



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

May 2015



## Remembering the J.L. Hudson Company, Detroit's Legendary Department Store Thursday, May 21, 1 pm

**Troy Community Center Rm 303**

The world's largest American flag, Freedom Festival fireworks, magical animated windows, a 9 story tree of lights, 12th floor auditorium spectaculars, the

home of the real Santa, Maurice salad, and throngs of shoppers!

Those are just a few of the memories that will come alive at this lecture presentation. Attendees will be treated to signage, hundreds of photos, various ephemera, and video clips of Detroit's home grown retailer that once towered over Woodward Avenue.

Presenter Michael Hauser is the Marketing Manager for the Michigan Opera Theatre and the Detroit Opera House. He is co-author of four books including *Hudson's-Detroit's Legendary Department Store* and *Remembering Hudson's-The Grande Dame of Detroit Retailing*. He was guest curator at the Detroit Historical Museum for the "Remembering Downtown Hudson's" exhibit. Hauser was a sales associate for ten years at Hudson's Southland store. Space is limited. Pre-registration required. Call 248.524.3484 or stop at the Community Center front desk to register.

## Shall We Dance Drop-In Ballroom Dances Second Thursday of Every Month!!!

**May 14, June 11, July 9, Aug 13, Sept 10.....**

**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. Reservations are not required. For more information, contact Elaine Torvinen at 248.524.3483. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie.

## Gardens Sites Available

Garden sites are available for ages 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are approximately 20' x 20' (raised beds are smaller), limit one per household, and must be tended by applying senior. The ground is tilled and water is available. The fee is \$70; NR: \$80. No refunds after May 1.

- Use **Act. 125936E** for a ground level bed - Wait list only
- Use **Act. 125937E** for a raised bed - Wait list only



## 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. Follow in their footsteps and fashion your own "Made In Michigan" mosaic. The fee includes all supplies.

Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Troy Community Center front desk. Pre-registration is required. Register for **Act. 135902A**; \$36; NR \$41.

## 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.

This free program is sponsored by Oakmont Senior Communities. Pre-registration required. Call 248.524.3484 or stop at the Community Center front desk to register.



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. Two times slots may be reserved on the same day. For email help, bring your email address and password with you. Call 248.524.3484 by Monday prior to schedule an appointment. If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive.

Contact Elaine Torvinen at 248.524.3483 for more information.

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

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

**Friends of Troy Seniors**  
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**SHARP Home Repair**  
248.528.2929

**Creative Endeavors**  
248.526.5145

**City Hall**  
248.524.3300

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

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

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

## Upcoming Events

248.524.3484

### Diabetes PATH Workshop

**Wednesdays, May 6-June 10 (6 weeks), 1:30-4 pm**  
**Troy Community Center Room 502 (504 on May 13)**  
**Act. 125900A; Fee: \$15; NR \$20**

People with type 2 diabetes, their family and caregivers are welcome to attend this workshop that is facilitated by two trained leaders, one or both having diabetes or another chronic condition. Workshop participants learn how to:

- Manage symptoms and fight fatigue
- Build confidence
- Monitor blood sugar
- Communicate effectively with healthcare professionals
- And much more!

This workshop is brought to you by the Area Agency on Aging. Light refreshments and \$15 gift card included. Pre-registration is required as space is limited.

### How to Download E-Books on Your iPad

**Wednesday, May 6, 1 pm; Troy Community Center Computer Lab**  
**Act. 125901A; Fee: FREE**

A librarian from the Troy Public Library will help you download the app needed for e-reading and help you download a book to your iPad. Bring your iPad and the name of an e-book you would like to read if you have a specific title in mind. Space is limited. Pre-registration required. Must have a valid Troy Library card to participate.

### 2nd Friday Bingo Refreshments

#### 2nd Friday of Each Month

Oakmont Senior Communities provides complimentary refreshments at bingo on the second Friday of each month. These refreshments are available from 12:30-1 during the time that you are purchasing your bingo cards. **Cribbage players:** You are invited to participate as well!

### Mouth Organ Grinders Performance

**Monday, May 18, 10:30 am; Troy Community Center Lobby**

Join us for a free one-hour performance by our harmonica group.

