



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Sept/Oct 2013

## Blackthorn Concert

Thursday, September 19, 7-8:30 pm

Troy Community Center Room 304/305

Fee: \$6 in advance; \$7 at the door if available. We expect a sellout. Purchase tickets at Community Center desk.

Enjoy traditional songs of emigration, sea shanties, lively jigs and reels, and ancient airs combined with some of Ireland's best contemporary songs. Band members play multiple instruments, including wooden flute, accordion, tin whistle, five string banjo, and cittern, bones, complimenting the lead vocals of Belfast native Richard McMullan and the band's four part harmony. Includes free munchies with pop available for purchase. This concert is co-sponsored by the Friends of Troy Seniors. **All ages invited!**

## Document Shredding

Tuesday, October 1, 9-10 am; Fee: \$2 per person\*

Troy Community Center - North Parking Lot

The Absolute Shreds truck will be in the north parking lot of the Community Center for ON SITE SHREDDING during this one-hour time slot only. This event is limited to private individuals with 3 - 4 boxes per household. Any type of **paper** document can be shredded - staples or paper clips need not be removed. Shredding is offered twice a year with the next event in the spring. Sponsored by the Friends of Troy Seniors.

\*Friends members pay \$1. If you are a member but don't have a card or if you want to become a member, stop by the Friends office in the Troy Community Center (M-F, 10 am - 1 pm). Membership is free. Call 248.526.2608 for details.

## How To Stay Fit and Enjoy Life

Thursdays, Sept. 26 - Oct. 24 - (5 weeks), 1-2:30 pm

Troy Community Center Room 301 (303 on Oct. 17 & 24)

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 this FREE program. **Act. #115927E.**

## Cuba and Portugal Trip Meeting

Wednesday, Sept. 18, 6:30-8 pm

Troy Community Center Room 304

Ed McKenna from Collette Tours will be at the Community Center to answer all of your questions about upcoming trips to **Cuba** in April and **Portugal** in November 2014. See page 3 for more information on these trips. Book early and save!

## 2014 Changes To Medicare

Thursday, September 19, 10 -11 am

Troy Community Center Room 305

Every year, there are changes to Medicare that every recipient needs to understand. The annual enrollment period is just around the corner, from October 15 through December 7, when recipients can change their health or drug plans. Join the Area Agency on Aging for this session on the changes to Medicare, the Part D drug plans, and how the Affordable Care Act will change Medicare in 2014.

## Medicare Prescription Drug Enrollment Days

Fridays, Oct. 18 and Nov. 15, 10 am - 3 pm

Troy Community Center Computer Lab

The Area Agency on Aging 1B will hold Medicare enrollment days for the Medicare Part D Prescription plans. They will navigate through the many plans to help you make an informed decision about which plan to choose. Even if you already have a Medicare Drug Plan, there may be changes that affect how much you pay for your prescriptions and you should review your plan. Bring your current medications with you so that they can be sure to get the correct spelling and dosage. **Call 800.852.7795 to schedule an appointment.**

## Flu Shot Clinic

Tuesday, Oct. 8, 10 am - 1 pm

Troy Community Center Room 304/305

The Oakland County Health Division will offer flu shots recommended for ages six months and older. Bring picture ID with current address and Medicare/Medicaid card for billing. For those without Medicare/Medicaid, the fee is \$20.

To preregister, visit [www.oakgov.com/health](http://www.oakgov.com/health) beginning in mid-September. You will need your Medicare (Part B) or Medicaid card or a credit card. For more information, call the Oakland County Nurse on Call at 800.848.5533. This event is co-sponsored by the Friends of Troy Seniors.

