



Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

Feb. 2016

Blackthorn Concert

Friday, Feb. 26, 7-9 pm

Troy Community Center Room 304/305

Fee: \$7 in advance; \$8 at the door if available.

Purchase tickets at Community Center desk.

Enjoy traditional songs of emigration, sea shanties, lively jigs, reels, and ancient airs combined with some of Ireland's best contemporary songs. Band members play multiple instruments, including wooden flute, accordion, tin whistle, five string banjo, and cittern, bones, complimenting the lead vocals of Belfast native Richard McMullan and the band's four part harmony. Pop and munchies available for purchase. This concert is co-sponsored by the Friends of Troy Seniors. **All ages invited! Online registration is not available.**

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.

Shall We Dance Drop-In Ballroom Dances

2nd Thursday of Every Month!!! Feb 11, Mar 10...

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.

April Dinner Dance

Thursday, April 14; Troy Community Center Room 304/305

Doors open at 5:30 p.m. Dinner is from 6-7 p.m. followed by dancing from 7-10 p.m. The Tommy James Band will supply the music for dancing and Jim Laurie will provide dinner music. **Deadline to register is March 31** and will be limited to 112 guests.

Register for:

Act#128970B	Res. Couple	\$40
Act#128970C	NR Couple	\$44
Act#128970D	Res. Single	\$20
Act#128970E	NR Single	\$22



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.



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.

Shoreline Tours 2016 Trip Meeting

Wednesday, March 9, 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 **Sedona and Las Vegas in April, Historic Cities of the East in May, Mackinac Island Lilac Time in June, Colorado in July, Great Canadian West in August, Coast of Maine in September, NYC in October and more.** See page 3 and/or brochures at the Community Center or attached to your e-news update for more information on these trips.

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**Troy Recreation
Department**

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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

**This newsletter is available
online at**

troymi.gov/SeniorNewsletter

Mission Statement

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

Upcoming Events

248.524.3484

March Madness Mosaic Class

**Monday, March 7, 6:30-9 pm
Act. 135902D; \$36 NR \$41**

Troy Community Center Room 401

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create beautiful mosaic masterpieces. Follow in their footsteps and fashion your own "March Madness" mosaic. Design will be a map of Michigan or a heart in the school colors of your choice. Specify school when you register. The fee includes all supplies. Class is for men and women - no experience necessary.

Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Troy Community Center front desk. Pre-registration is required.

Mouth Organ Grinders Performance

Monday, Feb. 8, 10:30 am; Troy Community Center Lobby

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

Grandparents Raising Grandchildren Support Group

Wed, Feb. 17, 10 am; Troy Community Center Room 502

This group is sponsored by the Oakland Livingston Human Service Agency and the Area Agency on Aging 1-B. The group meets in a different Oakland County location each month, and the February meeting will be held in Troy.

Gather with fellow grandparents who share similar experiences for support and to find out about free services for grandparents age 55 and older who are raising grandchildren in the Oakland County area. Reservations are not required. Contact Lisa Grodsky at 248.209.2622 or Lisag@olhsa.org for more information.

Elder Abuse Presentation

Wednesday, March 16, 1 pm; Troy Community Center Room 302

Act. 148903B (Please register to ensure adequate handouts)

The Disability Network Oakland & Macomb will offer this FREE awareness presentation regarding elder abuse, neglect, and financial exploitation. Research indicates that one in ten American elders are affected by abuse. Unfortunately, elder abuse can happen in all types of relationships as a result of family dynamics, caregiver interactions, or targeted scams that prey on vulnerability. Learn how to recognize high risk situations and various ways to get assistance.

*Garden Sites Available at the Troy Farm
Details in the March 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. 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.

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.

Calendar Girls at Meadow Brook Theatre

Wed, April 6, 11:15 am - 5 pm; Act. 148927S \$84; NR \$89

Start the day with lunch at Loccino Italian Grill in Troy where you will enjoy a family-style dinner with salad, chicken piccata and pasta platters and mini-sweets for dessert. Then see the professional production of *Calendar Girls* at Meadow Brook. Based on the true story of 11 women who posed nude for a calendar to raise money for the Leukemia Research Fund, *Calendar Girls* is a hilarious, yet beautifully touching play. 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.**

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.

New York City - Oct. 9-14, 2016

\$1599 per person double, \$2499 single, \$1369 triple

Includes roundtrip motorcoach, 5 nights and 6 meals. Midtown luxury hotel within walking distance of Times Square, sightseeing at 9/11 Museum and Memorial, Apollo Theater, Statue of Liberty with Pedestal Pass, Ellis Island, Saturday Night Live Museum and more. Call Shoreline Tours for reservations. 800.265.0818.