### Chronic Pain? Need Instant Relief with No Side Effects?

**Wednesday, May 20, 11:30 am – 12:30 pm**

**Troy Community Center Room 302 - Lunch provided**

Get out of pain! Learn about compounded pain creams and what they can do for you. Valerie Clark, Regional Manager from Custom Meds Compounding Pharmacy, joined by Romina Profeta, Senior Physical Therapist from the DMC, will present information about this alternative to traditional medicine. The creams are non-invasive, non-addictive, they do not toxify your organs or interact with other medications. They are made from scratch and customized for each individual's needs. Lunch will be provided and gifts will be raffled off. Please email or call to register: [valerie@custommeds.com](mailto:valerie@custommeds.com) or call 248.210.4796. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

### 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](http://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.

### **Detroit Symphony Orchestra and Midtown Men Sun, May 17, 11:30 am - 6 pm; Act. 148926N \$101; NR: \$106**

Includes brunch at Sindbad's overlooking the Detroit River before the 3 pm performance of the DSO with Midtown Men - original cast members from Jersey Boys - harmonizing the hits of the 60's. 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! **The count must be confirmed by May 25, so register early!** 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](http://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.

### **Quilt Gardens Tour - July 6-7, 2015**

Call Bianco Tours at 734.946.7021 for more information and to register.

### **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. All rooms non-smoking, Grand Buffet lunch upon arrival, champagne reception, five course dinner nightly, full breakfast daily, horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly to the Grand Hotel Orchestra.

### **Drive Up On Your Own Option**

Drive up on your own and meet the group at the boat dock. Fee: **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. NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+. Online registration is not available.

### **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.**

### **Titanic the Musical in Toronto – June 16-17, 2015**

**\$399 per person double, \$499 single, \$369 triple**

Roundtrip motorcoach, one night lodging downtown, two meals, top price main floor seats for Titanic and additional sightseeing. Call Shoreline Tours for reservations. **800.265.0818.**

### **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**

See brochure for details. 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

**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 begins Monday, May 18 at 8 am. Resident walk in registration begins Tuesday, May 19. Non-residents online or walk in registration begins Thursday, May 21. Returning students changing time slots must register as new. **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

**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

**\* 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

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

**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! **Drop in fee:** \$7.50 per class (\$8.50 NR) **This class is not offered in the Summer.**

Act #	Day	Time	Dates	Fee	NR
128984B	Tue	11-11:45 am	Mar 24 - May 26	\$60	\$70

**Zumba Gold Toning**

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

Combine the enticing 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, Mon & 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.

**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](mailto: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](http://www.michiganseniorolympics.org) for more information on the age divisions and schedule. Register online or call 248.608.0252.

**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. 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.

**Newsletter Subscription Renewal**

It's time to renew your newsletter subscription if you receive it by mail. This is the second to the last issue you will receive if you do not renew. See page 19 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!**

**Senior Tennis League**

**This program is looking for a new leader!!! If interested in volunteering contact Elaine Torvinen at 248.524.3483.**

An informal senior tennis league will meet on Tuesday and Friday from 9 - 11 am at Boulan Park beginning May 8. \$3 per person per session paid at the courts (exact change appreciated). Reservations are not required. For more information, call Elaine Torvinen at 248.524.3483.

**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	<a href="mailto:bill.bimbi@yahoo.com">bill.bimbi@yahoo.com</a>
Wed.:	Tony D'Amico	248.250.6116	<a href="mailto:tonygolf362@gmail.com">tonygolf362@gmail.com</a>
	Judy Pearl	248.641.9346	<a href="mailto:pearlja8@gmail.com">pearlja8@gmail.com</a>

**Women Volleyball Players Needed**

Women are invited to play volleyball on Thursdays from 7:30-9 pm at Costello Elementary School. There is a nominal fee each week (\$2.50-\$4) depending on how many attend. For more information, contact Peggy at 247.689.6092.

**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. Contact Elaine Torvinen at 248.524.3483 for more information.

**New volunteer coordinator needed. Call Elaine T at 248.524.3483 if interested.**

**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. - 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
145932L	Thu, May 14	6-8 pm	Lake Irene-Rocky Mtns.
145932M	Thu, Jun 11	6-8 pm	Abandoned Farm

### 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
124305F	Wed	5/13-6/3	7-9 pm	Flower
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

### Clay Projects for Seniors (Age 50+)

Tap into your creative side. Work with clay and glazes to design beautiful pottery. Under the direction of our art instructor Jan Lindell, you have the opportunity to explore the world of clay.