### Inside . . .

Computer Learning Center .....	12
Creative Arts Classes .....	6
Fitness .....	5
Friends of Troy Seniors.....	7
Group News .....	10
Ongoing Activities .....	9
Services .....	14
Sports .....	4
Trips .....	3

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**SMART Transportation**  
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**Emerald Kitchens**  
(Meals on Wheels)  
248.689.0001

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

**Friends of Troy Seniors**  
248.526.2608

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**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

The Heart of the Hills Senior Players Present

### **A Fractured Tale**

Wednesday, Oct 23 at 2 pm (Act. #145911S)  
Thursday, Oct 24 at 2 pm (Act. #145911T)  
Friday, Oct. 25 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 15.** Online registration is not available.

### **Mouth Organ Grinders Performance**

Monday, October 7, 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a free harmonica performance in honor of Columbus Day.

### **Social Security Workshop - Hosted by Ameriprise Financial\***

Thursday, September 19, 6:30 pm; Troy Community Center Room 301

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, and 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.

### **Pain - What Is My Body Really Telling Me? - FREE Lunch Included\***

Thurs, Sept. 26, 10:30 am - 12:30 pm; Troy Community Center Room 302

Announcing - New Troy Office For Gregg Chiropractic Life Centers and Michigan Disc & Spine - 215 E. Big Beaver, Troy, MI 48083.

Dr. James Gregg D.C., President and Founder of Gregg Chiropractic Life Centers and Michigan Disc & Spine, a noted local and national speaker on health and wellness issues, will present his seminar *Pain - What Is My Body Really Telling Me?* followed by a Q and A session addressing your health questions. His team will provide individual painless and non-invasive computerized health screenings that will immediately detail any current health issues. Lunch will be provided courtesy of Gregg Chiropractic Life Centers and gift cards will be raffled off. Reservations are required. Register online or call 248.524.3484 and ask for **Act. #145909B**. Register by Sept. 25.

### **The Basics of Alzheimer's Disease\***

Presented by Always Best Care Senior Services of Troy and Estate Planning Professionals  
Tuesday, Sept. 24, 9-11 am; Troy Community Center Room 304

A representative from the Alzheimer's Association - Greater Michigan Chapter will discuss symptoms and effects of AD and other types of dementia, causes and risk factors, benefits of early detection, how to address a diagnosis of AD, stages of the disease, treatment, and how the Alzheimer's Association can help.

Caregivers: learn how to plan for the future and daily care for dementia patients, presented by Always Best Care Senior Services of Troy. Also learn about what legal documents you need in place to protect your assets, presented by Estate Planning Professionals. Continental breakfast will be served. Please RSVP by September 20 to Nita at 248-525-3466 or Laura at 586.604.7112.

\*These workshops are presented for educational purposes only and are not to be considered an endorsement by the City of Troy

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- 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.

### 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  
Call 248.524.3484 for availability.

### Dakota Inn Oktoberfest

Thu, Oct. 10, 11 am - 3 pm; Act. 148924J \$29; NR: \$34  
Eighty years later, Detroit's only authentic German restaurant/bar is going strong. Lunch choices are: Bavarian Bratwurst Plate, German Knackwurst Plate or German Meatballs (choose entree upon registration), all served with dessert and non-alcoholic beverage (cash bar available). After lunch, enjoy a sing-a long and Schnitzelbank. Transportation by school bus.

### Henry Ford 150th Birthday Tour

Wed, Oct 16, 7:30 am-5:30 pm; Act. 148924G \$69; NR: \$74  
Narrator Steven Stanford will chronicle the Ford Motor Company founder's fascinating life story as you tour sites throughout Dearborn and Detroit pertaining to Ford's life and the evolution of his company. This will include a guided tour of the Ford Piquette Plant, the national historic landmark where the Model T was born. Lunch at Maccabees at Midtown is included. Indicate choice of The Lone Ranger (brisket wrapped in a potato pancake), The VB Blanket (chicken salad on brioche), Deli Basic reuben or Cobb Salad. Transportation by motor coach.

