



# Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

Jan. 2016

### AARP Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income taxpayers, especially those 60 and older, to prepare federal and Michigan taxes at the Troy Community Center each Friday, starting February 5 thru April 15, 2016. Appointments must be made at the Friends of Troy Seniors desk or by calling the office at **248.526.2608**, starting January 4. Office hours are 10 am - 1 pm, Monday through Friday, unless otherwise posted. See page 13 for a list of things to bring to your appointment.

### FREE Hands-On Help with Your Computer, Tablet, and Smart Phone

**Saturdays, 9 am - 12 pm, Dec. 26 - Jan. 16**

#### Troy Community Center Computer Lab

Get help using Facebook, Skype, Email, Instagram and other new fangled programs. Volunteer Rajesh Bansal has 20 plus years of experience in computer science. He will take 30 minute appointments in the Computer Lab. Up to 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 248.524.3484 for more information

### A Matter of Balance

**Wed and Fri, Feb. 3-26 (4 weeks/8 sessions), 1-3 pm**

**Troy Community Center Room 504**

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

This program will reduce the fear of falling and demonstrate exercises that improve flexibility, range of motion and strength. Enjoy group discussion, problem solving, skill building, and assertiveness training. Receive a \$15 gift card when you complete the program! For more information or to register, call the Area Agency on Aging 1-B at 800.852.7795 or visit AAA1B.com.



### Cornhole Leagues

**Demo Day Wed. Jan. 13 at 2 pm**

**Wednesday, Jan. 27—April 13; 2-3:30 pm**

**10 weeks of play (No play Feb. 17 and Apr. 6)**

**Troy Community Center North Gym**

**Act. 118986A; Fee: \$20 Res \$25 NR**

A fun activity similar to horseshoes. Don't have a partner? Sign up as a single and we'll match you up with a partner. League play begins Wednesday, Jan. 27 through April 13 for those age 50 and over. A match will consist of three games to 21. Play up to 3 matches each week. Awards for league winners. Questions contact Elaine T at 248.524.3484 or E.Torvinen@troymi.gov.



### Beginning Basket Weaving Class

**Wednesday, Feb. 17, 1-4 pm**

**Troy Community Center Room 401**

**Act. 135903A; \$18 Res, \$23 NR**

Make a napkin or roll basket at this one day workshop. It's a good way to see if you enjoy the process of basket weaving without spending a lot of time or money. Choose either basket pictured with various accent colors to choose from. All supplies are included in the fee. If interest is sufficient, additional classes will be offered. Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.



### Shoreline Tours 2016 Trip Meeting

**Wednesday, January 13, 11 am - 12:30 pm**

**Troy Community Center Room 301**

Mike Bondy from Shoreline Tours will be at the Community Center to answer all of your questions about upcoming trips to **California in February, Sedona and Las Vegas in April, Historic Cities of the East in May, Great Canadian West in August, Colorado, Coast of Maine, NYC, and Nashville and more!!!**. See page 3 and/or brochure at the Community Center or attached to your e-news update for more information on these trips.

### Shall We Dance Drop-In Ballroom Dances

**2nd Thursday of Every Month!!! Jan 14, Feb 11...**

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

**Fee: \$6 Res; \$7 NR; HS Students \$3 Pay at door**

Brought to you by 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 248.524.3484. **MARK YOUR CALENDAR for April 14 Dinner Dance.**

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**Troy Recreation  
Department**  
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248.524.3484

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[E.Torvinen@troymi.gov](mailto: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](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

### Caregivers: Learn to Care for the Changing Brain

Dementia brings an array of challenges as caregivers struggle with the ever changing brain. Learn effective ways to approach dementia, to assist with it, and to add everyday quality to your loved one's life. Amy Kaczmarek, certified trainer of Positive Approach to Care can help. These classes will be presented in a class participation format using discussion and role playing.

### Positive Physical Approach and Hand Under Hand

**Act. 148992B Wed., Jan 13 & 20 1-3 pm Fee: \$35 Res, \$45 NR**

The workshop focuses on the Positive Approach to Care partnering techniques, including Positive Physical Approach (PPA) and Hand Under Hand (HUH). The newly learned skills enable care partners to shift from simply "dealing with the behaviors" to creating a positive and caring environment.

### Life Line Screening

**Friday, January 15; Troy Community Center Room 303**

Five screenings will be offered that scan for potential health problems related to: blocked arteries (a leading cause of stroke); abdominal aortic aneurysms (which can lead to a ruptured aorta); hardening of the arteries in the legs (a strong predictor of heart disease); atrial fibrillation or irregular heart beat (which is closely tied to stroke risk); and bone density screening for men and women, used to assess the risk of osteoporosis. Register for a Wellness Package which includes four vascular tests and osteoporosis screening for \$149 (\$139 with our member discount). All five screenings take 60-90 minutes to complete. In order to register for this event and to receive a \$10 discount, please call **1.888.653.6450** or visit [www.lifelinescreening.com/community-partners](http://www.lifelinescreening.com/community-partners). This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

### Maximizing Social Security Benefits for Married Couples

**Wednesday, Jan. 20, 7-8 pm, Room 303 - Registration Required**

On October 29, 2015, Congress passed the Bi-partisan Budget Act of 2015, which will make sweeping changes to Social Security in April. Most likely if you are married, these changes will impact you and your spouse. Knowing your options and making an educated selection may be the biggest financial decision you make in retirement. Most Americans claim at age 62 but ironically, by claiming early, reduce their retirement payments over their lifetime by an average of \$125,000. This workshop will cover all of the basic election options and the new legislation impacting these elections. In addition, we will look at the standard break-even analysis and why it does not work for married couples. Finally, we will discuss alternative filing strategies that might uncover additional family benefits. **This workshop will not help those that are already collecting Social Security for over one year.** Presented by Roffe M. Hofmann, President & Financial Representative of Association Financial Services, LLC. To register, call **248.942.4885, Ext. 202** or email [Roffe@association-financial.com](mailto:Roffe@association-financial.com). This seminar is presented for educational purposes only and is not to be considered an endorsement by the City of Troy.

