



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

July/August 2012



## Ice Cream Social and Heritage Band Concert

Wednesday, July 18 - 7:30 pm  
Troy Community Center South Patio  
Room 402 if Raining

This free event is brought to you by SMART (Suburban Mobility Authority for Regional Transportation). Make your own ice cream sundae with a choice of a variety of toppings while enjoying a one-hour concert by the Heritage Band and a few games and prizes, too! Reservations are required. Register for Act. #135914A. For guests under age 50, the fee is \$1. Register for Act. #135914B.



## Stanford University Online Self-Help Workshop

Unsure about how to best handle an ongoing health condition? Try something new. Join an online self-management workshop and discover fresh, practical ways to live better and healthier within the boundaries of chronic illness. These self-management workshops are for people living with the symptoms of any ongoing health condition, like diabetes, arthritis, high blood pressure, heart disease, emphysema, multiple sclerosis, depression, or something else. During the six-week course, a trained leader will help you focus on a different aspect of self-management. To see if this workshop is for you, go to [www.restartliving.org](http://www.restartliving.org).

For those who would rather attend an in-person workshop on this subject, watch for details in the September newsletter about a free six-week self-management program that will be offered on Tuesday afternoons beginning September 18.

## Newsletter Subscription Renewal

It's time to renew your newsletter subscription if you receive it by mail. **If your address label has an orange stripe this is 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!

## Grandparent Special Rate Package

July 22-28 at the Troy Community Center

Looking for a fun activity to do with your grandchildren? Visit the Troy Community Center between July 22 and July 28 and pay ONLY \$9 for one adult and two grandkids (Same price for residents and non-residents. Price is for a one day visit). Additional adults are \$5 each and additional grandkids (ages 3-12) are \$2/each. Participate in open swim, open gym and grandkids 13 and older can use the workout room.

## July Birthday Party Date Change

Since Emerald Food Service is closed on Thursday, July 5, the July birthday party and Chef's Choice lunch will be held on TUESDAY, July 3.



## Vendors Needed For Senior Craft Show at the Troy Community Center

Friday, November 2, 9 am - 3 pm - Act. #148925H  
Fee: \$15 per 6 ft table; Non-Residents: \$20

**Vendors age 50+ - sign up today!** Reservations are required. Specify if electricity is needed. Space is limited to two tables per household. Only NEW handmade items may be sold. (You will be asked to remove all items not new and handmade from your table - this is a craft show, NOT a flea market.) A minimum number of vendors must be registered by Sept 10 or the show will be cancelled.



## Tropical Costa Rica

February 23-March 3, 2013 \$2349 pp double,  
Register by August 23 and save \$100  
See page 3 for details.

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

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

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

**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

**Friends of Troy Seniors**  
248.526.2608

**SHARP Home Repair**  
248.528.2929

**Creative Endeavors**  
248.526.5145

**City Hall**  
248.524.3300

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

**Mission Statement**  
*The City of Troy is committed to working with and for senior citizens to provide information, programs and services that promote independence and healthy, active aging.*

## Upcoming Events

248.524.3484

### Register Early for Trips!!!

It is more important now than ever to register early for trips – both the day trips and the extended trips.

Many venues for day trips require full payment 30 days in advance or more. In the past, when trips almost always filled up, we would order the tickets, knowing they would sell. We can no longer take that chance. Trips that do not have the minimum number of people registered by the venue's deadline will be cancelled.

When day trips are cancelled due to low enrollment, those who do sign up are inconvenienced and discouraged. If it continues to be necessary to cancel one day trips, we will cut back or completely discontinue our one-day trip offerings, and concentrate our limited resources on programs that are in more demand.

Waiting to register for extended trips is causing a different problem. These trips are rarely cancelled because the travel agents offering the trips draw from a wider area. However, they fill faster because the travel agents are reserving less spots these days. Since the overall number of seats available is less, those who wait to register are finding that the trip is sold out.

Please register early if you want our travel program to continue!

### New! Coming This Fall - Beginning Harmonica Lessons

Learn the basics of playing the harmonica and how to read music in this class that will be offered on Monday mornings beginning September 17. Watch for registration information in the September newsletter.



