



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

July/Aug 2013

## Ice Cream Social and Heritage Band Concert

Wednesday, August 21 - 7:30 pm  
Troy Community Center Room 304/305

This *FREE* event is co-sponsored by the Friends of Troy Seniors. Make your own ice cream sundae with a choice of a variety of toppings while enjoying a 90 minute concert by the Heritage Concert Band and a few games and prizes, too! Reservations are required and space is limited to 100. Register for **Act. #135914C**.



## How To Stay Fit and Enjoy Life

Thursdays, August 1 - 29 (5 weeks), 6:30-8 pm  
Troy Community Center Room 304

Back by popular demand. Denise Hubbard, RN with Cherrywood Nursing and Living Center, will help you jump start your fitness goals. She will help you track your weight loss and provide healthy snacks, a food scale, and prizes. Topics include portion control, eating out, diabetes risks, healthy meal prep, sodium and blood pressure, and lifestyle changes. Call 248.524.3484 or register online for **Act. 115927D** to reserve your spot for this *FREE* program.

### July Birthday Party Date Change

Since Emerald Food Service is closed on Thursday, July 4, the July birthday party and Chef's Choice lunch will be held on **Thursday, July 11**.

### 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!*



### Rite Aid Wellness Tour

Wednesday, July 10, 1:30-3:30 pm  
Troy Community Center Room 304

Rite Aid is coming to the Troy Senior Center. Join them on Wednesday, July 10 at 1:30 pm for a free wellness event that will help you live a better, healthier and more enjoyable life. Rite Aid will provide free health screenings including COPD, memory impairment, blood pressure and an opportunity to meet directly with a pharmacist to discuss medication and prescription issues and basic health questions. Be sure to join us for valuable information, as well as prizes, games and refreshments. Friends and family are all invited to this special event!

### Shoreline Trip Meeting

Thursday, July 11, 10 am  
Troy Community Center Room 402

Mike Bondy from Shoreline Tours will be at the Community Center to answer all of your questions about upcoming trips to **Yosemite** in September, **Cape Cod** in October, and **Hawaii** in November. See page 3 for more information on these trips.

### Grandparent Special Rate Package

July 21-27 at the Troy Community Center

Looking for a fun activity to do with your grandchildren? Visit the Troy Community Center between July 21 and July 27 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.

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**Recreation Dept. Hours**  
Mon-Fri, 8 am-8 pm  
Sat, 8:30 am-12:30 pm

**Fax**  
248.689.6497

**Medi-Go Plus Transportation**  
248.457.1100

**SMART Transportation**  
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)

**This newsletter is available  
online at**  
[troymi.gov/SeniorNewsletter](http://troymi.gov/SeniorNewsletter)

**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



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

Friday, November 1, 9 am – 3 pm - Act. #148925J

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 not handmade from your table - this is a craft show, NOT a flea market.)

### Hands-On Help with Facebook, Skype, Smart Phone and Other New-Fangled Programs

Wednesdays through August 14, 9:30 am - 12 pm

Troy Community Center Computer Lab

University of Michigan Student Saabir Kaskar will be in taking 15 minute appointments in the Computer Lab to help with these types of programs. Multiple times slots may be reserved (up to 3) on the same day. Bring your email address and password with you. **Call 248.524.3484 by Monday prior to schedule an appointment.** If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive.

### Executor Tasks & Estate Planning Seminar - Hosted by Ameriprise Financial

Thursday, August 15, 6:30 pm; Troy Community Center Room 305

During this workshop we will explain:

- What is Estate Planning
- How an Estate Plan can put you in control of your life decisions
- Avoiding Probate Delays and Expenses
- Preserving your Money for your Family and Charitable Causes
- Choosing the Right Options for your Beneficial IRA

There is no charge for this workshop, but please call Katie Brauer at 248.655.5037 or e-mail [katherine.m.brauer@ampf.com](mailto:katherine.m.brauer@ampf.com) to make a reservation.

### Social Security Workshop - Hosted by Ameriprise Financial

Thursday, September 19, 6:30 pm; Troy Community Center Room 305

During this workshop we will explain the following:

- Strategies on how to make the most of your Social Security benefits
- Future Benefit Projections
- Early & Delayed Collection Benefits
- Spousal, Survival, and Divorce Benefits

There is no charge for this workshop, but please call Katie Brauer at 248.655.5037 or e-mail [katherine.m.brauer@ampf.com](mailto:katherine.m.brauer@ampf.com) to make a reservation.

The Heart of the Hills Senior Players Present

## A Fractured Tale

Thursday, Oct 24 at 2 pm (Act. #145911S)

Friday, Oct 25 at 2 pm (Act. #145911T)

Saturday, Oct. 26 at 7 pm (Act. #145911U)

Troy Community Center Room 304/305

**A Fractured Tale** is a one and one-half hour musical comedy variety show with a live orchestra. Admission is \$14 in advance or \$16 at the door; \$10 for groups of 20 or more in advance. **Tickets go on sale September 1.** Online registration is not available.

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- Board buses at the north entrance of the Community Center.
- 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.

### Tall Ship Celebration in Bay City

Sun, July 14, 9:45 am - 7 pm Act. 148924A \$88; NR: \$93

Enjoy a three-hour brunch cruise aboard the Princess Wenonah with a close up view of the tall ships lining both sides of the river. Admission to the Maritime Festival is also included where optional ship tours are available. Identification is required to board the Princess Wenonah. Transportation is by motorcoach.

### Detroit Institute of Arts

Wed, August 14, 9 am-2 pm, Act. 148924C FREE!!!

As a result of the millage, the DIA is offering this free senior tour. Spend the first hour with a gallery guide followed by free time at the museum and time for lunch (on your own) at the museum cafe. Transportation by motor coach. Register by Aug. 7.

