



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

June 2015

Community Wide

Garage Sale and Flea Market

Saturday, May 30, 9:30 am - 3 pm

Liberty Center Parking Garage

(Just south of the Troy Community Center)

Register now for this year's garage sale and flea market!!! Clean out your closets and garage and turn your discards into \$\$\$CASH\$\$\$.

Act. #	Unload Time
128994Q	7:30-8 am
128994R	8-8:30 am
128994S	8:30-9 am

**Shoppers:
Admission is \$2.
Under 12 free.**

Grand Hotel Mackinac Island - Oct. 6-9, 2015

Act. #148918J - \$804 pp double \$1028 single \$738 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.

Drive Up On Your Own Option

Drive up on your own and meet the group at the boat dock.

Act. #148918K - \$704 pp double \$928 single \$638 triple

A \$200 deposit is due upon registration. Balance due Aug. 11. No refund after Aug. 11 unless a replacement is found.

Shall We Dance Drop-In Ballroom Dances

Second Thursday of Every Month!!!

June 11, July 9, Aug 13, Sept 10, Oct 8...

7-9:30 pm; Troy Community Center Room 304/305

Fee: \$6; \$7 NR; High School Students: \$3; Pay at door

Brought to you through the efforts of James Savage, the Friends of Troy Seniors, American House Troy, Emerald Foods and the Troy Recreation.



Made in Michigan Mosaic Class

Monday, June 15, 1-3 pm

Troy Community Center Room 401

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create beautiful mosaic masterpieces.

Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace.

DIA Essentials

Tuesday, June 16, 1 pm

Troy Community Center Room 303

A speaker from the Detroit Institute of Arts will explore select DIA artworks to help you gain an appreciation of the diversity, quality, and world-class status of the museum's collection.



Then, you may want to follow up with our free June 30 bus trip to the DIA. See page 3 for details.

FREE Hands-On Technology Help

Help with Facebook, Skype, Email, Instagram and More

Tue & Thu, 3:30-6 pm / Sat. 9-11:30 am; May 5 through 30

Troy Community Center Computer Lab

High School student Cynthia Xiong will take 30 minute appointments in the Computer Lab to help you with these technologies.

Contact Elaine Torvinen at 248.524.3483 for more information.

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Troy Recreation Department

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Sat, 8:30 am-12:30 pm

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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

This newsletter is available online at

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

Grandparents Raising Grandchildren Support Group

Monday, June 15, 9:30-11:30 am; Troy Community Center Room 302

This group is sponsored by the Oakland Livingston Human Service Agency and the Area Agency on Aging 1-B. The group meets in a different Oakland County location each month, and the June meeting is in Troy. Speaker Angie Gullekson, Public Health Educator with the Oakland County Health Division will talk about Medication Compliance-Storage, Disposal and Unintentional Abuse Presentation. All seniors are invited to attend.

In addition, meet fellow grandparents who share similar experiences for support and to find out about free services for grandparents age 55 and older who are raising grandchildren in the Oakland County area. Reservations are not required. Contact Lisa Grodsky at 248.209.2622 or Lisag@olhsa.org for more information.

Take Me Out to the Ballgame

Saturday, June 13, 1 pm at the Troy Community Center

Celebrate the City of Troy's 60th birthday by bringing the family out to enjoy a vintage baseball game between the Rochester Grangers and their opponent. Players will use vintage equipment (no gloves!) and wear vintage uniforms. The Troy Heritage Band will provide musical entertainment, and a variety of food trucks will be on hand. Bring your lawn chair and head over to the west lawn of the Troy Community Center for this free event.



Celebrate Troy's 60th Birthday

Saturday, June 20 | 4 - 11 pm | Boulan Park

Schedule of Events 4 - 7 pm

Sugarbush Farm's Farmer Joe with his Petting Farm

Oakland County's Obstacle Course, Climbing Tower & Bouncers

Clowns Patty Cake & FlapJack * FacePainting * Birthday Cake * Police & Fire Vehicles

Beaumont Hospital's Helicopter, Ambulance & Fun Info Booths

Photo Station * Dan the Creature Man - Live Animal Show * Old Fashion Fun & Games

4 pm: Athens High School Spirit Band

4:30 pm: Crossroads Family Band

5:30 pm: Police K-9 Demo

7 pm: Carl Cafagna & Soundlove Concert

9 pm: "Drive-In" Movie - Disney's *McFarland USA*

Event Sponsored by

Beaumont | CHILDREN'S HOSPITAL



E-News Updates

If you get the *Fifty Forward* newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the homepage of the City web site at www.troymi.gov. Click on the subscribe box at the top center of the page. Enter your e-mail address and click on SUBMIT. Confirm your e-mail address and click on SUBMIT. Then, in the Parks and Recreation section, select Troy Fifty Forward News & Updates and any other newsletters listed there that you want to receive. Click on SUBMIT.

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

Jackson Historic Prison Tour

Tue, June 16, 8 am - 6:15 pm; Act. 148926U \$97; NR: \$102

This trip includes the "Jacktown: The History of Michigan's First State Prison" presentation, and a visit to the old prison, now Armory Arts Village, where you will hear more tales of prison history while visiting the old solitary area and shop at the artist's gift shop. Lunch at Steve's Ranch (choose roast beef and cheese on kaiser roll, roast turkey on whole wheat, or vegetarian wrap when registering) and ice cream at The Parlour are included. Transportation is by motorcoach for this Bianco Tour.

Detroit Tigers Baseball

Thu, June 25, 11:45 - 5 pm; Act. 148926Z \$53; NR: \$58

We are offering one game this year. Seats are in Section 142 and include a voucher for a hot dog and soda. All ages welcome! Transportation is by school bus.

Detroit Institute of Arts

Tue, June 30, 10 am-2:30 pm; Act. 148926BB FREE!!!