**Stay Active, Healthy & Independent**



We know seniors have places to go & people to see. Luckily, with our curb-to-curb Connector and

Fixed Route bus services, active seniors can stay ... active.

It's the SMARTER way to get to friends, shopping centers, medical appointments and everywhere you need to be.

**Did you know . . . ?**

- **Over 1 million seniors and people with disabilities** ride SMART every year

Make your Connector reservation today!  
Call (866) 962-5515.

**Giving our Community a Lift Everyday**

**(866) 962-5515 • [smartbus.org](http://smartbus.org)**

### Wii Game Available for Senior Use

Volunteer Needed to Set Up Game and Possibly Run Bowling Tournaments

Check out the Wii game at the front desk between 8 am and 2 pm Monday through Friday to use here in the teen room (no instruction provided). ID required. Play bowling, tennis, boxing, golf and baseball. **We are looking for a volunteer to set up the game once a week or once a month and show seniors new to the game how to do it and/or to run a bowling tournament.** If interested, please contact Carla at 248.524.3492 or [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov).

Board buses at the north entrance of the Community Center

- **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.

### Mark Ridley's Comedy Castle Lunch and Show

Thursday, August 16, 11 am - 3 pm

Act. 148923C \$42; Non Res: \$47

Enjoy a buffet lunch at the Comedy Castle in Royal Oak followed by a one and one-half hour comedy show featuring two comedians. Lunch will consist of Boneless Chicken Breast Siciliano, Slow Roasted Angus Sirloin with Mushroom Glace, Rotini with meat sauce, garlic mashed potato, fresh mixed vegetables, salad, bread, Register by August 8.

### Jackson Prison Tour

Monday, September 10 - 8 am - 5:45 pm

Act. # 148923D Fee: \$84; Non-Res: \$89

Michigan's first state prison and once the world's largest walled prison is now Armory Arts Village, a resident artists' community listed on MSN in the top ten most unique buildings in the world to live. On your tour, hear the fascinating history of the prison and tales of prison life and visit some solitary confinement cells. We will also visit the artist studios before boarding the bus for a trip to the fully intact Seven-Block on the closed area of Southern Michigan State Prison. Lunch at the prison and a large scoop of ice cream from The Parlour is included in the fee. Transportation is by motorcoach.

### Detroit Tigers Baseball

Thur, Sept. 20 - 11:45 - 5 pm;

Act. 148923B \$42; Non Res: \$47

Seats are in Section 141 and 142 and include a voucher for a hotdog and soda. All ages welcome! Transportation is by school bus.

Comments about the  
June trip to the Titanic Exhibit:

Very nice. Worth the price.  
Everything was excellent.  
The trip was great

### 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.

### 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.

### 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.**

### Washington D.C. - December 13-16

\$949 pp double, \$1159 single, \$869 triple\*

This trip includes round trip motorcoach transportation, three nights in downtown D.C., five meals, a performance at the Kennedy Center, "A *Christmas Carol*" at Ford's Theatre, World War II Memorial, Christmas at Mount Vernon, and more. A brochure with complete details is available at the Troy Community Center.

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

### Tropical Costa Rica - February 23-March 3, 2013

\$2349 pp double, \$2749 single, \$2419 triple\*

\*Book now special. Price increases \$100 on August 24

This trip includes round trip airfare from Detroit, lodging, 14 meals, and sightseeing in San Jose, Tamarinod Diria Beach, Monteverde (including a nature walk in the cloud forest), and Arenal. An optional 3-night post tour jungle adventure is also available. A brochure with complete details is available at the Troy 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. 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	\$2 per wk
Sun	5-7 pm	June 3	Smith MS	\$2 per wk

## Senior Tennis League

An informal senior tennis league meets on Tuesday and Friday mornings from 9 am - 11 am through September 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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August 31, 2012*



**Drop-In Passes Available for all Fitness Classes**

Drop-in passes are available at the Community Center front desk and are \$6 (NR \$7) unless noted. All classes meet at the Community Center.