**Weeks:** 2 **Fee:** \$20; NR \$25

**Material Fee:** \$5 (paid directly to instructor 1st week)

Act#	Day	Dates	Time	Theme
124305H	Tue	5/5-5/12	10:30 am-12 pm	Celebration Plate



### American Mah Jongg Lessons

Instructor Sharon Houghtby teaches this class for absolute beginners. Learn the rules of the game, how to "make a hand" and how to play. The fee includes \$9 Mah Jongg card. The instructor will bring your Mah Jongg card to the first class and will provide the Mah Jongg game to use during class. Class size is limited to eight. **Register now!** Class meets in room 402A - enter through the dining room (Room 402).

Act. #	Day	Time	Dates	Fee	NR
135901A	Tue	10 am - Noon	May 12-Jun 2	\$22	\$27

### 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 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 for this class.

**Location:** Troy Comm. Center Rm 404 **Wks:** 4 **Fee:** \$45; NR \$55

Act.	Class	Day	Time	Dates
115934W	Sock Class	Tue	1-3 pm	May 5-26
115934X	Beginning II	Wed	1-3 pm	May 6-27
115934Y	Beginning II	Wed	6:30-8:30 pm	May 6-27
115934Z	Intermediate	Tue	1-3 pm	June 9-30
115934S	Beginning II	Wed	1-3 pm	June 3-24

### 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

**Fee:** \$38; NR \$48 **Weeks:** 8 **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

**Fee:** \$47; NR \$57 **Weeks:** 10 **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.

**Instructors:** Jim & Donna Berg Sign up for both classes in a session and pay \$10 less for each class!!!

Act #	Style	Time	Dates
128980J	Swing	7-7:50 pm	May 8-June 26
128980K	Ballroom	8-8:50 pm	May 8-June 26
128980M	Int/Adv Swing	9-9:50 pm	May 8-June 26
128980L	Any Two Classes	<b>Res. \$98 NR \$118</b>	

No class 5/15 & 5/22

## 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**

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
May	Hustle	Waltz
June	Rumba	East Coast Swing

## Computer Classes - See page 9

### Troy English Workshop

**Tue, June 9-Aug. 4 (9 weeks); 1-3 pm Act. 145938J**

**Sat, June 13-Aug. 8 (8 weeks); 10 am - Noon Act. 145938K\***

**\*No class July 4**

**Troy Community Center room 502 Fee: FREE**

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.

# May

Monday

Tuesday

Wednesday

Thursday

Friday

				11:30 Mac & Cheese <sup>1</sup> 1:00 Bingo
11:45 Chicken Ala King <sup>4</sup>	11:45 Sloppy Joes <sup>5</sup> 1:00 Red Hat	10:00 Book Club <sup>6</sup> 1:45 Sausage & Sauerkraut 1:00 <b>Downloading E-Books</b> 1:30 <b>Diabetes Work shop Begins</b>	11:45 Lemon Chicken <sup>7</sup> 12:30 <b>Birthday Party</b>	9:00 Tennis League <sup>8</sup> Begins 10-12 Hearing Screening 11:30 Roast Pork 1:00 Bingo - FREE Refreshments
11:45 Chili with Rice <sup>11</sup>	11:45 Beef Hot Dog <sup>12</sup> 1:00 Red Hat	11:45 Shepherd's Pie <sup>13</sup> 4:00 Pain Support Group	10-11 Ask A Nurse <sup>14</sup> 10-11:30 Caregiver Support 11:45 Oven Fried Chicken 7:00 Ballroom Dance	9:15 <b>Barnard School Trip</b> <sup>15</sup> 10-12 Blood Pressure 11:30 Potato Crunch Fish 1:00 Bingo
10:30 <b>Harmonica Concert</b> <sup>18</sup> 11:45 Pot Roast	9:00 <b>Volunteer Breakfast</b> <sup>19</sup> 11:45 Mostacolli	9:30 Friends Speaker <sup>20</sup> 10-12 <b>Disk Erasure</b> 11:30 <b>Pain Speaker</b> 11:45 Chicken Burrito	11:45 Fishwich <sup>21</sup> 1:00 <b>Hudson's Talk</b>	11:30 Cheeseburger <sup>22</sup> 1:00 Bingo
<b>Memorial Day Center Closed</b> <sup>25</sup> Fitness area open 5:30 am - 8 pm	11:45 Veg. Lasagna <sup>26</sup>	9:30-12 <b>Computer Consultations</b> <sup>27</sup> 11:00 <b>Oakmont Tour</b> 11:45 Meatloaf	11:45 Chef's Selection <sup>28</sup> 12:30-2 <b>Focus Hope</b>	11:30 Chef's Salad <sup>29</sup> 1:00 Bingo

