



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Jan/Feb 2013

How To Stay Fit and Enjoy Life

Thursdays, Jan. 17 - Feb. 21, 12:30-2:30 pm

Troy Community Center Room 303

This six-week program, facilitated by Denise Hubbard, RN with Cherrywood Nursing and Living Center, will help you jump start your fitness goals. She will weigh you in the first day (OPTIONAL!) and help you track your weight loss. She will provide healthy snacks, a food scale, and prizes. Topics covered include portion control, eating out, risks for diabetes, healthy meal preparation, sodium and your blood pressure, and permanent lifestyle changes. Register for **Act. 115927A** to reserve your spot for this FREE program.

Valentine's Dance

Wednesday, Feb. 13, 7- 10 pm: Doors open at 6:30 pm

Troy Community Center Room 304/305.

Act. 118912G: \$7 in advance, \$9 at the door,

Act. 118912H: \$56 for reserved table of 8*

The Friends of Troy Seniors invite you to join them for an evening filled with music, laughter and friends old and new. The festivities will include music by Mike Wolverton, vegetable and fruit trays, and beverages.

*Reserved tables cannot be purchased the evening of the dance. One person must pay for entire table when registering, and be responsible for any cancellations.

AARP Free Tax-Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will prepare income tax returns or answer tax questions at the Troy Community Center for persons of low to moderate income with special attention to senior citizens. The program is available on Fridays from February 1 to April 12, 2013 from 9 am to 2 pm (closed March 29 Good Friday).

Appointments must be made with the Friends of Troy Seniors (FOTS) Monday to Friday during the hours of 10 am to 2 pm at **248.526.2608** or in person at the FOTS office near the Community Center dining room.

See page 13 for a complete list of records to bring when you have your taxes prepared.



50+ Basketball
See back cover

Blackthorn Concert

Wednesday, January 30, 7-8:30 pm

Troy Community Center Room 304/305

Fee: \$5 per person at the door - includes munchies.

Pop, beer and wine available for purchase.

Traditional songs of emigration, sea shanties, lively jigs and reels, and ancient airs combine with some of Ireland's best contemporary songs for a musical experience that captures the history and legend of Ireland and its people. Each member of the band plays multiple instruments, including wooden flute, accordion, tin whistle, five string banjo, cittern, bones and more. These instruments complement the lead vocal of Belfast native Richard McMullan and the band's tight blend of four part harmony. Sing along to Black Velvet Band and other Irish favorites. This concert is co-sponsored by the Friends of Troy Seniors. **All ages invited!**

Introduction to Wii

Monday, January 28, 12:30 - 2 pm

Troy Community Center Room 303

Try your luck at bowling and golf or show off your dance moves. Learn how to play this remarkable video game system, entertaining for all ages, where your motions control the game. Enjoy snacks and laughter with your friends. Door prizes, fun and munchies all courtesy of the Community Center Staff. This program is FREE but reservations are required. Register for Act. #115928A.

Computer Lab Volunteers Needed

Volunteers needed to monitor the computer lab at the Community Center on Fridays from 9:30 am-12 pm and from 1 to 3 pm. No computer knowledge necessary. Simply monitor the room by unlocking and locking for usage by patrons. Call Elaine to sign up: 248.524.3483.

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 |

**Troy Recreation
Department**
3179 Livernois
Troy, MI 48083
248-524-3484

Senior Program Staff
Carla Vaughan
Senior Program Director
vaughancs@troymi.gov

Elaine Torvinen
Senior Program Coordinator
E.Torvinen@troymi.gov

Hours
Mon-Fri, 8 am-8 pm
Sat, 8:30 am-12:30 pm

Fax
248.689.6497

Medi-Go Plus 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**
[www.troymi.gov/
SeniorNewsletter](http://www.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

iPad Workshop

Wednesday, Jan. 23 at 12:30 Room 301

Have an iPad and want to make the most of it? Join Phillip Kwik, Assistant Director at the Troy Public Library, to discuss basic operation and what the device can do. We will explore some fun apps, and learn how to download free eBooks and music from the Troy Public Library. Bring your iPad for a hands-on experience. There will be plenty of time for questions. There is no charge for this workshop, but please call 248.524.3484 to make a reservation or register online. Ask for **Act. #115929A**.



Mouth Organ Grinders Performance

Monday, February 11 - 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a FREE harmonica performance as the Mouth Organ Grinders present a Valentine's concert. All are invited to attend.

Free Reception and Admission for Seniors to Troy High Musical

Sunday, March 17, 1:30 pm at Troy High School

The Troy High Theatre Ensemble is presenting their spring musical *Oklahoma*, and are inviting 50 seniors to attend a reception and the play free of charge. Light refreshments will be served at 1:30 pm followed by the play at 3 pm. To register, call the Troy Recreation Department at 248.524.3484 and ask for **Act. #135911D** or register online. Additional tickets for the play only can be purchased if this free reception/performance fills up. Visit the theater's web site for more information about additional tickets: www.troytheaterensemble.org. Performances do sell out.

Total & Reversed Shoulder Replacement, Physical Therapy Outcomes, and Medicare Updates for 2013

Thursday, February 7, 12:30-2:30 pm; Troy Community Center Room 503

OMPT Specialists, Physical Therapy clinics with Beverly Hills Orthopedic Surgery Center bring you this workshop about the different shoulder surgeries to relieve your pain, physical therapy recovery and outcomes. Also, recent changes to Medicare and other insurances for the year 2013 will be discussed. Attending the workshop is free to the public. Seats are limited. Reserve your place by calling the Troy Clinic at 248.743.1234. If you have any questions, please contact Michael Fahmy or Lea Brass at OMPT

Biggest Loser Online Workshop

Lose it fast, lose it forever with this program created by NBC's most successful Biggest Loser and Jillian Michaels protege Pete Thomas. For complete details about this 12-week workshop that starts the week of January 14, see page 49 of the Winter 2012 issue of Troy Today at www.troymi.gov/TroyToday/. You can invite a buddy to share the cost of the workshop with you as long as you view it together on the same computer.