**Balance and Stretch**

M&W 9-9:50 am 6/18-8/8

**Beginning Pilates with Ilene**

M&W 10-10:50 am 6/18-8/8

**Beginning Tai Chi with Silva**

Beg. Mon 1-2 pm 6/25-7/30

**Tai Chi with Kim Cary**

Beg. Mon 1-2 pm 6/18-7/30

Adv. Mon 2-3 pm 6/18-7/30

**Gentle Aquatic Exercise**

T&Th 9-9:50 am 6/12-8/23

T&Th 10-10:50 am 6/12-8/23

**Muscle Strengthening**

T&Th 10-10:50 am 6/19-8/16

**Yoga with Marie**

M&W 11-12:10 pm 6/18-8/15

**Pilates with Fawn**

T&Th 11-11:50 am 6/12-8/23

**Women on Weights**

Drop in \$10 per class (NR - \$11).

Thu 6-7 pm 6/21-8/23

**Fitness Fusion**

Drop in \$10 per class (NR - \$11).

Tues 5:30-6:30 pm 6/19-8/21

**Fitness Area Closed for Annual Cleaning August 27 - September 3**

The fitness area at the Troy Community Center will be closed for cleaning August 27 - September 3 (subject to change) and all fitness classes will be cancelled during that time period.

**Ongoing Classes**

Zumba Gold, Stretch and Tone and Chair Exercise are ongoing programs that meet year round except on holidays and the week before Labor Day when the fitness area is closed for annual cleaning.

**Zumba Gold**

**Dance Exercise**  
Wed 7:10-8 pm: Tue and Fri 10-10:50 am at the 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.

**Stretch & Tone**

Mon and Thur, 11-11:50 am

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

**Chair Exercise**

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

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

**Stay Active and Fit!**

Regular physical activity can help:

- Reduce the risk of falls and injuries.
- Improve the overall quality of your life.
- Relieve anxiety and lesson the likelihood of depression.
- Maintain and improve mobility.
- Reduce the likelihood of diseases like osteoporosis, high blood pressure, heart disease, diabetes and obesity.

**Fall Classes Begin in Mid-September**

The tentative fall class schedule appears below. Mark your calendar and watch for details and registration information in the fall Troy Today and the September/October *Fifty Forward* newsletter.

**Beginning Tai Chi with Silva**

Act. # 148976A Mon, 1-2 pm  
9/10-11/26

**Tai Chi with Kim Cary**

Act. #148976C 148976B  
Intermediate Advanced  
Mon, 3-4 pm Mon, 2-3 pm  
9/10-12/10 9/10-12/10

**Muscle Strengthening with Lisa**

Act. # 148975A 148975B  
Tues, 10-10:50 am Thurs, 10-10:50 am  
9/11-12/11 9/13-12/13

**Fitness RX Fitness Fusion**

Act. # 148989B Act. # 148989C  
Tue, 5:30-6:30 pm Tue, 5:30-6:30 pm  
9/11-11/13 11/27-12/18

**Fitness RX Women on Weights**

Act. #148981D Act. # 148981E  
Thu, 6-7 pm Thu, 6-7 pm  
9/13-11/15 11/29-12/20

**Chair Yoga with Janeen**

Act. #148984C 148984D  
Tue, 11-11:45 am Tue, 11-11:45 am  
9/11-10/23 - 7 wks 11/6-12/18 - 7 wks

**Beginning Pilates with Ilene**

Act. # 148982C 148982D  
Mon, 10-10:50 am Wed, 10-10:50 am  
9/10-12/17 9/12-12/12

**Balance and Stretch with Ilene**

Act. #148983A 148983B  
Mon, 9-9:50 am Wed, 9-9:50 am  
9/10-12/17 9/12-12/12

**Pilates with Fawn**

Act. #148979C  
T & Th, 11-11:50 am  
9/11-12/6

**Aquatic Exercise with Jennifer**

Act. #148978A 148978B  
T & Th, 9-9:50 am T & Th, 10-10:50 am  
9/11-12/6 9/11-12/6

**Yoga with Marie**

Act. # 148977A 148977B  
Mon, 11-12:10 pm Wed, 11-12:10 pm



## 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
145932A	Thu, July 12	6-8 pm	River Falls
145932B	Thu, Aug. 9	6-8 pm	A Walk in the Woods
145932C	Thu, Sept. 13	6-8 pm	Back in the Trees

## Teen – Senior Pottery

Let your creativity flow by designing various clay projects while learning a new technique each week. Dress for mess. Pick-up projects after last class.