### 100 Years of Broadway at the Fox Theater

Sun, Nov. 3, 12:15-6:15 pm; Act. 148924H \$80; NR: \$85  
We will start with lunch at Traffic Jam & Snug in Detroit where you will have a choice of Madras Meatloaf, Londontown Fish & Chips, Vegetarian Spinach Lasagna, Chicken Pot Pie or Pot Roast, all served with salad, bread, beverage and homemade cookie from their bakery. Then it's on to the 3 pm performance of *100 Years of Broadway* where we have main floor seats. Transportation by motor coach.

## 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  
Wait list only. No refund unless a replacement is found.

**Escort:** Nancy Thoenes.

**Departure Meeting:** Tues, September 17, 10 am, Rm. 503

### 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.**

### Rediscover Cuba – April 27-May 5, 2014

\$4369 per person double, \$4769 single

Round trip transfers from Troy, airfare, 9 days, 17 meals, and extensive sightseeing as outlined in the brochure available at the Community Center. Book by Sept. 27 and deduct \$100 from price listed above. Call Group Tours International for reservations. **248.625.3645**

### Portugal and Its Islands – Nov. 7-19, 2014

\$4249 per person double, \$4899 single, \$4219 triple

Round trip transfers from Troy, airfare, 13 days, 18 meals, and extensive sightseeing as outlined in the brochure available at the Community Center. Book by May 7 and deduct \$250 from the price listed above. Call Group Tours International for reservations. **248.625.3645**

### Cuba & Portugal Trip Meeting

Wednesday, Sept. 18, 6:30-8 pm

Troy Community Center Room 304

Ed McKenna from Collette Tours will answer all of your questions.

### Niagara Falls Festival of Lights - December 2-3

\$209 pp double, \$269 single, \$189 triple

Includes round trip motorcoach transportation, one night at the Hilton Fallsview with breakfast buffet, sightseeing tour of Niagara Falls, Rockway Winery, and the Festival of Lights. Call Shoreline Tours for reservations. **800.265.0818.**



### 50+ Fall/Winter Volleyball

Begins September 9; 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.



### 50+ Prepaid Drop-In Badminton

Mondays, 2-3:30 pm, Oct. 7 - Nov. 25 (8 weeks)

Troy Community Center Gym - North Court

Four courts available. Limited to 20. Preregistration required. Fee is \$24 for 8 weeks (NR \$29). Register for **Act. 145944A**. Equipment provided or bring your own racquet.

### 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. **Play will begin at 11am on 11/29/13, 12/27/13 and 1/3/14.**

### Fall Pickleball Doubles Ladder Play

Sundays, 6:15-8:15 pm, Oct 13 through Dec 15 (All ages)

**Act #148998A** - Deposit of \$25 due at registration. Balance due Oct. 11 once 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 (50+ only)

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

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

### 2014 Golf League Registration Begins Nov. 1

Players returning to these Monday and Wednesday morning leagues may register beginning November 1. New players may register beginning December 1. Look for details in the November/December newsletter.

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

Details are posted at the Community Center

### 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.

### 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)

### Senior Tennis League

This league is for men and women 55 and older. Organized round-robin play is held at the Troy Racquet Club at 3400 Civic Center Drive. Doubles partners will be provided. NO REFUNDS unless a replacement is found. **Weeks: 17**

**Register at the Troy Racquet Club 248.528.3400.**

Day	Dates	Time	Fee	Non-Res
Wed	Sept 18-Jan. 15	1-3 pm	\$183	\$193

### Sports Leagues

**Bowling** - Mondays and Thursdays, 12-2:30 pm at Thunderbird Lanes, Sept. - April. Points for beating own average. \$5 per week. 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.

**Volleyball** - Mondays, 9:30-11 am, Sept. - March

- 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.

**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
145933C	Thu, Sept 12	6-8 pm	"Stone Bridge"
145933D	Thu, Oct 10	6-8 pm	"Autumn Walk"
145933E	Thu, Nov 14	6-8 pm	"Chilin at the Beach"

**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

Act. #	Day	Time	Dates	Wks
148972A	Tue	12-3 pm	Oct 1-Nov 19	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	Tue	1:30-2:30 pm	Sep 10-Dec 10
148974E	Int	Tue	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.

