



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

August 2015

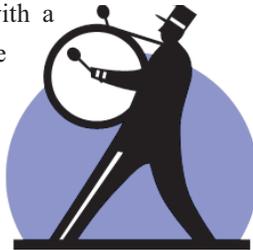
## Ice Cream Social and Heritage Band Concert

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

Doors open at 7 pm. 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.



**NEW** **FREE Hands-On Technology Help**  
Computer, Tablet, Smart Phone, Facebook, Skype, Email, Instagram and Other New Fangled Devices and Programs

Tue and Thu from 3:30-6 pm Aug. 4 - 27  
(No appointments August 20)

Troy Community Center Computer Lab

Get help using Facebook, Skype, Email, Instagram and other new fangled programs. High school student Peter Geor 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 248-524-3484 or [E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov) for more information.

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

Aug 13, Sept 10, Oct 8, Nov 12 ...

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. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. For more information, contact Elaine Torvinen at 248.524.3483.

## 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 senior 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.

## Friends of Troy Seniors Picnic

Thursday, Sept. 10, 11:30 am - 2 pm

Join the Friends of Troy Seniors at the picnic area adjacent to the Troy Community Center located on the corner of Livernois Rd. and Town Center Dr for this *FREE* event. Parking is available in the north parking lot and restrooms are located at the Community Center. Enjoy a traditional picnic lunch at 12 pm with entertainment to be announced. Reservations are required for this "seniors only" event which is limited to 100. Make your reservation by calling the Friends of Troy Seniors at 248.526.2608 or stop by the office M – F, 10 am – 1 pm. In case of rain, this event will be held inside the Troy Community Center in Room 304/305. PLEASE call to cancel if your plans change and you will not be attending so someone else can take your place.

Register now for November 6 Craft Show

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**Troy Recreation  
Department**

**3179 Livernois  
Troy, MI 48083  
248.524.3484**

**50+ Program Staff**

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**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](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**

**Vendors - Register Now For Craft Show**

Friday, Nov. 6, 9 am – 3 pm

Troy Community Center

Act. #148925L Fee: \$15 per 6 ft. table; NR: \$20

**Vendors age 50+ - sign up today!** We expect more than 50 vendors and several hundred shoppers to attend this year's craft show. 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.)

**A Matter of Balance**

Tuesdays and Thursdays, Oct. 6 - 29 (4 weeks/8 sessions)

Troy Community Center, Room 503

Fee: \$15 payable to the Area Agency on Aging

This program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The interactive workshops include group discussion and problem solving, skill building, assertiveness training and exercise to increase flexibility, range of motion and strength. This program is brought to you by the Area Agency on Aging 1-B. Call 1.800.852.7795 to register. Class size is limited.

**Mah-Jong Group**

Mondays and Tuesdays, 10 am - noon and Thursdays, 6:30-9:30 pm

Troy Community Center Lobby

Meet other Mah-Jong players. 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 and so she can get your contact information. No fee.

**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.

**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.

### 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 beef brisket wrapped in a potato pancake, chicken salad on brioche, corned beef on rye, Cobb Salad, or veggie wrap upon registration. Also includes ice cream at Ben & Jerry's. Transportation is by motorcoach for this Bianco Tour.

### GM Heritage Center

**Thu, Sept. 10, 9 - 11:30 am; Act. 148926J \$19; NR: \$24**

Back by popular demand! Not open to the public, our group has reservations for this Sterling Heights facility. You will see nearly 200 historic, concept and experimental vehicles plus numerous artifacts that present the significant accomplishments of GM and the role of the automotive industry in America's growth. Cameras welcome. Transportation is by school bus.

### 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 and time to visit the 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**

Seats are in Section 112 and include a voucher for a hot dog and soda. All ages welcome! Transportation is by school bus.