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

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

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

Act#	Day	Dates	Time	Res	Non-Res
134305D	Wed	8/1-8/22	7-9:30 pm	\$80	\$90

## Watercolor Painting Lessons

For beginners through advanced painters. Karen Halpern will guide you in working with watercolor. Supply list is available on your receipt. No class Sept. 26. **Fee:** \$122; Non-Res \$132

Act. #	Day	Time	Dates	Wks
148971A	Wed	9:30 am-12 pm	Sep 12 - Nov 14	9

## Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrations and individual instruction. Supply list available on your receipt. **Fee:** \$66; Non-Res \$76

Act. #	Day	Time	Dates	Wks
148972C	Tue	12-3 pm	Sep 18 - Nov 6	8

## 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
148973D	Mon	Adv.	9-9:50 am	Sep 17-Nov 19
148973E	Mon	Int.	10-10:50 am	Sep 17-Nov 19
148973F	Mon	Beg.	11-11:50 am	Sep 17-Nov 19

## Line Dance Lessons

Mon and Wed, 12:30-2 pm - Troy Community Center Studio A

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

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.

## 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 Tango, and three weeks of the Waltz. The Wednesday class will feature two weeks of Night Club Two Step, and three weeks of East Coast Swing.

## 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. For more information, call Myrna or Tom at 248.689.8256.

## 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:** 14 **Fee:** Res \$62 Non-Res \$72

Act #	Level	Day	Time	Dates
148974B	Beg	Tue	1:30-2:30 pm	Sep 11 - Dec 11
148974C	Int	Tue	2:30- 3:30 pm	Sep 11 - Dec 11

## Michael Wilson Demonstration Computer Classes

### 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, e-mails, 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 e-mails. 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!

## Hands-On Computer Classes on Page 12



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



OAKMONT

*Senior Communities*

## Oakmont Presents

The Friends of Troy Seniors sponsor programs that enhance and enrich senior living. The Friends and Oakmont Senior Communities host Oakmont Presents, a series of informative and engaging presentations. Programs are held at Troy Community Center, 3179 Livernois. Free continental breakfast: Register: 248.526.2608

### Making Sense of Your Real Estate Decisions...Now and in the Future

Wednesday, July 25, 9-10 am

Making smart decisions on selling your existing home, choosing your "next nest", or understanding options for staying in your present home requires knowledge, sound resources, and a view of all options to achieve a successful, comfortable transition. Today's seniors make savvy, well-thought out real estate decisions when looking at the complete picture. Please join Linda Urban, Associate Broker with Coldwell Banker Weir Manuel Real Estate and designated Senior Real Estate Specialist, for a comprehensive, interactive real estate presentation and market update specifically geared toward our senior community.

### Know the 10 Signs of Alzheimer's

Wednesday, August 22, 9-10 am

As 10 million Baby Boomers develop Alzheimer's, early detection of the disease becomes critical to future planning. Knowing the warning signs of Alzheimer's and getting diagnosed early is vital to receiving the best help and care possible. People who attend the Know the 10 Signs workshop will view a video that addresses fears and myths associated with dementia. Individuals featured in the films include real people who are living with the early stages of dementia and their families discussing key topics. Presented by Alzheimer's Association - Greater Michigan Chapter.

## Monthly Membership Meeting of the Friends of Troy Seniors

The Friends will NOT meet in July. The next meeting of the membership will be held on Thursday, August 16 at 1 pm at the Troy Community Center. Everyone is invited to attend. We continue to seek new members and volunteers for our non-profit group. Please contact the Friends Office if you are interested in joining our group.