### The Price Is Right at Caesars Windsor

Wed., Aug. 21, 8:30 am-6:30 pm Act. 148924D \$23; NR: \$28

This trip includes admission to the 3 pm performance of *The Price is Right - Live* with many audience winners. Lunch is on your own at the casino. You will be asked birthdate, citizenship and name exactly as it appears on your id when you register. You must provide this information and bring a valid passport, passport card or enhanced driver's license with you. No refunds granted for failure to comply. Min. age: 19.

### Ann Arbor Ethnic Dine Around

Thurs, Sept. 12, 9:30 am-6 pm Act. 148924E \$74; NR: \$79

Enjoy a variety of appetizers at The Blue Nile Ethiopian Restaurant, choice of Shepherd's Pie, Corned Beef Reuben or Irish Fish and Chips at Conor O'Neill's Irish Pub, and dessert of Black Forest Torte served with coffee, tea or soda at Metzger's German Restaurant. Transportation is by motorcoach.

### Detroit Tigers Baseball

Thu, Sept. 19 - 11:45 am-5 pm; Act. 148924B \$43; NR: \$48

Seats are in Section 143 and include a voucher for a hotdog and soda. Transportation is by school bus.

### The Buddy Holly Story at the Macomb Center

Fri, Sept. 20 - 6:30-10:30 pm; Act. 148924F \$64; NR: \$69

Armed with his guitar, signature specs and rockabilly swagger, Buddy explodes onto the stage in a jukebox musical loaded with classics "Peggy Sue," "That'll Be the Day," and many more, with an encore that will have you dancing in the aisles! Transportation by school bus.

## EXTENDED TRIPS

- Register directly with the travel agent except Mackinac Island
- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center.**

### Grand Hotel - Mackinac Island - Sept. 24-27, 2013

Act. 148918F - \$767 pp double \$983 single \$706 triple

Includes:

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

A \$200 deposit is due upon registration. Balance due Aug. 12. No refund after Aug. 12 unless a replacement is found. **NON-RESIDENTS:** Add \$10. Under age 50 may attend if rooming with someone 50+. **Escort:** Nancy Thoenes.

### Canadian Rockies - August 13-19, 2013

\$2899 pp double, \$3689 single, \$2689 triple

Wait list only. Call Shoreline Tours: **800.265.0818.**

### Alaska Cruise - Sept. 14-26, 2013

\$3999-\$4999 double based on cabin. See brochure for rates.

Includes round trip air, seven night cruise, lodging, 22 meals, and sightseeing as detailed in the brochure. Call Group Tours International for reservations. **248.625.3645.**

### Yosemite National Park with Napa Valley Wine Country - Sept. 6-12, 2013

\$2599 pp double, \$3399 single, \$2399 triple

Includes round trip air Detroit to San Francisco, local motorcoach, six nights lodging (San Francisco, Yosemite, Lake Tahoe, Napa Valley), nine meals, and extensive sightseeing as detailed in the brochure including Fisherman's Wharf, the giant Sequoias at Yosemite, boat cruise on Lake Tahoe, Old Sacramento, and guided winery tour. Call Shoreline Tours for reservations. **800.265.0818.**

### Cape Cod & Martha's Vineyard - Oct. 6-12, 2013

\$1299 pp double, \$1759 single, \$1199 triple

Includes round trip motorcoach, six nights lodging, nine meals, and sightseeing as detailed in the brochure including Cape Cod National Seashore, whale watch expedition, Provincetown, Martha's Vineyard, Plymouth Rock and the Mayflower reproduction. Call Shoreline Tours for reservations. **800.265.0818.**

### Hawaii Pride of America Cruise - Nov. 14-24, 2013

Price varies based on stateroom choice

Includes round trip air, two nights Sheraton Princess Kaiulani and seven night cruise as detailed in the brochure. Call Shoreline Tours for reservations. **800.265.0818.**

**Indoor Drop-In Pickleball**

Fridays 50+ 10:30 am-3 pm. \$3 Senior Special rate extended to 3 pm for Pickleball only. Fitness Center access ends at 11:30 am as advertised. Free for Community Center pass-holders. We are asking that players limit play to a maximum of two hours, to help alleviate overcrowding.

**2013 Summer Outdoor Pickleball**

Pickleball lines have been painted on two tennis courts at Baker Middle School and two courts at Smith Middle School. Play is first come, first serve. There will be no organized mixers in Troy this summer, but the following times are suggested if you want to meet with other players:

Friday	5-7 pm	Baker MS
Sunday	5-7 pm	Smith MS

**Fall Pickleball Doubles Ladder Play**

These ladders meet at the Troy Community Center for 10 weeks.

Sundays, 6:15-8:15 pm, Oct 13 through Dec 15

Act #148998A - Deposit of \$25 due at registration.

Balance due Oct. 11 once actual number of players is determined.

**16 players - \$68; \$78 NR**

**32 players - \$56; \$66 NR**

Tuesdays, 1-2:30 pm, Oct 15 through Dec 17

Act #148998B - 16 players - \$34 - \$44 NR

Registration required. Play three games with three different partners. Ladder competition among individual competitors. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs will be needed. If you have questions contact Elaine T. at 248.524.3484. Equipment is provided.

**Senior Tennis League**

An informal senior tennis league meets on Tuesday and Friday mornings from 9 am - 11 am at Boulan Park through September. \$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.

**Gym and Fitness Area Closed for Annual Cleaning August 26 - September 2**

The gym will be closed August 26 and 27 for annual cleaning. The fitness studios will be closed August 28 - September 3 (subject to change) and all fitness classes will be cancelled during that time period.

**50+ Fall/Winter Volleyball**

Begins in September; Mondays 9:30 - 11 am

Senior volleyball players age 50+ are welcome to drop in and play volleyball on Monday mornings. Participants will need to be fitness center members, purchase a daily drop in pass or purchase a punch card to take part in this open recreation program.