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.troycllic.org](http://www.troycllic.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
145951H	T & Th	9:30-11:30 am	4/28-5/7
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

**Computer Security/Internet Scams**

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

Act #	Day	Time	Dates
145967C	T & Th	6:30-8:30 pm	4/28-5/7

**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

**Introduction to Power Point**

Ever see one of those cool slide shows from the Internet with beautiful photos and lovely music? It was probably made with a Power-Point program. You can learn how to make the same kind of slide show with your own pictures. Even better, you can learn the many other uses of PowerPoint for presentations, collages, posters and how to customize your work with pictures, animation, audio and video.

Act #	Day	Time	Dates
145961C	T & Th	9:30-11:30 am	5/12-5/21

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

**E-Mail**

A two-hour one-on-one session with an Instructor covering the email system you are using or want to use. Help is available for WOW, Comcast, Yahoo, Hotmail, Gmail, Outlook Express/Windows Live mail and AOL. If you have an email account, bring your user ID and password to the class.

Act #	Day	Time	Date
145960K	Mon	1-3 pm	5/4

**Introduction to Excel**

Do you keep an address book, budget, golf/bowling league averages or another list or data log? Then you need to try Microsoft Excel, the world's most popular spreadsheet program. And you don't have to be good with numbers. Excel does all the number crunching for you. Learn its many possible uses: savings, investments, medical data, weight loss, gas mileage, expenses etc. This class meets for 2 hours, 6 times over 3 weeks. **Fee: \$50; NR \$60**

Act #	Day	Time	Dates
145968C	M & W	6:30-8:30 pm	4/27-5/13

**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. **Dates: 6/1-6/24 Wks: 4 Fee:\$60NR \$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 Fee: \$60; NR \$70 Dates: 7/6-7/29.**

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.

**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.**

**New Offering!!!  
Free hands on help with  
your device by appt.  
See Page 1 for details.**

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 page 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)

### Troy Restaurant Group

#### Wednesday, June 3 - 6 pm at Red Lobster

Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next event is at Red Lobster (Rochester Road north of Auburn Road). Please RSVP to Marlene at 248.879.9214 or [Marlene850@live.com](mailto:Marlene850@live.com). You do not need to be a Troy resident to attend.

### Caregiver's Support Group

#### 2nd Thursday of each month - 10-11:30 am, Room 403

This group is cosponsored by Home Instead Senior Care and there is no charge to attend. All ages welcome. Share your care giving concerns and get information. Call 248.703.5556 for details.

### Book Club - 1st Wednesday of each month - 10 am

Contact Corrine at 248.528.1508 for more information about this free club. The book for May is: *The Light We Cannot See* by Anthony Doerr. June: *Mrs. Poe* by Lynn Cullen.

### Red Hat Society - 2nd Tuesday of each month

Call Sylvia at 248.524.1108 for more information. Annual participation fee: see below. In addition, the Red Hats collect annual dues of \$35 per person.

### ACBL Bridge Clubs

A Monday club (limited to 500 points) meets at noon and a Friday club (unlimited) meets at 11 am at the Troy Community Center. The fee is \$7. Call Shirley Flett at 586.775.7363 for details.

### Annual Group Participation Fee

There is an annual participation fee for groups meeting at the Community Center. This fee covers the time period of September 1, 2014 - August 31, 2015, prorated monthly for those who join later in the year. Your first meeting is free.

#### \$12 annual fee (\$17 NR) - Act. #145204 - Meets Monthly

A Red Hat Society                      B Society of Single Seniors

#### \$18 annual fee (\$23 NR) - Act. #145204 - Meets Bi-Monthly

C Heritage Band

#### \$36 annual fee (\$46 NR) - Act. #145204 - Meets Weekly

D Bridge-Tue. Duplicate	J Pacific Rim
E Bridge-Thu. Party	K Painting Club
F Euchre	L Quilting Group*
G Harmonica Club	M TOPS
H Line Dance	N Woodcarving
I Needlework Club	

\*This group pays multiple group fee due to extended hours.