Save the Date!

Senior Expo

at Troy Community Center
Tuesday March 19 10 am -2 pm

Mark your calendars! This expo will feature over 80 vendors offering you one-stop shopping for information on financial services, housing, home care and more. Contact Elaine T to volunteer to help with this event. 248.524.3484.

- **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.

Zehnder's of Frankenmuth

Snowfest Luncheon Show

Thu, Jan. 24, 9:30 am-5:45 pm Act. 148923K \$72; NR: \$77

Partake in the famous Zehnder's two-piece chicken lunch in the main dining room while enjoying the top-notch music and comedy act of Dueling Pianos. This modern day vaudeville act has a huge repertoire of music. Transportation is by motorcoach.

Paczki, Pierogies and Polkas Tour

Thu, Feb. 7, 9:30 am - 4:30 pm Act. 148923L \$75; NR \$80

Activities include a Paczki demonstration and sampling, Polish platter lunch including pierogies, kielbasa, and sauerkraut, ½ hour Polka lesson, visit to a Polish church, shop at a Polish market, view Polish art, drive by the Polish Yacht Club, visit the American Polish Cultural Center, demonstration by Polish furrier at Cersenie & Offen Fur Group. Tour includes: Roundtrip motorcoach, meal, goodie bag, and wonderful surprises. Transportation is by motorcoach subject to change to a van if group size warrants it.

Detroit Symphony Orchestra

Thu, Feb. 14, 9:15 am-1:15 pm Act. 148923M \$39; NR: \$44

The DSO will perform The Beethoven Symphonies: 1 & 6, "Pastoral" with Leonard Slatkin conducting. Coffee and donuts are served at 9:45 am followed by the concert at 10:45 am. Our seats are on the main floor. Transportation is by Medi-Go bus.

The Book of Mormon at the Fisher Theatre

Tue, March 12, 6:30-11 pm Act. 148923N \$119; NR: \$124

Winner of nine 2011 Tony Awards including Best Musical, this show is hailed by critics as the best and funniest musical of this century. Our seats are main floor left approximately 20 rows from the stage. Transportation is by school bus.

Vera Bradley Outlet Sale

Wed, April 10, 6 am-7:30 pm Act. 148923P \$94; NR: \$99

This annual sale in Fort Wayne, Indiana features 40-60% off Vera Bradley purses, wallets, eyeglass cases, laptop bags, stationary, pj pants and more. Register by Jan. 25 as that is the deadline to order tickets. Transportation is by motorcoach and lunch, snacks and a goodie bag are included. Departure time subject to change depending on final pick-up points.

EXTENDED TRIPS

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

Arizona - Sedona & Tucson - Feb. 24-Mar 2, 2013

\$1999 pp double, \$2599 single, \$1799 triple

NOTE DATE CHANGE. This trip includes round trip air and local motorcoach transportation, three nights in Tucson and three nights in Sedona, ten meals and extensive sightseeing.

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

Tropical Costa Rica - February 23-March 3, 2013

\$2449 pp double, \$2849 single, \$2419 triple

This trip includes round trip airfare from Detroit, lodging, 14 meals, and sightseeing in San Jose, Tamarinod Diria Beach, Monteverde (including a nature walk in the cloud forest), and Arenal. An optional 3-night post tour jungle tour is available.

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

Beijing City - April 29-May 7, 2013

\$2499 pp double, \$2849 single, \$2479 triple

This trip includes round trip airfare from Detroit, lodging, 15 meals, and sightseeing in Beijing and at the Great Wall. An optional 2-night post tour in Hong Kong is also available.

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

Williamsburg and More - May 11-17, 2013

\$1339 pp double, \$1789 single, \$1189 triple

This trip includes round trip motorcoach, six nights lodging, ten meals and extensive sightseeing including Colonial Williamsburg, Luray Caverns, Skyline Drive, Monticello, D Day Memorial and more.

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

Legendary Waterways of Europe

Amsterdam to Budapest - May 29-June 13, 2013

\$6549-\$8849 pp double depending on cabin choice

This trip includes round trip air, 14-night river cruise from Amsterdam to Budapest, all meals, and sightseeing.

Call Group Tours International for reservations. **248-625-3645.**

Branston, Missouri - June 9-14, 2013

\$1099 pp double, \$1499 single, \$1019 triple

This trip includes round trip motorcoach transportation, two nights in St. Louis, three nights in Branston, eight meals, FIVE shows and sightseeing in St. Louis and the Ozark Mountains.

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

Canadian Rockies - August 13-19, 2013

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

This trip includes round trip air, local motorcoach, six nights lodging, ten meals, and extensive sightseeing as detailed in the brochure.

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

55+ Doubles 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 | Member | Non-Member |
|-----|--------------|--------|--------|------------|
| Wed | Jan 16-May 8 | 1-3 pm | \$183 | \$193 |

Pickleball Doubles Ladder Play at the Troy Community Center

Sundays, 6:15-8:15 pm - Two 8-week sessions

ADULTS OF ALL AGES WELCOME!!!

Act#118998A Jan 6 - Feb 24 \$25 deposit

Act#118998B Mar 3-Apr 28 \$25 deposit

Balance due Jan 2 & Feb 27 once final numbers are in.