As a result of the millage, the DIA is offering another free senior tour. Spend the first hour with a gallery guide followed by free time at the museum and lunch (on your own) at the museum cafe. If you want to see the special Diego Rivera & Frida Kahlo Exhibit you will need to purchase a separate \$14 ticket for the 1 pm time slot. It is recommended that you purchase these tickets ahead of time - go to DIA.org to order tickets. Transportation by motorcoach. Learn more about the DIA prior to your visit by attending the June 16 talk. See page 1 for details.

Motor City Casino

Thu, July 9, 10 am - 4 pm; Act. 148927G \$25; NR: \$30

Everyone will receive a players club card with \$30 in reward play (added to the Club Metro Player's Card) good for any slot machine. You must bring a valid photo ID to receive this incentive. The casino reserves the right to change or discontinue the package without notice. Transportation is by motorcoach for this Bianco Tour.

Jewels of Detroit

Wed, Aug. 12, 8:15 am - 5:15 pm; Act. 148927B \$68; NR: \$73

This trip includes: a two-hour narrated tour of Fort Wayne; bus ride around Belle Isle with a tour of the aquarium; lunch at Maccabees at Midtown (Choose The Lone Ranger (beef brisket wrapped in a potato pancake), VB Blanket (chicken salad on brioche), Deli Basic (corned beef on rye), Cobb Salad, or Veggie Wrap upon registration); ice cream at Ben & Jerry's and time to check out Campus Martius. Transportation is by motorcoach for this Bianco Tour.

Extended Trips

- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center or attached to the weekly e-news letter.**

Quilt Gardens Tour - July 6-7, 2015

Includes one night in Ekhart, Ind., 3 meals, and sightseeing. Call Bianco Tours at 734.946.7021 for more information and to register.

Oregon Coast/Pacific Northwest - Aug. 8-17, 2015

\$3299 per person double, \$4449 single, \$3179 triple

Roundtrip air, motorcoach touring, nine nights lodging, 13 meals, and extensive sightseeing including Seattle, Timberline Lodge, Redwood National Park, "Avenue of the Giants," and San Francisco. Call Shoreline Tours for reservations. **800.265.0818.**

Lake Geneva, Wisconsin - Sept. 2-4, 2015

\$569 per person double, \$699 single, \$529 triple

Roundtrip motorcoach, two nights lodging, five meals, sightseeing including Lake Geneva Ice Cream Social Cruise, Dancing Horses Dinner Show, Landmarks Tour at SC Johnson Company, and more. Call Shoreline Tours for reservations. **800.265.0818.**

Italian Lakes, Greek Islands & Venice

Sept. 2-14, 2015; \$4746 per person double, \$6046 single*

Includes a 7-night Eastern Mediterranean cruise. 13 days, 26 meals, and visits to Lago Maggiore, Como, Stresa, Greek Islands, Corfu, Santorini, Mykonos, Olympia, Venice, and Murano Island. Call Group Tours International for reservations. **248.625.3645.**

***Inside cabin rate. Additional category rates - see brochure.**

National Parks of the West - Sept. 15-22, 2015

\$2899 per person double, \$3749 single, \$2639 triple

Roundtrip air, motorcoach touring, seven nights, 12 meals, sightseeing including Canyonlands, Arches, and Mesa Verda National Parks. Call Shoreline Tours for reservations. **800.265.0818.**

Nashville & Memphis – Sept. 28-Oct. 3, 2015

\$1180 per person double, \$1515 single, \$1080 triple

Round trip motorcoach, five nights, seven meals, tours of Nashville and Memphis, Grand Ole Opry performance, Graceland tour and more. Call Shoreline Tours for reservations. **800.265.0818.**

Vermont-New Hampshire - Oct. 10-17, 2015

\$1799 per person double, \$2379 single, \$1659 triple

Roundtrip motorcoach, seven nights, 14 meals, sightseeing including Green Mountain Flyer Rail Journey, Castle in the Clouds, Finger Lakes region, cruises on Lake Winnepesaukee and Lake Seneca, and more. Call Shoreline Tours for reservations. **800.265.0818.**

Northern Michigan - Oct. 12-14, 2015

\$475 per person double, \$575 single, \$462 triple

Includes round-trip motorcoach, 2 nights in Petosky, 6 meals, and sightseeing. Call Bianco Tours at 734.946.7021 to register.

- **All classes meet at the Troy Community Center.**
- **Drop-in passes are \$6 (\$7 NR) unless noted.**
- **10 visit Punch cards available for: Muscle Strengthening, Tai Chi, Pilates w/Ilene, Balance and Stretch, Yoga w/ Marie, Ivy's Pilates and Aquatic Exercise. \$60/\$70 NR**
- *** = Fitness Passport class. Details at the Community Center.**

Fitness RX Women on Weights

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 lbs.) hand weights.

Weeks: 10 **Drop in fee:** \$10 per class (\$11 NR).

Act #	Day	Time	Dates	Fee	NR
138981A	Tue	6-7 pm	Jun 16-Aug 18	\$61	\$71
138981B	Thu	6-7 pm	Jun 18-Aug 20	\$61	\$71

*** Muscle Strengthening with Rachel**

This total body workout strengthens and tones muscles using a variety of resistance equipment, including hand weights, tubing and medicine/therapy balls. Functional exercises improve muscle endurance, balance and core strength. Modification and progression cues to most exercises also provided. **Weeks:** 10

Act #	Day	Time	Dates	Fee	NR
138975A	Tue	10-10:50 am	Jun 16-Aug 18	\$48	\$58
138975B	Thu	10-10:50 am	Jun 18-Aug 20	\$48	\$58

Tai Chi with Keith (Mon) and Kim (Wed)

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 Advanced. **Weeks:** 8

Act #	Day	Level	Time	Dates	Fee	NR
138976D	Mon	Int	3-4 pm	Jun 15-Aug 3	\$40	\$50
138976E	Wed	Mixed	1:45 pm	Jun 17-Aug 5	\$40	\$50

Two 6 week sessions for beginners will be offered in the Fall.