S. **Multiple Groups** - pay an annual fee of \$60 (\$70 NR) to participate in as many of the above groups as you wish.

**Drop in option:** \$1.50 per meeting (\$2 non-residents) payable at the door. (Double for quilting group due to extended hours.)

#### No Fee - Meets in Reading Room - Registration Still Required

O. Book Club	Q. Cribbage
P. Pinochle - Beg.	R. Pinochle - Monday

### Pain Support Group

#### Wed, May 13, 4 pm Troy Community Center Rm 402A

This group will focus on providing ways to cope with chronic pain. Begin each session with a short relaxation exercise, followed by introductions and time for members to express their issues. Medical experts, along with other professionals will be invited to offer insight on relief. The May meeting will highlight Romina Profeta, a Senior Physical Therapist from the DMC. Mrs. Profeta will address common pain ailments and demonstrate techniques to get relief. Snacks provided. Free to all! Please contact Valerie at [valerie@custommeds.com](mailto:valerie@custommeds.com) or 248.210.4796 to register.

### Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meetings are May 4 and June 2 at 4 pm at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. Bring your ideas for events and activities. Newcomers welcome! Call 248.689.8070 for information or dinner reservations.

### Troy Library Spice of Life Discussion Group

The Spice of Life Discussion Group meets every Wednesday from 10-11:30 am in the Meeting Room at Troy Library. Programs are on subjects of general interest and vary week to week. A discussion follows each program; no preparation is required except an interest in the world around you.

### Grandparents Raising Grandchildren

This group, sponsored by the Area Agency on Aging and the Oakland Livingston Human Service Agency, meets in a different Oakland County location each month to provide information and services. Contact Lisa Grodsky at 248.209.2622 or [Liasg@olhsa.org](mailto:Liasg@olhsa.org) for more information and to confirm meeting date and location.

Tuesday, May 5 - Dublin Community Senior Center

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

## Employment Referral List

If you are an individual who wants to provide home care for senior citizens, pick up an application at the Friends of Troy Seniors (FOTS) Office at the Troy Community Center or call 248.526.2608 to have one mailed to you. Your name will be placed on a referral list and prospective employers will contact you. FOTS is acting as a clearinghouse only, not as an employer.

To hire a senior companion, call 248.526.2608 to obtain a copy of the list. To further assist you in this process, we suggest you refer to the *Hiring Paid Caregivers for In-Home Services* guide prepared by the Michigan Office of Services to the Aging. Guides are available at the Friends Office or at the Community Center front desk.



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

## Barnard Elementary Invites Seniors to “Go to School” - Friday, May 15, 9:15 – 11:45 am

Haven't been to school in awhile? Meet the Friends of Troy-Seniors leader at the Troy Community Center “bus stop” at the north entrance to the Community Center at 9:15 am and be transported to Barnard Elementary by a school bus. You will meet the new principal and teachers, enjoy a continental breakfast, take a tour of the school and join the students in their classrooms. See how school has changed and witness first-hand the use of the latest educational technology. The school bus will bring you back to the Community Center at 11:45 am.

Reservations will be accepted through Monday, May 11th. Call 248.526.2608 or stop in at the Friends office at the Troy Community Center (M-F, 10 am – 1 pm) to register for an educational and enjoyable experience.

## Thank You Volunteers and Speakers

A sincere thank goes out to our volunteers who assisted at the following events held in April – Afternoon Tea with the Troy HS string quartet, Brunch & Learn with Lisa Rauch speaking about “Hydration for the Young at Heart” and Document Shredding. You are all very much appreciated for your ongoing efforts as dedicated volunteers with the Friends.

## The City of Troy’s 60th Anniversary

The Friends of Troy Seniors would like to create a Memory Book in celebration of the City of Troy’s 60th Anniversary and we still need your help. Please submit copies of photographs and stories that represent your personal experiences or those of family members. Items can be dropped off at the Friends office in the Troy Community Center Mon-Fri, from 10 am to 1 pm through May 15. By doing so, you and your family will become part of the City of Troy’s history through our Memory Book.

Volunteers are also needed to assist in putting this Memory Book together. Our goal is to have the book ready for presentation to the City of Troy for the city’s celebration on June 20, 2015.

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 the Troy Community Center unless otherwise announced. Our next meeting is scheduled for May 21st. Everyone is welcome to attend these meetings.