**Mackinac Island
October 10-13, 2016**

Details in the March newsletter.

- 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 available for purchase for current classes.

*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:** 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128983C	Mon	9-9:50 am	Mar 21-Jun 6 - no class 5/30
128983D	Wed	9-9:50 am	Mar 23-Jun 8
128983E	Fri	9-9:50 am	Mar 25-Jun 10

* 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:** 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128982C	Mon	10-10:50 am	Mar 21-Jun 6 - no class 5/30
128982D	Wed	10-10:50 am	Mar 23-Jun 8

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
128981A	Tue	6 - 7 pm	Mar 22-May 24
128981B	Thu	6 - 7 pm	Mar 24-May 26

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. Resident online registration began Monday, Feb. 22 at 8 am. Resident walk in registration began Tuesday, Feb. 23. Non-residents online or walk in registration begins Friday Feb. 26. Returning students changing time slots must register as new. **Weeks:** 12 **Fee:** \$115 NR \$125

Act #	Day	Time	Dates
128978A	T & Th	9-9:50 am	Mar 22-Jun 9
128978B	T & Th	10-10:50 am	Mar 22-Jun 9

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:** 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128975C	Tue	10-10:50 am	Mar 22-Jun 7
128975D	Thu	10-10:50 am	Mar 24-Jun 9

Tai Chi with Keith, Marci and Kim

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
128976D	Mon	Int	3-4 pm	Mar 21-May 23
128976E	Mon	Beg	2-3 pm	Mar 21-Apr 18
128976F	Mon	Beg	2-3 pm	Apr 25-May 23

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
128984A	Tue	11-11:45 am	Mar 22-May 24

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: 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128979A	Tue	11-11:50 am	Mar 22-Jun 7
128979B	Thu	11-11:50 am	Mar 24-Jun 9

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
128977C	Mon	11-12:10 pm	Mar 21-May 23
128977D	Wed	11-12:10 pm	Mar 23-May 25

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.

Sundays, 6:15-8:15 pm	8 weeks	32 players
Act#118998B* Mar 6-May 1	Res. \$47	Non-Res \$57

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

Fridays, 6-8 pm FULL	8 weeks	16 players
Act#118998M* Mar 4-Apr 29	Res. \$36	Non-Res. \$46

***No play Sun 3/27 Tue 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@troymi.gov.

50+ Softball**Women - Tuesday evenings; Men - Thursday evenings**

Troy teams compete in Oakland County area softball leagues with half of the games in Troy and half in other Oakland County cities. If you are an individual interested in playing on a team, call 248.524.3484 and your name will be passed on to existing teams who may need players, or if interest is sufficient, a new team may be formed. Interested teams should contact Scott Mercer for possible openings. **Returning Teams:** Registration is by team only. Contact your manager for more information.

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

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.

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
145933H	Thu, Feb 11	6-8 pm	Trailside
145933J	Thu, Mar 10	6-8 pm	Aloha!

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:** 3/9

Act #	Day	Time	Dates	Fee	NR
128971C	Wed	9:30am-12pm	Mar 23-Apr 6	\$47	\$57
128971D	Wed	9:30am-12pm	Apr 13-Jun 8	\$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

Act #	Day	Time	Dates	Fee	NR
128972A	Tue	12-3 pm	Mar 22-May 17	\$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 /*\$20 for H (paid directly to instructor 1st week) **Location:** Troy Comm. Ctr **Weeks:** 4 (*H 3 wks) **Fee:** \$64; NR \$74

Act#	Day	Dates	Time	Theme
114305H*	Wed	3/16-3/30	7-9 pm	Mystery Project
124305E	Wed	4/13-5/4	7-9 pm	Birdhouse

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
114305J	2/23-3/1	10:30 am-12 pm	Bread Basket

Check out our Parent and Tot classes and consider attending with a grandchild. See the Winter Troy Today pg. 70.

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
128974C	Tue	1:30-2:30 pm	Mar 29-May 31	\$48	\$58
128974D	Tue	2:30-3:30 pm	Mar 29-May 31	\$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
128973F	Beg	Mon	9-9:50 am	Apr 18-Jun 13	\$38	\$48
128973G	Adv	Mon	10-10:50 am	Apr 18-Jun 13	\$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: 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.

Intermediate: This class is a continuation of the Beg. II 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.