*Mosaic Tile Workshop returns March 7. Details in the Feb. newsletter.*

### 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.

### Motor City Casino Winter Incentive Special

Thu, Jan. 28, 9:45 am - 3:45 pm; Act. 148927K \$25; NR \$30

Everyone will receive a players club card with \$35 in reward play (added to the Club Metro Player's card). To receive casino package you must bring a valid photo ID. The casino also reserves the right to change or discontinue the package without notice. Minimum age is 21 for this trip. Transportation is by motorcoach for this Bianco tour.

### The Odd Couple at the Purple Rose

Wed, Mar. 9, 11:15 am - 6:15 pm; Act. 148927N \$87; NR \$92

Start the day with lunch at the Common Grill - farm to table menu choices change daily but there will be several items to choose from, followed by time for shopping in downtown Chelsea. Then enjoy a professional performance of Neil Simon's *The Odd Couple* - where two suddenly single pals - a sloppy sportswriter and a neat freak news writer - become roommates. Transportation is by motorcoach for this Bianco tour.

#### Day trips coming in 2016:

Calendar Girls at Meadowbrook April 6  
Chubby Checker at the Soaring Eagle May 9

### 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.**

### California Coast - Feb. 18-25, 2016

**\$2799 per person double, \$3499 single, \$2649 triple**

Includes 7 nights and 12 meals. Enjoy Amtrak's Coast Starlight Journey from Los Angeles to San Luis Obispo, one night stay on the Queen Mary in Long Beach, all day touring along the Pacific Coast Highway, San Diego Zoo, Whale Watch Cruise, Hearst Castle, Carmel-by-the-Sea, 17 Mile drive and Monterey Aquarium. 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. Highlights

include Cairns, Great Barrier Reef, Sydney and Sydney Opera House, Christchurch, Mount Cook National Park, Queenstown, Milford Sound and Arrowtown. Call Group Tours International for reservations. 248.625.3645.

### Philadelphia Flower Show - March 9-12, 2016

**\$605 per person double, \$760 single, \$554 triple**

Includes roundtrip motorcoach, 3 nights lodging, 5 meals, guided tour of Philadelphia, admission to the Philadelphia Flower Show - the largest flower show in the world, and more. Call Bianco Tours for reservations. 734.946.7021.

### Pittsburgh - April 13-15, 2016

**\$500 per person double, \$630 single, \$465 triple**

Includes roundtrip motorcoach, 2 nights lodging, 2 meals, ticket to Tigers vs. Pirates game, tour of Pittsburgh and more. Call Bianco Tours for reservations. 734.946.7021.

### Dutch/Belgian River Cruise - April 13 - 21, 2016

**Cost varies by cabin choice - see brochure for details**

Includes airfare, 9 days, 7-night river cruise, 20 meals and sightseeing in Amsterdam, Volendam, Arnhem, Middelbury, Ghent, Bruges, Antwerp, Kinderdirk Windmills, and Keukenhof Gardens - the world's largest flower garden! Call Group Tours International for reservations. 248.625.3645.

### Sedona & Las Vegas - April 15-21, 2016

**\$2299 per person double, \$2999 single, \$2169 triple**

Includes roundtrip air, 6 nights, 9 meals and sightseeing including the Grand Canyon Train. Call Shoreline Tours for reservations. 800.265.0818.

### Historic Cities of the East - May 15-20, 2016

**\$999 per person double, \$1299 single, \$929 triple**

Includes roundtrip motorcoach, 5 nights, 8 meals, Pennsylvania Amish Country, Samson @ Sight & Sound Theatre, Baltimore and Baltimore Harbor Cruise, Gettysburg, and Philadelphia sightseeing including Independence Hall and Liberty Bell Center. Call Shoreline Tours for reservations. 800.265.0818.

### Southern Charm - May 15-20, 2016

**\$1066 per person double, \$1339 single, \$976 triple**

Includes roundtrip motorcoach, 5 nights lodging, 9 meals, Smoky Mountains National Park tour, Biltmore House and Gardens, Blue Ridge Parkway drive, and more. Call Bianco Tours for reservations. 734.946.7021.

### Colorado - July 24 - Aug. 2, 2016

**\$1999 per person double, \$2899 single, \$1799 triple**

Includes roundtrip motorcoach, 9 nights lodging, 14 meals, and sightseeing at Boys Town, Rocky Mountain National Park, Pikes Peak, Royal Gorge and much more. Call Shoreline Tours for reservations. 800.265.0818.

### Great Canadian West - Aug. 14-20, 2016

**\$2999 per person double, \$3679 single, \$2799 triple**

Includes roundtrip air, 6 nights lodging, 10 meals, and sightseeing in Victoria, BC, Vancouver and much more. Call Shoreline Tours for reservations. 800.265.0818.

### Niagara Falls - Postponed until 2017

- 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.

### \*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:** 11 **Fee:** \$52 \$62 NR

| Act #   | Day | Time      | Dates        |
|---------|-----|-----------|--------------|
| 118983C | Mon | 9-9:50 am | Jan 4-Mar 14 |
| 118983D | Wed | 9-9:50 am | Jan 6-Mar 16 |
| 118983E | Fri | 9-9:50 am | Jan 8-Mar 18 |

### \* 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:** 11 **Fee:** \$52 \$62 NR

| Act #   | Day | Time        | Dates        |
|---------|-----|-------------|--------------|
| 118982C | Mon | 10-10:50 am | Jan 4-Mar 14 |
| 118982D | Wed | 10-10:50 am | Jan 6-Mar 16 |

### 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 **Fee:** \$61 \$71 NR **Drop in fee:** \$10 class (\$11 NR).

| Act #   | Day | Time     | Dates        |
|---------|-----|----------|--------------|
| 118981A | Tue | 6 - 7 pm | Jan 5-Mar 8  |
| 118981B | Thu | 6 - 7 pm | Jan 7-Mar 10 |

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

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees.

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

| Act #   | Day    | Time        | Dates             |
|---------|--------|-------------|-------------------|
| 118978A | T & Th | 9-9:50 am   | Jan 5-Mar 10 FULL |
| 118978B | T & Th | 10-10:50 am | Jan 5-Mar 10 FULL |

### \* 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:** 11 **Fee:** \$52 \$62 NR

| Act #   | Day | Time        | Dates        |
|---------|-----|-------------|--------------|
| 118975C | Tue | 10-10:50 am | Jan 5-Mar 15 |
| 118975D | Thu | 10-10:50 am | Jan 7-Mar 17 |

### Tai Chi with Keith and Marci

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.