## Coming in August - A Senior Picnic Sponsored by the Friends of Troy Seniors

We are planning a picnic for your enjoyment on an afternoon in August. There will be entertainment and lots of food and beverages. Please watch for our flyer at the Community Center and also the weekly eNews for additional information. The details will be available on or after August 1. You won't want to miss this "Good Old Summer Time Picnic".

## Thank You from the Friends of Troy Seniors

The Friends of Troy Seniors thank the following businesses for their generous support of the Troy Community Garage Sale, benefitting senior programs in Troy. These companies helped make the garage sale an unqualified success. Please consider them when you are in the market for their products, as they stepped up to help Troy Seniors.

- Liberty Center of Troy on Big Beaver and Livernois
- Caribou Coffee on Crooks Rd and Big Beaver
- Einstein's Bagels on Crooks Rd and Big Beaver
- Knapp's Donuts on Rochester Rd and Square Lake
- Dolly's Pizza of Troy on Rochester Rd and Wattles
- Breakaway Deli on Long Lake and Livernois
- Kroger on Crooks and South Blvd
- Kroger on Coolidge near Maple
- Panera Bread Company on Rochester Rd and Auburn



**Fill out the Friends survey! See page 13**

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

**248.526.2608**

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

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

**Summer Hours – Mon-Thu 10 am - 2 pm**

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Turkey Tetrazzini <sup>2</sup>	11:45 Chef's Choice <sup>3</sup> 12:30 Birthday Party	<b>Center Closed</b> <b>Independence Day</b> <sup>4</sup>	11:45 NO LUNCH <sup>5</sup>	11:45 Sausage and Sauerkraut <sup>6</sup> 1:00 Bingo
11:45 Country Fried Steak <sup>9</sup>	11:45 Pork Chop <sup>10</sup> 1:00 Red Hat	10:00 Book Club <sup>11</sup> 11:45 Veal	10-11:30 Caregiver Support <sup>12</sup> 11:45 Macaroni and Cheese	11:45 Potato Crunch Fish <sup>13</sup> 1:00 Bingo
11:45 Goulash <sup>16</sup>	11:45 Pork Tenderloin <sup>17</sup>	10-12 Disk Erasure <sup>18</sup> 11:45 Lemon Chicken 7:30 Band Concert/ Ice Cream Social	11:45 Hamburger <sup>19</sup>	10-12 Blood Pressure <sup>20</sup> 11:45 Baked Fish 1:00 Bingo
11:45 Roast Turkey <sup>23</sup>	11:45 Spaghetti <sup>24</sup> 1-3 Focus Hope	9:00 Real Estate Decisions <sup>25</sup> 11:45 Roast Chicken Leg Quarter	11:45 Breaded Fish <sup>26</sup>	11:45 Veal Patty <sup>27</sup>
11:45 Breaded Pork Tenderloin <sup>30</sup>	11:45 Tahitian Chicken <sup>31</sup>	<h1>July</h1>		

<h1>Aug.</h1>		9:30-12 Computer Consultations <sup>1</sup> 11:45 Beef Pepper Patty 6:00 Restaurant Group	11:45 Chef's Choice <sup>2</sup> 12:30 Birthday Party	11:45 Pollock Almondine <sup>3</sup> 1:00 Bingo
11:45 Meatloaf <sup>6</sup>	11:45 Turkey Tetrazzini <sup>7</sup>	10:00 Book Club <sup>8</sup> 11:45 Chef's Selection	10-11:30 Caregiver Support <sup>9</sup> 11:45 Baked Fish	11:45 Hamburger Stroganoff <sup>10</sup> 1:00 Bingo
11:45 Pork Chop Supreme <sup>13</sup>	11:45 Country Fried Steak <sup>14</sup> 1:00 Red Hat	10-12 Disk Erasure <sup>15</sup> 11:45 Homestyle Veal	11:00 Comedy Castle <sup>16</sup> 11:45 Roast Chicken Leg Quarter	10-12 Blood Pressure <sup>17</sup> 11:45 Potato Crunch Fish 1:00 Bingo
11:45 Pork Tenderloin <sup>20</sup>	11:45 Goulash <sup>21</sup>	9:00 Know the Signs of Alzheimer's <sup>22</sup> 11:45 Lemon Pepper Chicken	11:45 Baked Fish <sup>23</sup>	11:45 Hamburger <sup>24</sup> 1:00 Bingo
11:45 Spaghetti <sup>27</sup>	11:45 Roast Turkey <sup>28</sup> 1-3 Focus Hope	11:45 Roast Chicken Leg Quarter <sup>29</sup>	11:45 Veal Patty <sup>30</sup>	11:45 NO LUNCH <sup>31</sup>