## Senior Resource Center

Check out our resource center brochure rack for information from businesses with products and services for older adults. If you are a business owner and would like to display your brochures, the fee is \$15 per month or \$150 per year. Call 248.526.2608 for an application.

### Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: [fots@wowway.com](mailto:fots@wowway.com)

Website: [www.friendsoftroyseniors.org](http://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.*

## 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\$\$\$.

Flea Market vendors also welcome. Your registration fee gives you two parking spaces in the garage. Concessions and porta-john on site. Over 150 vendors and 1500 shoppers are expected

to attend. Register for activity number based on time you wish to unload. This event is cosponsored by the Friends of Troy Seniors. Vendor fee: \$20; NR: \$25

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

**Shoppers:**  
**Mark your calendar!**  
**Admission is \$2. Under 12 free.**

# Thank You Senior Program Volunteers!

Volunteers  
gave more than 19,000 hours  
to the senior program

## Creative Endeavors

Marie Dolmage  
Joann Dreger  
Wendy Kibat  
Pat Kulka  
Linda Latsko  
Christine Lecoutre  
Donna MacGowan  
Ambareen Malik  
Evelyn Manceor  
Ruth Mapes  
Mary Meyers  
Adam Schaufler  
Heena Shah  
Oudsia Taqi  
Marjorie Wagner

## Program Leaders

Corine Alonzo - Book Club  
Judy Baker - Quilting  
Geoff Brieger - Sq Dance  
Michael Burnett -  
Woodcarving  
Jerry Coval - Harmonica  
Sylvia Furman - Red Hat  
Zora Hargrave - Pinochle  
Jackie Gregorich -  
Needlework  
Chris Hampton - Euchre  
John Hodgson - Thu. Bridge  
Judy Humphrey - TSSS  
Ed Lee - English Skills  
Judy Luther - Tennis  
Pam Mackowski -  
Pickleball  
Carol Ann Marsh - TOPS  
Dave Mattis - Volleyball  
Lynn McLean - Beg  
Pinochle  
Marion Medler-T Bridge  
Judy Pearl - Line Dance  
Marlend Przybycien -  
Restaurant Group  
Bob Rourke - Band  
Beverly Seidel - Painting  
Club  
Mary Valente-Pacific Rim  
Cynthia Wilsher - Quilting  
Nancy Yockey - Cribbage

## Computer Learning Center

Chris Adams  
Bob Berk  
Mike Brady

Pam Brady  
Curtis Brown  
Elaine Chutorash  
Fred DeNio  
Mary Ellen Durkee  
Randall Fournier  
Tina Franco  
Darnell Hargrave  
Zora Hargrave  
Jim Harris  
Nancy Ho  
Patty Huffer  
David Kaminski  
Kathy Kerwin  
Rick Knight  
Richard Kucejko  
Christal Lewandowski  
Huiling Li  
Kathy Machalski  
Lynn McLean  
Manu Naik  
James Sauter  
Frank Searight  
Heena Shah  
Bob Treharne  
Bob Zimmerman

## SHARP

Jeff Benton  
Tom Bernard  
Mike Brady  
Phil Ciesliga  
Jim Cyrulewski  
Les Davis  
Cele Dilley  
Walt Feifer  
Bruce Gates  
Robert Gervais  
David Gray  
Steven James  
Kathi Johnson  
Tom Kaszubski  
Dagoberto Krambeck  
Charlie Lobbestael  
Tom Loftus  
Keith Meadows  
David Nagengast  
Cathy Potter  
Bill Rundell  
Doug Slattery  
Larry Sporer  
Mindy Sporer

Ken Stress  
Karin Stahl  
John Sunne  
David Taylor  
Bruce Turnage  
Susan Voytal  
Jerry Whitefoot  
Sharron Wilson  
UBS Financial

## Taxes

C.V. Abraham  
K.L. Asija  
Theresa Bieniek  
Lixia Chen  
Sandra Dong  
Tina Franco  
Sharon Galliker  
Sharon Grieser  
Kathleen Hoppe  
Taube Karpov  
Pete Keating  
Richard Kucejko  
Bill LaRue  
Doug McGlaun  
Linda Meida  
Carmelo Milia  
Donna Pezeshki  
Bill Rhodes  
James Sauter  
Donald Schafer  
Richard Schmitt  
Cathy Tran  
Shikha Vaishy  
Jerry Watson