**Chair Exercise**

Monday, Wednesday and Friday, 11-11:50 am. Purchase a \$31, 10-punch card at front desk (NR \$41)

**Stretch and Tone**

Monday and Thursday, 11-11:50 am. Purchase a \$31, 10-punch at front desk (NR \$41)

**Zumba Gold Dance Exercise**

Tue and Fri 10-10:50 am, Mon & Wed 7-8 pm

Fee: \$6; Non-Res \$7 payable 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

**Sports Leagues**

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

**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.

**Tennis** - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulan Park May-Sept. Contact Judy Luther at 248.879.9550 for more information.

**Pickleball** - Ladder play Fall & Winter Sundays evenings & Tuesday afternoons. See July/Aug & Nov/Dec Sr. Newsletters.

**Volleyball** - 55+-Tuesday mornings Oct. - March. Contact Dave Mattis at 248.649.1898 for more information about participating in this league.

**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 50+ 10:30 am - 3 pm, \$3. Maximum of two hours of play per person. Wednesdays: 7-8:30 pm \$7 (\$5 with punch card). NR \$10/\$8. Free for Community Center pass-holders.

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

- All classes meet at the Troy Community Center.
- Drop-in passes are \$6 (Non-Res \$7) unless noted.
- 10 visit drop-in punch cards are available for: Muscle Strengthening, Tai Chi, Pilates, Balance and Stretch, Yoga w/ Marie and Aqua Exercise.
- Summer classes continue through August. Classes below begin in September.

**Fitness RX Women on Weights with Barb**

Now on TUE and THU. Increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, improve balance and help prevent falls. Bring a mat and light (5 lb.) hand weights. Drop-in fee is \$10 per class (\$11 Non-Res).

Act #	Day	Time	Dates	Wks	Fee	NR
148989A	Tue	6-7 pm	Sep 10-Nov 12	10	\$61	\$71
148981A	Thu	6-7 pm	Sep 12- Nov 14	10	\$61	\$71
148989D	Tue	6-7 pm	Nov 19-Dec 10	4	\$28	\$38
148981B*	Thu	6-7 pm	Nov 21-Dec 19	4	\$28	\$38

\*no class 11/28

**New AM Fitness RX Women on Weights w/Heather**

Weeks: 10 wks/5 wks Drop in fee is \$10 per class (\$11 Non-Res).

Act #	Day	Time	Dates	Fee	Non-Res
148980A	Mon	7-7:50am	Sep 9-Nov 11	\$61	\$71
148980B	Wed	7-7:50am	Sep 11-Nov 13	\$61	\$71
148980C	Fri	7-7:50am	Sep 13-Nov 15	\$61	\$71
148980D	Mon	7-7:50am	Nov 18-Dec 16	\$31	\$41
148980E	Wed	7-7:50am	Nov 20-Dec 18	\$31	\$41
148980F	Fri	7-7:50am	Nov 22-Dec 20	\$28	\$38* 4 wks

**Fitness RX Barre Plus Class for age 45 and over**

Using the principles of low weights/high reps, this class will sculpt your abs, arms, thighs and glutes using weights, tubing, balls and a chair. Your results: increased muscular endurance, and tighter abs, glutes and arms. Bring 2-3 lb weights and a mat. Bands and balls will be supplied by the instructor. This class is designed for those age 45+ or deconditioned younger students.

Weeks: 10 wks/5 wks Drop in fee is \$10 per class (\$11 Non-Res).

Act #	Day	Time	Dates	Fee	Non-Res
148985A	Wed	1:15-2:15 pm	Sept. 11-Nov. 13	\$61	\$71
148985B	Wed	1:15-2:15 pm	Nov 20-Dec 18	\$31	\$41

**\*Muscle Strengthening with Rachel**

A total body workout using hand-held weights, tubing, and medicine balls. Weeks: 13. No class Nov 26 & 28

Act #	Day	Time	Dates	Fee	Non-Res
148975C	Tue	10-10:50 am	Sept 10-Dec 10	\$58	\$68
148975D	Thu	10-10:50 am	Sept 12-Dec 12	\$58	\$68

**Yoga with Marie**

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on. Weeks: 14. No class Oct 9 & 14

Act #	Day	Time	Dates	Fee	Non-Res
148977C	Mon	11-12:10 pm	Sep 9-Dec 16	\$62	\$72
148977D	Wed	11-12:10 pm	Sep 11-Dec 18	\$62	\$72

**Tai Chi Adv & Beg with Kim Cary / Int w/Keith**

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

Fee: \$62; Non-Res \$72 Weeks: 14

Act #	Level	Day	Time	Dates
148976D	Int	Mon	3-4 pm	Sep 9-Dec 9
148976E	Adv	Wed	1:45-2:45 pm	Sep 11-Dec 11
148976F	Beg	Wed	2:45-3:45 pm	Sep 11-Dec 11

**Aquatic Exercise with Jennifer**

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. No class Nov. 26 & 28.

Fee: \$136; Non-Res \$146 Weeks: 13

Act #	Day	Time	Dates
148978C	T&Th	9-9:50 am	Sep 10-Dec 12
148978D	T&Th	10-10:50 am	Sep 10-Dec 12

**Chair Yoga with Janeen**

An effortless arrangement of gentle stretches, breathing exercises and meditations utilizing a chair for assistance. A creative way to stretch out stress and reenergize, while building strength and endurance. No need to visit the floor.

Drop in fee is \$7.50 (\$8.50 Non-Res) Weeks: 7/8

Act.#	Day	Time	Dates	Fee	Non-Res
148984A	Tue	11-11:45 am	Sep 10-Oct 22	\$42	\$52
148984B	Tue	11-11:45 am	Oct 29-Dec 17	\$48	\$58

**\*Beginning Pilates with Ilene Hill**

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 functioning as a coordinated whole. Weeks: 14. No class Nov 25 & 27.