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** - Mondays, 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 and Fridays from 9 am to 2 pm with massage therapist Gordon Maslowski. The fee is \$15 for a 20 minute chair massage or \$35 for a 45 minute table massage. Call 248.840.3460 to make an appointment. Walk-ins welcome if time allows.

## **OTHER ACTIVITIES**

**Birthday Party** - 1st Thursday 12:30-1 pm. No reservation required. Cakes donated by the Newcomers. Ice cream donated by Emerald Food Service.

**Book Club** - 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, August 1 - 6 pm at Logan's Roadhouse  
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, August 1 at Logan's Roadhouse at 86 W. 14 Mile at John R. Please RSVP to JoAnn Thompson 248.879.2637 or [Jat61@wowway.com](mailto:Jat61@wowway.com) by July 29. The group will have separate checks.



## Caregiver's Support Group

July 12 and August 9 (2nd Thursday)  
10-11:30 am

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

## Book Club

July 11 and August 8 (2nd Wednesday) - 10 am

Contact Corrine at 248.528.1508 for more information about the books to be discussed. New members welcome. \$20 annual participation fee; Resident discount \$15. Register for Act. #145200A or \$1.50 at the door (NR \$2).

## Line Dance Group

Wednesdays, 8-9:30 pm Studio C

Drop-in fee is \$3; Non-Res: \$3.50 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 the Hills Auditions To Be Held August 27

The Heart of the Hills annual musical variety show will return to the Troy Community Center in October. Watch for details in the September/October newsletter.

Auditions for this show will be held at St. Thomas Lutheran Church on 15 Mile Road just east of Van Dyke on Monday, August 27 at 10 am. For more information, contact Director Eileen Marshall at 248.681.2578.

## Red Hat Society

July 10 and August 14 (2nd Tuesday)

The Red Hats will hold a general meeting on July 10 at 1 pm at the Community Center. The August program will be announced at the July meeting. 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. 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.

## Annual Group Participation Fee

There is an annual participation fee for groups that meet at the Community Center. This fee covers the time period of September 1, 2012 - August 31, 2013 and is prorated monthly for those who join later in the year. Newcomers may attend their first meeting free.

**\$15 annual fee (\$20 NR) - Act. #145201**

A Book Club	D Red Hat Society
B Golden Choraliars	

**\$36 annual fee (\$46 NR) - Act. #145201**

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

\*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.

**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.)

*Creative Endeavors*  
*Gifts from the Heart*  
*at the Troy Community Center*

**Artist  
 Spotlight**



Meet Lori Miller. She has been sewing since she was 11 years old. One of our new artists, her handmade, sewn gifts have delighted friends and family for years. She brings her unique accessories of business card holders, notebooks and ipad covers to the shop.



She says, "I like fun fabrics and useful gift items!" Lori appreciates the idea that she can do something she loves and give back to the community at the same time.



Virginia Sinco brings the joy of crafting to her lovely one of a kind handbags and totes. Her inspiration for sewing came from her mother who she watched hand piece and hand sew many quilts. Virginia enjoys the creative process, seeking out special fabrics and watching the pieces come together for a stunning design.

She says "I love everything I make and it is often very hard to part with my creations!" When Virginia is not crafting or designing new projects, she loves to do ANYTHING but housework!



Creative Endeavors is a shop at the Troy Community Center showcasing the work of local artisans 50 and older who provide unique and delightful homemade gift items for sale. A true gem providing pottery, needlework, woodcarvings, clothing and more!