**Drop In Ballroom Dance**

Mondays & Wednesdays, 1-2 pm; Fee: \$6; Non-Res \$7 at door

Always wanted to ballroom dance? Join our group classes and learn a different Smooth, Rhythm, or Swing dance 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.

**Mon:** Sept. Merengue 4 wks ; Oct. Waltz, Cha-Cha (2 wks each)  
**Wed:** Argentine Tango 5 weeks; Oct. Rumba, Am. Tango (2 wks each)

**Beginning Harmonica Lessons**

Learn the basics. A \$20 materials fee which includes a book with CD and DVD and a harmonica is due to the instructor at the first class. Instructor Jerry Coval directs the Troy Harmonica Band. Adults of all ages welcome.

Act#	Day	Dates	Time	Fee	Non Res
145002B	Mon	9/16-11/04	11 am-Noon	\$48	\$58

**Square Dance Lessons Begin Sept 9**

Mondays, 7-9 pm \$5 per person (NR \$6) payable at the door  
Join us for beginning square dance lessons. New dancers in September and your first lesson is free. Partners recommended but not required. Experienced dancers will assist. For more information, call Geoff at 248-547-3073.

**Friday Night Sq. Dances** - Every third Friday, November - May 7:30 to 9:30 pm in the studios upstairs at the Troy Community Center. Fee: \$4. Call Janet at 248.952.1466 for details.

**Teen – Sr. Adult Pottery**

Join our resident artist Jan Lindell-Meinhard, Master of Arts, to create beautiful pottery. Tools and materials provided. Dress for mess. Pick-up projects after last class.

**Free Form** – Allow your creativity to flow while designing various clay projects. Each week learn new techniques and explore new methods. Each session focuses on different themes.

**Tiles and Mold** – Create your own architectural tile from mold through glazing using "Arts and Craft" tile styles.

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

**Weeks:** 4 **Ages:** 14 and up **Fee:** Res. \$64 NR \$74

Act#	Themes	Day	Dates	Time
144305D	Free Form	Wed	9/11-10/2	7-9 pm
144305E	Tiles & Mold	Wed	10/16-11/6	7-9 pm
144305F	Free Form*	Wed	11/20-12/18	7-9 pm

\* No class 11/27

**Clay Projects - for Seniors**

Tap into your creative side. Work with clay and glazes to design beautiful pottery. Three different clay projects! Instructor: Jan Lindell-Meinhard, Bachelor of Fine Arts and Masters of Arts Wayne State University Material Fee: \$15 (paid to instructor 1st week) **Weeks:** 4 **Ages:** 50+

Act#	Day	Dates	Time	Res	NR
144305J	Tue	9/10-10/1	10:30am-12pm	\$48	\$58
144305K	Tue	10/15-11/5	10:30am-12pm	\$48	\$58
144305L	Tue	11/19-12/10	10:30am-12pm	\$48	\$58



# 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.

### Hungry For Change

Thursday, September 26, 9-10:30 am, Room 305

Ilene Hill, author of *Life Stinks* and *Then You Live*, will present the film *Hungry for Change* and lead a discussion following the film. Nutritional consultants James Colquhoun and Laurentine ten Bosch have teamed up with the world's leading experts in nutrition and natural medicine to create this how-to guide for breaking free from the diet trap. The film exposes the truth about the diet industry and the dangers of food addictions, and enables you to take charge of your health and strengthen your mind and body. NOTE extended time for this program only.

### Color Your Ancestor Alive

Thursday, October 24, 9-10 am, room 305

This one hour session with Karen Krugman of Michigan Professional Genealogy will show you how to enrich the stories of your ancestors. *Color Your Ancestor Alive* is about all the things that go on between the birth & death dates and how to find them. It's about finding records that bring your ancestor to life - personal descriptions, personality, religion, parties, celebrations and so much more. And yes, it can be done!