**Weeks:** 10/5/5 **Fee:** \$48/ \$24 \$58/ \$29 NR

| Act #   | Day | Level | Time   | Dates       |
|---------|-----|-------|--------|-------------|
| 118976D | Mon | Int   | 3-4 pm | Jan 4-Mar 7 |
| 118976E | Mon | Beg   | 2-3 pm | Jan 4-Feb 1 |
| 118976F | Mon | Beg   | 2-3 pm | Feb 8-Mar 7 |

### Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out and reenergize, while building strength and endurance. No need to visit the floor! **Drop in fee:** \$7.50 per class (\$8.50 NR)

**Weeks:** 10 **Fee:** \$61 \$71 NR

| Act. #  | Day | Time        | Date        |
|---------|-----|-------------|-------------|
| 118984B | Tue | 11-11:45 am | Jan 5-Mar 8 |

### 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:** 10 **Fee:** \$48 \$58 NR

| Act #   | Day | Time        | Dates        |
|---------|-----|-------------|--------------|
| 118979A | Tue | 11-11:50 am | Jan 5-Mar 8  |
| 118979B | Thu | 11-11:50 am | Jan 7-Mar 10 |

### Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on. **Weeks:** 10 **Fee:** \$48 \$58 NR

| Act. #  | Day | Time        | Date        |
|---------|-----|-------------|-------------|
| 118977C | Mon | 11-12:10 pm | Jan 4-Mar 7 |
| 118977D | Wed | 11-12:10 pm | Jan 6-Mar 9 |

### Drop-In Exercise Classes

#### Chair Exercise:

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

Excellent class for those new to, or just returning to exercising. Incorporates work while seated and some exercises standing holding on to the chair. Uses balls, tubing and hand weights. Purchase a \$16/10 visit punch card at front desk (NR \$21). **The Friends of Troy Seniors have awarded the Recreation Department a grant which allows us to offer this class at a lower price.**

#### Stretch and Tone with Carol Petty

**Mon & Thu, 11-11:50 am.**

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

**Indoor Drop-In Pickleball**

|              |                 |                |
|--------------|-----------------|----------------|
| Mon Daytime  | 11:30 am - 2 pm | Senior Special |
| Wed. Evening | 6 pm - 8:30 pm  | All Ages       |
| Fri. Daytime | 10:30 am - 2 pm | Senior Special |

Four courts are available for play. All sessions free to Fitness Center pass holders. For 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. Equipment provided. \$4 Senior (50+) Special rate extended to 3 pm for Fitness Center access.

**Winter 2016 Adult Pickleball Doubles Ladders**

Registration is underway. Act #118998A was full as press time.

|                              |                |                   |
|------------------------------|----------------|-------------------|
| <b>Sundays, 6:15-8:15 pm</b> | <b>8 weeks</b> | <b>32 players</b> |
| Act#118998A* Jan 3-Feb 28    | Res. \$47      | Non-Res \$57      |
| Act#118998B* Mar 6-May 1     | Res. \$47      | Non-Res \$57      |

|                                       |                |                   |
|---------------------------------------|----------------|-------------------|
| <b>Tuesdays (50+ only), 1-2:30 pm</b> | <b>8 weeks</b> | <b>32 players</b> |
| Act#118998C* Jan 5-Mar 1              | Res. \$28      | Non-Res \$38      |
| Act#118998D* Mar 8-May 3              | Res. \$28      | Non-Res \$38      |

|                           |                |                   |
|---------------------------|----------------|-------------------|
| <b>Fridays, 6-8 pm</b>    | <b>8 weeks</b> | <b>16 players</b> |
| Act#118998L Jan 8-Feb 26  | Res. \$36      | Non-Res. \$46     |
| Act#118998M* Mar 4-Apr 29 | Res. \$36      | Non-Res. \$46     |

\*No play Sun 2/7 & 3/27 Tue 2/16 & 4/5 Fri 4/8

Play three games with three different partners. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs needed. If you have questions contact Elaine T. at 248.524.3484. E.Torvinen@troy.mi.gov.

**Senior Olympics Winter Games**

Registration Deadline is January 15

Michigan Senior Olympics winter games are Feb. 9-15, 2016 (Dancesport Feb. 21) in Oakland County for ages 50+. Bocce, badminton, billiards, hockey, pickleball, powerlifting, racquetball, table tennis and dance sport will be offered. Visit [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org) or call 248.608.0250 for a complete list of events and to register. **The registration deadline is January 15.**

**Sports Leagues**

**Bowling** - Mondays and Thursdays, 12-2:30 pm. at Troy Lanes 1950 E. Square Lake Rd., Sept. - April, \$5.25 per week. Complimentary coffee while bowling. Call 248.879.8700.

**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 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 adults and 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**

Wed 7-8 pm, Fri 10-10:50 am; \$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!!!

**2016 Troy 50+ Golf Leagues**

Registration fee: Monday: \$43 (NR \$48), Wednesday: \$48 (NR \$53)

These nine-hole golf leagues play at Sylvan Glen. Play begins around May 1 for 20 weeks (Monday) and 18 weeks (Wednesday), tee off 8 am. Greens fees are paid to league officers in the spring. When registering, indicate your average for nine holes. If the league is full, add your name to the wait list. If you want to sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

Act. 148986P: Mon. League      Act. 148986Q: Mon. sub list  
Act. 148987P: Wed. League      Act. 148987Q: Wed. sub list

For more information, please contact:

Mon.: John Ranieri 248.641.8720 johnranieri@sbcglobal.net  
Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com  
Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com  
David Kaminski 248.649.4047 david.kaminski.troygolf@gmail.com

**Cornhole League - Demo Day Jan 13 at 2pm**

Wednesdays, January 27—April 13, 2-3:30 pm

10 weeks of play (No play Feb. 17 and Apr. 6)

Activity # 118986A      Fee: \$20 Res \$25 NR

See page 1 for more information.