### Scenic Sandusky

**Wed, Sept. 23, 7:30 am - 8 pm; Act. 148927F \$83; NR: \$88**

Tour of Sandusky County Jail and 1840 dungeon, lunch at Bierkeller Pub, Rutherford B. Hayes Presidentail Center tour, and Chateau Tebeau Winery tour and tasting. Transportation is by motorcoach for this Bianco Tour.

### 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.**

### 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.

### Christmas Extravaganza - Nov. 28 - Dec. 3, 2015

**\$1249 per person double, \$1599 single, \$1189 triple**

Includes round-trip motorcoach, 5 nights, 5 dinners and sightseeing including 4 light shows. Call Shoreline Tours for reservations. **800.265.0818.**

### 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.**

### South Pacific - Feb. 23-March 8, 2016

**\$7099 per person double, \$8099 single, \$7049 triple**

Includes airfare, 14 nights, 20 meals and sightseeing in Australia and New Zealand. 3-night Fiji option available. Book by August 24 and take \$400 off the price above. Call Group Tours International for reservations. **248.625.3645.**

- 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, Yoga/Pilates w Rachel and Aquatic Exercise. \$60/\$70 NR
- \* = Fitness Passport class. Details at the Community Center. 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
148981A	Tue	6-7 pm	Sep 15-Nov 17	\$61	\$71
148981B	Thu	6-7 pm	Sep 17-Nov 19	\$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:** 15/14 **No class 11/26**

Act #	Day	Time	Dates	Fee	NR
148975C	Tue	10-10:50 am	Sep 8-Dec 15	\$68	\$78
148975D	Thu	10-10:50 am	Sep 10-Dec 17	\$64	\$74

### 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:** 13 **No class 10/7 & 10/12**

Act. #	Day	Time	Date	Fee	NR
148977C	Mon	11-12:10 pm	Sep 14-Dec 14	\$60	\$70
148977D	Wed	11-12:10 pm	Sep 16-Dec 16	\$60	\$70

### Yoga/Pilates with Rachel

Combining moves from both disciplines, improve extension, balance, alignment and range of motion for most muscles and joints. Mats, chairs, barres and various other equipment will be used to achieve an energizing and rejuvenating experience. Various modifications and progressions will be used throughout the session making it an individual process in a group setting. **Weeks:** 14/13 **No class 11/26.**

Act #	Day	Time	Dates	Fee	NR
148979A	Tue	10-10:50 am	Sep 15-Dec 15	\$64	\$74
148979B	Thu	10-10:50 am	Sep 17-Dec 17	\$60	\$70

### Chair Yoga with Janeen Tue. 11-11:45 am

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) **Weeks:** 7

Act. #	Day	Time	Date	Fee	NR
148974A	Tue	11-11:45 am	Sep 15-Oct 27	\$45	\$55
148974B	Tue	11-11:45 am	Nov 3-Dec 15	\$45	\$55

### Chair Exercise:

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

Excellent class for those new or just returning to exercise. Incorporates work while seated and 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 \$16 for residents and \$21 for non-residents.

### 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:** 14/14/6/6

Act #	Day	Level	Time	Dates	Fee	NR
148976D	Mon	Int	3-4 pm	Sep 14-Dec 14	\$64	\$74
148976E	Wed	Mixed	1:45 pm	Sep 16-Dec 16	\$64	\$74
148976F	Wed	Beg	2:45 pm	Sep 16-Oct 21	\$32	\$42
148976G	Wed	Beg	2:45 pm	Nov 4-Dec 9	\$32	\$42

### Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. Resident online registration begins Monday, Aug 17 at 8 am. Resident walk in registration begins Tuesday, Aug 18. Non-residents online or walk in registration begins Friday, Aug 21. Returning students changing time slots must register as new. **Weeks:** 13 **No class 11/24 and 11/26**

Act #	Day	Time	Dates	Fee	NR
148978C	T & Th	9-9:50 am	Sep 15-Dec 15	\$124	\$134
148978D	T & Th	10-10:50 am	Sep 17-Dec 17	\$124	\$134