## Lunch & Learn - Health Care Reform and How It Impacts You

Mon, Oct. 14, 11:30 am, Troy Community Center Room 402

Donna Craig, a registered nurse and attorney, will inform us of the health care changes to come in 2014 and how it will impact us. This lunch is made possible through a grant from the North Woodward Community Foundation and will be co-sponsored by Oakmont Senior Communities. A pizza lunch with salad, dessert and beverage will be served at this is a free event but reservations are required. Register by Wednesday, October 9. Call 248.526.2608 or stop by our window to register.

## Troy Family Daze Festival Sept. 12-15

The Friends of Troy Seniors are entering a decorated scarecrow for this year's contest at the festival. Stop by the display and vote for your favorite scarecrow which hopefully will be ours!

## Monthly Membership Meetings

The next two meetings will be held on Thursdays, Sept. 19 and Oct. 17 at 1 pm at the Troy Community Center.

## Volunteer Opportunities

We are looking for individuals with leadership skills to fill the following voluntary positions in our organization:

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

**Event Coordinator** – plans events with board approval and supervises the event/project leaders. Marketing and 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.

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 at 248.526.2608 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:

**American House Troy** – Thank you for the generous donation of a new Dell laptop for use in our office. We are very grateful for this donation.

**Ice Cream Social** - Oakmont Senior Communities Sterling Heights – Thank you for your donation of ice cream and toppings to make sundaes at our recent Ice Cream Social. Also thank you to your volunteers who gave of their time to help scoop ice cream and helped in every way to make the event a success.

**Heritage Concert Band** – Thank you to everyone for donating your time to perform again at this year's recent Ice Cream Social. You provided an enjoyable musical evening.

**Volunteers and Troy Community Center** - Thank you to our own volunteers and to the members of the Troy Community Center who gave of their time and expertise for this event.

## Friends Receive Grant from the North Woodward Community Foundation

Our heartfelt thanks go out to this foundation for their confidence in our fledgling group. We will use the grant wisely in support of our food related programs for the seniors.

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)

Hours: Mon-Fri, 10 am - 1 pm

Closed Aug. 30 and Sept. 2

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Center Closed Labor Day</b> (Fitness area open 7-2)	3 11:45 Veal	4 10:00 <b>Book Club</b> 11:45 BBQ Chicken	5 11:45 Chef's Choice 12:30 <b>Birthday Party</b>	6 11:45 Breaded Fish 1:00 Bingo
9 11:45 Veal Picata	10 11:45 Sausage and Sauerkraut 1:00 Red Hat	11 11:45 Hamburger	12 9:30 AA Dine Around 10-11:30 <b>Caregiver Support</b> 11:45 Mac & Cheese	13 11:45 Oven Fried Chicken 1:00 Bingo
16 11:45 Beef Hot Dog	17 10:00 <b>Mackinac Departure Meeting</b> 11:45 Roast Turkey	18 10-12 <b>Disk Erasure</b> 11:45 Sloppy Joes 6:30 <b>Cuba &amp; Portugal Meeting</b>	19 10:00 <b>Medicare Changes</b> 11:45 Pork Chop 11:45 <b>Tiger Game</b> 7:00 <b>Blackthorn Concert</b>	20 10-12 Blood Pressure 11:45 Lemon Baked Fish 1:00 Bingo 6:30 <b>Buddy Holly</b>
23 11:45 Spaghetti	24 11:45 Lemon Pepper Chicken 12:30-2 <b>Focus Hope</b>	25 9:30-12 <b>Computer Consultations</b> 11:45 Sweet & Sour Beef	26 11:45 Chef's Selection	27 11:45 Meatloaf 1:00 Bingo
30 11:45 Baked Chicken	<h1>Sept.</h1>			