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:** 8. **No class 7/1 & 7/6.**

Act. #	Day	Time	Date	Fee	NR
138977A	Mon	11-12:10 pm	Jun 15-Aug 10	\$40	\$50
138977B	Wed	11-12:10 pm	Jun 17-Aug 12	\$40	\$50

Ivy's Pilates

Have a ball with Ivy's Pilates! Join in in the chair or on the ball to strengthen your center, lengthen your limbs, lubricate your joints and improve your balance. You are guaranteed to conclude each class with an enhanced sense of life! Light weights and small balls will be used for muscle strength and endurance. **Weeks:** 10

Act #	Day	Time	Dates	Fee	NR
138979A	Tue	11-11:50 am	Jun 16-Aug 18	\$48	\$58

Aquatic Exercise with Ivy

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. Resident online registration began May 18. Resident walk in registration began May 19. Non-residents registration began May 21. Returning students changing time slots must register as new. Those who have paid for most recent session (SP 2015) are given priority in registering.

Weeks: 10 **Fee:** Free HAP Sponsored

Act #	Day	Time	Dates
138978A	T & Th	9-9:50 am	Jun 16-Aug 20
138978B	T & Th	10-10:50 am	Jun 16-Aug 20

*** Beginning Pilates with Ilene Hill**

Improve 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:** 10

Act #	Day	Time	Dates	Fee	NR
138982C	Mon	10-10:50 am	Jun 15-Aug 17	\$48	\$58
138982D	Wed	10-10:50 am	Jun 17-Aug 19	\$48	\$58

*** 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:** 10/8*(no class 7/3)

Act #	Day	Time	Dates	Fee	NR
138983A	Mon	9-9:50 am	Jun 15-Aug 17	\$48	\$58
138983B	Wed	9-9:50 am	Jun 17-Aug 19	\$48	\$58
138983C*	Fri	9-9:50 am	Jun 26-Aug. 21	\$40	\$50

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out stress and reenergize, while building strength and endurance. No need to visit the floor! **This class is not offered in the Summer.**

Zumba Gold Toning

Tuesdays 10-10:50 am; \$6; NR \$7 at door

Combine the international rhythms of Zumba Gold® with the strength-training techniques of Zumba® Toning, for an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners. Use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, strengthen and tone, and improve mobility, posture, coordination and cognition. Toning sticks are available for purchase for \$15 from the instructor, or bring personal hand weights, less than 3 lbs.

Zumba Gold Dance Exercise

Fri 10-10:50 am, Wed 7-8 pm \$6; NR \$7 at door

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

Stretch and Tone: Mon & Thu, 11-11:50 am.

Chair Exercise: Mon, Wed, & Fri, 11-11:50 am.

Purchase a \$31, 10- punch card at front desk (NR \$41) that can be used for either of these classes.

Indoor Drop-In Pickleball

Mon. Daytime**	11:30 am-3 pm	Senior Special
Wed. Evening	6-8:30 pm	All Ages
Fri. Daytime	10:30 am-3 pm	Senior Special

Four courts are available for play. All sessions free to Fitness Center pass holders. All others drop in pass rates apply. Res. \$7/visit or \$50 for a 10 visit punch card, NR Employee \$8 visit or \$70 for a 10 visit punch card, NR \$10 a visit or \$80 for a 10 visit punch card. \$3 Senior Special rate extended to 3 p.m. for Pickleball and Fitness Center access. Equipment provided. ****Drop-in play on Mondays ends mid June. On July 1, the Senior Special rate will increase to \$4.**

**New to Pickleball??? FREE Lessons
Royal Oak Outdoor Courts– Whittier Park Pickleball
Complex, E. Farnum Ave (North of 11 Mile and east of
Main), Tuesdays at 6:30 pm, June 2 – 30**

If you would like to learn how to play pickleball, come to Whittier Park on Tuesday evenings. Lessons/equipment will be provided for ages 10 and older. Just come with court shoes with a smile. Questions? Please contact Chuck Dominick at chuckrun39@yahoo.com or 248.224.5188.

For more information on other pickleball happenings go to the Michigan Pickleball Newsletter found at <http://mipickleball.usapa.org>.

**Rochester Hosts MSO Pickleball
Tournament**

The Michigan Senior Olympics Pickleball Tournament will be held in Rochester August 10-13, 2015. The registration deadline is July 17, but register by June 5 for a chance to win many great prizes. Visit the MSO website at www.michiganseniorolympics.org for more information on the age divisions and schedule. Register online or call 248.608.0252.

Senior Tennis League

An informal senior tennis league meets on Tuesday and Friday from 9 - 11 am at Boulan Park. \$3 per person per session paid at the courts (exact change appreciated). Reservations are not required. For more information, call Judy Luther at 248.879.9550.

50+ Volleyball**Monday and Thursday, 9:30 - 11 am**

Join other seniors for drop-in volleyball at the Troy Community Center on Mondays and Thursdays from 9:30-11 am Sept through mid June. Free for Fitness Center pass holders. All others: Drop-in fee applies.

For more information about joining Troy's 55+ volleyball team that plays in the Oakland County league, contact Dave Mattis at 248.649.1898. These league games are held on Tuesday mornings from October through March.

2015 Troy 50+ Golf Leagues

The leagues, which play nine holes on Monday and Wednesday mornings at Sylvan Glen are full, but subs are needed. Use the activity numbers below to register as a sub.

Act. 1489860: Mon. sub list

Act. 1489870: Wed. sub list

For more information, please contact:

Mon.:	John Ranieri	248.641.8720	
	Bill Bimbi	248.318.0365	bill.bimbi@yahoo.com
Wed.:	Tony D'Amico	248.250.6116	tonygolf362@gmail.com
	Judy Pearl	248.641.9346	pearlja8@gmail.com

Michigan Senior Olympics**2015 Summer Games for men and women 50+**

**Aug. 7-15 (see exceptions below) at various Oakland
County locations. Registration deadline: JULY 16!**

The events include: archery, basketball, badminton, bowling, bocce ball, cycling, dancesport, disc golf, golf, horseshoes, pickleball, powerlifting, road races, racquetball, shuffleboard, swimming, table tennis, triathlon, tennis, softball, track & field and racewalk (8/23) and volleyball. MSO membership (\$25) is required. Call 248.608.0250 for more information or visit www.michiganseniorolympics.org.