### \* 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:** 14/15

Act #	Day	Time	Dates	Fee	NR
148982A	Mon	10-10:50 am	Sep 14-Dec 14	\$64	\$74
148982B	Wed	10-10:50 am	Sep 9-Dec 16	\$68	\$78

### \* 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:** 14/15/15

Act #	Day	Time	Dates	Fee	NR
148983C	Mon	9-9:50 am	Sep 14-Dec 14	\$64	\$74
148983D	Wed	9-9:50 am	Sep 9-Dec 16	\$68	\$78
148983E	Fri	9-9:50 am	Sep 11-Dec 18	\$68	\$78

### 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).**

**Indoor Drop-In Pickleball**

Wed. Evening 6-8 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.

**Adult 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. \$58; NR \$68

**Tuesdays, 1-2:30 pm 10 weeks 32 players**  
 Act#148998H Oct 13-Dec 15\* Res. \$35; NR\$45

**Fridays, 6-8 pm 10 weeks 16 players**  
 Act#148998J\* Oct 9-Dec 18 Res. \$47; NR \$57

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. **\*No play Friday, Nov. 27.**

**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.

**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.

**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!!!

**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.

**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 and Sunday 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 \$4 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

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
145933B	Thu, Aug 13	6-8 pm	Stumped
145933C	Thu, Sep 10	6-8 pm	Behind the Barn

### 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 9/23**

Act #	Day	Time	Dates	Fee	NR
148971C	Wed	9:30am-12pm	Sep16-Nov18	\$124	\$134

### Oil & Acrylic Painting

For beginner through advanced painters. Instructor demonstrates and provides individual instruction. Supply list available on your receipt. **Instructor:** Marat Paransky **Weeks:** 8

Act #	Day	Time	Dates	Fee	NR
148972A	Tue	12-3 pm	Sep 22-Nov 10	\$68	\$78

### 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

### 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

Act#	Level	Day	Time	Dates	Fee	NR
148973F	Beg	Mon	9-9:50 am	Sep 21-Nov 9	\$38	\$48
148973G	Adv	Mon	10-10:50 am	Sep 21-Nov 9	\$38	\$48

### 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 **Weeks:** 12

Act #	Day	Time	Dates	Fee	NR
148974C	Tue	1:30-2:30 pm	Sep 22-Dec 8	\$56	\$66
148974D	Tue	2:30-3:30 pm	Sep 22-Dec 8	\$56	\$66

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### Knitting Classes

Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. **Beg.:** 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.

**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

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

Act.	Class	Day	Time	Dates
125934C	Sock Class	Tue	1-3 pm	Sep 29-Oct 20
125934D	Beginning	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.

### 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**

**Troy Community Center Room 502**

**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.

Computer Classes - See page 9

**Beg./Int. Swing and Ballroom & Adv. Swing**

Fridays Weeks: 6 Fee: \$59 NR \$69

Any Two Classes Res. \$98 NR \$118

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

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

Act #	Style	Time	Dates
148980E	Swing	7-7:50 pm	Sept 11-Oct 16
148980F	Ballroom	8-8:50 pm	Sept 11-Oct 16
148980H	Adv. Swing	9-9:50 pm	Sept 11-Oct 16
148978G	Any 2		Sept 11-Oct 16

Second fall session Oct. 23-Dec. 11. Activity#148980J, K, L & M.

No class 11/20 & 11/27. More details in the Sept. Fifty Forward.

**Square Dance Lessons**

**Mondays, 7-9:30 pm; Fee: \$5 per person; NR \$6 at 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.

**Advanced Square Dance Lessons with Ray Wiles**

**Thursdays, 7-9 pm; Fee: \$5 per person; NR \$6 at 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.

**Friday Night Square Dances**

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

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 per person; NR \$7 at door**

**No class in July and Aug 24, 26 and 31.**

Have you always wanted to ballroom dance? Join this class 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
July	No Classes	No Classes
August	Am. Tango	Beg. Viennese Waltz
Sept	Night Club Two-Step	Salsa

**How To Stay Fit and Enjoy Life**

**Thursdays, Sept. 24 - Oct. 22 (5 weeks), 1-2:30 pm**

**Troy Community Center Room 301**

**Act. 115927M Fee: Free (Pre-registration required)**

Denise Hubbard, RN with Cherrywood Nursing and Living Center, will help you jump start your fitness goals. She will help you track your weight loss and provide healthy snacks, a food scale, and prizes. Topics include portion control, eating out, diabetes risks, healthy meal prep, sodium and blood pressure, and lifestyle changes.

**Six Great Sports for Seniors**

Staying active is key to heart health and aging gracefully. Keeping your body moving helps with brain activity and energy level. A lot of ailments experienced by older adults can be prevented or minimized by a healthy lifestyle that includes exercise. Consider the following six sports to help you get moving and get heart healthy.

**Swimming** - the impact to bones, joints and muscles is minimal. In addition, swimming can help build strength and tone. Water aerobics is also ideal for the same reason. See page 4 for water aerobic classes or get a Troy Community Center fitness pass and use the pool for open swim.

**Walking** increases the heart rate and helps keep your heart healthy. Tired of walking alone? Log onto AmericanHeartAssociation.org and search "start or join a walking club." You can connect with other people in your area, expand your workout group and improve your health.

**Dancing** is another fun physical activity for seniors. Learning new dance steps is good for the body and the brain and keeps you socially active. Check out dance class offerings on pages 6 and 7.

**Biking** is a great exercise for seniors. It is an excellent cardiovascular exercise and is great for heart health, burns fat and helps keep older adults active. More info at <http://bikingforseniors.com>

**Golf** provides a great way to connect with friends and participate in a competitive sport. It can also provide exercise from walking and stretching. Consider joining one of the Recreation Department sponsored golf leagues next spring. Registration begins in December. Details in the November newsletter.

**Tai chi** is a martial art that was developed for self-defense. It involves a series of graceful movements performed in a slow, focused manner and is accompanied by deep breathing. Tai Chi puts minimal stress on muscles and joints making it a good choice for seniors. Check out the Tai Chi class on page 4.

# August

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 BBQ Meatballs <sup>3</sup>	11:45 Lemon Chicken <sup>4</sup>	11:45 Scalloped Potatoes with Ham <sup>5</sup> 1:00 <b>Road Scholar Presentation - pg 1</b> 6:00 <b>Restaurant Group - pg 11</b>	11:45 Chicken Alfredo <sup>6</sup> 12:30 <b>Birthday Party</b>	11:45 Fish Nuggets <sup>7</sup> 1:00 Bingo
11:45 Chicken Sandwich <sup>10</sup>	11:45 Sausage and Sauerkraut <sup>11</sup> 1:00 <b>Red Hat</b>	18:15 <b>Jewels of Detroit Trip - pg 3</b> <sup>12</sup> 1:45 Chef's Salad	10-11 <b>Ask A Nurse</b> <sup>13</sup> 10-11:30 <b>Caregiver Support</b> 11:45 Stuffed Cabbage 7:00 Ballroom Dance	10-12 Hearing Screening <sup>14</sup> 11:45 Cheeseburger 1:00 Bingo
11:45 Shepherds Pie <sup>17</sup>	11:45 Jambalaya with Rice <sup>18</sup>	9:30 <b>Brunch &amp; Learn - pg 20</b> <sup>19</sup> 10-12 <b>Disk Erasure</b> 11:45 Beef Hot Dog 7:30 <b>Band Concert - pg 1</b>	11:45 Roast Pork <sup>20</sup>	10-12 Blood Pressure <sup>21</sup> 11:45 Oven Fried Chicken 1:00 Bingo
11:45 Chili with Rice <sup>24</sup>	11:45 Sloppy Joes <sup>25</sup>	9:30-12 <b>Computer Consultations</b> <sup>26</sup> 11:45 Roast Turkey Thighs	11:45 Chef's Selection <sup>27</sup> 12:30-2 <b>Focus Hope</b>	11:45 Potato Crunch <sup>28</sup> Fish 1:00 Bingo
11:45 Egg Casserole <sup>31</sup>				

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



At the Troy 50+ Computer Learning Center, students 50+ learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit [www.troycllc.org](http://www.troycllc.org). To aid in planning your class choices, **Intro to Word Processing and Intro to Excel will only be offered three times each year.**

**Fee for classes below: \$42; Non-Res \$52 Each session is 2 hours/meets 4 times/2 wks.**

## Computers for Beginners 1

Just starting out with a new computer? Want to learn about that mouse, keyboard or computer screen? This class is for computer users with little or no experience. Become familiar with your computer while building self-confidence with easy-to-learn lessons.

**Act. #** 135951B **Day** M & W **Time** 1-3 pm **Dates** 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. #** 135973B **Day** M & W **Time** 1-3 pm **Dates** 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. #** 135972B **Day** M & W **Time** 1-3 pm **Dates** 9/21-30

## 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.**



## 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.

## The World of Apps for Smart Phones & Tablets

**Wed., August 19 6 - 8 PM**  
**Act. #135976B Computer Lab**

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

## Twitter - The Basics & More

**Thu., August 20 1 - 3 PM**  
**Act. #135986A Computer Lab**

Twitter is everywhere and now is the time to learn this new skill. The instructor will take you through the basics of Twitter, establishing a new account, and building a network.

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](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 - 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.



### Crafty Sewers

**Mondays, 12-5 pm beginning Sept. 14, Room 502**

Crafty Sewers is a group of sewaholics that get together once a week to sew, share ideas, and enjoy their craft together. Bring your own materials and equipment. Irons and boards will be available for your use. Enjoy creating clothing, quilts, and home decor items. Bring your projects and join them for some peaceful sewing time. Call Karen at 248.877.9252 for details.

### Join the Band!

The Troy Heritage Band practices at the Troy Community Center on the first and third Wednesday of each month from 7:30 - 9:30 pm. No string instruments except string bass. For more information about joining this group, contact Bob Rourke at 248.689.3536.

## Annual Group Participation Fee

See the September newsletter for details!

### Mah-Jong Group

**Mon and Tue, 10 am - noon and Thu, 6:30-9:30 pm**

**Troy Community Center Lobby**

Meet other Mah-Jong players. 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 and so she can get your contact 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 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](mailto:Liasg@olhsa.org) for more information and to confirm meeting date and location.

Tuesday, August 4 - Dublin Community Center - White Lake

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

### 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 or workout 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 [vaughancs@troymi.gov](mailto:vaughancs@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.



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



## Purse, Tote, Wallet and Scarf Sale

Friday, November 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 again set aside any of the above gently used items that you no longer want. Items may be brought to the Administration Desk in the Troy Community Center or to the Friends of Troy Seniors Office beginning Tuesday, September 1. Shoppers: Keep our sale in mind as November 6th approaches. We offered great bargains at our last sale and will do so again

## Volunteer Opportunity Available for a Qualified Person to do Blood Pressure Screenings

The Friends of Troy Seniors is seeking a qualified person to volunteer their time to do Blood Pressure Screenings one morning a month in the Senior Dining Room alcove as a free service to seniors. This person would be required to use their own blood pressure cuff at the screenings. Interested persons should call 248.526.2608 between the hours of 10 am and 1 pm Monday through Friday or email [fots@wowway.com](mailto:fots@wowway.com) to apply. The next Blood Pressure Screenings are scheduled for Friday, July 17.

## 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

Picnic - See page 1

## 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 August 20, our guest speaker will be Dave Trott, United State Congressman representing the 11th District of Michigan.

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

## Ice Cream Social and Heritage Band Concert Wednesday, August 19 – 7:30 pm

See page 1 for details. Reservations are being taken at the Administration Desk in the Troy Community Center or by telephone at 248.524.3484. Space is limited so register early.

### 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

### 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.*

## 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.



## Volunteers Needed for SHARP Senior Home Repair Program

Volunteers are needed for Troy's free home repair program for senior citizens and persons with disabilities.

This program is co-sponsored by the Troy Recreation Department and the North Woodward Community Foundation. Volunteers who have done basic electrical, plumbing or handyman repair projects around their house are asked to apply. In addition, help with project scheduling, volunteer recruitment, resource procurement, and marketing is needed.

Interested persons should call 248.524.3492 or email [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov) and an application will be sent to you. For more information, call Carla at 248.524.3492.

## **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.

## **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 [vaughnacs@troymi.gov](mailto:vaughnacs@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.

*Evening workers are especially needed starting in September! Please consider volunteering one evening per week.*

## **Escape the Sedate: The History of the Dodge Viper**

**Monday, August 3**

**7 - 8 pm | Troy Public Library Meeting Room**

Herb Helbig, retired Chief development engineer for the Dodge Viper, will talk about the history of this modern-day muscle car made in Detroit. If weather permits, after the presentation Herb will have a few Viper Sports cars on display outside in the parking lot for viewing.

Call to register: 248.524.3542 or visit [troypl.org/calendar](http://troypl.org/calendar). Registration for non-Troy residents begins July 27.

## **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.

## **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.

## **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.

**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 \$20 per month (NR: \$32). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$17.75 per month for residents, \$20.50 for non-resident employees and \$25 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: \$4 for use of the pool, fitness room and gym from 5:30 am -3 pm.

**Creative Endeavors**  
**Handmade Gifts and More**

at the Troy Community Center  
inside the north entrance

**Open Monday - Friday**

**(Sat. hours return in Sept.)**

**10 am - 2 pm**

**248.526.5145**

**Vendors:** Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers retain 70% of the selling price. For more information, call Carla Vaughan at 248.524.3492.

**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 13**

**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.

## Making a Commitment to Fitness

The decision to start a physical activity routine is a big commitment to your long-term health. To stay focused on your physical activity routine, The American Heart Association suggests writing and signing a contract to yourself. This will provide a more formalized, visual reminder of your fitness pledge.

Once you've identified specific activity goals, your contract may include things like the amount of physical activity you plan to do each week, the days and times you plan to do it and any specific milestones you'd like to achieve, such as running your first 5K race.

Writing down the reasons why you want to be more active also can help. Your reason might be better overall health, more energy, managing a health condition like blood pressure or diabetes or simply looking and feeling better.



Post these reasons, along with your signed commitment, where they will be seen daily and serve as a reminder to keep you motivated.

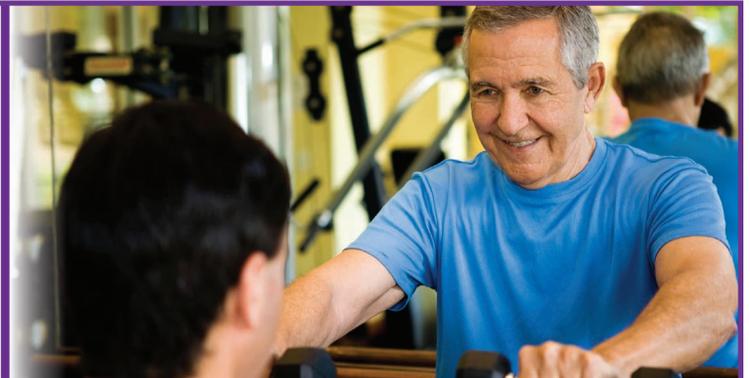
Here's a sample commitment document you can fill in for yourself:

My goal is to be active \_\_\_\_\_ minutes per day, \_\_\_\_\_ days per week.

I will do these types of activities to meet my goals:

I am making this commitment for the following reasons:

[Your Signature Here]



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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.