<h1>Oct.</h1>	1 9-10 <b>Document Shredding</b> 11:45 Chicken & Noodles	2 10:00 <b>Book Club</b> 11:45 Sweet & Sour Meatballs 6:00 <b>Restaurant Group</b>	3 11:45 Chef's Choice 12:30 <b>Birthday Party</b>	4 11:30 Breaded Fish 1:00 Bingo	
	7 10:30 <b>Mouth Organ Grinders</b> 11:45 Chili with Rice	8 10-1 <b>Flu Shots</b> 11:45 BBQ Chicken 1:00 <b>Red Hat</b>	9 11:45 Veal	10 10-11:30 <b>Caregiver Support</b> 11:00 <b>Dakota Inn</b> 11:45 Sweet & Sour Chicken	
	14 11:45 <b>Pizza Lunch &amp; Learn - see page 7</b>	15 11:45 Sausage & Sauerkraut	16 7:30 <b>Henry Ford Trip</b> 10-12 <b>Disk Erasure</b> 11:45 Mac & Cheese	17 11:45 Oven Fried Chicken	18 10-12 <b>Blood Pressure</b> 10-3 <b>Medicare Enrollment</b> 11:30 Lemon Baked Fish 1:00 Bingo
	21 11:45 Roast Turkey	22 11:45 Sloppy Joes 12:30-2 <b>Focus Hope</b>	23 9:30-12 <b>Computer Consultations</b> 11:45 Pork Chop 2:00 A Fractured Tale	24 11:45 Chef's Selection 2:00 A Fractured Tale	25 11:30 Beef Hot Dog 1:00 Bingo 7:00 A Fractured Tale
	28 11:45 Spaghetti	29 11:45 Lemon Pepper Chicken	30 11:45 Sweet & Sour Beef	31 11:45 Meatloaf	

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday.  
Suggested donation: \$3.50. 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.\*\*

**Red Hat**

2nd Tuesday, 1 pm. Call 248.524.1108 for details

**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.\*\*

**HEALTH SCREENINGS**

**Blood Pressure Screenings**

3rd Friday, 10 am - Noon. Room 402. Drop-in. Free. Sponsored by FOTS.

**Hearing Screenings**

2nd Friday, 10 am - Noon. Room 402. Drop-in. Free. Sponsored by FOTS.

**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.Call 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.\*\*

**SPORTS AND FITNESS**

For ongoing sports and fitness activities, see pages 4 and 5.

**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** - 1st 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: \$3.50. (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 2014. Prorated monthly. (Act. #145202)

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

\*\$12 annual participation fee; Non-Res: \$17.

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

\$60 annual fee to participate in as many groups as you want; Non-Res: \$70

**OR**

\$1.50 per meeting drop-in fee; NR \$2 (Quilting: \$3/\$4). (Office note: Use POS 1206)



# Creative Endeavors

## Handmade Gifts and More

at the Troy Community Center  
inside the north entrance

Open Monday - Friday 10 am - 2 pm and  
Wednesday and Thursday 5-9 pm

**248.526.5145**

Visit our expanded  
Michigan themed  
section



### Now at Creative Endeavors:

Michigan college and pro team:

- Jewelry
- American Girl and Barbie clothes
- Dog coats and bandanas
- Playing cards
- Aprons

Michigan books and novelties



### Reverse Mortgages: Your Questions Answered!

Why should anyone consider a reverse mortgage? Are they a scam? Reverse mortgages attract a lot of attention, but many people are still confused about them. That's why unbiased counseling is so critical—and required.

The National Council on Aging is a federally approved counseling provider. For answers to some top questions about reverse mortgages and finding a reverse mortgage counselor, visit the NCOA website at [www.ncoa.org](http://www.ncoa.org) and click on [reverse mortgages](#) on the homepage.

### Counseling with a Licensed Social Worker

Feeling down, overly anxious, or worried about the future? Facing challenges related to events 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 248.624.3812, x206 to schedule a confidential one-hour appointment at their office or in your home. This is a paid benefit through your Medicare and supplemental insurance.