Find your Fitness at the  
**Troy Community Center**

with a

**FREE One-Week Pass\***

This is your chance to check out the Troy Community Center for free! This one-week pass can be used for the fitness area, open gym, open swim, and the locker rooms.

**Summer Hours:**

Monday-Thursday: 5:30 am - 10:30 pm  
 Friday: 5:30 am - 10 pm  
 Saturday: 7 am - 8 pm  
 Sunday: 8:30 am - 6 pm



**Troy Community Center, 3179 Livernois Rd, Troy  
 248.524.3484**

[www.troymi.gov/parksrec/communitycenter](http://www.troymi.gov/parksrec/communitycenter)

*\*One-week trial offer is valid for first-time TCC users only.*

**Coupon Expires 9/30/12**

**VACATION STAY**  
*for Seniors*

Call today to schedule  
 your personal visit or  
 for more information!



The summer months are a time to sit back, relax and unwind. And now's the perfect chance to enjoy the lazy days of summer at Clare Bridge and Wynwood Troy! There's no long-term commitment so stay for a week, make new friends and experience all that we have to offer.

*Respite stay starts at \$110 per day you'll enjoy:*

- *Completely furnished apartments (just bring your suitcase)*
- *3 Meals/day • Fabulous dining program*
- *Fun activities, educational programs, daily outings and/or events*

Register today to stay with us!



Your story continues here...  
[www.brookdaleliving.com](http://www.brookdaleliving.com)

CLARE BRIDGE® TROY  
 Alzheimer's & Dementia Care  
 (248) 267-9500  
 WYNWOOD® TROY  
 Personalized Assisted Living  
 (248) 952-5533



At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit [www.troycllc.org](http://www.troycllc.org).

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
145951A	T/Th	1-3 pm	7/10-19
145951B	M & W	1-3 pm	8/6-15
145951C	T & Th	1-3 pm	8/21-30

### 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
145973A	M & W	1-3 pm	7/23-8/1
145973B	M & W	6:30-8:30 pm	8/20-29

### 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
145952A	M & W	1-3 pm	7/9-18
145952B	M & W	6:30-8:30 pm	8/6-15

### Internet Using Internet Explorer

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

Act. #	Day	Time	Dates
145953A	T & Th	6:30-8:30 pm	7/24-8/2

### Windows 7

Prerequisite: Computers 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
145972A	M & W	6:30-8:30 pm	7/9-18

### 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
145954A	T & Th	9:30-11:30am	8/7-16

### 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
145967A	M & W	6:30-8:30 pm	7/23-8/1

### 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
145968A	T & Th	1-3 pm	7/24-8/2

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

### 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
145960A	T	6:30-8:30 pm	8/7
145960B	T	1-3 pm	8/14
145960C	Th	1-3 pm	8/16
145960D	M	1-3 pm	8/27
145960E	W	1-3 pm	8/29

### Scanning

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

Act #	Day	Time	Dates
145962A	M & W	1-3 pm	8/20-22

### 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
145963A	T & Th	9:30-11:30am	8/21-23

### 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
145969A	T & Th	1-3 pm	8/7-9

### Advanced PhotoShop Elements

Building on Basic Photoshop Elements, add impact to your photos with special effects, enhanced colors, framing, combining photos, creating panoramas, slide shows, photo galleries and more!

Fee: \$60; Non-Res \$70  
Dates 7/10-8/2

Act #	Day	Time
145970A	T/Th	9:30-11:30am

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

## TELL US WHAT YOU WANT

### Friends of Troy Seniors Survey

The Friends of Troy Seniors is a component of the North Woodward Community Foundation, a non-profit 501.c3 entity, and is operated solely by volunteers. We would like to know what seniors interests are and your response to this survey will assist us in planning activities and services. If you don't see a program that you want, please write it in.