Act #	Day	Time	Dates	Fee	Non-Res
148982A	Mon	10-10:50 am	Sep 9-Dec 16	\$62	\$72
148982B	Wed	10-10:50 am	Sep 11-Dec 18	\$62	\$72

**\*Balance and Stretch with Ilene Hill**

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: 14. No class Nov 25 & 27.

Act #	Day	Time	Dates	Fee	Non-Res
148983C	Mon	9-9:50 am	Sep 9-Dec 16	\$62	\$72
148983D	Wed	9-9:50 am	Sep 11-Dec 18	\$62	\$72

**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: 12. No class Nov 26 & 28

Act #	Day	Time	Dates	Fee	Non-Res
148979A	T&Th	11-11:50 am	Sep 10-Dec 5	\$102	\$112

**\*This class is included in the Fitness Passport. Details available at the Community Center.**

**All classes meet at the Troy Community Center**



**Anyone Can Paint**

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like a 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
145933A	Thu, July 11	6-8 pm	"No One Home"
145933B	Thu, Aug 8	6-8 pm	"Back Forty"
145933C	Thu, Sept 12	6-8 pm	"Stone Bridge"

**Watercolor Painting Lessons**

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. Supply list is available on your receipt.

**Instructor:** Karen Halpern **Weeks:** 9 / 3 **No class Nov 27.**  
**Fee:** \$122 / \$45; Non-Res \$132 / \$55

Act. #	Day	Time	Dates	Wks
148971C	Wed	9:30 am-12 pm	Sep 11-Nov 6	9
148971D	Wed	9:30 am-12 pm	Nov 20-Dec 11	3

**Oil & Acrylic Painting**

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on receipt. **Fee:** \$66; Non-Res \$76 **8wks**

Act. #	Day	Time	Dates	Wks
148972A	Tues	12-3pm	Sep 10-Oct 29	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
148973A	Mon	Adv	9-9:50 am	Sep 16-Nov 18
148973B	Mon	Int	10-10:50 am	Sep 16-Nov 18
148973C	Mon	Beg	11-11:50 am	Sep 16-Nov 18

**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 **Fee:** Res \$62 Non-Res \$72 **14 wks.**

Act. #	Level	Day	Time	Dates
148974D	Beg	Tues	1:30-2:30 pm	Sep 10-Dec 10
148974E	Int	Tues	2:30-3:30pm	Sep 10-Dec 10

**Line Dance Lessons**

Mon and Wed, 12:30-2 pm; **Fee:** \$6; Non-Res \$7 at door

Connie will teach you the basic steps and combine them into a dance. Guys and gals of all levels are welcome. Beginners welcome at any time! No partner needed.



**Square Dance Lessons**

**Mondays 7-9:30 pm;** **Fee:** \$5; Non-Res \$6 payable at the door  
 Join us on Mondays from 7-9:30 pm for modern square dancing. Partners are recommended but not required. For more information, call Geoff at 248.547.3073.

**Drop In Ballroom Dance**

**Mondays & Wednesdays, 1-2 pm;** **Fee:** \$6; Non-Res \$7 at door  
 Always wanted to ballroom dance? Now's your chance! Join our group classes and learn a different Smooth, Rhythm, or Swing dance style each month. Study the steps and learn tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes. Come learn something new. **Mondays-July East Coast Swing 5 weeks, Aug. Rumba 3 weeks no class 8/26 Wednesdays-July-Cha-Cha 5-weeks, Aug. Hustle 3 weeks no class 8/28.**

**Zumba Gold Dance Exercise**

**Tue and Fri 10-10:50 am, Mon & Wed 7-8 pm**  
**Fee:** \$6; Non-Res \$7 payable 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.

**Teen-Adult Pottery**

Here is your chance to allow your creativity to flow while designing various clay projects. Each week learn new techniques and explore new methods. Tools and materials provided by instructor. Dress for mess. Material fee is separate. Pick-up projects after last class.

**Garden Art** –Spruce up your patio or flower beds with functional pottery pieces. Pots, stepping stones, wind chimes, bird feeders are just a few ideas.

**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:** Troy Community Center **Weeks:** 4

**Ages:** 14 and up **Time:** 7-9 pm **Fee:** Res. \$64 NR \$74

Act#	Themes	Day	Dates
134305D	Garden Art	Wed	7/24-8/14



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



OAKMONT

*Senior Communities*

## Oakmont Presents

Friends of Troy Seniors and Oakmont Senior Communities host Oakmont Presents, a series of informative monthly presentations. Programs are held at Troy Community Center on the 4th Thursday. Free Continental Breakfast: Register: 248-526-2608. To get a convenient parking space, arrive at 8:30 to 8:45 am. We'll have the coffee on.

### Successful Solutions for Solving Stress

THURSDAY July 25, 9-10 am, Room 302

Are you stressed? Do family and friends tell you need to take action to alleviate stress? Learn the sources, symptoms, and consequences of stress. Cognitive restructuring, along with tips on care giving will be addressed. Learn the ability to cope with both short and long term stressful situations. Come enjoy the positive effects of laughter as the best medicine. Nancy Piatek is a seasoned speaker with over 25 years in the health care industry.

### T-Mobile Presentation

THURSDAY, August 22, 9-10 am, Room 301

Join the specialists from T-Mobile to learn how to make the most of your wireless communication. T-Mobile USA is a national provider of wireless services. Discussion topics: Texting-Why and how; Calendar; Camera; Picture messaging; Alarms and reminders; Smartphones; What are apps and how can they help me; Touch screens; Q&A. Rodney Bowie-Retail Store Manager and Jason May-Retail Sales Associate at the Troy Commons location will demonstrate how wireless communication can help you stay in touch with the people in your life.