**The counselor will no longer be visiting the Troy Community Center.**

### Are you a Samsung Note, S3 or S4 Smartphone or Tablet user?

Attend free classes at the Best Buy Store at 32320 John R, south of 14 Mile Rd on Tuesdays and Saturdays at 12 pm. This is a two part class with the Intro class covering an overview of the pre-installed software on your device as well as set-up, content transfer, and Samsung Hub and Apps info. It also includes a walkthrough of the camera and video features. The Advanced class shows how to customize your screens and settings, multitasking and home convergence, as well as Samsung WatchON and HomeSync. Come back again and again as many times as you would like. This class is not sponsored by the Troy Recreation Department. It is offered by Samsung in cooperation with Best Buy.

### Tax Aide Volunteers Needed

The Tax-Aide Program is a cooperative effort between the ARRP Foundation and the IRS in partnership with community senior programs. Tax-Aide volunteers are being recruited now to provide free tax preparation services to low and moderate income seniors. Taxes will be prepared each Friday at Troy Community Center from February 7 through April 11, 2014. Volunteers will receive free training in tax law and form preparation. In addition, there will be IRS tax software computer training classes on Fridays for four weeks in January. Volunteers are required to volunteer a minimum of one day each week. Training will start in the first week of January.

*To volunteer, please contact William LaRue at 248.765.6180 by December 1.*

### Financial Information Without the Pressure

Tuesday, October 15, 10 am - 12 pm

This free seminar, sponsored by the Oakland County Senior Advisory Council will be held at Walsh College Troy Campus, 3838 Livernois. Topics include savings/checking account fees and auto bill pay, reverse mortgages and estate planning. Seating is limited. Call 248.858.4902 for reservations or visit [www.oakgov.com/seniors](http://www.oakgov.com/seniors).



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
135951D	M & W	1-3 pm	9/16-25
135951E	T & Th	9:30-11:30 am	10/15-24

**Computers for Beginners 2**

This course continues where Beginners 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 websites, sending emails, making CD's and DVD's and much more.

Act #	Day	Time	Dates
135973C	T & Th	9:30-11:30 am	9/17-26
135973D	M & W	1-3 pm	10/28-11/6

**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) and more.

Act #	Day	Time	Dates
135952C	T & Th	9:30-11:30 am	10/1-10

**Intro to Word Processing**

This course is designed for people who want to learn the essential features of Microsoft Word, the popular word processing software. You will gain the skills to create all kinds of documents, from letters to professional papers. Learn how to set margins, insert pictures, check spelling, print documents and much more.

Act #	Day	Time	Dates
135954A	M & W	1-3 pm	9/30-10/9

**Windows 8**

Prerequisite: Computers for Beginners or some previous computer experience. Learn to use the Windows operating system (Windows 8) to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more!

Act. #	Day	Time	Dates
135972C	M & W	6:30-8:30 pm	9/16-25

**Intro to Power Point** An introduction to Microsoft's PowerPoint software that can be used for presentations, picture collages, to display your vacation pictures or present any subject.

Act #	Day	Time	Dates
135961A	T & Th	1-3 pm	10/15-24

**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
135967B	M & W	6:30-8:30 pm	10/7-16

**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/two 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
135962B	T & Th	9:30-11:30 am	10/29-31

**E-Mail**

This course is a one-on-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
135960E	Tue	6:30-8:30 pm	9/17
135960F	Wed	6:30-8:30 pm	10/2

**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. **No Friday lab Oct. 18 and Nov. 15.**

**Basic PhotoShop 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	T & Th	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. These appointments are to help you with your personal computer use, not for business purposes. Please call to cancel if you cannot keep your appointment. No refunds.

**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.



*Oppenheimer & Co. Inc. is pleased to invite you to attend a presentation on*

## **Securing Your Retirement**

Transforming Social Security Into A Winning Retirement Strategy

*Hosted by:*

**Mark Baniszewski**

Senior Director – Investments  
Oppenheimer & Co. Inc.