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 begins in November.

Pickleball - Ladder play fall and winter on Friday & Sundays evenings and Tuesday afternoons.

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. For more information, call Judy Luther at 248.879.9550.

Drop-In Sports

Badminton - Fridays, 8-10:15 am, \$3. Mondays, 2-3:30 pm. Free for Fitness Center pass holders. All others drop in fees apply. Equipment provided.

Bocce - Outdoor, seasonal. Equipment provided during Community Center hours.

Pickleball - Offered at various times throughout the week - see the Community Center calendar for details. Senior special \$3 on Mondays 11:30 am-3 pm & Friday from 10:30 am - 3 pm.

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

Volleyball - Mondays and Thursdays, 9:30-11 am, Sept. -mid June. Free for fitness center pass holders. All others drop-in fee applies.

All classes meet at the Troy Community Center



Anyone Can Paint

New Lower Price!!!! Join award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in one class. He demonstrates and paints right along with the class. An 11 x 14 completed painting will be accomplished by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$24; NR \$29

Act #	Date	Time	Subject
145932M	Thu, Jun 11	6-8 pm	Abandoned Farm
145933A	Thu, Jul 9	6-8 pm	My Special Place
145933B	Thu, Aug 13	6-8 pm	Stumped

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. **Weeks:** 9

Act #	Day	Time	Dates	Fee	NR
138971A	Wed	9:30 am-12 pm	Jun 17-Aug 12	\$124	\$134

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on your receipt. The eight week sessions are held fall, winter and spring on Tuesdays from 12-3 pm. **No summer class.**

Teen-Adult Pottery

Join our resident artist to create beautiful pottery. For participants ages 14 and older, Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class.

Instructor: Jan Lindell-Meinhard, BA and MA, Wayne State
Materials Fee: \$25 (paid directly to instructor 1st week)
Location: Troy Community Center **Weeks:** 4 **Fee:** \$64; NR \$74

Act#	Day	Dates	Time	Theme
134305C	Wed	6/17-7/15*	7-9 pm	Tiles & Mosaics
134305D	Wed	7/22-8/12	7-9 pm	Garden Art

*No class July 1

Private Swim Lessons Available at the Troy Community Center and Aquatic Center

These lessons are available for all ages and are held at the outdoor Aquatic Center in the summer and at the Community Center the rest of the year. Rates are \$35 for a 1/2 hour lesson (NR \$45), \$45 for a 45-minute lesson (NR \$55) or \$60 for a 1-hour lesson (NR \$70). Packages are also available at a reduced rate.

For more information or to schedule a lesson, call 248.619.7270.

Digital Photography 2

Go beyond shooting on automatic and learn to use your camera more creatively and effectively by understanding the exposure triangle (f-stop, shutter speed, ISO), depth of field, proper auto focusing and more. Two class photo shoots on Saturdays, June 6 and 13 at 10:30 am at local parks. Any camera with manual exposure welcome. **Materials Fee:** \$10 workbook available for purchase (cash only). **Location:** Troy Community Center **Sessions:** 6

Act#	Day	Dates	Time	Fee	NR
124315B	Tue	5/26-6/16	7:30-9 pm	\$165	\$175

Knitting Classes

Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. **Beginning II:** A \$15 materials fee is payable to the instructor at the first class for knitting needles and yarn. Adults of all ages may attend.

Beginning Knitting: Learn how to cast on and how to do the two basic stitches - knitting and purling - that everything else is based on. Also learn how to increase, decrease, and bind off, the importance of gauge, and how to read a basic pattern.

Beginning Knitting II: Improve your basic techniques and learn how to do ribbing and seed stitch, how to read a label on a skein of yarn and how to read a pattern. Basic knitting knowledge required for this class.

Intermediate: You know how to knit and purl. You've made scarves, washcloths, blankets and now you want to move your skills up a notch. This class that will help you do that. Make a vest or sweater that fits. Bring a pattern, yarn and needles for a project you choose to the first class.

Sock Class: Learn the magic loop method or use double pointed needles. Learn to turn a heel, pick up the gusset and close the toe using the kitchner stitch. Bring sock yarn, a 32" or a 40" size 1 circular needle, tape measure, scissors, scrap yarn the same weight as your sock yarn but a different color and appropriate size crochet hook. Must know how to knit and purl.

Location: Troy Comm. Center Rm 404

Wks: 4 **Fee:** \$45; NR \$55

Act.	Class	Day	Time	Dates
115934Z	Sock Class	Tue	1-3 pm	June 9-30
115934S	Beginning II	Wed	1-3 pm	June 3-24
125934A	Intermediate	Tue	1-3 pm	July 7-28
125934B	Beginning	Wed	1-3 pm	July 8-29

Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ - if you have a portable keyboard feel free to bring it. A book may be purchased at the first class for \$15. **Instructor:** Lucia **No summer class.**

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. **No summer class.**

Beginning/Intermediate Swing & Ballroom Dance - Friday Evenings

Wks: 6 Fee: \$59; NR \$69

Swing: No dance experience required. Instruction will focus on the fundamentals of East Coast Swing including: Basic Step, Open Position, Closed Position, Send Out, Inside Turns, Outside Turns, Basic Cuddle, Sugar Push and more. No partner required.

Ballroom: No dance experience required. Instruction will focus on acquiring the skills necessary to enjoy social ballroom dancing. Each session will introduce students to traditional styles of ballroom dance including Waltz, Foxtrot, Rumba and Cha Cha. Emphasis will be placed on proper posture, dance positions, leading and following techniques and footwork. All are welcomed. No partner required.

Instructor: Jim Berg Sign up for two classes in a session and pay \$10 less for each class!!!

Act #	Style	Time	Dates
138980C	Swing	7-7:50 pm	July 10-Aug 14
138980D	Ballroom	8-8:50 pm	July 10-Aug 14
138980F	Int/Adv Swing	9-9:50 pm	July 10-Aug 14
138980E	Any Two Classes Res. \$98 NR \$118		

Square Dance Lessons

Mondays, 7-9:30 pm

\$5 per person; NR \$6 payable at the door

Join us for beginning square dance lessons from 7-8 pm. Partners recommended but not required. Experienced dancers will assist. From 8-9:30 will be Plus level dancing. For more information, call Carrie at 248.632.4288.