### Ice Cream Social August 21

Mark your calendar for a free Ice Cream Social co-sponsored by the Friends of Troy Seniors. See page 1 for details.

### Monthly Membership Meeting

We hold monthly meetings on the 3rd Thursday of each month at 1 PM in the Troy Community Center. Our next two meetings are scheduled for July 18 and August 15. Mark your calendar and plan to attend. We welcome your ideas and suggestions.

### Volunteers Wanted for Harvest Program

We need volunteers to sub for pastry pickups at Starbucks in Troy on Mon, Wed or Fri and deliver pastries to Room 402 in the Troy Community Center. If you can help, contact our office and leave a message for Irene.

## Volunteer Opportunities

We need individuals with leadership skills to fill the following voluntary positions:

**Chairman** – provides leadership and direction to the membership and presides over the board.

**Event Coordinator** – plans all events with board approval and supervises the event/project leaders – marketing technology skills required.

**Fund Raising Coordinator** – experience in fund raising and public relations required.

**Event/Project Leaders** – would work with the Event Coordinator in the execution of an event/project and assume a leadership role to see the event/project through to its completion.

**Office Volunteers** – flexibility to work “on call” to fill absences. Must have computer and good communication skills.

If you possess skills that will enhance these positions and would like the opportunity to work with a great group of volunteers, please contact our office to set up an appointment for an interview.

## Thank You Donors, Sponsors and Volunteers

We would like to thank the following businesses and individuals for their support:

**Community Garage Sale & Flea Market** – thank you to the vendors and volunteers who made the day a success and also  
- Dolly's Pizza at Rochester Rd/Wattles for supplying pizza  
- Starbucks Coffee, 5385 Crooks for their coffee

**Senior Picnic** – thank you to all of the volunteers and community center employees who helped bring the picnic together and to -  
- Emerald Kitchens for the food and especially to Kirt  
- Kiwanis Club of Troy for a generous donation  
- North Woodward Community Foundation for a donation  
- AJ Desmond & Sons for a gift card  
- Akler Eye Center for a donation  
- American House of Troy for a gift basket and gift card  
- Cherrywood of Sterling Hgts for a basket and gift card  
- Crittenton Home Care for a donation  
- HearUSA for a gift basket  
- Home Instead of B'ham for a gift card  
- Maggiano's for the donation of three gift cards  
- Oakmont Senior Communities for a gift card  
- Seniors Helping Seniors for a donation  
- The Chiropractic Studio Troy for four gift bags w/certificates

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-Fri 10 am - 1 pm

Closed July 4 and 5

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Veal Picata <sup>1</sup>	11:45 Sausage and Sauerkraut <sup>2</sup>	11:45 Hamburger <sup>3</sup>	<b>Center Closed Independence Day</b> <sup>4</sup>	11:45 NO LUNCH <sup>5</sup> 1:00 Bingo
11:45 Mac & Cheese <sup>8</sup>	11:45 Oven Fried Chicken <sup>9</sup> 1:00 Red Hat	10:00 <b>Book Club</b> <sup>10</sup> 11:45 Pork Chop 1:30 <b>Wellness Tour</b>	10-11:30 <b>Caregiver Support Trip Meeting</b> <sup>11</sup> 11:45 Chef's Choice 12:30 Birthday Party	11:45 Sloppy Joe <sup>12</sup> 1:00 Bingo
11:45 Spicy Pork Choppette <sup>15</sup>	11:45 Grilled Sweet & Sour Beef <sup>16</sup>	10-12 <b>Disk Erasure</b> <sup>17</sup> 11:45 Lemon Pepper Chicken	11:45 Meatloaf <sup>18</sup>	10-12 <b>Blood Pressure</b> <sup>19</sup> 11:45 Fish Creole 1:00 Bingo
11:45 Ginger BBQ Chicken <sup>22</sup>	11:45 Veal <sup>23</sup> 12:30-2 Focus Hope	9:30-12 <b>Computer Consultations</b> <sup>24</sup> 11:45 Chef's Selection	9:00 Stress Speaker <sup>25</sup> 11:45 Roast Pork	11:45 Sweet & Sour Meatballs <sup>26</sup> 1:00 Bingo
11:45 Lemon Ginger Chicken <sup>29</sup>	11:45 Spaghetti <sup>30</sup>	11:45 Baked Chicken Breast <sup>31</sup>	<h1>July</h1>	

<h1>August</h1>			11:45 Chef's Choice <sup>1</sup> 12:30 Birthday Party	11:45 Baked Fish <sup>2</sup> 1:00 Bingo
11:45 Sausage & Sauerkraut <sup>5</sup>	11:45 Veal Picata <sup>5</sup>	11:45 Chicken & Noodles <sup>7</sup> 6:00 <b>Restaurant Group</b>	10:00 Caregiver Support <sup>8</sup> 11:45 Hamburger	11:45 Mac & Cheese <sup>9</sup> 1:00 Bingo
11:45 Sloppy Joes <sup>12</sup>	11:45 Oven Fried Chicken Breast <sup>13</sup> 1:00 Red Hat	9:00 DIA Trip <sup>14</sup> 10:00 <b>Book Club</b> 11:45 Pork Chop	11:45 Roast Turkey <sup>15</sup>	10-12 Blood Pressure <sup>16</sup> 11:45 Lemon Pepper Fish 1:00 Bingo
11:45 Beef Hot Dog <sup>19</sup>	11:45 Grilled Sweet & Sour Beef <sup>20</sup>	8:30 <b>Price is Right Trip</b> <sup>21</sup> 10-12 <b>Disk Erasure</b> 11:45 Lemon Chicken 7:30 <b>Ice Cream Social</b>	9:00 <b>T-Mobile Speaker</b> <sup>22</sup> 11:45 Meatloaf	11:45 Sweet & Sour Meatballs <sup>23</sup> 1:00 Bingo
11:45 Veal <sup>26</sup>	11:45 Ginger BBQ Chicken <sup>27</sup> 12:30-2 Focus Hope	9:30-12 <b>Computer Consultations</b> <sup>28</sup> 11:45 Chef's Selection	11:45 Roast Pork <sup>29</sup>	11:45 NO LUNCH <sup>30</sup> 1:00 Bingo

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. Free.