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

Act.	Class	Day	Time	Dates
125934I	Beginning II	Tue	1-3 pm	Feb 9-Mar 1
125934J	Brioche Knitting	Wed	1-3 pm	Feb 10-Mar 2
125934K	Intermediate	Tue	1-3 pm	Mar 8-29
125934L	Beginning	Wed	1-3 pm	Mar 9-30



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
128980A	Swing	7-7:50 pm	Mar 4 - Apr 29
128980B	Ballroom	8-8:50 pm	Mar 4 - Apr 29
128980C	Adv. Swing	9-9:50 pm	Mar 4 - Apr 29
128980D	Any 2 classes		Mar 4 - Apr 29

No class 3/18 & 4/15.**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
Feb	Waltz	Cha Cha
Mar	EC Swing	American Tango

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**

Spring session begins in April. Details in the March newsletter!**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. **Join winter session through Feb. 2 (Tue)/6 (Sat). Spring session begins Mar. 29/Apr 2.**

Computer Classes - See page 9

February

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 BBQ Meatballs ¹	11:45 Macaroni Casserole ²	10:00 Book Club 11:45 Sloppy Joes ³	11:45 Birthday Buffet 12:30 Birthday Party ⁴	11:45 Chilimac 1:00 Bingo ⁵
10:30 Harmonica Concert - pg 2 11:45 Hamburger/gravy ⁸	11:45 Veal Parmesan 1:00 Red Hat ⁹	11:45 Baked Chicken ¹⁰	10-11 Ask A Nurse 10-11:30 Caregiver Support 11:45 Spanish Rice 7:00 Ballroom Dance ¹¹	10-12 Hearing Screening 11:45 Potato Crunch Fish 1:00 Bingo ¹²
11:45 NO LUNCH ¹⁵	11:45 Sausage and Sauerkraut ¹⁶	9:30 ABCs of Love - pg 20 10-12 Disk Erasure 11:45 BBQ Chicken 1:00 Basketweaving Class - pg 1 ¹⁷	11:45 Macaroni and Cheese ¹⁸	10-12 Blood Pressure 11:45 Meatloaf 1:00 Bingo ¹⁹
11:45 Stuffed Cabbage ²²	11:45 Shepherd's Pie ²³	9:30-12 Computer Consultations 11:45 Chicken Sandwich ²⁴	11:45 Chef's Selection ²⁵ 12:30-2 Focus Hope	11:45 Ginger Baked Chicken 1:00 Bingo 7:00 Blackthorn Concert - pg 1 ²⁶
11:45 Egg Casserole ²⁹				

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.troyclc.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
135951G	T & TH	1-3 pm	2/9-2/18
135951H	M & W	1-3 pm	3/7-3/16

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
135973G	T & TH	1-3 pm	2/23-3/3
135973H	M & W	1-3 pm	3/21-3/30

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
135972F	T & TH	1-3 pm	3/8-3/17

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

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

E-Mail

A two-hour one-on-one session with an Instructor covering the email system you are using or want to use. Help is available for WOW, Comcast, Yahoo, Hotmail, Gmail, Outlook Express/Windows Live mail and AOL. If you have an email account, bring your user ID and password to the class. **Fee: \$21 NR \$26 Wks: 1**

Act #	Day	Time	Dates
135960A	M	1-3 pm	2/8
135960B	W	1-3 pm	2/24

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 2/15-4/15 due to Tax Aide.**

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 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. **No Fri. lab 2/5-4/15.**

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. 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.



Join the Band!

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

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 February book is: *The Sisters Brothers* by Patrick deWitt. March: *Boys in the Boat* by James Brown. 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 **Mon, Feb. 8 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 for more information. **Feb. 17 meeting will be held in Troy at 10 am.**



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Volunteer Opportunities Available with the Friends of Troy Seniors

Become a volunteer with us. You will find it a rewarding experience and you will also make new friends along the way. Contact our office at 248.526.2608 or stop at our office from 10 AM to 1 PM, Monday through Friday, to learn about these opportunities.

• Project Leaders

We have a great group of volunteers and are seeking individuals to lead these volunteers at various events. A project leader would set up the event with assistance from our Event Coordinator and oversee all aspects of the event through to its completion.

• Coordinator for the Harvest Food Donation Connection

We are seeking an individual to oversee our Pastry Pick-Up Program. This individual would be the contact person with the Food Donation Connection and would work with a project leader and a team of volunteers to keep the program running smoothly.

• Webmaster

We are looking for an individual who has experience as a webmaster to manage our website. This would be a very part-time volunteer position for a senior or for a younger person who likes to work from home.

AARP Tax Aide

In cooperation with the AARP Tax Aide Program, the Friends of Troy Seniors is taking tax appointments for low and moderate income taxpayers, especially those age 60 and over. Call 248.526.2608 or stop at our office between 10 am – 1 pm, Monday through Friday, to make an appointment. Taxes will be prepared each Friday from February 5 through April 15 at the Troy Community Center by appointment only. See page 13 for details about what to bring to your tax appointment.