16 players: \$58 R - \$68 NR 32 players - \$47 R - \$57 NR

Tuesdays, 1-2:30 pm - Two 8-week sessions

16 players - AGES 50+ ONLY

Act#118998C Jan 8 - Feb 26 \$29 R \$39 NR

Act#118998D Mar 5-Apr 23 \$29 R \$39 NR

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

Pickleball Doubles 50+ Drop-In Mixer

Fridays, 5-7 pm, through April 26

Fee: \$4 - Non-Res \$5 Four courts available for drop-in play. New players welcome. Equipment provided.

50+ Softball

Women - Tuesday evenings, Men - Thursday evenings

Troy teams compete in the Northwest Softball league with half of the games in Troy and half in various other Oakland County cities. If you are interested in playing on a women's team on Tuesday evenings May through August, call 248-524-3484 and register for **Act. #125938A**. If interest is sufficient, a new team will be formed. If we do not get enough players for a new team, you name will be passed on to existing teams who may need players. There are currently no openings for men's teams, but if you are interested in playing, please call 248.524.3484 and ask for **Act. #125938B**. Your name will be placed on the list in case an opening occurs for a new team or it will be passed on to existing teams who may need players **Please call by March 15.**

Returning Teams: Managers will be mailed registration information in early January. Registration will be by team only. Contact your manager for more information.

Sports Leagues

Bowling - Mondays, 1 - 3:15 pm at Thunderbird Lanes, Sept. - April. Points for beating own average. Call 248.362.1660.

Golf - Mon and Wed mornings at Sylvan Glen May - Sept. Registration information in the Nov/Dec newsletter.

Softball - Women 50+ - Tuesday evenings, Men 50+ - Thursday evenings, May - August. Details available in January.

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

Volleyball - 55+-Tuesday mornings Oct. - March. Practice Monday and Thursday mornings at the Community Center.

Drop-In Sports

Badminton - Fridays, 8-10:15 am, \$3. No charge for Community Center pass holders. Equipment provided.

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

Pickleball - Fridays 50+: Beg: 10:30-11:30 am; Int/Adv: 11:30 am -1:30 pm, \$3. Wednesdays: 7-8:30 pm \$7 (\$5 with punch card). NR \$10/\$8. Free for Community Center pass-holders.

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

2013 Troy 50+ Golf Leagues

Registration fee: \$43 Non-Res; \$48 (Refundable thru 4/1)

These nine hole golf leagues meet at Sylvan Glen on Monday and Wednesday. Play begins around May 1 for approximately 20 weeks, teeing off at 7:30-8 am. Greens fees will be paid directly to the league officers in the spring. If you take extended vacations, please sign up as a sub only.

Register now! Indicate your average for nine holes when registering. If the league is full, add your name to the wait list and you will be notified if an opening occurs. If you want to sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

Act. #148986J: Mon. League Act. #148986K: Mon. sub list
 Act. #148987J: Wed. League Act. #148987K: Wed. sub list

For more information, please call:

| | | |
|-------------------|---------------|--------------|
| Monday league: | John Ranieri | 248.641.8720 |
| | Bill Bimbi | 248.528.3817 |
| Wednesday league: | Dick Benson | 248.840.3101 |
| | Doug Slattery | 248.879.0033 |

Bowling League

Mondays at 1 pm at Thunderbird Lanes

This is a senior bowling league where bowlers receive one point each time they beat their own average. The cost is \$5 per week for shoes and three games of bowling. The season is divided into two halves and ends in April. Lanes are assigned using a league sheet system. All levels welcome. For more information, call Thunderbird Lanes at 248.362.1660.

- 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 Fitness Fusion

A fusion of yoga, weight training and Pilates to maximize your fat burning, especially around the waist. Please bring light (5 lb.) hand weights and a mat for floor work. **Weeks: 10 Drop in fee is \$10 per class (\$11 Non-Res).**

| Act # | Day | Time | Dates | Fee | Non-Res |
|---------|-----|--------------|--------------|------|---------|
| 118989B | Tue | 5:30-6:30 pm | Jan 8-Mar 12 | \$61 | \$71 |

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 is \$10 per class (\$11 Non-Res).**

| Act # | Day | Time | Dates | Fee | Non-Res |
|---------|-----|--------|---------------|------|---------|
| 118981C | Thu | 6-7 pm | Jan 10-Mar 14 | \$61 | \$71 |

***Muscle Strengthening with Sherry**

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks: 10.** (No class Nov 20 & 22)

| Act # | Day | Time | Dates | Fee | Non-Res |
|---------|-----|-------------|---------------|------|---------|
| 118975A | Tue | 10-10:50 am | Jan 8-Mar 12 | \$46 | \$56 |
| 118975B | Thu | 10-10:50 am | Jan 10-Mar 14 | \$46 | \$56 |



Tai Chi with Kim Cary

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. **Day: Mon Weeks: 10**

| Act # | Level | Time | Dates | Fee | Non-Res |
|---------|---------|--------|--------------|------|---------|
| 118976B | Adv | 2-3 pm | Jan 7-Mar 11 | \$46 | \$56 |
| 118976C | Beg/Int | 3-4 pm | Jan 7-Mar 11 | \$46 | \$56 |

Drop-in passes are available for the winter session which is going on now through March.

