRec/](http://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. #135000J.**

**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

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

### Troy Community Chorus Spring Concert

Friday, May 4 - 8 pm at Athens High School  
The Troy Community Chorus will present a concert entitled "Noteworthy" on Friday, May 4 at 8 pm at Athens High School. A limited number of free senior tickets will be available at the Community Center beginning May 1. Tickets are for Troy residents and are limited to two per person. Additional senior tickets are \$6 in advance or \$15 at the door. Call 248.689.7134 for information.

### Contestants Sought for Ms. Senior MI

Winner to be Crowned July 18 in Rochester  
Contestants age and older will be judged in interview, talent, poise and philosophy of life. If you act, sing, dance, paint, play an instrument, or have another talent, please apply. For more information, contact Marye Miller at 248.608.0255 or mary\_miller@opcseniorcenter.org.

### Michigan Senior Olympics

2012 Summer Games for men and women 50+  
June 9-17 (see exceptions below) at various Oakland County locations. Registration deadline: MAY 4!  
There are 19 medal events including badminton, bowling, golf (May 23-25), horseshoes, pickleball, shuffleboard, softball (July 27-29), swimming, tennis, track and field and racewalk (July 28-29), and volleyball. MSO membership (\$25) is required. The registration fee is \$48 and includes two medal events. Call 800.400.8161 for more information or visit [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org).

Office: 248.680.8400  
[www.curtishuntmd.com](http://www.curtishuntmd.com)

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

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

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

### Perennial Plant Exchange

Saturday, May 19 10 am - Noon

The Troy Garden Club hosts the 17th annual Troy plant exchange at the Troy Civic Center in the Aquatic Center parking lot rain or shine. This event is free and no money will exchange hands. Trading only! Reservations are not required. Please label all plants as to type and color of bloom, if known, and bring only healthy, pest-free plants. You may want to bring a wagon or a buddy to facilitate trading. Call 248.641.7904 for more information.

### Counseling with a Licensed Social Worker

2nd Thursday - May 10 and June 14  
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.

### Blood Pressure Screenings

3rd Friday - May 18 and June 15 10 am-Noon - Room 402  
RN Katherine Duncan provides blood pressure screenings on the third Friday of each month from 10 am - noon in the senior dining room (Room 402). This drop-in program is free.

### Wayne State Seeks Study Participants

Wayne State University researchers are seeking healthy, right-handed, native English speaking adults (ages 60-90) for a new study investigating recognition of famous names and English words. Participation includes a one-time, two-hour meeting at the Troy Senior Citizen's Center. Please call 313.577.8369 for more information

- 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](mailto:vaughancs@troymi.gov).