**Drop-In Sports**

**Badminton** - Times vary - see Community Center calendar for details. Senior special rate of \$4 Mon. and Fri.

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

**Pickleball** - Offered at various times throughout the week - see Community Center calendar for details. Senior special \$4 Mon. 11:30 am - 2 pm and Fri. from 10:30 am - 2 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       |
|---------|-------------|--------|---------------|
| 145933G | Thu, Jan 14 | 6-8 pm | Dog Leg Right |
| 145933H | Thu, Feb 11 | 6-8 pm | Trailside     |

### 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. An extensive supply list available on your receipt or from the front desk. **Weeks:** 9

| Act #   | Day | Time        | Dates       | Fee   | NR    |
|---------|-----|-------------|-------------|-------|-------|
| 118971B | Wed | 9:30am-12pm | Jan 6-Mar 2 | \$124 | \$134 |

### Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. An extensive supply list available on your receipt or from the front desk. **Weeks:** 8 (No class Feb. 16)

| Act #   | Day | Time    | Dates       | Fee  | NR   |
|---------|-----|---------|-------------|------|------|
| 118972B | Tue | 12-3 pm | Jan 5-Mar 1 | \$68 | \$78 |

### Teen-Adult Pottery Ages 14 and up

Join our resident artist, Jan Lindell-Meinhard, as we create beautiful pottery. Students will have the opportunity to mold different projects each week, helping to expose the inner-potter in themselves. 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             |
|---------|-----|----------|--------|-------------------|
| 114305F | Wed | 1/13-2/3 | 7-9 pm | Hot Chocolate Mug |

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

Participants ages 50 and older can tap into your creative side. Work with clay and glazes to design beautiful pottery. Under direction of our art instructor you have the opportunity to explore the world of clay. **Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State

**Material fee:** \$5 per session (paid directly to instructor 1st week) **Day:** Tuesdays **Weeks:** 2 **Fee:** \$20 **NR:** \$25

| Act#    | Dates     | Time           | Theme        |
|---------|-----------|----------------|--------------|
| 114305I | 1/19-1/26 | 10:30 am-12 pm | Cookie Plate |

Check out our Parent and Tot classes and consider attending with a grandchild. See the winter Troy Today for details

### 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:** 10

| Act #   | Day | Time         | Dates         | Fee  | NR   |
|---------|-----|--------------|---------------|------|------|
| 118974C | Tue | 1:30-2:30 pm | Jan 12-Mar 15 | \$48 | \$58 |
| 118974D | Tue | 2:30-3:30 pm | Jan 12-Mar 15 | \$48 | \$58 |

### 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 **Weeks:** 8

| Act#    | Level | Day | Time        | Dates        | Fee  | NR   |
|---------|-------|-----|-------------|--------------|------|------|
| 118973F | Beg   | Mon | 9-9:50 am   | Jan 18-Mar 7 | \$38 | \$48 |
| 118973G | Adv   | Mon | 10-10:50 am | Jan 18-Mar 7 | \$38 | \$48 |

### 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.

**Beginning II:** You know how to knit and purl and have made simple items. Now you want to move your skills up a notch. Make a vest or sweater that fits in this class. Bring a pattern, yarn and needles for a project you choose to the first class.

**Brioche Knitting:** Learn to do brioche knitting with one and two colors and make a brioche scarf using two colors. Must know how to knit and purl.

**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.



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

| Act.    | Class            | Day | Time   | Dates        |
|---------|------------------|-----|--------|--------------|
| 125934G | Beginning        | Tue | 1-3 pm | Jan 5-26     |
| 125934H | Sock Class       | Wed | 1-3 pm | Jan 6-27     |
| 125934I | Beginning II     | Tue | 1-3 pm | Feb 9-Mar 1  |
| 125934J | Brioche Knitting | Wed | 1-3 pm | Feb 10-Mar 2 |

*Different speciality knitting classes will be offered each month!*

**Beg. Swing and Ballroom & Adv. Swing****Friday Evenings: Weeks: 6****Fee: \$59 NR \$69; Any Two Classes: \$98 NR \$118**

**Swing:** No dance experience required. No partner 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.

**Advanced Swing:** Instruction will focus on expanding upon the fundamentals of Swing including: variations on footwork, advanced principles of connection, leading and following techniques, musicality, and incorporating "breaks" into the dance.

**Ballroom:** No dance experience required. No partner 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.

**Instructor:** Jim Berg

| Act #   | Style         | Time      | Dates          |
|---------|---------------|-----------|----------------|
| 118980A | Swing         | 7-7:50 pm | Jan 8 - Feb 26 |
| 118980B | Ballroom      | 8-8:50 pm | Jan 8 - Feb 26 |
| 118980C | Adv. Swing    | 9-9:50 pm | Jan 8 - Feb 26 |
| 118980D | Any 2 classes |           | Jan 8 - Feb 26 |

**No class 1/15 & 2/19.****Square Dance Lessons****Mondays, 7-9:30 pm****Fee: \$5; NR \$6 at door FIRST CLASS FREE!**

|                    |           |
|--------------------|-----------|
| Mainstream         | 7-8 pm    |
| Plus Level         | 8-9 pm    |
| Workshop with Walt | 9-9:30 pm |

Singles and Couples welcome. No partner required.

Experienced dancers will assist. 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 per person**

Dances are held in the studios upstairs at the Troy Community Center. Partners not required. Contact Veronica at 248-689-8843 with any questions. Caller Walt Zatorski.

**Bocce Leagues - Demo Days May 10 & 11****Tuesday May 24-Aug 9 (12 weeks) 12-1:30 pm****Act. 128987A; Fee: \$15 NR \$20****Outdoor Bocce Courts on North Side of Troy Community Center**

This is a great social game that players of all abilities can enjoy. League schedule will be determined once number of player registered is determined. Sign up as a two player team, or as an individual and be paired with a partner. Rules of play will be distributed the first week and a practice round played. After that scores will be recorded and league winners will be awarded a prize.

**Drop In Ballroom Dance****Mondays & Wednesdays, 1-2 pm; Fee: \$6; NR \$7 at door**

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 |
|-------|----------|------------|
| Jan   | Fox Trot | Rumba      |
| Feb   | Waltz    | Cha Cha    |

**January classes begin Jan 11 & 13.****American Mah-Jong Lessons**

Instructor Judy Shell teaches this class for beginners and those who want a review. Learn the rules of the game, how to "make a hand" and how to play. The fee includes \$9 Mah-Jong card. The instructor will bring your Mah-Jong card to the first class and will provide the Mah-Jong games to use during class. Class size is limited to 12. Class meets in room 402A - enter through the dining room (Room 402). **Weeks: 6**

| Act. #  | Day | Time      | Dates         | Fee  | NR   |
|---------|-----|-----------|---------------|------|------|
| 135901C | Wed | 1-3:30 pm | Jan 6- Feb 10 | \$29 | \$39 |

**How To Stay Fit and Enjoy Life****Thursdays, March 3 - 31 (5 weeks), 1-2:30 pm****Troy Community Center Room 301****Act. 115927N 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.