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



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## Adult Day Health Services...Helping The Caregiver and Their Loved One.

Adult Day Health Services (ADHS) is a program of Catholic Charities of Southeast Michigan (CCSEM) with locations in Macomb and Oakland County. ADHS is a program for adults who:

- Have dementia
- Have cognitive disabilities
- Require constant supervision



[www.ccsem.org](http://www.ccsem.org)

CCSEM is funded through Title III of the Older Americans Act from AAA 1B through the Office of Services of the Aging.

Services Provided:

- Lunch and two snacks
- Personal care (bathing)
- Medication reminders
- Incontinence care
- Wheelchair-accessible transportation

ADHS provides person-centered activities to meet each older adult's interests and capabilities. Activities include: exercise, trivia, art, music therapy, special events and much more!

For more information about ADHS, contact:  
**Mindy Rubio at (248) 537-3300**  
 ext. 3803 or [rubiom@ccsem.org](mailto:rubiom@ccsem.org)

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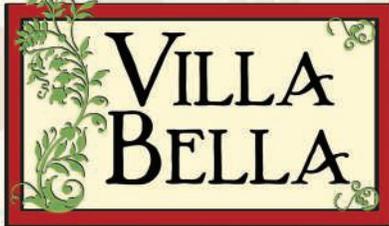
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**Suggestion Box**

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](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: \_\_\_\_\_

Check here if you need an accomodation and the ADA coordinator will contact you: \_\_\_\_\_

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

Signature Required: \_\_\_\_\_ Date: \_\_\_\_\_

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

**City of Troy  
Recreation Department  
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Troy, Michigan**

## 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 August 17.

### **Wed., Aug. 19, 9:30-11 am, Room 303 Who Will Be the Beneficiary of My Life Savings?**



Have you ever considered who will be the beneficiary of your life savings? Could it be the Probate Court? Might it be the IRS? Could it be your local nursing home? Maybe it would be your in-laws? Or could it be your family? The Friends of Troy Seniors and Estate Planning Professionals invite you to attend this informative workshop to learn what legal documents you need to put in place to protect you, your assets and your family. Let Laura Drolet, Professional Estate Planner, show you how to create sound estate plans as well as advise you on all of the new laws that could possibly affect the planning that you have already done.

## Summer Sensation Concert Series

**Thursdays, 6:30-8:30 pm**

**Civic Center lawn (east of Police/Court)**

**Food trucks onsite at 5:30 pm**

### **July 30 - Dr. Pocket**

The band's focus is on the tradition of the great horn bands including Chicago, Blood Sweat & Tears, Tower of Power, Journey, Average White Band, Motown, Lady Gaga, Wilson Pickett and Joe Cocker.

### **Aug. 13 - Laith Al-Saadi**

Ann Arbor singer, songwriter and guitarist plays a mixture of original tunes and covers, ranging from the Beatles, Joni Mitchell, Bob Dylan and more. Good-time music, based in classic rock and the blues.

### **August 27 - Swing Shift Orchestra**

One of SE Michigan's premiere Big Bands plays music from the libraries of Count Basie, Duke Ellington, Glenn Miller, Tommy and Jimmy Dorsey, Les Brown, Benny Goodman and more.

## 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 Ford 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](http://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.

## Stroll & Roll at Troy Parks

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

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

## A Workout for the Mind – Senior Living & Learning Expo

**Free parking, admission giveaways and lunch!**

**Wed, Aug. 19, 2015 10am to 2pm**

**Troy Community Center**

Presentations include "Brainstorm" to learn new and fun activities to stimulate your brain as well as services available for seniors from the sponsoring organization, Older Adult Division of Catholic Charities of Southeast Michigan. Space is limited. RSVP by Aug. 10 to 248-559-1147 ext. 3941.

## Newsletter Subscription Renewal

It's time to renew your newsletter subscription if you want to receive it in the mail. 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.