**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. 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, 9 am - noon. Call 248-524-3484 by the Tuesday before to make a one-hour appointment. 1st visit is 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 pages 4 and 5.

**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. Beg. 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 248.689.3536 for details. \$18 (\$23 NR)

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

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

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

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

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

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

**Woodcarving Club** - Mondays, 8:30-11 am. Beginners and visitors welcome. Call 248.528.3292 for details.\*\*

**Massage Therapy**

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

**OTHER ACTIVITIES**

**Birthday Party** - 1st Thursday 12:30-1 pm. No reservation required. Cakes donated by the Newcomers. 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 - Free!!!** Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability.

**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 for 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 available Monday - Friday at noon. Call 248.689.0001.

**\*\*Participation Fee\*\***

Annual fee for Sept. 1 - Aug. 31 2013. Prorated monthly. (Act. #145201)

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 (Quilting: \$3/\$4). (Office note: Use POS 1206)

If you have an idea for a new club or group, please call Carla at 248.524.3492 to discuss the possibilities.



## Thursday Teas at Two at the Troy Museum

60 W. Wattled Rd.; 248.524.3570

Sip a cup of tea while enjoying legends and lore from cultures around the world. A different delightful topic each month! Presentations begin in Old Troy Church at 2 pm and last one hour. Guests are welcome to bring their own china cup and saucer if preferred.

### June 27: Tabloid Eleanor Tea

Join Anna Lopez for the sensational story of Eleanor Roosevelt. With her husband's affairs of the heart, her own close women friends, and her outspoken support of women's and African American rights, the tabloids would have had a field day with this First Lady.

### July 25: Emily Dickinson's Flowers

Did you know that famous poet Emily Dickinson was also an avid gardener? Annick Hivert-Carthew will look at how Dickinson's flowers and plants inspired some of her best verses, as well as her gardening methods, favorite flowers, and poems.

### August 29: Audubon Tea

It all started with bird plumes on hats! The National Audubon Society was officially established in 1905; its mission of protecting wild birds was advanced by state-level organizations for years before its founding. Join Linda Stuecher of Wild Birds Unlimited for the history of the Audubon Society—its origins, campaigns, and traditions.

**Fee:** \$7 per person includes admission. Register in advance as space is limited for this popular series. No refunds, no exchanges.

## Wayne State University INHALE Study Seeks Participants

INHALE, sponsored by the National Cancer Institute, is a research study aimed at identifying genetic and environmental causes of lung disease. The study seeks to learn why some people have lung health problems while others do not. If you:

- \* Are between 40-89 years old
- \* Are a current or former smoker (quit within 25 years)
- \* Have no previous cancer diagnosis
- \* Have health insurance (includes Medicaid or Medicare)

What you would do:

- \* 30-60 minute interview (can be scheduled at the Troy Community Center)
- \* Provide saliva and blood samples
- \* Have lung screening exams (breathing test & chest CT)

You will be compensated for your time. For more information or to enroll in the study, please call 1.866.828.2339 (toll-free)

## Things You Learn From a Dog

- Be loyal.
- Always be happy to see those you love.
- Play every chance you get.
- Avoid biting when a simple growl will do.
- Delight in the simple joys of a long walk.
- Never underestimate the power of praise.
- Never pass up the opportunity to go on a joy ride.
- Protect and defend those you love.
- Take naps and stretch before running.
- Scratch where it itches.
- Eat with gusto and enthusiasm.
- On hot days, drink lots of water and lie under a shady tree.
- When it is in your best interest, practice obedience.
- When loved ones come home, always run to greet them.
- If what you want lies buried, dig until you find it.
- When you're happy, dance around and wag your entire body.
- No matter how often you are criticized, don't buy into the guilt thing and pout. Run right back and make friends.
- When someone's having a bad day, be silent, sit close by and nuzzle them gently.

**"When it was time to find help for Dad, I made the best decision for all the right reasons."**



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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.troyclic.org](http://www.troyclic.org). To aid in planning your class choices, **Intro to Word Processing and Intro to Excel will only be offered three times each year.**

**Fee for classes below: \$42 Non-Res \$52 and each session is 2 hours/meets 4 times/2 wks.**

## Computers for Beginners 1

Just starting out with a new computer? Want to learn about that mouse, keyboard or computer screen? This class is for beginning computer users with little or no experience. Become familiar with your computer while building self-confidence with easy-to-learn lessons.

Act #	Day	Time	Dates
135951A	T & Th	9:30-11:30 am	7/9-18
135951B	T & Th	1-3 pm	7/23-8/1
135951C	T & Th	9:30-11:30 am	8/20-29

## Computers for Beginners 2

This course continues where Beg. 1 left off. Go beyond the basics with hands-on exercises to operate programs, work with files and folders and explore the Internet. Become comfortable changing your computer settings, visiting web sites, sending emails, making CD's and DVD's and much more.

Act #	Day	Time	Dates
135973A	M & W	1-3 pm	7/8-17
135973B	T & Th	1-3 pm	8/20-29

## Intermediate Computer Skills

Prerequisite: Computers for Beg 1 & 2 or some previous computer experience. This course introduces Windows, organizing files, word processing, spreadsheets (using Microsoft Office 2007), PowerPoint (signs and collages) and more.