**Troy English Workshop****Tue, Jan 12-Mar 8 (9 weeks); 1-3 pm Act. 145938L****Sat, Jan. 16-Mar 12 (9 weeks); 10 am - Noon Act. 145938M****Troy Community Center Room 502****Fee: FREE 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**

# January

Monday

Tuesday

Wednesday

Thursday

Friday

|                                     |   |  |   |   |
|-------------------------------------|---|--|---|---|
|                                     |   |  |   | 1<br><b>Happy New Year!</b><br>Center Closed<br><br>Fitness Room Open 8 am - 8 pm |
| 11:45 BBQ Meatballs <sup>4</sup>    | 11:45 Mac & Cheese <sup>5</sup>                         | 10:00 <b>Book Club</b><br>11:45 Sloppy Joes <sup>6</sup>   | 11:45 Oven Fried Chicken<br>12:30 <b>Birthday Party</b> <sup>7</sup>  | 10-12 Hearing Screening <sup>8</sup><br>11:45 Chilimac<br>1:00 Bingo              |
| 11:45 Hamburger Gravy <sup>11</sup> | 11:45 Beef Hot Dog<br>1:00 <b>Red Hat</b> <sup>12</sup> | 11:00 <b>Shoreline Trip Meeting - pg. 1</b><br>11:45 Baked Chicken<br>2:00 <b>Cornhole Demo - pg 1</b> <sup>13</sup>                       | 10-11 Ask A Nurse<br>10-11:30 Caregiver Support<br>11:45 Spanish Rice<br><b>7:00 Ballroom Dance</b> <sup>14</sup> | 10-12 Blood Pressure <sup>15</sup><br>11:45 Potato Crunch Fish<br>1:00 Bingo      |
| 11:45 NO LUNCH <sup>18</sup>        | 11:45 Sausage & Sauerkraut <sup>19</sup>                | 9:30 <b>New You Speaker - pg 20</b><br>10-12 Disk Erasure<br>11:45 BBQ Chicken<br>7:00 <b>Social Security Speaker - pg 2</b> <sup>20</sup> | 11:45 Mac & Cheese <sup>21</sup>  | 11:45 Ginger Baked Chicken <sup>22</sup><br>1:00 Bingo                            |
| 11:45 Shepherd's Pie <sup>25</sup>  | 11:45 Stuffed Cabbage <sup>26</sup>                     | 9:30-12 <b>Computer Consultations</b> <sup>27</sup><br>11:45 Chicken Sandwich  | 9:45 <b>Motor City Casino - pg 3</b> <sup>28</sup><br>11:45 Meatloaf & Gravy<br>12:30-2 <b>Focus Hope</b>         | 11:45 Chef's Selection <sup>29</sup><br>1:00 Bingo                                |

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

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

### Computers for Beginners 1

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

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

| Act #   | Day    | Time   | Dates    |
|---------|--------|--------|----------|
| 135951F | M & W  | 1-3 pm | 1/4-1/13 |
| 135951G | T & TH | 1-3 pm | 2/9-2/18 |

### 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.

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

| Act #   | Day    | Time   | Date      |
|---------|--------|--------|-----------|
| 135973F | M & W  | 1-3 pm | 1/18-1/27 |
| 135973G | T & TH | 1-3 pm | 2/23-3/3  |

### Intro to Word Processing

This course is designed for people who want to learn the essential features of Microsoft Word, the popular word processing software. You will gain the skills to create all kinds of documents, from letters to professional papers. Learn how to set margins, insert pictures, check spelling, print documents and much more.

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

| Act #   | Day    | Time   | Dates    |
|---------|--------|--------|----------|
| 135954B | T & Th | 1-3 pm | 1/26-2/4 |

### Windows 8 (As of April 18 Windows 10 taught)

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!

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

| Act. #  | Day   | Time         | Dates    |
|---------|-------|--------------|----------|
| 135972E | M & W | 6:30-8:30 pm | 1/4-1/13 |

### Computer Security/Internet Scams

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

**Fee: \$42 \$52 NR Wks: 2 Hrs: 8**

| Act #   | Day   | Time         | Dates     |
|---------|-------|--------------|-----------|
| 135967A | M & W | 6:30-8:30 pm | 1/18-1/27 |

### Introduction to Power Point

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

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

| Act #   | Day    | Time          | Dates    |
|---------|--------|---------------|----------|
| 135961B | T & Th | 9:30-11:30 am | 2/9-2/18 |

### Introduction to Excel

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

**Fee: \$50 NR \$60 Wks: 3 Hrs: 12**

| Act #   | Day    | Time   | Dates    |
|---------|--------|--------|----------|
| 135968B | T & Th | 1-3 pm | 1/5-1/21 |

### Scanning

If you own or are about to buy a scanner, take this class! You'll learn several important scanning techniques for pictures, photos and documents. Have fun and gain valuable hands-on experience with your own photos, slides and negatives using the classroom scanners.

**Fee: \$21 NR \$26 Wks: 1 Hrs: 4**

| Act #   | Day   | Time   | Dates   |
|---------|-------|--------|---------|
| 135962B | M & W | 1-3 pm | 2/1-2/3 |

**Private Consultations** - Meet with a Learning Center instructor on the fourth Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The non-refundable fee of \$5 is payable when you make your appointment. VISA or Mastercard accepted by phone for this program. Please call to cancel if you cannot keep your appointment.

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

**Drop-In Computer Lab** The computer lab is open for FREE 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 Lab Monitor availability. No Friday lab all Fridays in January.**

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 Phil Oh at 248.641.8445.

#### **Red Hat**

2nd Tuesday, 1 pm. 248.524.1108.

#### **T.O.P.S.**

Thursdays, 8:30 - 10:30 am. Non-profit weight loss support group. 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 am-12 pm. 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. 248.840.9748.

**Mah-Jong** - Mondays 10 am-12 pm and Thursdays 6:30-9:30 pm. 248.641.8412.

**Pinochle** - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. Pinochle (less 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. 248.689.3536.