- |   |   |
|---|---|
| <input type="checkbox"/> Annual Open House<br><input type="checkbox"/> Dances<br><input type="checkbox"/> Picnic<br><input type="checkbox"/> Dinner with an activity following<br><input type="checkbox"/> Movie Matinees<br><input type="checkbox"/> Senior Talent Show<br><input type="checkbox"/> Mah Jong<br><input type="checkbox"/> Poker<br><input type="checkbox"/> Day trips and extended travel program<br>Other _____<br>_____ | <input type="checkbox"/> AARP Safe Driving Program<br><input type="checkbox"/> Motivational Speakers<br><input type="checkbox"/> Cell Phone/Electronic Device Training<br><input type="checkbox"/> Health Screenings<br><input type="checkbox"/> Health & Nutrition Seminars<br><input type="checkbox"/> Consumer Education Seminars<br><input type="checkbox"/> Information about services for older adults<br><input type="checkbox"/> Rummikub<br><input type="checkbox"/> Sports: specify _____ |
|---|---|

What is your gender?                      Male                      Female

What is your age?                      50 to 70                      71 to 80                      Over 80

Optional

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Please mail, fax, or bring your survey to Friends of Troy Seniors at the Troy Community Center, 3179 Livernois Rd, Troy MI 48083; Fax: 248.689.6497

For more information or if you would like to join the Friends, contact the Friends office at 248.526.2608



**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 \$2 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



**SMART Connector** (866.962.5515) provides curb-to-curb advanced reservation service throughout Troy and to surrounding communities within an 8-10 mile radius (excluding Rochester/Rochester Hills). Call two days in advance but no later than 4 pm the day before you want a ride.

## Creative Endeavors

### Handmade Gifts and More

at the Troy Community Center  
inside the north entrance

**July and August Hours:**  
Monday - Friday 10 am - 2 pm

Evening and Sat. hours will  
return in September

## 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](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+ newsletter 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: \_\_\_\_\_



### Area Agency on Aging Offers Transportation Assistance

The Area Agency on Aging 1-B is proud to introduce myride2, a one-call, one-click mobility management service that is dedicated to helping seniors and adults with disabilities remain mobile for life. Whether you need information to assist you with continuing to drive safely, finding transportation resources, or scheduling rides, myride2 can help.

Those needing a ride can call myride2 toll-free, at 855.myride2 (855.697.4332) and a Mobility Specialist will find and coordinate transportation options. At [www.myride2.com](http://www.myride2.com), you can search for providers yourself, or request a ride online. You can also find driving tips, how to help older drivers, and other mobility information. This service is available in Oakland and Macomb counties, Monday-Friday from 8 am - 4 pm.

- myride2 does not provide the rides, but coordinates transportation options provided by others.
- It's best to call in advance. myride2 mobility specialists need at least two business days to find and coordinate rides.
- Although the myride2 service is free, there are various costs for the transportation itself.

### Blood Pressure Screenings

3rd Friday - July 20 and August 17 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.

Office: 248.680.8400 <a href="http://www.curtishuntmd.com">www.curtishuntmd.com</a>
<b>Curtis L. Hunt, MD</b> 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

### Free eBooks and Audiobooks through the Troy Public Library

If you are looking for eBooks or Audiobooks for your summer enjoyment, go to the Troy Library website at [www.troylibrary.info](http://www.troylibrary.info). The Troy Library website has a wide range of titles in eBook and Audiobook formats to download to your eReader or MP3 player. With an e-reader, type size can be customized to make reading easier. Using an MP3 Player, audiobooks can be downloaded and you can listen to someone read the book to you. This service is available free to library members 24 hours a day, seven days a week and can be accessed from your home computer. For more information, contact the Troy Library's Technology Center at 248.524.3542, or e-mail [techroom@troymi.gov](mailto:techroom@troymi.gov).

### Counseling with a Licensed Social Worker 2nd Thursday - July 12 and August 9 9 am-Noon - Room 403

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



### Troy Garden Club Walk Scheduled for July 11

The 38th Annual Troy Garden Club Walk is scheduled for Wednesday, July 11 from 9:30 am - 3 pm and 5 - 8 pm rain or shine. Tickets are \$10 in advance or \$12 the day of the walk. Tickets are available at the Troy Historic Village, Telly's Greenhouse, Auburn Oaks, and Uncle Luke's Feed Store. For more information, call 248.540.4249.

- 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).