Friday Night Square Dances

Every third Friday, Nov. - May, 7:30-9:30 pm Fee: \$5

Dances are held in the studios upstairs at the Troy Community Center. Call Veronica at 248.689.8843 for details.

Advanced Square Dance Lessons

Thursdays, 7-9 pm \$5 per person; NR \$6 payable at the door

Minimum of three years Mainstream/Plus level dancing required. Classes led by Caller/Instructor Ray Wiles. 'NEW' Experienced Advanced level dancers are welcome to attend any of the classes. Classes will progress through the A1 and into the A2 dance programs. Dress is casual attire and requires soft soled non-marking shoes.

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm

Fee: \$6; NR \$7 at door (Aug No class Aug 24, 26 and 31)

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

Month	Mondays	Wednesdays
June	Rumba	East Coast Swing
July	No Classes	No Classes
Aug	Am. Tango	Beg. Viennese Waltz

Computer Classes - See page 9

Troy English Workshop

These Tuesday afternoon and Saturday morning classes will return in the fall. Troy Community Center room 502

Are you shy and afraid to talk to an American because your English is not very good? Improve your English, talk like an American, think like an American, and be part of the American dream. We do not teach ESL, English grammar, or boring rules. We focus on conversational American English. We speak only English in our workshops, which are open to all ethnic groups. Our volunteers are all American born and speak American English. Taking the workshop, you will be able to speak with Americans without being shy or afraid of your poor English. We want to help you become an all-American. For more information, call Mr. Lee at 248.926.2288. You must bring a photo ID to the first class.

Aquatic Exercise with a Personal Trainer

Use water to improve fitness and range of motion and to relieve pain and stiffness. When immersed chest deep, your body bears just 25-35% of its weight. You do not need to know how to swim for these private sessions which are held at the therapy pool at the Troy Community Center. The pool is 4 ft. deep, and the exercises are done in a vertical position (with the bonus of keeping your hair dry!). The water is 88-92 degrees and there is a lift and/or a ramp that can be used to enter the pool. A water wheelchair is also available. You must purchase a minimum of one 60 minute session at a cost of \$60 which can be broken down into two or three shorter sessions. To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4.

SHARP Home Computer Assistance for Seniors and Persons with Disabilities

This program assists seniors (age 60+), physically challenged individuals, and military families who are Troy residents with in-home help with their Windows PC running any Microsoft Windows Operating System. Support is not available at this time for Apple products (iPad, Mac, etc.).

The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free but you must pay for supplies. Tipping is not allowed. If you need computer assistance, call SHARP at 248.528.2929. A consultant will contact you to set up a date and time for your home visit. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow-up on your job.

This program is made possible by collaboration with the City of Troy and the North Woodward Community Foundation SHARP Fund. Donations to the North Woodward Community Foundation are accepted.

June

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Egg Casserole ¹	11:45 Lemon Chicken ² 4:00 Troy Society of Single Seniors	10:00 Book Club ³ 11:45 Dirty Rice 6:00 Restaurant Group	11:45 Beef Hot Dog ⁴ 12:30 Birthday Party	11:45 Beef Stew ⁵ 1:00 Bingo
11:45 Cheeseburger ⁸	11:45 BBQ Meatballs ⁹ 1:00 Red Hat	11:45 Chicken Salad Sandwich ¹⁰	10-11 Ask A Nurse ¹¹ 10-11:30 Caregiver Support 11:45 Pot Roast 12:30 Brain Neurobics 7:00 Ballroom Dance	10-12 Hearing Screening ¹² 11:45 Potato Crunch Fish 1:00 Bingo
9:30 Grandparent Meeting - pg. 1 ¹⁵ 11:45 Stuffed Cabbage 1:00 Mosaic Class - pg 1	8:00 Jackson Trip - pg 3 ¹⁶ 11:45 Chili with Rice 1:00 DIA Talk - pg 1	9:30 Home Repair Scam Speaker - pg 20 ¹⁷ 10-12 Disk Erasure 11:45 Chef's Salad	11:45 Roast Pork ¹⁸ 6:30 Balduck Mountain Ramblers Concert - pg 13	10-12 Blood Pressure ¹⁹ 11:45 Chicken Alfredo 1:00 Bingo
11:45 Sausage & Sauerkraut ²²	11:45 Shepherd's Pie ²³	9:30-12 Computer Consultations ²⁴ 11:45 Oven Fried Chicken	11:45 Tiger Game - pg 3 ²⁵ 11:45 Spaghetti 12:30-2 Focus Hope	11:45 Sizzle Steak ²⁶ 1:00 Bingo
11:45 Chicken Ala King ²⁹	10:00 DIA Trip - pg 3 ³⁰ 11:45 Sloppy Joes			

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday. Reservations are not required. Suggested donation: \$3.50. Under age 60 must pay \$6. Coffee is available in the dining room Monday-Friday from 8 am - 12:30 pm \$.50/cup.



At the Troy 50+ Computer Learning Center, students 50+ learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit www.troycllc.org. 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 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 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
145951I T & Th 1-3 pm 6/2-6/11

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
145973H T & Th 9:30-11:30 am 5/26-6/4
145973I T & Th 1-3 pm 6/16-6/25

Windows 8

Prerequisite: Computers for Beginners or some 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
145972J M & W 6:30-8:30 pm 6/15-24
135972A M & W 6:30-8:30 pm 7/13-22

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 skills to print beautiful pictures, restore old photos and create special projects like photo books and calendars. **Wks: 4 Dates: 6/1-6/24 Fee: \$60; NR \$70**

Act # Day Time
145959C M & W 1-3 pm

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
Dates: 7/6-7/29
Fee: \$60; NR \$70

Act # Day Time
135970A M & W 1-3 pm

Private Consultations

Meet with a Learning Center instructor on the fourth Wednesday when 45 minute appointments are available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The \$5 fee must be paid when you make your appointment, either at the Community Center desk or by phone (Mastercard or Visa accepted). These appointments are to help you with your personal computer, 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.