Act #	Day	Time	Dates
135952A	T & Th	1-3 pm	7/9-18
135952B	M & W	1-3 pm	8/19-28

## Windows 8

Prerequisite: Computers for Beginners or some previous computer experience. Learn to use the Windows 8 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
135972A	M & W	6:30-8:30 pm	7/8-17
135972B	M & W	1-3 pm	8/5-14

## Computer Security and Internet Scams

Worried about viruses, spam or identity theft? Then this class is for you. It's a hands-on course to show you how to protect your computer and personal data. Learn powerful methods to back up your files and protect yourself from viruses,scams,spyware and other computer problems.

Act. #	Day	Time	Dates
135967A	M & W	6:30-8:30 pm	7/22-31

**Fee for classes below: \$21 Non-Res: \$26 and each session is 2 hours/meets 2 times in 1 wk. Exception: Email meets for 1/2 hour session.**

## Introduction to Scanning

If you own or are about to buy a scanner, take this class! You'll learn several important scanning techniques for pictures, photos and documents. Have fun and gain valuable hands-on experience with your own photos, slides and negatives using the classroom scanners.

Act #	Day	Time	Dates
135962A	T & Th	9:30-11:30 am	8/6-8

## E-Mail

A one-to-one two hour session with an instructor who will focus on your e-mail system and your specific needs. Lessons range from opening a new e-mail account through creating contact lists, adding attachments, sending and receiving pictures, etc. All major e-mail providers (AOL, Gmail, Hotmail, Outlook Express, Windows Live Mail, Yahoo) are covered.

Act #	Day	Time	Dates
135960A	Mon	1-3 pm	7/22
135960B	Wed	1-3 pm	7/24
135960C	Tue	1-3 pm	8/13
135960D	Thu	1-3 pm	8/15

## Basic Photo Shop Elements

If you own a digital camera or a scanner, you'll appreciate this class! Use Photoshop's tools to download, organize and edit your digital images. Learn how to fix photos with color, brightness or contrast problems. Develop the skills to print beautiful pictures, restore old photos and even create special projects like photo books and calendars.

**Wks: 4 Fee: \$60; Non-Res: \$70**

Act #	Day	Time	Dates
135959A	T & Th	1-3 pm	9/17-10/10

## Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, you can learn to add creative interest and impact to your photos. Create special effects, brighten colors, enhance portraits and even move objects from one photo to another. Design panoramas, slide shows, photo galleries and much more!

**Wks: 4 Fee: \$60; Non-Res: \$70**

Act #	Day	Time	Dates
135970A	M & W	1-3 pm	10/29-11/21

## Private Consultations

Meet with a Learning Center instructor on the **fourth** Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248-524-3484 by the Monday before to schedule an appointment. The fee is \$5 payable at the Community Center desk before your appointment. Please call to cancel if you cannot keep your appointment.

## Hard Drive Erasure

This free service is offered on the third Wed. from 10 am - noon in the computer lab. Prevent identity theft if you are throwing out or giving away your computer. Drop off just the computer or remove the hard drive and bring it in.

## FREE Drop-In Computer Lab

The computer lab is open for drop-in use on Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm subject to monitor availability.

## Hands-On Help with Facebook, Skype, Smart Phone and Other New Fangled Programs

**Day:** Wednesday

**Time:** 9:30 am - 12 pm

**Dates:** 6/12 - 8/14

**Location:** Troy Community Center Computer Lab

University of Michigan Student Saabir Kaskar is taking 15 minute appointments in the Computer Lab to help with these types of programs. Multiple times slots may be reserved (up to 3) on the same day. Bring your email address and password with you. **Call 248-524-3484 by Monday prior to schedule an appointment.** If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive.

## FAQs About Elder Abuse

### What is elder abuse?

Elder abuse includes physical abuse, emotional abuse, sexual abuse, exploitation, neglect, and abandonment. Perpetrators include children, other family members, and spouses—as well as staff at nursing homes and other facilities.

- Physical abuse means inflicting physical pain or injury upon an older adult.
- Sexual abuse means touching, fondling, intercourse, or any other sexual activity with an older adult, when the older adult is unable to understand, unwilling to consent, threatened, or physically forced.
- Emotional abuse means verbal assaults, threats of abuse, harassment, or intimidation.
- Confinement means restraining or isolating an older adult, other than for medical reasons.
- Passive neglect is a caregiver's failure to provide an older adult with life's necessities, including, but not limited to, food, clothing, shelter, or medical care.
- Willful deprivation means denying an older adult medication, medical care, shelter, food, a therapeutic device, or other physical assistance, and exposing that person to the risk of physical, mental, or emotional harm—except when the older, competent adult has expressed a desire to go without such care.
- Financial exploitation means the misuse or withholding of an older adult's resources by another.

### How many older Americans are abused?

Some estimates range as high as 5 million elders who are abused each year. One study estimated that only 1 in 14 cases of abuse are reported to authorities.

### Who are the abusers of older adults?

Abusers are both women and men. In almost 90% of elder abuse and neglect incidents, the perpetrator is a family member. Two thirds of perpetrators are adult children or spouses.

### What makes an older adult vulnerable to abuse?

Social isolation and mental impairment (such as dementia or Alzheimer's disease) are two factors. Recent studies show that nearly half of those with dementia experienced abuse or neglect. Interpersonal violence also occurs at disproportionately higher rates among adults with disabilities.

### What are the warning signs of elder abuse?

- Physical abuse, neglect, or mistreatment: Bruises, pressure marks, broken bones, abrasions, burns
- Emotional abuse: Unexplained withdrawal from normal activities, a sudden change in alertness, or unusual depression; strained or tense relationships; frequent arguments between the caregiver and older adult
- Financial abuse: Sudden changes in financial situations
- Neglect: Bedsores, unattended medical needs, poor hygiene, unusual weight loss

- Verbal or emotional abuse: Belittling, threats, or other uses of power and control by individuals

### What are the effects of elder abuse?

Elders who have been abused have a 300% higher risk of death when compared to those who have not been mistreated. While likely under reported, elder financial abuse costs older Americans \$2.9 billion per year. Yet, financial exploitation is self-reported at rates higher than emotional, physical, and sexual abuse or neglect.