*Oppenheimer is a leading investment bank and  
full-service investment firm tracing its roots to 1881.*

*Featured Speaker:*

**Steven Kingsley**

Investment Management Consultant  
BlackRock

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**Wednesday, September 18, 2013**

**6:30 – 7:30 PM**

**Troy Community Center, Room 305**

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Attending this seminar will familiarize you with the fundamental rules of Social Security. This information should better prepare you to recognize the options and benefits available, and to help you work confidently with your Financial Advisor in making the most suitable collective decision towards your retirement plan.

*Seating is limited.*

Please RSVP by calling (248) 593-3712 or email [caitlin.falenski@opco.com](mailto:caitlin.falenski@opco.com).

Oppenheimer & Co. Inc. does not offer legal or tax advice.  
Oppenheimer & Co. Inc. Transacts Business on All Principal Exchanges and Member SIPC.

**Assistive Listening Devices**

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

**Captioned Telephone** - Available at the Community Center for 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

**Open Monday - Saturday**  
10 am - 2 pm and **Wednesday**  
and **Thursday 5-9 pm**

## 248.526.5145

**Vendors:** Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers retain 70% of the selling price. 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

## Computer Lab Open House

Sept. 9-13, 1-3 pm, Troy Community Center Rm 301  
The Troy Senior Computer Learning Center is offering this series of **FREE** workshops open to ages 50 and older. Pre-registration recommended Monday - Thursday.

- Mon, Sept. 9 **Buying A New Computer**  
Act. 145950A Upgrade vs buy  
Local store vs. online  
Operating systems: what's new?  
How much memory?
- Tue, Sept. 10 **So You Have a Digital Camera. Now What?**  
Act. 145950B What are all these buttons for?  
Getting photos out of the camera  
Sharing photos: e-mails, slide shows, etc.  
Color, lighting, special effects  
Printing and displaying your photos
- Wed., Sept. 11 **Windows 8 .**  
Act. 145950C New interface  
Changes from XP and Windows 7  
Creating a back-up copy  
Compatibility with older printers/scanners
- Thu., Sept. 12 **Email Tips & Suggestions**  
Act. 145950D Organizing mail  
SPAM  
Antivirus to scan email,  
Clicking on links from unknowns  
Major providers
- Fri., Sept. 13 **Speak to the Geezer Computer Geek**  
Individual consulting in the computer lab.  
First come, first served in room 405.

## Free Leaf Clean-Up for Low-Income Seniors

Troy People Concerned is linking low-income Troy seniors age 60+ with community groups volunteering to provide free leaf raking. Seniors on the City's home chore program or with a lawn service may NOT participate. Seniors who have family members able to rake their leaves are also ineligible. Raking takes place in late November when all the leaves are down. You must provide the bags and clean up dog waste, and make sure your house is numbered! To participate, call 248.528.9199 by October 1 and indicate how many trees you have in your yard.

**Volunteers Needed!** Volunteers wishing to help rake leaves should call Troy People Concerned at 248.528.9199.

## Annual 50+ Craft Show

at the Troy Community Center  
Friday, November 15, 9 am –3 pm

Act. #148925J; Fee: \$15 per 6 ft table (NR \$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.)

## Purse, Tote, Wallet and Scarf Sale

Friday, November 15, 9 am - 1 pm

Brought to you by the Friends of Troy Seniors in conjunction with the craft show. Donate gently used purses, totes, wallets and scarves for this sale. Items can be dropped off at the Community Center front desk through November 13.

**SHOPPERS:** The \$2 admission will admit you to both sales. Mark your calendar!

Office: (248) 680-8400  
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Internal Medicine - Adult Primary Care

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Troy, MI 48085

Diplomate, American Board of Internal Medicine  
Medicare Participating Provider

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Serving the Troy Community for over 15 years

- 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).