NEW!!!! Offerings with Lindsay Schweickert

The World of Apps for Smart Phones & Tablets

Wed. May 27, 1 - 3 pm

Act. #135976A Computer Lab

Discover some of the important and fun apps for your smart phones and tablets. Bring in your device and let the fun begin! The instructor will also review how to download pictures from your phone to the computer. **Fee: \$10 NR \$15**

Using You Tube

Tue., June 2, 6-8 pm

Act. #135977A Computer Lab

Learn how to explore the numerous videos, clips, and tutorials posted to this site to find what you're looking for! Optional: Bring your fully charged laptop/tablet. **Fee: \$10 NR \$15**

Selling on Ebay & Amazon

Thu., June 4, 6-8 pm

Act. #135978A Computer Lab

Learn how to turn your unwanted belongings into money in your pocket! See how easy it is to navigate these popular websites and your clutter in cash. Optional: Bring your fully charged laptop/tablet. **Fee: \$10 NR \$15**

Exploring Pinterest

Wed., June 10, 6-8 pm

Act. #135979A Computer Lab

Learn how to explore the endless possibilities this popular website has to offer! From crafts to cooking to cars, this site is filled with interesting and unique ideas for whatever your interests are. Optional: Bring your fully charged laptop/tablet. **Fee: \$10 NR \$15**

Drop-In Computer Lab

The computer lab is open for drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. Subject to monitor availability. **There is no charge.**

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 12.

Medicare Counseling

Jim Zoellner, certified Medicare/Medicaid counselor, offers enrollment assistance on the 2nd and 4th Friday from 10 am-1 pm in room 404. Also get help with 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 Mary Valente at 248.312.0179 for details.**

Red Hat

2nd Tuesday, 1 pm. Call 248.524.1108.

T.O.P.S.

Thursdays, 8:30-10:30 am. Non-profit weight loss support group. Call 586.268.1514.**

Health Services

Ask A Nurse

2nd Thursday, 10-11 am. Room 404. Drop-in. Free. Sponsored by Crittenton Home Care.

Blood Pressure Screenings

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

Emotional Counseling

A licensed social worker from Oakland Family Services provides emotional counseling (covered by Medicare). To schedule an appointment at the Troy Community Center, call 248.624.3812, Ext. 206.

Hearing Screenings

2nd Friday, 10-12. Room 402A. Drop-in. Free. Sponsored by FOTS.

Cards & 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 (248.588.7409)**, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$7 (586.775.7363).

Cribbage - Fridays, 1-3 pm. Beginners welcome. 248.689.1740.

Euchre - Tuesdays, 12:30-3 pm. 248.740.3292.**

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 Drop-in Lessons

Mon. & Wed., 1-2 pm. \$6 (\$7 NR).

Swing and Ballroom lessons

Friday evenings. See page 7 for details.

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. Call 248.641.9346 for details All levels welcome.**

Harmonica Club (Mouth Organ Grinders)

Mondays, 9:30-11 am. Sept. - May. Beginners welcome. Call 248.689.2499 for details.**

Needlework Club - Tuesdays, 10-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 & Fitness

See pages 4 & 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 2015 Prorated monthly. (Act. #145204)

Want to try it out? **First visit is free!**

*\$12 annual fee; NR: \$17.

**\$36 annual fee; NR: \$46.

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

OR

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



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Purse, Tote, Wallet and Scarf Sale Returning in November

By popular demand we will again host this sales event but, to make it a fundraising success, we need you to set aside any of the above items that you no longer need or want. In a future *Fifty Forward* newsletter we will give you the details on how and when you can donate items for the sale. Shoppers: Keep our sale in mind as November approaches. We offered great bargains at our last sale and will do so again!

Hearing Screenings

We continue to offer hearing screenings on the 2nd Friday of the month from 10 am – noon in Room 402A located in the Senior Dining Room. These hearing tests are provided free of charge by HearUSA. They will also clean and make suggestions on any repairs or adjustments needed to your hearing aid if you already wear one. Batteries can be purchased on site. Take advantage of the next free screenings on June 12. Sean Sorrow, LHAS will be on hand to assist you. If you have any questions concerning these screenings, please contact HearUSA at 855.828.4143.

Thank You Friends of Troy Seniors Volunteers

A sincere thank you goes out to our volunteers who assisted with the following events held in May – a Brunch & Learn with Martha Teller speaking on “Today’s Senior Housing Options” and also the Community Garage Sale & Flea Market. You are all very much appreciated for your ongoing efforts as dedicated volunteers with the Friends.

Thank You Barnard Elementary School

We would like to thank the Barnard Elementary School faculty and the PTO for inviting seniors to participate in a very well organized program at the school and for providing a continental breakfast for them to enjoy. It took a lot of planning to fit us into your busy schedule but please know that it was very much appreciated and quite a learning experience for seniors.

Brunch & Learn - See page 20

Volunteer Opportunities Available

To inquire about these opportunities, please call 248.526.2608 or stop in at our office to chat with us. We are open M – F, 10 am – 1 pm, unless otherwise posted.

Monthly Membership Meetings

The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1 pm in Room 301 at the Troy Community Center unless otherwise announced.

On June 18, our guest speaker at the beginning of the meeting will be Eileen Meyer from the C & G Newspapers. She will share how the newspaper provides a service to our community and how it can also make a difference in the lives of senior citizens.

On July 16, our guest speaker will be Troy City Manager, Brian Kischnick. Meet him and ask a few questions after his informational presentation at the beginning of our 1 pm meeting.

Everyone is invited to attend our Friends of Troy Seniors monthly membership meetings. Your comments and suggestions are important to us.

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: fots@wowway.com

Website: www.friendsoftroyseniors.org

Hours: Mon-Fri 10 am - 1 pm (Closed May 22 and 25)

Mission Statement

The Friends of Troy Seniors is dedicated to providing individuals, 50 years and older, with a sense of purpose and community through maintaining and enhancing senior programs, events and education in Troy and the surrounding areas.