### Are there criminal penalties for the abusers?

Most states have penalties for those who victimize older adults. Increasingly, across the country, law enforcement officers and prosecutors are trained on elder abuse and ways to use criminal and civil laws to bring abusers to justice.

### How does a person make an elder abuse report?

Anyone who suspects that an older adult is being mistreated should contact Michigan Adult Protective Services at 855.444.3911.

## Volunteers Make a Difference!

Communities are strengthened when people get involved, and volunteers gain valuable experience and meet others who share common interests and goals. Volunteering is good for your health, your mind, and your community! If you would like to share your time and talent, please call 248.524.3484 and ask for a senior program volunteer application. Opportunities include:

- **Computer Lab Instructors and Coaches:** Help seniors learn the basics of computer use as an instructor, as a coach who assists the instructor or as a drop-in lab mentor. Must be computer literate, but training is provided.
- **Program Leaders:** Many of our programs are lead by senior volunteers – card groups, craft clubs, musical groups, sports leagues – and more. Join a group and see where you can help, or let us help you start a new group!
- **Tax Counselors:** Help low-income seniors with their tax forms one day a week February – April at the Troy Community Center. Training provided by AARP.
- **SHARP Home Repair Program:** Provide basic home repairs for low-income Troy seniors and persons with disabilities. Co-sponsored by the North Woodward Community Foundation.
- **Homebound Meal Delivery:** Monday-Friday at 11 am. Donate one hour a week or one hour a month. Call 248.689.0001 for more information.
- **Creative Endeavors Senior Store:** Volunteers operate this store, which provides a venue for seniors to sell their handmade crafts. Sales staff usually works one shift per week and marketing help is also needed.
- **Friends of Troy Seniors:** See page 7.

**Assistive Listening Devices**

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

**Captioned Telephone** - Available at the Community Center for hard-hearing impaired persons to try out.

**Computer Lab - FREE** Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 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 12:30-2 pm. You must be 60 or older with a household income of \$1,211 per month or less (\$1,640 or less for a two person household – both can receive food). Apply at the Community Center front desk 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 \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 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 (NR \$10). 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

**Summer Hours:**  
Monday - Friday  
10 am - 2 pm

**248.526.5145**

**Vendors:** Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers pay a 30% commission. From this, the City pays the 6% sales tax and other operating expenses. For more information, call Carla Vaughan at 248.524.3492.

**Suggestion Box**

Program Suggestions: \_\_\_\_\_

Comments: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Please mail or drop off at the Troy Community Center, c/o Carla Vaughan or e-mail your suggestion to vaughancs@troymi.gov. Include name and phone for reply.



**Weather Cancellations**  
Call 248.689.9756 for weather cancellation information. Call after 4:30 pm for the status of evening programs.

**Registration Information**

Programs are for age 50 and older unless noted. Register at the Community Center, by mail using the form below, or online at [www.troymi.gov/recreationregistration](http://www.troymi.gov/recreationregistration). 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 if paid by cash or check. Credit card refunds take 2-3 business days. 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 \$24,850 or less (\$28,400 for two people) can receive a 25% discount on 50+ classes or gardens OR a 15% discount on Community Center membership - limit one active discount per session . 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/](http://www.troymi.gov/) and click on the box at the top center of page. 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 25th 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. #135000K.**

**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

Coming Thursday, Sept. 19:  
**Blackthorn Concert**  
Watch for details and registration information  
in the Sept./Oct. newsletter. Registration  
begins August 28.

### Counseling with a Licensed Social Worker

2nd Thursday - July 11 and Aug. 8 9 am-Noon - Room 403  
Feeling down, overly anxious, or worried about the future?  
Facing challenges related to changes such as moving, the loss of  
a significant person or relationships with adult children? Speak  
privately with a licensed social worker from Oakland Family  
Services' older adult counseling program. Call 248.524.3484  
**by the Tuesday before** to schedule a confidential one-hour  
appointment. Your first visit is free. Medicare and supplemental  
insurance will be billed for additional appointments.

Home visits and Oakland Family Services office appointments  
are also available. Medicare & supplemental insurance coverage  
may apply. Call 248.858.7766, Ext. 267 to schedule a home or  
office-based session.

### Blood Pressure Screenings

3rd Friday - July 19 and August 16  
10 am - Noon, Room 402  
The Friends of Troy Seniors offer 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  
www.curtishuntmd.com

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

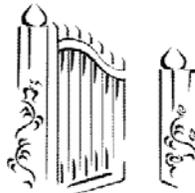
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2888 E. Long Lake Road, Suite 110  
Troy, MI 48085

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

Advertisement



### Troy Garden Club Walk Scheduled for July 10

The 39th Annual Troy Garden Club Walk  
is scheduled for Wednesday, July 10 from  
9:30 am - 3 pm and 5 - 8:30 pm rain or  
shine. Tickets are \$10 in advance or  
\$15 the day of the walk. Tickets are available at the Troy  
Historical Museum, Telly's Greenhouse, Auburn Oaks,  
and Uncle Luke's Feed Store. For more information, call  
248.540.4249.

**Park it** **FREE!**  
**Family Fun Nights** **FAMILY FUN NIGHT!**

LIVE MUSIC  
KID ACTIVITIES  
MOVIES UNDER THE STARS  
GIVEAWAYS

Tuesday, August 20  
Boulan Park

Event Starts: 6:00 pm  
Live Music: 6:30 pm  
Movie: 8:15 pm

Thank you to our community sponsors  
DETROIT ZOO metro PCS ZTE  
Wireless for All.

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- To advertise in this newsletter, contact Carla Vaughan at [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov).