



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

July 2015

Ice Cream Social and Heritage Band Concert

Wednesday, August 19 - 7:30 pm
Troy Community Center Room 304/305

Doors open at 7 p.m. This *FREE* event is co-sponsored by the Friends of Troy Seniors and Oakmont Senior Communities. Make your own ice cream sundae with a choice of toppings and enjoy a 90 minute concert by the Heritage Concert Band with a few games and prizes, too! Reservations are required and space is limited to 200. Call 248.524.3484 for reservations.



Road Scholar Presentation

Wednesday, August 5, 1-2 pm in Room 303

Road Scholar is a not-for-profit organization that has provided educational travel experiences since 1975 for Seniors for individuals and / or groups. The programs are not tours, they are learning adventures. There are programs in the United States and Canada and 90 countries. Programs are designed for those who share a common interest and are rated by activity level. Participants can select programs best suited to their physical ability as well as their curiosity. Road Scholar Ambassador Cathy Young will share her travel experiences and provide information about this opportunity during her one hour presentation. To ensure seating and materials, register by August 3 for this free presentation. There will be a drawing for a Road Scholar travel certificate. Call 248.524.3484 or stop at the Community Center front desk to register.

How to Read Digital Editions of Your Favorite Magazines

Wednesday, July 8, 1 pm; Troy Community Center Room 502 Act. 125901B; Fee: FREE

Librarian Dominic Scappaticci from Troy Public Library will show you how to read digital editions of your favorite magazines using a smartphone or tablet and the Zinio app. Bring a wi-fi enabled device and an active Troy Library card. Reservations are required. Register in person or online.

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

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

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

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

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

NEW **FREE Hands-On Technology Help: Computer, Tablet, Smart Phone. Saturdays, 9 - 11:30 am through July 25**

Troy Community Center Computer Lab

Get help using Facebook, Skype, Email, Instagram and other new fangled programs. 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 Wednesday 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 E.Torvinen@troymi.gov or 248.524.3483 for more information.

NEW **Troy Medi-Go Fare Discount Available for Low Income Riders**

Through a grant from the Troy Rotary Club and the Friends of Troy Seniors, punch cards for Troy Medi-Go Plus will be offered at a 75% discount while funds last. A \$20 punch card (good for 10 one-way rides) will be available for \$5. Applicants must be Troy residents and have an annual income of \$24,850 or less to qualify for the discount.

Apply beginning July 1 at the Troy Community Center front desk. You must bring proof of income (last year's tax return or SSI verification). Please call Carla at 248.524.3492 if you have any questions.

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**Troy Recreation
Department**
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Troy, MI 48083
248.524.3484

50+ Program Staff
Carla Vaughan
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vaughancs@troymi.gov

Elaine Torvinen
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E.Torvinen@troymi.gov

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

Fax
248.689.6497

Medi-Go Plus Transportation
248.457.1100

SMART Transportation
866.962.5515

Emerald Kitchens
(Meals on Wheels)
248.689.0001

Weather Hotline
(Cancellations due to weather)
248.689.9756

Friends of Troy Seniors
248.526.2608

SHARP Home Repair
248.528.2929

Creative Endeavors
248.526.5145

City Hall
248.524.3300

City Web Site
www.troymi.gov

**This newsletter is available
online at**
troymi.gov/SeniorNewsletter

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

Upcoming Events

248.524.3484



Mah-Jong Group

Join other Mah-Jong players on Mondays from 7-9 pm and Tuesdays from 10 am-noon in Room 402A at the Troy Community Center. Bring a game if you have one. Beginners welcome but you must know how to play (no instruction). Bring a current mah-jong card. Contact Judy at 248.641.8412 or 248.417.4704 for more information. There is no fee to participate.

Troy Traffic Jam Classic Car Show

Sunday, August 2, 10 am - 3 pm

Columbia Center, 201 W. Big Beaver

Enjoy classic cars of all eras, great oldies music, Wellness Tent courtesy of Henry Form Health System, food from Gateway Deli and Insalata, plus free morning coffee and Timbits from Tim Hortons. If you have a car you would like to display, visit troymi.gov/carshow or call the City of Troy Community Affairs Department at 248.524.1147 to register. The fee is \$15 (\$20 the day of the event) and includes a goody bag, awards and dash plaque.

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.

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.

Oakmont Manor Offers Tour and Luncheon

Are you thinking about senior retirement housing in your future? It is never too early to see what is offered. Oakmont Manor would like to invite you to tour their Independent Living Community at 18 mile and Dequindre. The Oakmont bus will pick you up at the Troy Community Center on Wednesday, July 15 at 11:30 am, and return you to the center at approximately 2 pm. Our chef will prepare lunch for you, including a delicious dessert! After dining, we will work off our lunch with a walking tour of Oakmont Manor. It's a great chance to see first-hand what we offer in independent living, and is a great opportunity to ask our residents what they think of living at Oakmont Manor. Each participant will receive an information package but it is not the time to sell the property. Space is limited. RSVP to Dave Weller, at 586.726.0603 to reserve a spot.

E-News Updates

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

Trips

248.524.3484

- **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.

Motor City Casino

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

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

Jewels of Detroit

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

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

Stratford Festival

Wed, Sept. 16, 7:30 am - 8:45 pm

Act. 148927C \$145; NR: \$150

This trip includes a buffet lunch at the Queen's Inn followed by time to visit the many shops in downtown Stratford. Then attend a matinee performance of "Sound of Music" at the Festival Theater. Dinner stop, on your own, on the way home. You must bring a valid passport, passport card, enhanced driver's license or certificate of naturalization accompanied by a valid passport. Aliens need valid passport and valid US Re-Entry permit. A fee of \$70 may be levied on cancellations made within 30 days of departure. No refunds within 24 hours of departure. Transportation is by motorcoach for this Bianco Tour.

Detroit Tigers Baseball

Wed, Sept. 23, 11:45 - 5 pm; Act. 148927H \$42; NR: \$47

This game is rescheduled from June 25. We are offering one game this year. Seats are in Section 112 and include a voucher for a hot dog and soda. All ages welcome! Transportation is by school bus.

King Tut Re-creation

Tue, Oct. 13, 8:15 am - 8:30 pm; Act. 148927D \$87; NR: \$92

See more than 1,000 replicas and state-of-the-art multimedia displays at this amazing exhibit at the Grand Rapids Public Museum. Lunch at the Pearl Street Grill is included with choice of Prime Rib French Dip, Traverse City Salad, California Chicken Wrap, Vegetarian Hoagie, or Taco Salad. Transportation is by motorcoach for this Bianco Tour.

Extended Trips

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

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 Bianco Tours at 734.946.7021 to register.

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

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

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

Northern Michigan - Oct. 12-14, 2015

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

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

Florida Vacation - Jan 21-Feb. 3, 2016

\$2399 per person double, \$3429 single, \$2199 triple

Includes round-trip motorcoach, 13 nights, 9 of which are at the Outrigger Beach Resort in Fort Myers, 15 meals and sightseeing. Call Shoreline Tours for reservations. **800.265.0818.**

- 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.
- Current classes began week of June 15. No pro-rated fees.
Drop in passes are available for purchase to attend.

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

Chair Yoga with Janeen Tue. 11-11:45 am returns in the fall.

Stretch and Tone w/ Carol Petty Mon & Thu, 11-11:50 am.

This class includes standing and floor work and lots of socializing. Bring a mat. **Moved to room 502. Purchase a \$31, 10-punch card at front desk (NR \$41).**

Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. **This class is full. Five drop in passes are available for each class each day. Stop by the front desk to get a pass for class.**

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

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

*** Beginning Pilates with Ilene Hill**

Improve balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body mind and spirit functioning as a coordinated whole. **Weeks:** 10

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

*** Balance and Stretch w/Ilene Hill (Fri Rachel)**

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 10/8*(no class 7/3)

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

Zumba Gold Toning

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

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

Zumba Gold Dance Exercise

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

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

Chair Exercise:

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

Excellent class for those new to, or just returning to exercise. This class incorporates work while seated as well as some exercises standing holding on to the chair. Uses balls, tubing and hand weights. **Purchase a \$31, 10-punch card at front desk (NR \$41).**

The Friends of Troy Seniors have awarded the Recreation Department a grant to lower the price of this class beginning September 9. Punch card price will be to \$16 for residents and \$21 for non-residents.

Indoor Drop-In Pickleball

Wed. Evening 6-8:00 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. \$4 Senior Special rate extended to 3 p.m. for Pickleball and Fitness Center access. Equipment provided. **On July 1, the Senior Special rate will increase to \$4.**

Pickleball Doubles Ladder Play

Registration begins online for residents on Aug. 17, resident walk-in Aug. 18 and non-resident Aug. 21. **Tuesday Ladder for ages 50+ only**

Sundays, 6:15-8:15 pm, 10 weeks, 32 players
 Act#148998G Oct 11-Dec 13 Res. \$57 NR \$67

Tuesdays, 1-2:30 pm, 10 weeks, 32 players
 Act#148998H Oct 13-Dec 15 Res. \$34 NR \$44

Fridays, 6-8 pm, 10 weeks, 16 players
 Act#148998K* Oct 9-Dec 18 Res. \$46 NR \$56
 (* No play Fri. 11/27)

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. E.Torvinen@troymt.gov. Equipment is provided.

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. Visit the MSO website at www.michiganseniorolympics.org for more information on the age divisions and schedule. Register online or call 248.608.0252.

Senior Tennis League

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

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

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

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

2015 Troy 50+ Golf Leagues

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

Act. 148986O: Mon. sub list

Act. 148987O: Wed. sub list

For more information, please contact:

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

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

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

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

Sports Leagues

Bowling - Mondays and Thursdays, 12-2:30 pm. at Thunderbird Lanes, Sept. - April. Points for beating own average. \$5 per week. Call 248.362.1660.

Golf - Mon and Wed mornings at Sylvan Glen May - Sept. Registration begins in November.

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

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

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

Drop-In Sports

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

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

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

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

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

All classes meet at the Troy Community Center



Anyone Can Paint

New Lower Price!!!! Join award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in one class. He demonstrates and paints right along with the class. An 11 x 14 painting will be completed 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
145933A	Thu, Jul 9	6-8 pm	My Special Place
145933B	Thu, Aug 13	6-8 pm	Stumped

Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. Supply list is available on your receipt. **Weeks:** 9 (* No class Sep. 23)

Act #	Day	Time	Dates	Fee	NR
138971A	Wed	9:30 am-12 pm	Jun 17-Aug 12	\$124	\$134
148971C*	Wed	9:30 am-12 pm	Sep 16-Nov 18	\$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.

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
134305D	Wed	7/22-8/12	7-9 pm	Garden Art

Private Swim Lessons

Lessons are available for all ages and are held at the outdoor Aquatic Center in the summer and at the Community Center the rest of the year. Rates are \$35 for a 1/2 hour lesson (NR \$45), \$45 for a 45-minute lesson (NR \$55) or \$60 for a 1-hour lesson (NR \$70). Packages are also available at a reduced rate. For more information or to schedule a lesson, call 248.619.7270.

Keyboarding

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

Knitting Classes

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

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

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

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

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

Double Knitting: Learn to knit both sides of a garment at one time while using two different colors. One side of the garment will be the mirror image of the other. Also learn to use the appropriate long tail cast on, a complimentary edge stitch and an appropriate bind off. You will need two colors of contrasting worsted weight yarn, a #3 circular needle, scissors, and a tapestry needle. You must know how to knit and purl for this class.

Location: Troy Community Center Rm 404

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

Act.	Class	Day	Time	Dates
125934A	Intermediate	Tue	1-3 pm	July 7-28
125934B	Beginning	Wed	1-3 pm	July 8-29
125934C	Sock Class	Tue	1-3 pm	Sep 29-Oct 20
125934D	Beginning II	Wed	1-3 pm	Sep 30-Oct 21
125934E	Double Knitting	Tue	1-3 pm	Nov 3-Dec 1*
125934F	Intermediate	Wed	1-3 pm	Nov 4-Dec 2*

*No class Nov. 24 and 25.

Tap Lessons

Beginners: No experience necessary! Learn basic steps and work on a nifty routine. Bring your old tap shoes, or come to the first class for suggestions on places to find new or used shoes. **Instructor:** Terry Slater. **No summer class.**

Advanced Square Dance Lessons

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

A minimum of three years Mainstream/Plus level dancing is required. Classes are 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.

Beginning/Intermediate Swing & Ballroom Dance - Friday Evenings

Weeks: 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. Partners not 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. Partners not required.

Instructor: Jim Berg

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

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

Square Dance Lessons

Mondays, 7-9:30 pm

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

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

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. Partners not required. Call Carrie at 248.632.4288 for details. Caller Walt Zatorski.

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm

Fee: \$6; NR \$7 at door

No classes in July. Also, no class Aug 24, 26 and 31.

Always wanted to ballroom dance? Join our classes and learn a different Smooth, Rhythm, or Swing dance each month. Learn tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes.

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

Computer Classes - See page 9

Troy English Workshop

Tue, Sept. 15-Nov. 10 (9 weeks); 1-3 pm Act. 145938J

Sat, Sept. 19-Nov. 14 (9 weeks); 10 am - Noon Act. 145938K

Fee: \$10; NR \$15; Class is for adults of all ages

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.

July

Monday

Tuesday

Wednesday

Thursday

Friday

		11:45 Mac & Cheese ¹	11:45 Cheeseburger 12:30 Birthday Party ²	11:45 NO LUNCH ³ 1:00 NO BINGO
11:45 NO LUNCH ⁶	11:45 Chicken Salad Sandwich 1:00 Red Hat ⁷	11:45 Sausage & Sauerkraut 1:00 Digital Magazine Reading - pg 1 ⁸	10:00 Motor City Casino - pg 3 ⁹ 10-11 Ask A Nurse 10-11:30 Caregiver Support 11:45 Lemon Chicken 7:00 Ballroom Dance	10-12 Hearing Screening ¹⁰ 11:45 Potato Crunch Fish 1:00 Bingo
11:45 Chili with Rice ¹³	11:45 Beef Hot Dog ¹⁴	9:30 Brunch & Learn - pg 20 ¹⁵ 10-12 Disk Erasure 11:30 Oakmont Tour - pg 2 11:45 Shepherd's Pie	11:45 Oven Fried Chicken ¹⁶	10-12 Blood Pressure ¹⁷ 11:45 Chef's Salad 1:00 Bingo
11:45 Fishwich ²⁰	11:45 Mostacolli ²¹	9:30-12 Computer Consultations ²² 11:45 Meatloaf	11:45 Chicken Enchilada ²³ 12:30-2 Focus Hope	11:45 Sloppy Joes ²⁴
11:45 Veg. Lasagna ²⁷	11:45 Turkey Tetrazinni ²⁸	11:45 Pot Roast ²⁹	11:45 Chef's Selection ³⁰	11:45 Tuna Salad Sandwich ³¹

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. 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
135951A	T & Th	9:30-11:30 am	7/7-7/16
135951B	M & W	1-3 pm	8/3-8/12

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
135973A	T & Th	9:30-11:30 am	7/21/7/30
135973B	M & W	1-3 pm	8/17-8/26

Windows 8

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

Act. #	Day	Time	Dates
135972A	M & W	6:30-8:30 pm	7/13-22

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!

Dates: 7/6-7/29 - 4 weeks
Fee: \$60; NR \$70

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

Private Consultations

Meet with a Learning Center instructor on the fourth Wednesday when 45 minute appointments are available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The \$5 fee must be paid when you make your appointment, either at the Community Center desk or by phone (Mastercard or Visa accepted). These appointments are to help you with your personal computer, not for business purposes. Please call to cancel if you cannot keep your appointment. NO REFUNDS.

Hard Drive Erasure

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

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!!!! Computer class Offerings with

Lindsay Schweickert
Fee per class: \$10; NR \$15

All about Blogging

Mon., August 3 6 – 8 PM
Act. #135980A Computer Lab
Stop guessing about what works and start learning what you ought to know about blogging! What's popular to publish, will anyone ever follow my blog, and are people able to find my blog easily are some common questions of first-time bloggers. Follow some simple steps with a hassle free setup and an easy blog design and you will be uploading content and photos with ease.

Instagram

Tue., August 4 1 – 3 PM
Act. #135981A Computer Lab
Learn how to post photos using Instagram photo filters, include text, hashtags, find Facebook friends, follow popular instagrammers all with a few simple steps for easy posting.

Navigating Facebook

Wed., August 5 6-8 PM
Act. #135982A Computer Lab
Learn the basic functions of this very popular social media website.
Optional: Bring your fully charged laptop/tablet.

Photos and Storing Them

Thu., August 6 9-11 AM
Act. #135983A Computer Lab
Transferring them from a handheld camera or iPad onto your computer. Get your photos from your digital camera, smartphone, iPad onto your computer and then how to manage them, print, email, upload to a website, share on Facebook, etc.

Craigslist - A How To

Mon., August 17 6-8 PM
Act. #135984A Computer Lab
Craigslist can be used to do a variety of things from marketing and advertising, finding a job, to meeting people and selling goods and services. You can reach a large audience since millions visit craigslist each month. Find out everything you need to know about the site from posting to navigating and replying to ads.

ETSY

Tue., August 18 1-3 PM
Act. #135985A Computer Lab
Buy and sell handmade or vintage items, art and supplies on Etsy, the world's most vibrant handmade marketplace. This class will show how to feature and place your items on Etsy as well as how to navigate the site.

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 and Ken Ochs, certified Medicare/Medicaid counselors, offer 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 Wed. before 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

Call Oakland Family Services to schedule an appointment at their office in Berkley, Pontiac, Rochester Hills or Walled Lake. 248.858.7766, Ext. 200.

Hearing Screenings

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

Cards & Games

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

Bridge - Duplicate - Tuesdays 12:30-3:30 pm (248.546.4335)**, Party - Thursdays 12:30-3 pm (248.588.7409)**, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$7 (586.775.7363).

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

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

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

Creative Arts

Ballroom Dance Drop-in Lessons

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

Swing and Ballroom lessons

Friday evenings. See page 7 for details.

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

Line Dance Group - Wed, 8-9:30 pm. Call 248.641.9346 for details All levels welcome.**

Harmonica Club (Mouth Organ Grinders)

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

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

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

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

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

Sports & Fitness

See pages 4 & 5.

Massage Therapy

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

Other Activities

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

Book Club - 1st Wednesday, 10 am. No reservation required. Call Corrine at 248.528.1508 for more information.

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

Hot Lunch - This federally funded program is held Monday - Thursday from 11:45 am - 12:30 pm and Friday from 11:30-12:15 pm for ages 60 and older. No reservation needed. Suggested donation: \$3.50. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

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

****Participation Fee****

Annual fee for Sept. 1 - Aug. 31 2015 Prorated monthly. (Act. #145204)

Want to try it out? First visit is free!

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

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

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

OR

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

Troy Restaurant Group

Wednesday, Aug. 5 - 6 pm at Macy's Oakland Mall

Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next event is at Macy's at Oakland Mall. Please RSVP to Marlene at 248.879.9214 or 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 - 10 am

Contact Corrine at 248.528.1508 for more information about this free club. The book for Sept. is: *Edge of Eternity* by Ken Follett. New members welcome. No meeting in July and August.

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 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



Mah-Jong Group

Join other Mah-Jong players on Mondays from 7-9 pm and Tuesdays from 10 am-noon in Room 402A at the Troy Community Center. Bring a game if you have one. Beginners welcome but you must know how to play (no instruction). Bring a current mah-jong card. Contact Judy at 248.641.8412 or 248.417.4704 for more information. No fee.

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 July 7 August 3 and September 1 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. Call 248.524.3538 for more information.

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 for more information and to confirm meeting date and location.

Thursday, July 16 - Waterford Senior Center

Tuesday, August 4 - Dublin Community Center - White Lake

Monday, Sept. 21 - Independence Twp. Senior Adult Center

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

Purse, Tote, Wallet and Scarf Sale Returning on Friday, Nov. 6

The Friends of Troy Seniors will again host this sales event but, to make this repeat event a fundraising success, we need you to set aside any of the above gently used items that you no longer want. In a future *Fifty Forward* newsletter we will give you the details on how you can donate items for the sale. Shoppers: Keep our sale in mind as November 6 approaches. We offered great bargains at our last sale and will do so again!

Blood Pressure Screenings

The Friends of Troy Seniors continue to offer blood pressure screenings on the 3rd Friday of the month from 10 am – 12 pm in the Senior Dining Room alcove as a free service to seniors. Take advantage of the next screening on July 17th. A retired nurse will be on hand to take your blood pressure and issue you a card to keep track of your monthly readings.

Thank You Friends of Troy Seniors Volunteers

A sincere thank you goes out to the volunteers who assisted with the Brunch & Learn program with Glen Clark of the Senior Brigade. The Friends of Troy Seniors appreciate your dedication in presenting this monthly event.

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.

Brunch & Learn - See page 20

Monthly Membership Meetings

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

On July 16, our guest speaker at the beginning of the meeting will be Troy City Manager, Brian Kischnick.

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

Volunteer Opportunities Available

Please stop at our office to inquire about volunteer opportunities available to Friends of Troy Seniors members M - F, 10 am - 1pm.

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: fots@wowway.com

Website: www.friendsoftroyseniors.org

Hours: Mon-Fri 10 am - 1 pm (Closed July 3 and 6)

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.

Early-Stage Support Group

This support group for individuals with early-stage memory loss and their caregivers meets on the 2nd and 4th Tuesday from 1-2:30 pm at the First Presbyterian Church, 1669 W. Maple, Birmingham. The group is participant driven, and topics may include social activities, independence vs. dependence, understanding the diagnosis, driving, emotional challenges, loss, frustration, and more. For more information, call 800.272.3900 or email jbarnas@alz.org.

Troy Museum Seeks Centenarians

If you are 100 years old and live in Troy, the staff at the Troy Museum would love to interview you. They will come to you for the interview. For more information, please call Museum Director Loraine Campbell at 248.524.3301. If you know someone who is 100, please pass this information on to them and ask them if they would be interested.

Healthy Aging Tips from the National Institute of Health

To sign up for free healthy aging tips from NIHSeniorHealth, go to NIHSeniorHealth.gov and click on Free Tips on Healthy Aging. Enter your e-mail address and then click "Submit." You will receive the tips no more than twice a week.

Oakland Family Services Counseling Discontinued at the Troy Community Center Service Offered at Their Offices

Although counseling will no longer be offered at the Troy Community Center, you can still receive counseling from a licensed social worker from Oakland Family Services at one of their four offices in Berkley, Pontiac, Rochester Hills or Walled Lake. They provide emotional counseling for those struggling with feelings of depression, anxiety or other problems. Services are covered by Medicare and most supplemental insurances. To schedule an appointment, call OFS at 248.858.7766, Ext. 200.

Visit a Walking Trail in a Troy Park This Summer

Here are some of the longer trails:

Boulan Park: 1.25 asphalt

Firefighters Park: 1/3 mile asphalt

Huber Park: 1.2 miles wood chips

Jaycee Park: 1.3 miles asphalt

Lloyd Stage Nature Center: 2 miles wood chips

Milverton Park: 1/2 mile asphalt

Raintree Park: 1.2 miles asphalt

Robinwood Park: 1 mile asphalt

There are also several walking routes at the Community Center. Ask for a map at the Community Center front desk.

Bingo Caller Needed

Fridays, 1-3 pm at the Troy Community Center. If interested, stop by Room 402 to see what's involved.

Senior Craft Consignors Wanted

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

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

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

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

Volunteer Sales Associates Needed

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

Thursday Teas at Two at the Troy Historic Village

\$7 per person or purchase a Summer Season Pass for \$18. Call 248.524.3570 to register in advance, as space is limited. No refunds or exchanges.

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

Aprons through History

June 25 | 2 pm

According to tea speaker and blogger Phyllis Barkey, aprons are nearly as old as dirt. From the first account of fig leaf aprons recorded in the Bible, to the 1950s when aprons and pearls were 'everyday chic', this article of clothing has always been part of our lives and history. See Phyllis's collection of aprons, and bring one of your own for show-and-tell.

Taking a Walk on the Dark Side

July 30 | 2 pm

Join author and crime historian Tobin T. Buhk as he recounts three of the most infamous crimes in Michigan History. Hear the shocking confession of Martha Beck and Raymond Fernandez, the notorious "Lonely Hearts Killers" whose crime spree ended in a West Michigan suburb in 1949. Follow investigators as they hunt the "Co-ed" killer whose string of brutal murders in the late 1960s frightened co-eds into staying home nights. And visit a cafe where one of America's most infamous missing persons case began in 1975. Trace the final movements of Jimmy Hoffa and analyze the various whodunnit theories.

Great Famous Artists of Detroit

August 27 | 2 pm

Join author and native-Detroiter Susan Bilek in exploring the rich history of Detroit through portraits, still life, cityscapes and more—all created by local female artists! Find out more about Detroit's history through this unique overview of the events and sights that shaped our lives. See the work of over a dozen artists from the past and present, including Nora Mendoza, Niagara and Gilda Snowden.

Free eBooks, Magazines and Audiobooks through the Troy Public Library

If you are looking for eBooks, Audiobooks, music, or electronic magazines for your summer enjoyment, go to the Troy Library website at www.troypl.org, and click on "Downloadables." The Library has a wide range of titles in eBook and Audiobook formats, the entire Sony music collection, and many popular magazines, to download to your tablet, smart phone, eReader or MP3 player. With a tablet or e-reader, type size can be customized to make reading easier. Using an MP3 Player or smart phone, audiobooks can be downloaded and you can listen to someone read the book to you. This service is available free to library members 24 hours a day, seven days a week and can be accessed from your home computer. For more information, contact the Troy Library's Technology Center at 248.524.3542, or email techroom@troymi.gov.

Assistive Listening Devices

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

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

Computer Lab - FREE Drop-in computer lab with Internet access is available Mon., Wed. and Fri. from 9:30 am - noon.

Craft Supplies may be donated to the Community Center for program use or for seniors to take home. The craft closet is located in the Arts and Crafts room and is open M-F from 8-4:30.

Focus Hope Food is distributed on the 4th Thursday (Nov/Dec date may vary) from 12:30-2 pm. You must be 60 or older with a household income of \$1,265 per month or less (\$1,705 or less for a two person household – both can receive food). Apply at the Community Center front desk by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

Home Chore Program Assistance for low income homeowners 62 and older with grass cutting, leaf raking, spring yard clean-up, gutter cleaning and snow removal. Call 248.524.1147.

Hospital Equipment Loan Closet Borrow **wheelchairs, walkers, canes, crutches, ramps, toilet chairs and shower chairs** at the Community Center. For wheelchairs, ramps and shower chairs only: call to confirm availability. **Donations accepted.** Wheelchairs, four-wheeled walkers, ramps and shower chairs are needed.