Desmond Funeral Home Offers Take Time to Heal Grief Recovery Series

This is a grief recovery series for those who have experienced the death of a loved one within the last twelve months. The six week series is facilitated by Bereavement Counselor Mary Jamerino, LMSW. The group will meet on Wednesday evenings beginning May 27, 2015 through July 1, 2015, 6 - 7:30 pm at 32515 Woodward Avenue, Royal Oak (Vasu, Rodgers & Connell Chapel).

To register or for more information, please call 248.362.2500 or email mjamerino@desmondfuneralhome.com. This group will be closed after the second session.

Do You Need To Talk?

Counseling Service Offered at the Troy Community Center

Oakland Family Services Older Adult and Caregiver Services specializes in senior counseling. A licensed social worker from OFS will schedule meeting times at the Troy Community Center to provide emotional counseling for those struggling with feelings of depression, anxiety or other problems. Services are covered by Medicare and most supplemental insurances. Homebound visits can also be arranged for qualifying individuals.

To schedule an appointment, call OFS at 248.624.3812, Ext. 206.

Balduck Mountain Ramblers

Free Concert at the Troy Nature Center - Rain or Shine!

Thursday, June 18, 6:30-8:30 pm

The Balduck Mountain Ramblers is a Detroit-based acoustic quintet. For over 30 years, they have enjoyed singing and playing stringband music together. They are named for a little-known topographic anomaly near Lake St. Clair. This group's repertoire ambles freely from Bluegrass to Folk, Western Swing to Country Gospel. There are a good number of Irish tunes, pub songs and sea chanteys in the mix. While this diversity makes them hard to categorize, audiences warm to the Rambler harmonies and humor. After years of performing, they still carry on with the spontaneity of friends sitting around a living room.

Troy Police Create "Safe Zone" for Craigslist Transactions

The Troy Police Department is offering the front parking lot of the police station as a "safe zone" for Craigslist transactions. Across the country, a variety of criminal incidents have been connected to Craigslist transactions. This is a preventative measure to help keep Troy safe. Individuals planning Craigslist transactions are advised to meet in a public place during the day, and trust their instincts.

Anyone is welcome to meet buyers or sellers in the front lot during daylight hours. This area is captured by recorded surveillance cameras. The Troy Police Department is located at 500 W. Big Beaver Rd., Troy, MI, 48084. The Police Department is open 24 hours a day. The lobby desk is attended Monday through Friday from 7 AM to 10 PM and Saturday through Sunday from 8 AM to 4 PM.

Senior Craft Consignors Wanted

Troy area seniors 50 and older are invited to sell their arts and crafts at the Creative Endeavors Gift Shop at the Troy Community Center.

More than 100 vendors offer a wide variety of handmade merchandise. The shop is open approximately 32 hours per week including Saturdays.

The City of Troy provides display space, media promotion, tags for merchandise, bags, and pays the 6% Michigan sales tax. For this service, the City retains a 30% commission.

Vendors may bring a sample of their work to the Troy Community Center and will then be contacted by the store committee. For more information, please call Carla at Troy Recreation, 248.524.3492 or vaughanes@troymi.gov.

Volunteer Sales Associates Needed

Creative Endeavors is looking for volunteer sales associates to work one four-hour shift per week at the shop. Hours are Mon – Sat, 10 am – 2 pm and Wed. and Thurs. from 5-9 pm. Interested persons can apply at the shop. Call Carla at 248.524.3484 for more information.

Troy Medi-Go Plus Transportation

What is Troy Medi-Go Plus?

Troy Medi-Go Plus is a nonprofit organization dedicated to providing Troy residents age 60+ and Troy residents with disabilities age 18+ with door-to-door transportation to medical appointments and other important destinations. Persons with temporary disabilities may qualify on a case-by-case basis. Vehicles are wheelchair accessible.

Who Pays For Troy Medi-Go Plus?

Troy Medi-Go Plus receives funding from the City of Troy, SMART, Michigan Department of Transportation, Beaumont Foundation and rider fares and donations.

Where Can I Go with Troy Medi-Go Plus?

Medical Appointments - including dentist, pharmacy, clinics, hospital, therapy. Make your reservation up to two weeks in advance. Standing appointments are accepted. Boundaries are 12 Mile, Mound, Auburn and Southfield Roads and Providence Hospital.

Visits to Spouses in Nursing Homes - Call up to one week in advance. No standing reservations. Same boundaries as medical appointments.

Troy Community Center - Monday - Friday. Call up to one week in advance. Standing reservations accepted.

Grocery Shopping - Fridays. Anywhere within the City of Troy and to Meijer in Rochester Hills, Madison Heights and Royal Oak. Reservations accepted two days in advance. No standing reservations.

Oakland Mall - Tuesdays. Reservations accepted the Friday before. No standing reservations.

Work and Educational Trips - for persons with disabilities. Monday - Friday. Same boundaries as medical appointments. Standing reservations accepted.

Hours of Service

Monday through Friday, 8:30 am - 4:30 pm. (Closed Christmas Day through New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and the day after Thanksgiving and when Troy Schools are closed due to weather. (A limited number of dialysis rides are available on school snow days.)

Cost

\$2 per one way ride.

For More Information or Reservations

Call 248.457.1100 between 9 am and 4 pm Monday - Friday.

SMART Connector same day service is also available to destinations anywhere within the City of Troy. Call SMART at 248.362.3436 when you are ready for your ride.

In addition, Troy People Concerned has volunteers that provide rides to medical and social service agencies for Troy residents of all ages who need door-to-door assistance and cannot use SMART or Medi-Go. Call 248.528.9199 for more information.

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.

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 Thursday (Nov/Dec date may vary) from 12:30-2 pm. You must be 60 or older with a household income of \$1,265 per month or less (\$1,705 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 313.577.4207 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+) 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 a.m. - 3 p.m. Discounts are available for low-income residents.

A Fitness Passport is also available that includes the above plus some select fitness classes for an additional fee.