**Knitting Lessons:** See page 6

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

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

**Needlework Club** - Tuesdays, 10 am-12 pm. Share ideas and advice on knitting, crocheting and other needlework. No lessons. 248.588.5442.

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

**Painting Lessons** - see page 6

**Quilting Group** - Wednesdays, 9 am - 4 pm. All levels welcome. Bring works in progress. No lessons.

**Sewing Group** - Mondays, 12-5 pm. 248.877.9252.

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

### **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 in room 402. No reservation required. Cakes donated by the Newcomers. Ice cream donated by Emerald Food Service.

**Book Club** - 1st Wednesday, 10 am in Room 402A. See page 11 for details.

**Computer Lab** - 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.

### **Sports & Fitness**

See pages 4 & 5.

### **Creative Endeavors Gift Shop**

Seniors may place their handmade crafts in this consignment shop, located inside the north entrance of the Troy Community Center. Sellers retain 70% of the selling price. For more information, contact Carla at 248.524.3492.

### Troy Restaurant Group Seeks New Leader

This group has been discontinued due to lack of leadership. They had been meeting once every other month for dinner at a local restaurant. The leader booked the restaurant and took reservations from the members. If you are interested in taking over the leadership position, please call Carla at 248.524.3492. Attendance had been averaging about 15.

### Crafty Sewers

**Mondays, 12-5 pm, 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.

### Line Dance Group

**Wednesdays, 8-9:30 pm Studio C**

These experienced dancers welcome anyone interested in line dancing. No partner needed. Those with some line dance experience would be most comfortable in this group but beginners are welcome. Group fee applies - call 248.641.9346 for details.

### Card Groups

See page 10 for more information on the bridge, cribbage, euchre and pinochle groups that meet at the Troy Community Center. These are drop-in groups. Partners not required except for bridge. Please call the bridge leader ahead of time if you would like them to find a partner for you. Phone numbers available on page 10.

### Needlework Group

**Tuesdays, 10 -11:30 am**

**Troy Community Center Room 502**

Join this friendly group and share ideas and advice on knitting, crocheting and other needlework. This group is for those with some needlework experience and does not offer lessons for beginners. Call 248.588.5442 for details.



### Senior Mondays and Fridays at the Troy Community Center Fitness Area

Seniors (50+) can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of just \$4. **Drop-in Pickleball is included and is offered on Mondays from 11:30 am - 2 pm and on Fridays from 10:30 am - 2 pm.**

### Mah-Jong Group

**Mon, 10 am - 12 pm and Thu, 6:30-9:30 pm**

**Troy Community Center Lobby**

Meet other Mah-Jong players and enjoy the game with new friends. Bring a current mah-jong card. Beginners are welcome but you must know how to play (Lessons: see page 7). Contact Judy at 248.641.8412 or 248.417.4704 for more information and so she can get your contact information.

### Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The January book is: *Wicked Takes the Witness Stand* by Mardi Link. February: *The Sisters Brothers* by Patrick deWitt. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

### 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 meeting is **Tues, Jan. 5 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.

### ACBL Bridge Clubs

A Monday club (limited to 500 points) meets at 12 pm 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.

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

Call Sylvia at 248.524.1108 for more information. The Red Hats group leader collects annual dues of \$35 per person.

### Caregiver's Support Group

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

This group is facilitated 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.

### 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. **Feb. 17 meeting will be held in Troy at 10 am.**



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

## Best Wishes to All for a Healthy and Happy 2016

Start the New Year off by becoming a volunteer with the Friends of Troy Seniors. Becoming a volunteer is a rewarding experience and you will also make new friends along the way. Call 248.526.2608 or stop at our office between 10 am and 1 pm, Monday through Friday, for an application and to learn about additional opportunities. Here are two volunteer opportunities available now:

### • Coordinator for the Harvest Food Donation Program

We are seeking an individual to oversee our Pastry Pick-Up Program. This individual would work with the project leader for the volunteers and also be the contact person with the Food Donation Connection. Pastries and bagels are picked up three times a week by volunteers from area establishments and brought to the senior dining room at the Troy Community Center.

### • Webmaster

We are looking for a computer savvy person to manage our website and spend a little time keeping it up to date. This would be a very part-time volunteer position for a senior or for a younger person who likes to work from home.

## Thank You Donors, Sponsors and Volunteers

We would like to thank the following businesses and individuals for their support.

- **Purse, Tote Wallet and Scarf Sale** – to all of you who donated items for the sale; to our volunteers and community center employees who made the sale happen; and to our shoppers who made the sale a success.
- **Craft Show** – to our volunteers who assisted throughout the day.
- **Holiday Meals on Wheels Buffets** – to our volunteers who arranged entertainment, called tables and helped with the holiday decor
- **Heritage Band Holiday Concert** – to the members of the Heritage Concert Band for giving an outstanding performance; to ComforCare Home Care for donating holiday cookies; to Heartland Health Care Center and Dana Wilson, Attorney for donating cakes; to Starbucks Coffee for donating coffee; and, to our volunteers who served the refreshments and assisted guests.

Brunch & Learn - See page 20

Tax Assistance - See page 13

## Monthly Membership Meetings

FOTS meetings are held on the 3rd Thursday of the month at 1 pm in Room 301 at the Troy Community Center unless otherwise announced. Our next meeting is Thursday, Jan. 21. Everyone is invited to attend. Your comments and suggestions are important.

## AARP Tax Aide

The Friends of Troy Seniors will again be taking tax appointments beginning Jan. 4. Call 248.526.2608 or stop at the office between the hours of 10 am – 1 pm, Monday through Friday, unless otherwise posted. See page 13 for details about what to bring to your tax appointment.

### 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 (unless noted)

### 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*

## 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.

## Operation Medicine Cabinet Prescription Pill Disposal

Citizens can bring unwanted prescription drugs to the Troy Police Department lobby located at 500 W Big Beaver between the hours of 7 am - 10 pm Monday through Friday and 8 am - 4 pm on Saturday for disposal. (No medical offices or commercial disposal allowed for Operation Medicine Cabinet). Only dry pills will be accepted, no liquids, sharps or packaging material.

## Free SHARP In-Home Computer Assistance

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

## AARP Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income taxpayers, especially those 60 and older, to prepare IRS and Michigan taxes in the Troy Community Center each Friday, starting February 5 thru April 15, 2016. Appointments must be made at the Friends of Troy Seniors (FOTS) desk or by calling the FOTS office at 248.526.2608, starting January 4. Hours: 10 am - 1 pm, Monday through Friday. When you make your appointment, please let us know if you need special assistance.

Each taxpayer must bring the following (We may not be able to do your taxes if these are missing):

- A Social Security card for all persons on the tax return (including deceased spouse pensioners)
- Picture ID (driver's license, passport etc.) for taxpayer and spouse
- A copy of all prepared tax returns filed for 2014.
- All forms you have received for the 2015 tax year. Examples are: W-2, SSA-1099 Social Security Benefit, 1099-INT Bank Interest, 1099-DIV Dividends, 1099-B Sale of Securities (with original purchase price of sold assets), 1099-R Income from Retirement Plans, IRA Distributions, Pensions, etc., 1099-OID and any 1095-B or 1095-C Affordable Care Act Marketplace forms.
- All other income statements: 1099-MISC, 1099-G, W-2G, etc.
- Any letters from the IRS or State of Michigan Treasury that you received in 2015
- Your bill for 2015 property taxes or total rent receipts and heating bills for your residence
- Receipts for hospitalization insurance you paid including Medicare D (You do not need receipts for medicines or lists of medicines purchased unless you itemized previously or will itemize this year.)

Telephone assistance is NOT available. If you are homebound have someone bring your files in. In all cases, you and your spouse must be available to sign the forms.

## Long-Term Care Insurance

Long term care can be expensive and it's not covered by health insurance. Health insurance is just for medical needs – like doctor's visits and hospitalizations — not day-to-day, long-term assistance with basic activities. "Long-term care insurance" is a strange, complicated product that you buy about 20 or 30 years before you'll ever use it. If you are thinking about buying a policy or you already have one, here is some information on how this insurance works.

### You Buy a Pre-Set, Capped Amount of Insurance.

When you buy a policy, you will actually pick your benefit amount. Meaning, you will make a decision about the total pool of money you'll have available to you 30 years from now. Most people buy a policy that pays a maximum of \$100 to \$150 per day for up to three years. This is more than most people need so it's likely more than enough. But, keep in mind that if you end up needing more... and there are definitely people who do...you'll be back to paying for it out of pocket. And you need to consider inflation. Most insurance policies account for inflation by giving you the opportunity to add to your policy a feature called, "inflation protection" and you probably want to buy SOME level of inflation protection – long-term care costs are going up by a rate of about 3.5 percent a year.

### You Have to "Qualify" for Your Insurance Benefits.

You can only get access to that \$100 – \$150/day when you hit something called a "benefit qualification trigger" which basically means that a nurse has evaluated your need and declared you to be at a very severe level – which is when you need assistance with least two of six very basic daily living activities (like, you need help with both eating AND bathing) OR have severe cognitive impairment. If you don't need THAT much care, your insurance policy will go unused for now.

### You Can't Pick and Choose Who You Pay to Provide Care.

Even if you do meet the benefit qualification trigger, you can only use it to pay service providers who meet specific insurance company rules. While nearly all long-term care insurance policies nowadays pay for home care, assisted living and nursing home care, they're still pretty inflexible about who can provide those services. For example, if you want to pay your housekeeper, neighbor or someone from your church to come get you dressed every day, you usually can't use your insurance funds to do it. Some insurers offer a "cash" policy – which is more flexible – BUT it is significantly more expensive.

### Your Premium Payment is Not Set in Stone.

So you buy one of these policies when you're in your mid-fifties, let's say. And, the premium you agree to pay per year is not supposed to go up unexpectedly at any point, for the rest of your life. But, just know that, unfortunately, sometimes premiums do go up. And, this happens because the insurance companies' benefit paying account drops unexpectedly. So, the only way to make sure they can keep paying out benefits is to charge everyone more in premiums.

Long term care insurance is very expensive – running in the thousands of dollars a year – depending on your age and the amount of benefits you buy. You'll be checked for pre-existing care needs or even the chance you might need the insurance sometime in the near future. Somewhere in the 15 – 20 percent range of people who try to buy this insurance are actually denied because they "fail" this part of the process.

*-condensed from an article on daughterhood.org*

**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.

**Document Shredding** Brought to you by the Friends of Troy Seniors, on-site shredding is offered at the Troy Community Center twice a year (spring and fall). Dates are announced in this newsletter.

**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 \$1,276 per month or less (\$1,726 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.

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

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

**Community Center Passes**  
The senior (60+) resident rate is \$20 per month (no discount for non-resident seniors). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A resident matinee pass is \$17.75 per month that allows you to use the club Monday - Friday from 8 am - 3 pm. 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 (50+) receive a special rate on Mondays and Fridays: \$4 for use of the pool, fitness room and gym from 5:30 am -3 pm.

**SHARP Home Repair Program**

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

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

**SHARP Home Computer Assistance - See page 13**



**Transportation**

**Medi-Go Plus** (248.457.1100) transports door-to-door to doctors (boundaries are 12 Mile, Mound, Auburn and Southfield Roads and Providence Hospital), grocery stores, Community Center and Oakland Mall by advance reservation. The fare is \$2 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



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

**Creative Endeavors**  
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at the Troy Community Center  
inside the north entrance  
**Open Monday - Saturday**  
**10 am - 2 pm &**  
**Thursday 5-9 pm**  
**248.526.5145**

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

## Troy Senior Program Volunteer Opportunities

More than 150 volunteers make an enormous contribution to the Troy senior program by providing assistance and leadership. If you would like to share your time and talents, please complete an application at the Troy Community Center and we will contact you with more information!

### Computer Lab Instructors and Coaches

Help seniors learn the basics of computer use as an instructor, as a coach who assists the instructor or as a drop-in lab mentor. Must be computer literate, but training is provided.

### Program Leaders

Many of our programs are lead by volunteers – card groups, craft clubs, musical groups, sports leagues – and more. Join a group and see where you can help, or let us help you start a new group!

### Tax Counselors

Help low-income seniors with their tax forms one day a week February – April at the Troy Community Center. Training is provided by AARP in January.

### SHARP Home Repair Program

Provide home repairs for low-income Troy seniors and persons with disabilities. Volunteers perform jobs such as plumbing, electrical work, clean up and removal of debris, changing batteries in smoke detectors, simple carpentry tasks and other similar tasks that help keep homes safe and livable. There are

flexible opportunities scheduled according to your availability. Co-sponsored by the North Woodward Community Foundation.

### Friends of Troy Seniors

This 501.c3 organization provides support and advocacy for senior programs and services. Event coordinators, technical help and office help is needed and an extra hand is always appreciated at special events such as food distribution, flu shot clinic, garage sale and more. Call 248.526.2608.

### Homebound Meal Delivery

Monday-Friday at 11 am. Donate one hour a week or one hour a month. Call 248.689.6663 for more information.

### Creative Endeavors Senior Store

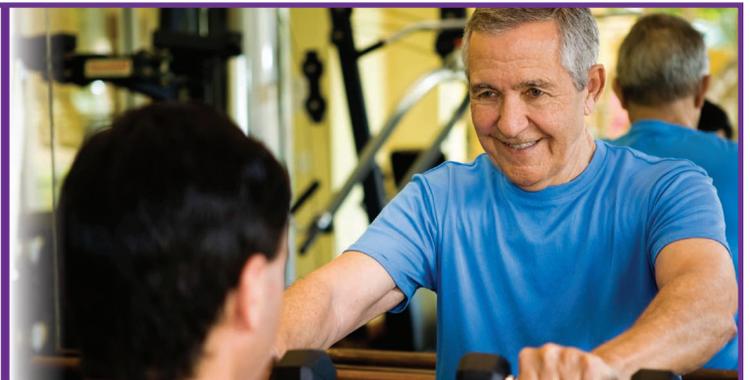
Volunteers operate this store, which provides a venue for seniors to sell their handmade crafts. Sales staff usually works one day per week and management/marketing help is also needed.

### Bingo Workers

Call bingo, call back winning numbers and/or distribute prizes at the Friday afternoon bingo game at the Community Center. (Workers are not allowed to play.)

### Transportation

Troy People Concerned operates a program that provides transportation to essential appointments for seniors who are unable to use public transportation. Please call Troy People Concerned at 248.528.9199 for more information.



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

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

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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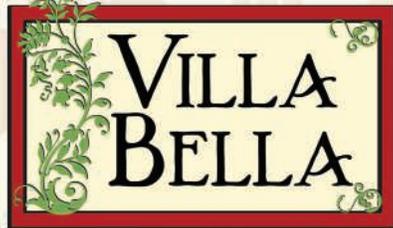
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**Suggestion Box**

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

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

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



**Weather Cancellations**

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

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

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

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

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

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

**Newsletter Subscriptions**

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

1. Receive it free via e-mail. Visit the City web site – [www.troymi.gov/](http://www.troymi.gov/) and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning July 1 and prorated quarterly. Pay \$4 on or before 9/1, \$3 between 9/1 and 12/31, \$2 between 1/1 and 3/31, and \$1 after 4/1. Non-residents \$6 per year, prorated as above. **Act. #135000A.**

**Mail-In Registration Form**

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Activity #: \_\_\_\_\_ Fee: \_\_\_\_\_ Activity #: \_\_\_\_\_ Fee: \_\_\_\_\_

Check here if you need an accommodation 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: \_\_\_\_\_

**Friends of Troy Seniors Brunch & Learn Series**  
**The New Year, The New You!**  
**Wednesday, Jan. 20, 9:30 - 11 am, Room 303**

Start the New Year learning how the Mind, Body and Spirit can enhance Attitude, Movement and Stamina. Join Fitness Instructor Ilene Hill as she teaches us that with proper body alignment, healthy and strong muscles and, keeping the body's movements under our mind's control we can improve overall balance, coordination and flexibility. Come and enjoy an uplifting presentation from this wife, mother, grandmother, master gardener, businesswoman and brain tumor survivor.

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. Coffee and light refreshments are provided at these free events prior to the presentation. This event is made possible through a grant from the North Woodward Community Foundation. Advance registration is required. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 am - 1pm, Mon - Fri. Reservations accepted through Fri, Jan. 15.



**Receive Weather Updates Via Text**

Receive weather updates for your programs at the Troy Community Center right to your mobile device. Visit [troymi.gov](http://troymi.gov) and select the green subscribe box at the top. Using the drop down arrow, choose either text or email alert. Enter your phone number or email address and click on SUBMIT. Add password (optional) and click on SUBMIT. On the next screen, select to receive "Recreation Alerts" and you will receive a text when programs at the Troy Community Center are cancelled due to weather.

**Oakmont Manor Hosts Free Movie**  
**Thursday, Jan. 21, 1 pm at Oakmont Manor**

Oakmont Manor is hosting a showing of the 2014 documentary film *Advanced Style*. This film examines the lives of seven unique New Yorkers whose eclectic personal style and vital spirit have guided their approach to aging. The film will be shown in the theatre at Oakmont Manor, 41255 Pond View Dr., Sterling Heights. Please RSVP to 586.726.0603 by Friday, January 15. Space is limited.

**Get Fit at the Troy Community Center**

Do you have a New Year's resolution to improve your health... lose weight...get fit? Why not join the fitness center at the Troy Community Center? The senior rate (age 60 and older) for the Recreation Pass Unlimited is \$20 per month for residents. Non-residents pay \$32 per month. Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. There is also a Matinee Pass (for all ages) available for \$17.75 per month for residents (non-residents pay \$25) that allows you to use the amenities Monday - Friday only from 8 am - 3 pm.

In addition, a Fitness Passport is available that includes all of the above plus you can participate in a select list of fitness classes (list of classes included available at the Community Center). The senior rate for the Fitness Passport is \$27 per month. Non-residents pay \$39.

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

For those without a pass, the daily resident rate is \$7 (\$10 NR) or \$5 with a 10-visit punch card (\$8 NR). Seniors 50+ (residents and non-residents) receive a special daily rate of \$4 on Mondays and Fridays until 3 pm. This includes drop-in pickleball on Mondays from 11:30-2 and Fridays from 10:30-2.

**2016 Spring Senior Expo**

**Tuesday, March 15, 10 am - 2 pm**  
**Troy Community Center - FREE admission**

Vendors are encouraged to register early for the best location for the next Senior Expo. We plan on having 80+ vendors again in 2016 and annually have approximately 300-500 visitors for this event. The cover letter and registration form can be accessed on the City of Troy website at : <http://www.troymi.gov/PlayHere/SpecialEvents>.

Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 or email at [E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov) to volunteer.

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