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! **Weeks: 10 Drop in fee is \$7.50 (\$8.50 Non-Res)**

| Act.# | Day | Time | Dates | Fee | Non-Res |
|---------|-----|-------------|--------------|------|---------|
| 118984A | Tue | 11-11:45 am | Jan 8-Mar 12 | \$59 | \$69 |

***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: 10**

| Act # | Day | Time | Dates | Fee | Non-Res |
|---------|-----|-------------|--------------|------|---------|
| 118982A | Mon | 10-10:50 am | Jan 7-Mar 11 | \$46 | \$56 |
| 118982B | Wed | 10-10:50 am | Jan 9-Mar 13 | \$46 | \$56 |

***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**

| Act # | Day | Time | Dates | Fee | Non-Res |
|---------|-----|-----------|--------------|------|---------|
| 118983A | Mon | 9-9:50 am | Jan 7-Mar 11 | \$46 | \$56 |
| 118983B | Wed | 9-9:50 am | Jan 9-Mar 13 | \$46 | \$56 |

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: 10**

| Act # | Day | Time | Dates | Fee | Non-Res |
|---------|-----|-------------|--------------|------|---------|
| 118977A | Mon | 11-12:10 pm | Jan 7-Mar 11 | \$46 | \$56 |
| 118977B | Wed | 11-12:10 pm | Jan 9-Mar 13 | \$46 | \$56 |

Pilates with Fawn

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. **Weeks: 10**

| Act # | Day | Time | Dates | Fee | Non-Res |
|---------|------|-------------|--------------|------|---------|
| 118979B | T&Th | 11-11:50 am | Jan 8-Mar 14 | \$86 | \$96 |

Chair Exercise

Mon, Wed, and Fri, 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 card at front desk (NR \$41).

***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 an artist in one class. An 11 x 14 painting will be completed in class. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$27.50; Non-Res \$37.50 **Ages:** 16 and older

| Act # | Date | Time | Subject |
|---------|--------------|--------|------------------------|
| 145932G | Thu, Jan. 10 | 6-8 pm | Rocky Creek |
| 145932H | Thu, Feb. 14 | 6-8 pm | Up North Reflections |
| 145932J | Thu, Mar. 14 | 6-8 pm | Country Covered Bridge |

Watercolor Painting Lessons

For beginners through advanced painters. Karen Halpern will guide you in working with watercolor. Supply list is available on receipt. **Fee:** 9 wks \$122; Non-Res \$132 /3 wks \$45 NR \$55

| Act. # | Day | Time | Dates | Wks |
|---------|-----|---------------|--------------|-----|
| 118971A | Wed | 9:30 am-12 pm | Jan 9-Mar 6 | 9 |
| 128971A | Wed | 9:30 am-12 pm | Mar 20-Apr 3 | 3 |

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrations and individual instruction. Supply list available on receipt. **Fee:** \$66; Non-Res \$76 No class Feb. 19.

| Act. # | Day | Time | Dates | Wks |
|---------|-----|---------|---------------|-----|
| 118972A | Tue | 12-3 pm | Jan 15-Mar 12 | 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 |
|---------|-----|-------|-------------|---------------|
| 118973D | Mon | Adv. | 9-9:50 am | Jan 14-Mar 18 |
| 118973E | Mon | Int. | 10-10:50 am | Jan 14-Mar 18 |
| 118973F | Mon | Beg. | 11-11:50 am | Jan 14-Mar 18 |

Square Dance Lessons

Mondays 7-9:30 pm at the Troy Community Center

Fee: \$5; Non-Res \$6 payable at the door

Join us on Mondays from 7-9:30 pm for modern square dancing. Partners are recommended but not required.

For more information, call Geoff at 248.547.3073.



Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm

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

Always wanted to Ballroom dance? Now's your chance. Join our group classes and learn a different Smooth, Rhythm, or Swing dance style each month. We study the steps, as well as the tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes. Come learn something new. Mondays-Jan. Waltz/Feb. Cha-Cha. Wednesdays-Jan. Rumba/Feb. Tango. No class Jan 2.

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 \$46 Non-Res \$56

| Act # | Level | Day | Time | Dates | Wks |
|---------|-------|-----|---------------|--------------|-----|
| 118974A | Beg | Tue | 1:30-2:30 pm | Jan 8-Mar 12 | 10 |
| 118974B | Int | Tue | 2:30- 3:30 pm | Jan 8-Mar 12 | 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.

Zumba Gold Dance Exercise

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

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

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

Teen-Adult Pottery

Participants age 14 and over, here is your chance to allow your creativity to flow while designing various clay projects. Each week learn new techniques and explore new methods. Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class. Material fee: \$25 paid directly to instructor.

| Act# | Day | Dates | Time | Res | Non-Res |
|---------|-----|----------|-----------|------|---------|
| 114305E | Wed | 1/9-30 | 7-9:30 pm | \$80 | \$90 |
| 114305F | Wed | 2/13-3/6 | 7-9:30 pm | \$80 | \$90 |

Clay Projects for Seniors

Tap into your creative side. This class is designed for adults 50 and older to work with clay and glazes to design beautiful pottery. Under the direction of our art instructor you have the opportunity to explore the world of clay. Three different clay projects. Material fee: \$15 paid to instructor at 1st class.

| Act# | Day | Dates | Time | Res | Non-Res |
|---------|-----|----------|-------------|------|---------|
| 114305G | Tue | 1/15-2/5 | 10:30am-2pm | \$48 | \$58 |



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



OAKMONT

Senior Communities

Oakmont Presents

The Friends and Oakmont Senior Communities host Oakmont Presents, a series of informative and engaging presentations held at Troy Community Center, Room 303. **Free continental breakfast: Register: 248.526.2608**

Wednesday, January 23, 9-10 am

Common Eye Diseases

Akler Eye Center will present an interactive talk featuring common and serious eye diseases that affect seniors. We will review treatable causes of visual loss including cataracts, macular degeneration, glaucoma and diabetic eye disease. Dry eyes and other causes of eye irritation will also be reviewed.

Wednesday, February 27, 9-10 am

Wellness First

Wellness First specializes in assisting our clients with stress management through Energy Balancing of the body. We are Reiki Master certified through Beaumont Hospital. Wellness First will teach you hands on techniques that will assist you with calming your nervous system to allow for lower blood pressure, pain relief, and brighter spirits. Reiki also encourages the body's self-healing efforts. Presenter Lisa De Rubies Allen is the founder of Wellness First.

The Friends of Troy Seniors are Happy to Announce a New Service for Seniors

For over 25 years, HearUSA has served the hearing care needs of people across the country. HearUSA has a long-standing commitment to enhance the quality of life in the individual communities in which they serve. It is through their personal care and attention by a qualified, skilled, knowledgeable and experienced staff that they can make a difference.

As a service to the seniors in the Troy area community, HearUSA will have a hearing professional at the Troy Community Center in the Senior Reading Room on the 2nd Friday of each month from 10:00 AM until 12:00 PM starting on January 11, 2013. They will administer at no cost a hearing test and, they will also clean and make suggestions on any repairs or adjustments which may need to be made to your hearing aid if you already wear one. (Batteries, if they need to be replaced, can be purchased for \$7.00 for eight batteries.)

What You Need To Know About the New Tax Laws

Monday, January 21 at 11:30 am

Troy Community Center Senior Dining Room (Room 402)

Fee: \$3 per person for lunch paid at the door.

This event is co-sponsored by Home Instead Senior Care. Enjoy a pizza lunch with salad, dessert and beverage while learning about what to expect with the new changes in the tax laws with guest speaker Thomas Hill, CPA and John Sakowicz, Local Coordinator, AARP Tax-Aide. Reservations are required no later than Friday January 18. Call 248.526.2608 or stop in at the FOTS office to register. There will be no federally funded lunch on this date.

How to Make Life Easier Through Assistive Technology (AT)

Monday, February 18 at 11:30 AM

Troy Community Center Senior Dining Room (Room 402)

Fee: \$3 per person for lunch paid at the door.

This event is co-sponsored by Crittenton Home Care. Enjoy a pasta lunch with salad, dessert and beverage while learning about "Small Changes and Big Differences". As we grow older, we experience changes in hearing, memory, vision and mobility. Many times these changes create the need to do everyday things a little differently. David Brotherson, Information and Advocacy Specialist from the Michigan Disability Rights Coalition, will explain the amazing technology of Assistive Technology (AT). Call 248.526.2608 or stop in at the FOTS office to register no later than February 13. There will be no federally funded lunch on this date.

Monthly Membership Meeting of the Friends of Troy Seniors

Our next meetings are on Thursday, January 17, and Thursday, February 21. Both meetings will be held at the Community Center at 1 PM. We continue to seek new members for our nonprofit group and invite everyone to attend these meetings to actively participate in our discussions.

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

248.526.2608

FOTS@wowway.com

www.FriendsOfTroySeniors.org

Hours – Mon-Fri 10 am - 2 pm

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| Jan. | Center Closed Happy New Year! ¹ | 9:30-12 Computer Consultations ² 11:45 NO LUNCH | 11:45 Chef's Choice ³ 12:30 Birthday Party | 11:30 Sweet & Sour ⁴ Meatballs 1:00 Bingo |
| 11:45 Oven Fried Chicken ⁷ | 11:45 Beef Teriyaki ⁸ 1:00 Red Hat | 10:00 Book Club ⁹ 11:45 Roast Pork | 10-11:30 Caregiver ¹⁰ Support 11:45 Baked Fish | 11:30 Chicken and ¹¹ Noodles 1:00 Bingo |
| 11:45 Beef Pepper Patty ¹⁴ | 11:45 Italian Baked ¹⁵ Chicken | 10-12 Disk Erasure ¹⁶ 11:45 Pork Chop | 11:45 Potato Crunch ¹⁷ Fish | 10-12 Blood Pressure ¹⁸ 11:30 Mac and Cheese 1:00 Bingo |
| 11:30 Pizza Lunch & ²¹ Learn - see pg 7 | 11:45 Pot Roast ²² 1-3 Focus Hope | 9:00 Eye Disease ²³ Speaker 11:45 Lemon Pepper Chicken 12:30 iPad Workshop | 9:30 Zehnder's ²⁴ 11:45 Spaghetti | 11:30 Roast Pork ²⁵ |
| 11:45 Citrus Chicken ²⁸ 12:30 Wii | 11:45 Pork Chop ²⁹ | 11:45 Veal Picata ³⁰ 7:00 Blackthorn Concert | 11:45 Breaded Fish ³¹ | |

| | | | | |
|---|---|--|--|---|
| Feb. | | | | 11:30 Lemon Chicken ¹ 1:00 Bingo |
| 11:45 Sizzle Steak ⁴ | 11:45 Hamburger ⁵ Stroganoff | 9:30-12 Computer ⁶ Consultations 11:45 Pork Loin 6:00 Restaurant Group | 9:30 Polish Trip ⁷ 11:45 Chef's Choice 12:30 Birthday Party 12:30 Shoulder Replacement | 11:30 Chicken Leg ⁸ 1:00 Bingo |
| 10:30 Mouth Organ ¹¹ Grinders 11:45 Chicken and Noodles | 11:45 Beef Teriyaki ¹² 1:00 Red Hat | 10:00 Book Club ¹³ 11:45 Lemon Baked Fish 7:00 Valentine's Dance | 9:15 DSO Trip ¹⁴ 10-11:30 Caregiver Support 11:45 Oven Fried Chicken | 10-12 Blood Pressure ¹⁵ 11:30 NO LUNCH 1:00 Bingo |
| 11:30 Pasta Lunch & ¹⁸ Learn - see pg 7 | 11:45 Beef Pepper Patty ¹⁹ | 10-12 Disk Erasure ²⁰ 11:45 Italian Baked Chicken | 11:45 Pork Chop ²¹ | 11:30 Potato Crunch ²² Fish 1:00 Bingo |
| 11:45 Dijon Chicken ²⁵ | 11:45 Roast Pork ²⁶ 1-3 Focus Hope | 9:00 Wellness First ²⁷ Speaker 11:45 Pot Roast | 11:45 Spaghetti ²⁸ | |

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday.
Suggested donation: \$3. Under age 60 must pay \$6.

These activities are held at the Troy Community Center unless noted.

**SPECIAL INTEREST/
SUPPORT GROUPS**

Ask the Attorney

Dana Wilson offers free 15 min. consultations on the 3rd Wednesday from 10:30 am - noon. Appointments required. Call 248.524.3484

Caregiver's Support Group

2nd Thursday, 10-11:30 am. Free.

Friends of Troy Seniors

This non-profit group supports Troy Senior programs and services. See page 7 for more information.

Medicare Enrollment Assistance

Jim Zoellner, certified Medicare/Medicaid counselor, offers enrollment assistance on the 2nd and 4th Friday from 10 am-1 pm in room 404 by appointment only. Get help with selecting insurance, claims, denials of service, and more. Call 248.524.3484 to make an appointment by the Wednesday before desired appointment date. For help with Part D enrollment, bring your prescriptions.

Pacific Rim Outreach

Wednesdays, 12:30-3:30 pm. Information and social activities. Call 248.312.0179 for details.**

Counseling with a Social Worker

2nd Thursday, 9 am - noon. Call 248.524.3484 to make a one-hour appointment. Free. Offered by Oakland Family Services.

T.O.P.S.

Thursdays, 8:30 - 10:30 am at the Community Center. Non-profit weight loss support group. Call 586.268.1514 for details.**

SPORTS AND FITNESS

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

CARDS AND GAMES

Bingo - Fridays, 1-2:30 pm. .25/card with \$1 admission card. Cash prizes.

Bridge - Duplicate -Tuesdays 12:30-3:30 pm (248-546-4335)**, Party -Thursdays 12:30-3 pm (248-307-9644)**, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$6 at door (586.775.7363).

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

Euchre - Tuesdays, 12:30-3 pm. Call 248.689.0854 for details.**

Pinochle - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. pinochle (no experience needed) Thursday, 12:30-3 pm. 248.376.5556.**

CREATIVE ARTS

Ballroom Dance Lessons - Mon. & Wed., 1-2 pm. \$6 at door (\$7 NR).

Band - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. Call 248.689.3536 for details. \$18 (\$23 NR)

Golden Choraliars Chorus - Select Fridays 9:45-11:30 am. Sept. through June. Several performances per year. Call 248.362.2965 for details.*

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

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

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

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

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

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

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

Massage Therapy

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

OTHER ACTIVITIES

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

Book Club - 2nd Wednesday, 10 am. No reservation required. Call Corrine at 248.528.1508 for more information.*

Computer Lab - Free!!! Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability.

Hot Lunch - This federally funded program is held Monday - Thursday from 11:45 am - 12:30 pm and Friday from 11:30-12:15 pm for ages 60 and older. No reservation needed. Suggested donation: \$3. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

Homebound Lunches - Homebound lunches and liquid meals are available Monday - Friday at noon. Call 248.689.0001

****Participation Fee****

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

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

*\$15 annual participation fee; Non-Res: \$20.

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

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

OR

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



Volunteer Management Needed

Creative Endeavors is a shop at the Troy Community Center showcasing the work of local artisans 50 and older who provide unique homemade gift items for sale. A true gem providing pottery, needlework, woodcarvings, clothing and more! Hours are Monday - Saturday, 10 am -2 pm and Wednesday and Thursday from 5 - 9 pm.

Lend your expertise to help operate this successful gift shop. The current manager is retiring after 10 years on the job, but will remain as an assistant in some capacity. If you are available one or two days a week, have computer skills, and ideas to help make the shop more successful, please call Carla at 248.524.3492 to discuss the possibilities.

Creative Endeavors will be celebrating it's 10th anniversary in March. The shop has helped hundreds of vendors sell more than \$200,000 worth of merchandise and provides a unique shopping experience in Troy.

Area Agency on Aging Offers Caregiver's Training

If you or someone you know is caring for someone with Alzheimer's Disease, dementia or memory loss, you might be interested in an empowering resource for family caregivers in southeastern Michigan. The AAA 1-B and the Alzheimer's Association – Greater Michigan and Michigan Great Lakes Chapters are offering a FREE six-week educational training program for family members who are caring for a person with a dementia related illness in Livingston, Macomb, Oakland, St. Clair and Washtenaw Counties. For more information about upcoming programs, visit www.aaa1b.com and click on Caregiver Resources and then Caregiver Training or call 800.852.7795.

E-News Updates

In addition to the *Fifty Forward* newsletter, we send out weekly e-news updates on most Wednesdays. If you would like to receive these updates, here's how to sign up: Go to the homepage of the City web site at www.troy.mi.gov. Click on SUBSCRIBE on the upper left side. Enter your e-mail address and click on GO. Confirm your e-mail address and click on SAVE at the bottom. Then, under the Parks and Recreation section, select Troy Fifty Forward News & Updates and any other newsletters listed there that you want to receive. Click on SAVE. If you are currently getting the newsletter via e-mail, then you will automatically get the updates.



Carl F. Clavenna, M.D.
Gregory B. Fitzgerald, M.D.

Family Friendly Ophthalmologists
~Cataract Surgery & Laser Vision Correction~

Comprehensive Eyecare~ Eye Disease~Cataracts
Diabetic Eyecare~ Contact Lenses ~ Eyewear
Emergency Eyecare

600 South Adams, Ste. 200 ~ Birmingham
248-646-3733
www.cvi2020.com

**\$75 off a complete pair of
Eyeglasses**



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

*Complete prescription pairs
only. Some restrictions apply.*

*Offer valid through
February 28, 2013*





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. 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 |
|---------|--------|---------------|--------|
| 145951J | M & W | 1-3 pm | 1/7-16 |
| 145951K | T & Th | 9:30-11:30 am | 2/5-14 |
| 145951L | M & W | 6:30-8:30 pm | 3/4-13 |

Computers for Beginners 2

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

| Act # | Day | Time | Dates |
|---------|--------|---------------|---------|
| 145973G | M & W | 1-3 pm | 1/21-30 |
| 145973H | T & Th | 9:30-11:30 am | 2/19-28 |

Intermediate Computer Skills

If you're comfortable using your mouse and keyboard, then this class will take you to the next level of fun with computers! Building on the Beginners 1 and 2 classes you will get hands-on introduction to Windows, file management, word processing, Internet, E-mail, spreadsheets, and other exciting exercises.

| Act # | Day | Time | Dates |
|---------|-------|--------------|--------|
| 145952F | M & W | 6:30-8:30 pm | 1/7-16 |

Windows

Prerequisite: Computer for Beginners or some previous computer experience. Learn to use the Windows (versions 7 & 8) operating system to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more.

| Act. # | Day | Time | Dates |
|---------|-------|--------------|--------|
| 145972C | M & W | 6:30-8:30 pm | 2/4-13 |

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.

Picture Formats

This class explores the amazing world of digital images from how they're made to how to best use them. Classroom photos and scans will demonstrate various digital image file formats and when they are used. Using your own camera

you will practice downloading, organizing and preserving techniques that you can apply at home.

| Act # | Day | Time | Dates |
|---------|-------|--------|---------|
| 145963C | M & W | 1-3 pm | 2/18-20 |

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 |
|---------|-------|--------------|---------|
| 145962C | M & W | 6:30-8:30 pm | 2/18-20 |

E-Mail

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

| Act # | Day | Time | Dates |
|---------|-----|--------------|-------|
| 145960L | Mon | 6:30-8:30 pm | 1/21 |
| 145960M | Mon | 1-3 pm | 2/4 |
| 145960N | Wed | 1-3 pm | 2/13 |
| 145960O | Mon | 1-3 pm | 2/25 |

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 all 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 |
|---------|--------|--------|----------|
| 145959B | T & Th | 1-3 pm | 1/8-1/31 |

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, much more!

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

| Act # | Day | Time | Dates |
|---------|--------|--------|----------|
| 145970C | T & Th | 1-3 pm | 2/12-3/7 |

Private Consultations

Meet with a Learning Center instructor on the **fourth** Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The fee is \$5 payable at the Community Center desk before your appointment. Please call to cancel if you cannot keep your appointment.

Hard Drive Erasure

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

Drop-In Computer Lab Now

FREE!!!

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.

Volunteers Needed

To monitor the computer lab on Fridays from 9:30 am-12 pm and from 1 to 3 pm. No computer knowledge necessary. Simply monitor the room by unlocking and locking for usage by patrons. Call Elaine T. to sign up, 248.524.3483.

Troy Medi-Go Plus

This nonprofit Troy community organization provides door-to-door advanced reservation service for Troy residents age 60 and older and disabled residents 18 and older to:

- Medical Offices
- Hospitals
- Pharmacies
- Nursing Homes
- Troy Community Center
- Shopping

Medi-Go Plus also transports persons with disabilities ages 18 and older to work and school. Wheelchair accessible vehicles are available.

Service Area: For medical appointments, nursing homes, and work and school: Eleven Mile, Mound, University and Southfield Roads. For shopping: Troy only (plus Meijer in Rochester Hills, Madison Heights and Royal Oak).

Hours of Service: 8:30 am to 4 pm Monday through Friday.

Reservations: Advance reservations required. Call 248.457.1100 Monday through Friday from 9 am - 4 pm. Call up to 14 days in advance for medical appointments. Call up to one week in advance for Community Center trips and two business days in advance for shopping. Standing reservations are accepted for medical appointments, trips to the Community Center and for persons with disabilities to work and school.

Assistance Provided: To and from your door if needed.

Fare: \$2 per one-way trip. Punch cards are available for \$40 for 20 rides. Call 248.457.1100. Additional donations are accepted. Donations may be sent to Troy Medi-Go Plus, 3179 Livernois, Troy, MI 48099-0392.

SMART Connector Service

For travel throughout Troy and to surrounding communities, SMART Connector curb-to-curb small bus service may be available. All SMART Connector buses are wheelchair accessible.

Service Area: Troy and surrounding communities, except Rochester and Rochester Hills

Service Hours: Monday - Friday, 6 am to 6 pm.

Reservations: Call SMART Customer Service at 866.962.5515 from 7 am to 4 pm, Monday through Friday, except for major holidays. All reservations must be received by 4 pm one day before the service is needed. General rides for shopping, school or work can be made one to two days in advance. Medical trip reservations may be made up to six days in advance. A pick up window of 30 minutes will be given.

AARP Free Tax-Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will prepare income tax returns or answer tax questions at the Troy Community Center, for persons of low to moderate income with special attention to senior citizens. The program is available on Fridays from February 1 to April 10, 2013 (closed March 29 Good Friday) from 9 am to 2 pm.

Appointments must be made by calling the Friends of Troy Seniors (FOTS), Monday to Friday between 10 am to 2 pm at 248.526.2608 or in person at the FOTS office near the Community Center lunch room.

If you are homebound, please ask a friend or relative to bring in your information for tax preparation. Telephone assistance is NOT available to answer questions.

Bring the following records with you to have your tax return prepared:

- **PHOTO ID (driver's license, state issued ID, passport, employer issued ID badge) and something that documents your complete social security number (social security card, paycheck, Medicare card, military ID, prior year tax return, etc).**
- A copy of all income tax forms filed for 2011 and all 2012 tax forms received by mail.
- Amount of any estimated Federal or Michigan income tax you paid for 2012.
- All income statements for the 2012 tax year. Examples are: W-2, SSA-1099 Social Security Benefit Statement, 1099-INT Bank Interest Statement, 1099-DIV Dividend Statements and 1099-B Sale of Securities (must also provide original purchase date and price of sold assets), 1099-R Income from Retirement Plans, IRA Distributions, Pensions, 1099-OID Interest on Original Issue Discount Securities, 1099-S: Statement for Sale of a Home.
- Your bills for all property taxes paid or billed in 2012, or statement of total amount of rent paid in 2012 (must also have name and address of landlord).
- Receipts for any medical insurance for which you paid premiums.
- If you want to itemize deductions, receipts for medical expenses and prescriptions not covered by Medicare or other insurance, charitable contributions made, mortgage interest paid, car registration fee, etc.
- Heating bills from Nov. 2011-Oct. 2012 you paid.
- All other income or deduction information you want included in your tax return.

If you want a refund deposited directly into a bank account, you must bring your bank routing AND account numbers (both are found on your personal check or can be obtained from your bank).

Assistive Listening Devices

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

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

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. 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 from 5-9 pm**

248.526.5145

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

Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

Please mail or drop off at the Troy Community Center, c/o Carla Vaughan or 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 <http://www.troymi.gov/ParksRec/>. Click on the Online Registration button and then enter household ID (find this number on a previous receipt or call 248.524.3484) and last name of head of household. On the next screen, enter the activity number you wish to enroll in and add to cart. You can register only your own household online. Registrations are non-transferable.

Refund Policy: There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process if paid by cash or check. Credit card refunds take about 48 hours. Refunds for computer classes and for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trip cancellations are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

Register Early! Please register early or we may cancel for lack of interest. Activities with insufficient enrollment are usually cancelled at least three days prior to the start date.

Americans With Disabilities Act: Please tell us in advance if you need an accommodation and reasonable program modifications will be made.

Low Income Scholarships: Troy residents 50+ with an annual household income of \$24,450 or less (\$27,950 for two people) can receive a 25% discount on 50+ classes - maximum one class per season (two computer classes per season). No discount for drop-in programs, trips, sport leagues, and special events. Apply at the Community Center and bring last year's federal or state 1040 or MI Homestead form as proof of income.

Newsletter Subscriptions

There are three ways to receive the 50+ newsletter which is published six times per year:

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ParksRec/ and click on the envelope on the left hand side. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
1. Pick up a free copy at the Community Center on or after the 27th of every other month.
2. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/1, \$3 between 8/1 and 10/31, \$2 between 11/1 and 2/28, and \$1 after 3/1. Non-residents \$6 per year, prorated as above. **Act. #135000J.**

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

Activity #: _____ Fee: _____ Activity #: _____ Fee: _____

I hereby voluntarily release and hold harmless the City of Troy and the Troy School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself while participating, watching and traveling to or from this activity.

Signature Required: _____ Date: _____

Enclose registration fee and mail to: Troy Recreation Department, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy. VISA or MASTERCARD # _____ Exp. Date: _____



Ladies Drop-In Volleyball

Ladies 25 and over looking to play some drop in volleyball with a like minded group of women on Thursday evenings from 7:30-9 pm at a Troy location, call Peggy at 248.689.6092 to express interest and get the details.

Get Fit at the Troy Community Center

Do you have a New Year's resolution to improve your health . . . lose weight . . . get fit? Why not join the fitness club at the Troy Community Center? The senior rate (age 60 and older) for the Recreation Pass Unlimited is \$19 per month for residents. Non-residents pay \$31 per month. Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. There is also a Matinee Pass (not just for seniors) available for \$16.75 per month for residents (non-residents pay \$24) that allows you to use the amenities Monday - Friday only from 8 am - 3 pm.

In addition, a Fitness Passport is available that includes all of the above plus you can participate in a select list of fitness classes (list of classes included available at the Community Center). The senior rate for the Fitness Passport is \$26 per month. Non-residents pay \$38.

Additional discounts are available for low-income or permanently disabled residents.

For those without a pass, the daily resident rate is \$7 or \$5 with a 10-visit punch card. Seniors receive a special daily rate on Friday mornings: \$3 for use of the pool from 8-10 am, the fitness room and gym from 8-11:30 am and pickleball from 10:30 am -1:30 pm in the gym.

Blood Pressure Screenings

3rd Friday - Jan. 18 and Feb. 15
10 am - Noon, Room 402

The Friends of Troy Seniors offer blood pressure screenings on the third Friday of each month from 10 am - noon in the senior dining room (Room 402). This drop-in program is free.



50+ Basketball

Do you shoot hoops at the Troy Community Center? Do you have free time during the day? If so, would you like to have a time designated to play pick-up games with others age 50+? If you are interested in having such a program available, please call 248.524.3484 or register online for **Act. #115930A** by January 30 and we will contact you if interest is sufficient. Tell your friends to sign up too!

Counseling with a Licensed Social Worker

2nd Thursday - Jan. 10 and Feb. 14 9 am-Noon - Room 403
Speak privately with a licensed Social Worker from Oakland Family Services - Older Adult Division regarding any senior issues you may be experiencing. Call 248.524.3484 to schedule a one-hour appointment. Walk-ins accepted if time allows. There is no charge as this program is grant funded.

FREE iPad Workshop - see page 2

2013 Spring Senior Expo Tuesday, March 19, 10 am - 2 pm at the Troy Community Center

This year's expo will feature 80+ vendors who will offer you information about their products and services. This annual event provides one stop shopping for information on health, financial issues, housing, home care and much more.

Potential vendors access registration form at : <http://www.troymi.gov/ParksRec/SeniorCitizenProgram/2013ExpoRegistrationForm.pdf>

Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 to volunteer.

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- Newsletter sponsorships are available. Contact Carla Vaughan at vaughancs@troymi.gov.