## Special Events and Programs

Diane Alati - Various  
Fred Alati - Various  
Isis Awad - Newsletters  
Su Chaudhyri - Various  
Elaine Cook - Newsletters  
Prakesh Desai - Expo  
Katherine Downie - Expo  
Deb Doyle - Trips  
Aggi Erlandsan - Various  
Helen Gach - Expo  
Wally Gannon - Various  
Nancy Ho - Newsletters  
Phyllis Hocking - Various  
Margaret Julian - Expo

Lil Karamanian - Trips  
Dorothy Pietron - Various  
Pauline Potrzuski -  
Newsletters, Expo  
James Savage - Dances  
Tony Sciuillo - Expo  
Nancy Thoenes -Trips  
Jim Werpetinski - Expo  
Jim Zoellner - Medicare

## Bingo

Carol D'Andrea  
Mary Craft  
Lonnie Lance  
Joyce Manke  
Fay McCormick  
Madelon Owen  
Richard Pickens  
Dorothy Pietron  
Marlene Przybycien  
Rod Rzendzean  
Dorothy Schillinger  
Howard Schillinger  
Melvina Scott  
Joanne Stephenson

## Friends of Troy Seniors

Diane Alati  
Fred Alati  
Ron Butterbaugh  
Joe Cadovich  
Freda Cochran  
Elaine Cook  
Diane Cronin  
Pat Daniels  
Carolyn Darch  
Gloria Dixon  
Katherine Downie  
Joann Drager  
Bill Drake  
Maryann Drake  
Sanaa El-Shamaa  
Aggie Erlandson  
Jan Fenech  
Wade Fleming  
Sue Forst  
Ed Forst  
Wally Gannon  
Rajaram Gokhale

Sharon Grieser  
Corinne Growney  
Janet Haigh  
Phyllis Hocking  
Joanna Horne  
Frank Howrylak  
Veronica Iversen  
Margaret Julian  
Denise Karry  
Mary Kerwin  
Bill LaRue  
RuthAnn LaRue  
Jean Lawrence  
Juliana Lord  
Betty Louney  
Nikki Main  
Joe Malone  
Evelyn Manceor  
Pat Mannering  
Tom Mannering  
Kay McFarland  
Maureen McGinnis  
Cindy Morley  
Dick Mosey  
Bonnie Moulik  
Donna Pezeshki  
Pauline Potrzusk  
Marlene Przybycien  
Bill Rhodes  
Elizabeth Rhodes  
Emily Rhodes  
Pat Rhodes  
Shirley Roberts  
Val Roberts  
Ann Ross  
Patrice Rowbal  
Jim Sauter  
Margaret Schwartz  
Tony Sciuillo  
Bonnie Sherwood  
Irene Sidhom  
Dawn Smith  
June Spraggins  
Lucy Stefanowski  
Joanne Stephenson  
Martha Teller  
Lois Templeman  
Liisa Vaara-Lewis  
Mike Vlajkov  
Jim Werpetinski  
Nageswara Yaddanapudi

**Homebound Meals:** The City of Troy and Emerald Food Service also thank the **78** volunteers who delivered **26,711** meals to homebound seniors in Troy last year.

**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.

**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**  
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 at the Troy Community Center  
 inside the north entrance  
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**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.

## Five Ways to Eat Well As You Get Older

Eating well is still important as you age. Giving your body the right nutrients and maintaining a healthy weight can help you stay active and independent. You'll also spend less time and money at the doctor. This is especially true if you have a chronic condition such as diabetes or heart disease. Healthy eating does change a little as you age. For example, your metabolism slows down, so you need fewer calories. You also need more of certain nutrients. It's more important than ever to choose foods that give you the best nutritional value. Here are five tips to help you find the best foods for your body.

### 1. Know what a healthy plate looks like.

You might remember the food pyramid, but the USDA recently unveiled a simpler way to help people see what they should eat each day. It's called MyPlate. This simple graphic shows how the five food groups should stack up on your plate. These are the building blocks for a healthy diet. For more information on MyPlate, visit [www.choosemyplate.gov](http://www.choosemyplate.gov).



### 2. Read the Nutrition Facts label.

The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat, and dairy sections. When you do eat packaged foods, read the labels to find items that are lower in fat, added sugars, and sodium.

### 3. Look for important nutrients.

Make sure you eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow—bright, colored foods are always the best choice! A healthy meal should include:

- Lean protein (lean meats, seafood, eggs, beans)
- Fruits and vegetables (think orange, red, green, and purple)
- Whole grains (brown rice, whole wheat pasta)
- Low-fat dairy (milk and its alternatives)

Choose foods that are high in fiber and low in sodium or salt. Also, look for Vitamin D, an important mineral as we age. For more information, visit [www.AmericanHeart.org](http://www.AmericanHeart.org) and search *diet and lifestyle recommendations*.

### 4. Use recommended servings.

To maintain your weight, you must eat the right amount of food for your age and body. The American Heart Association provides recommended daily servings for adults aged 60+. Visit [www.AmericanHeart.org](http://www.AmericanHeart.org) and search *suggested servings from each food group*.

### 5. Stay hydrated.

Water is an important nutrient too! Don't let yourself get dehydrated—drink small amounts of fluids consistently throughout the day. Tea, coffee, and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise.

*-National Council on Aging*



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# 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.

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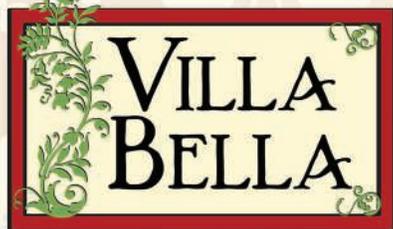
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**Suggestion Box**

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

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

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



**Weather Cancellations**

Call 248.689.9756 for weather cancellation information. Call after 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](http://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/](http://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

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## Friends of Troy Seniors Brunch & Learn

This series will bring you informative topics and will be held on the third Wednesday of the month at 9:30 am in Room 303 at the Troy Community Center unless otherwise posted. A light brunch will be provided at these **free events**. Advance registration is required. Contact the Friends office at 248.526.2608 or stop in to make a reservation through May 15.

**Wednesday, May 20, 9:30 – 11 am, Room 303**

### Today's Senior Housing Options

Over one million seniors move their residence each year. With the many senior housing options available, it is important to understand your personal needs and preferences to select the right option for you. Martha Teller, Director of Sales and Marketing for Oakmont Senior Communities, will educate you on the many options available. If you are considering a move for yourself or for someone else in the near or far future, join us in learning what is available in your area. Everyone will receive a helpful Senior Housing and Services Resource guide.

## Troy Community Chorus Spring Concert

**Friday, May 1 - 8 pm at Athens High School**

A limited number of free senior tickets are available at the Community Center beginning April 28. Tickets are for Troy residents, limit two per person. Additional senior (age 62+) tickets are \$8 in advance or \$15 at the door. Contact Christine Stevens at 248.250.1550 or Stevensc2008@yahoo.com to purchase tickets.

## 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](mailto: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.



## Support the Troy Dog Park

The City of Troy is ready for a dog park! The Parks and Recreation Board, in partnership with city staff, are now asking for your support. This project requires a large portion of community funding and with the Phase One Goal set at \$262,000 there's plenty of work to be done! You can donate, sign up to volunteer, and find additional information at [troydogpark.org](http://troydogpark.org) or by calling 248.524.3392. We need everyone to get involved. Make sure to share our donation page with family and friends!

## Perennial Plant Exchange

**Saturday, May 16, 10 am - Noon**

**Huber Park at the Troy Civic Center**

Trade your excess plants and increase the variety in your garden. Rain or shine. This event is free and no money will exchange hands. Trading only! Reservations are not required. Please label all plants as to type and color of bloom, if known, and bring only healthy, pest-free plants. You may want to bring a wagon or a buddy to facilitate trading. Master gardeners will be on hand. Call 248.528.2647 for more information.

## Tour & Lunch-Oakmont Rochester Assisted

Oakmont Rochester Assisted invites you to tour their newest community located on South Boulevard, just east of Adams. Oakmont Rochester Assisted welcomes seniors who require a higher level of care or are facing the challenges of dementia. Oakmont Rochester, expected to open in the summer of 2016, will offer independent living showcasing luxurious one and two bedroom rental apartment homes.

The Oakmont bus will pick you up at the Troy Community Center on WEDNESDAY, MAY 27 at 11 am and return you to the center at approximately 2 pm. Their chef will prepare a wonderful lunch including a decadent dessert! After dining, work off your lunch with a walking tour of the new Assisted Living and Memory Care community and preview the future independent Living community, Oakmont Rochester.

Space is limited so please RSVP to Ms. Erna Laza at 586.789.0965 to secure your spot.

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