Magazine and Puzzle Library Magazine subscriptions are donated by local businesses to read at the Community Center. Puzzles are donated by seniors that you may take home.

Radio for Visually Impaired - The Detroit Radio Information Service (DRIS) reads over 100 current publications via a pre-tuned single-frequency radio. Borrow a radio at the Community Center to try out or call DRIS at 313.577.4207 to get your own.

Tax Assistance - Provided free by trained AARP volunteers on Fridays from Feb. 1 - April 15. Details in the January/February newsletter.

Video Magnifier available free in the senior reading room - magnifies print up to 45 times. Directions are posted.

Community Center Passes
The senior rate (60+) is \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 for non-residents allows you to use the club Monday - Friday from 8 a.m. - 3 p.m. Discounts are available for low-income residents.

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

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

SHARP Home Repair Program

SHARP (Senior Home Assistance Repair Program) helps Troy seniors 60 and older and persons with disabilities with home repairs. The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free. Tipping is not allowed. You must pay for supplies, although assistance may be available if a need exists. If you have a repair that you need assistance with, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow-up on your job. Requests for outside work accepted April 1 - October 15 only.

Donations Accepted- by the North Woodward Community Foundation SHARP Fund. Call the Foundation at 248.740.7600 for more information.

SHARP Home Computer Assistance - See page 7



Transportation

Medi-Go Plus (248.457.1100) transports door-to-door to doctors, grocery stores, Community Center and Oakland Mall by advance reservation. The fare is \$2 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



SMART Connector (866.962.5515) provides curb-to-curb advanced reservation service throughout Troy and to surrounding communities within an 8-10 mile radius (excluding Rochester/Rochester Hills). Call two days in advance but no later than 4 pm the day before you want a ride.

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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.

Debunking the Myths of Older Adult Falls

Many people think falls are a normal part of aging. The truth is, they're not. Most falls can be prevented—and you have the power to reduce your risk. Here are 10 common myths—and the reality—about older adult falls:

Myth 1: Falling happens to other people, not to me.

Reality: The truth is that 1 in 3 older adults—about 12 million—fall every year in the U.S.

Myth 2: Falling is normal as you get older.

Reality: Falling is not a normal part of aging. Strength and balance exercises, managing your medications, having your vision checked and making your living environment safer are all steps you can take to prevent a fall.

Myth 3: If I limit my activity, I won't fall.

Reality: Performing physical activities will actually help you stay independent, as your strength and range of motion benefit from remaining active. And social activities are good for overall health.

Myth 4: As long as I stay at home, I can avoid falling.

Reality: Over half of all falls occur at home. Fix hazards such as clutter, throw rugs, and poor lighting. Make simple home modifications, such as adding grab bars in the bathroom, a second hand-rail on stairs, and non-slip paint on outdoor steps.

Myth 5: Muscle strength and flexibility can't be regained.

Reality: Exercise can partially restore strength and flexibility. It's never too late to start an exercise program. Even if you've been a "couch potato" your whole life, becoming active now will benefit you in many ways—including protection from falls.

Myth 6: Taking medication doesn't increase my risk of falling.

Reality: Taking any medication may increase your risk of falling. Medications affect people in many different ways and can sometimes make you dizzy or sleepy. Be careful when starting a new medication. Talk to your doctor about side effects or interactions.

Myth 7: I don't need to get my vision checked every year.

Reality: Aging is associated with some forms of vision loss that increase risk of falling and injury. People with vision problems are more than twice as likely to fall as those without visual impairment. Have your eyes checked at least once a year and update your eyeglasses. For those with low vision there are programs and assistive devices that can help.

Myth 8: Using a walker or cane will make me more dependent.

Reality: Walking aids are very important in helping many older adults maintain or improve their mobility. However, make sure you use these devices safely. Have a physical therapist fit the walker or cane to you and instruct you in its safe use.

Myth 9: I don't need to talk to anyone about my risk of falling.

Reality: Fall prevention is a team effort. Bring it up with your doctor, family, and anyone else who is in a position to help. They want to help you reduce your risk of falling.

Myth 10: I don't need to talk to my parent, spouse, or other older adult if I'm concerned about their risk of falling.

Reality: Let them know about your concerns and offer support to help them maintain the highest degree of independence possible. There are many things you can do, including removing hazards in the home, finding a fall prevention program in the community, or setting up a vision exam.
- National Council on Aging



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Where: Troy Community Center Conf Rm 403
Time: 10:00-11:30

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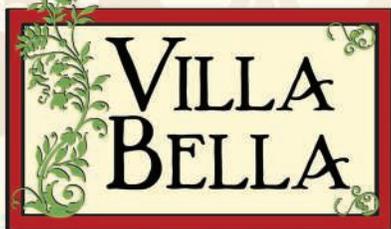
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Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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



Weather Cancellations

Call 248.689.9756 for weather cancellation information. Call after 10:30 am for the status of afternoon programs and after 4:30 pm for the status of evening programs.

Registration Information: Programs are for age 50 and older unless noted. Register at the Community Center, by mail using the form below, or online at www.troymi.gov. Click on **Play Here** and then on **Online Registration** on the left. In member login box, enter household number for username (find this number on a previous receipt or call 248.524.3484) and last name of head of household (all caps) for password. If you know the activity number, click on Shop/Activity Enrollment at top of page and enter activity number. To shop all 50+ programs, click on the 50+ Programs box at the bottom. You can register only your own household online. Registrations are non-transferable.

Refund Policy: There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process if paid by cash or check. Credit card refunds take 2-3 business days. Refunds for computer classes and for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trips are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

Register Early! Please register early or we may cancel for lack of interest often up to three days prior to the start date of the activity.

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

Low Income Scholarships: Troy residents 50+ with an annual household income of \$24,850 or less (\$28,400 for two people) can receive a 25% discount on 50+ classes or gardens OR a 15% discount on Community Center membership - limit one active discount per session. No discount for drop-in programs, trips, sport leagues, and special events. Apply at the Community Center and bring last year's federal or state 1040 or MI Homestead form as proof of income.

Newsletter Subscriptions

There are three ways to receive the 50+ newsletter which is published 12 times per year:

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/1, \$3 between 8/1 and 10/31, \$2 between 11/1 and 2/28, and \$1 after 3/1. Non-residents \$6 per year, prorated as above. **Act. #135000A.**

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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

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

Signature Required: _____ Date: _____

Enclose registration fee and mail to: Troy Recreation Department, 3179 Livernois, Troy, MI 48083. Checks payable to: City of

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Friends of Troy Seniors Brunch & Learn

This series brings you informative topics and is held on the third Wednesday of the month at 9:30 am in Room 303 at the Troy Community Center. Light Refreshments are provided at these free events prior to the presentation. Advance registration required. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 am–1 pm, M–F. Reservations accepted through July 10.

Wednesday, July 15, 9:30 – 11 am, Room 303 Honor Flight Network for All Veterans



More than 1,000 of our Greatest Generation Veterans die each day in our nation! How can we ever repay them for their service and sacrifices in the name of OUR freedom? Here is an opportunity to learn about the “Tour of Honor” and how the Honor Flight Network started a massive effort to see that ALL Veterans have the opportunity to fly FREE OF CHARGE to Washington, D.C. to visit the memorials honoring them. Learn how you, or any Veteran you may know, can have this opportunity. Share in making this extraordinary trip and, a day like no other, for our American heroes. Please join the Friends of Troy Seniors and Tricia Donegan, Hub Director for the Mid-Michigan Honor Flight Program, on July 16 for an in depth look at how we can honor those whose past service to our nation guarantees the present that you and I enjoy and also the future of our children and grandchildren. It is never too late to thank a Veteran!

Adult Caregiver Relief Program Seeks Volunteers and Participants

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

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

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



Troy Garden Club Walk Scheduled for July 8 Arts and Crafts Fair Also Offered

The 41st Annual Troy Garden Club Walk is scheduled for Wednesday, July 8 from 9:30 am - 6:30 pm rain or shine. Tickets are \$10 in advance or \$15 the day of the walk. Tickets are available at the Troy Historical Museum, Telly's Greenhouse, Auburn Oaks Garden Center, and Uncle Luke's Feed Store or on the day of the walk at the Troy Historical Museum only. For more information, call 248.540.4249.

As part of the garden walk, the Troy Historical Village is hosting a craft sale, flea market, plant sale and student art exhibit. Admission is free for this event at the Troy Museum, 60 W. Wattles.

Vendors - Register Now For Craft Show Friday, Nov. 6, 9 am – 3 pm at the Troy Community Center Act. #148925L Fee: \$15 per 6 ft. table; NR: \$20

Vendors age 50+ - sign up today! Reservations are required. Specify if electricity is needed. Space is limited to two tables per household. Only NEW HANDMADE items may be sold. This is a craft show, NOT a flea market.)

Stroll & Roll at Troy Parks

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

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

Newsletter Subscription Renewal

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

- For subscription information, see page 19.
- Newsletter information must be submitted by the 1st of the month prior to publication.