For those without a pass, the daily rate is \$7 (NR \$10). Seniors receive a special rate on Mondays and Fridays: \$3 for use of the pool, fitness room and gym from 5:30 am -3 pm. **As of July 1 this rate will be \$4.**

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.

SHARP Home Computer Assistance - See page 7



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

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.

Stay Active as You Get Older: Quick Tips from the National Institute of Health

Physical activity is good for people of all ages. Staying active can help:

- Prevent heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance so you can stay independent
- Keep you from getting depressed

Before you begin...

If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about starting an exercise program.

Aim for two hours and 30 minutes a week of aerobic activities.

Choose activities that make your heart beat faster, like walking fast, dancing, or raking leaves. Start slowly – as little as 5 minutes at a time. Build up to 30 minutes on most days of the week, at least 10 minutes at a time. Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

Do strengthening activities two days a week.

Try lifting hand weights or using exercise bands. Breathe out

as you lift something, and breathe in as you relax. (Holding your breath can cause changes in your blood pressure.)

Do balance activities three or more days a week.

Practice standing on one foot. Stand up from a sitting position. Learn tai chi (“ty chee”), a Chinese mind-body exercise that involves moving the body slowly and gently. Sign up for a yoga class, or try a yoga video that you can do at home.

For more information about staying active as you get older, visit:

<http://nihseniorhealth.gov/exercise/toc.html>



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www.CherrywoodNursing.com

CAREGIVER SUPPORT GROUP

When: The 2nd Thursday of Each Month
Where: Troy Community Center Conf Rm 403
Time: 10:00-11:30

Join us in this safe and supportive environment to share and learn. Attendees openly discuss the challenges that caregiver's face and often discover new techniques to handle difficult situations. In addition, professional speakers present and provide valuable information addressing many of the concerns related to caregiving.

To attend please call **248-203-2273**



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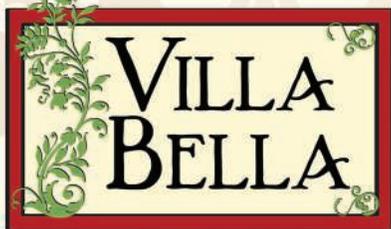
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Suggestion Box

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 10:30 am for the status of afternoon programs and 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. Click on **Play Here** and then on **Online Registration** on the left. In member login box, enter household number for username (find this number on a previous receipt or call 248.524.3484) and last name of head of household (all caps) for password. If you know the activity number, click on Shop/Activity Enrollment at top of page and enter activity number. To shop all 50+ programs, click on the 50+ Programs box at the bottom. 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. Trips 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 often up to three days prior to the start date of the activity.

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 12 times per year:

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ and click on the subscribe 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.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. 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. #135000A.**

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: _____

Friends of Troy Seniors Brunch & Learn

This series brings you informative topics and is held on the third Wednesday of the month at 9:30 am in Room 303 at the Troy Community Center unless otherwise posted. Light refreshments are provided at these free events prior to the presentation. Advance registration is required. Contact the Friends at 248.526.2608 or stop in at their office. Reservations accepted through June 12.

Wednesday, June 17, 9:30 - 11 am, Room 303 Home Repair and Equity Scams plus Understanding Reverse Mortgages

Do you know how to recognize potential home repair scams, how to work with a contractor and how reverse mortgages work? Do you know how to recognize and avoid foreclosure scams? Join Glenn Clark, from the Michigan Attorney General's Consumer Protection Division's Senior Brigade, to get the answers to these questions. The Senior Brigade is a Michigan Seniors Initiative designed to educate seniors and their families on the scams and frauds that often are directed at seniors. Now that spring has arrived, you may be thinking about home repair projects. Glenn Clark can provide you with the tools you need to complete your projects while also avoiding scams and more. This is a presentation that you don't want to miss. Make your reservation now with the Friends of Troy Seniors. Space is limited so don't delay.

Adult Caregiver Relief Program Seeks Volunteers and Participants

Free short-term care is available at the Troy Community Center for seniors whom the caregiver feels uncomfortable leaving home alone. A caring volunteer will socialize with your loved one while you attend an activity at the Community Center.

Volunteers Needed: Do you have an hour or two a week that you could spend socializing with a senior at the Troy Community Center? If so, please register for **Act. 148901A**.

Caregivers: If you would like to use this service (available M-F from 8:45-3), contact Carla at 248.524.3492 or vaughnacs@troymi.gov to receive a registration form. Please note: This is NOT extended day care. It is for periods of a couple of hours or less and caregivers must remain in the building at all times.

LifeTrail Exercise System at Milverton Park

A LifeTrail™ outdoor exercise system is available at Milverton Park. The trail is designed for people 55 and older. The activity stations offer three levels of challenge for each activity. The outdoor workout is designed to make it easier for users to perform daily tasks and enjoy a better quality of life. The progressively challenging exercises are patterned after the twists, turns, and movements of everyday life. The result: Adults are stronger and have more energy to complete the real-life activities that matter most.

Milverton Park is located on the south side of Maple Road east of John R.

SHARP Smoke Detector Program

Troy residents age 60 and older and persons with disabilities are invited to participate in SHARP's (Senior Home Assistance Repair Program) smoke detector program. SHARP will change batteries in your smoke detector or install a new detector (that homeowner purchases) if need be. To schedule an appointment for this service, call SHARP at 248.528.2929.

Stroll & Roll at Troy Parks

Walk, ride your bike, skate board or walk your dog at one or all of these events and enter to win great prizes at each location.

- Sat, June 13, Troy Community Center, 10 am
- Mon, July 13, Robinwood Park, 6:30 pm
- Sat, July 25, Raintree Park, 10 am
- Wed, Aug. 12, Brinston Park, 6:30 pm
- Sat, Sept. 12, Huber Park, 10 am

Newsletter Subscription Renewal

It's time to renew your newsletter subscription. This is the last issue you will receive if you do not renew. See page 11 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!

- For subscription information, see page 15.
- Newsletter information must be submitted by the 1st of the month prior to publication.