Thank You Donors for Focus Hope Gift Cards

We would like to thank the following businesses and individuals who donated the gift cards that were given out at the December Focus Hope food distribution. We thank you for your generosity.

- Troy Rotary Club
- Oakmont Manor
- Oakmont Senior Communities
- Essential Massage Therapy
- Individuals from the Friends of Troy Seniors
- Individuals who attended recent events

Blackthorn Concert - see page 1

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, Feb. 18. Everyone is invited to attend. If you are not yet a member, please attend to find out more about us.

Hearing Screenings

The Friends of Troy Seniors continue to offer hearing screenings on the 2nd Friday of the month from 10 am – noon in Room 402A located in the Senior Dining Room. Screenings include a hearing test and are provided free by our sponsor, HearUSA, as a service to seniors in our community. They will also clean and make suggestions on any repairs or adjustments needed to your hearing aid if you already wear one. Batteries can be purchased on site. Take advantage of the next screening on Feb. 12. Jeff Webber, LHAS will be on hand to assist you. If you have any questions concerning these screenings, please call HearUSA in Troy at 248.619.0680.

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: fots@wowway.com

Website: www.friendsoftryseniors.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.

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.

Tea at Two at the Troy Historic Village Thursday, Feb. 25: King Tut's Tomb

Sip a cup of tea while enjoying a slice of history. Presentations begin in Old Troy Church at 2 pm and last one hour. Bring your own china cup and saucer if preferred. Price: \$7 per Tea ticket. Includes entry into teacup prize drawing. Register in advance at 248.524.3570 as space is limited. No refunds, no exchanges.

Maureen Esther's wonderful presentation covers the tomb discovery, excavation, and disposition of the most important archeological find to date. Travel through time and space with a discussion of Egyptian culture at the time of the Pharaohs. Get the dirt on King Tut's family - his father Ankenaten, stepmother Nefretiti, and wife Ankhesenamun.

Constitution Cafés at the Troy Historic Village Second Sunday of Each Month, 2 pm, FREE

Feb. 14: The Post Office, Post Roads and Promoting Progress

Sponsored by the Oakland County Bar Foundation and the Kresge Foundation. Thomas Jefferson believed that Americans should rewrite the Constitution every two decades! If you could redraft the text, what would you change? Utilizing the Socratic Method of inquiry and discussion, engage in civil discourse to 'create' a new Constitution. Advance registration recommended. Call 248.524.3570.

5 Steps to Losing Weight

To lose weight, you need to burn more calories than you eat. For most people, a successful weight-loss plan has two parts: healthy food choices and physical activity. According to the National Weight Control Registry, of adults who have maintained their weight loss:

- 98% have modified their eating habits.
- 94% have increased their physical activity, especially walking.
- 78% eat a healthy breakfast every day.
- 75% weigh themselves at least once a week.

So you think you're ready, but you're not sure how to take that first step? It's not as hard as you might think. Start your weight loss journey using these five steps:

1. **Set realistic goals.** Assess where you are today so you know what you need to improve. Learn your BMI to help determine how much weight you would like to lose. Set yourself up for success with short-term goals, like "I will reduce the amount of times that I eat out each week from ___ to ___." Short-term goals are more achievable, and can, little by little, keep you on track toward your long-term goals.
2. **Understand how much and why you eat.** Use a food diary or tracking app for a while to gain an understanding of what, how much, and when you are eating. Being mindful of your eating habits and aware of common roadblocks and excuses in your efforts to lose weight can help you set and reach realistic goals.
3. **Manage portion sizes.**
4. **Make smart substitutions to reduce sodium, saturated fat and added sugar.** Foods high in saturated and trans fat and sugar are often high in calories too. Discover healthy snacks like fruits, vegetables, and whole grain foods to help keep you fuller longer.
5. **Balance what you eat with physical activity.** Healthy eating and physical activity complement each other. Physical activity is anything that gets your heart rate up.

For more information and links to additional resources that can help you, visit the American Heart Association website at www.heart.org/GettingHealthy and click on the photo "5 Steps to Losing Weight."

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. **No Fri. lab 2/5-4/15.**

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.** Please call 248.524.3484 to see if we are currently accepting items.

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.

Creative Endeavors

Handmade Gifts and More

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.

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.

SHARP

Senior Home Assistance Repair Program

The SHARP (Senior Home Assistance Repair Program) helps seniors 60 and older and persons with disabilities with home repairs to correct health and safety hazards or to restore things to proper working order. The work will be done by volunteers and will usually involve jobs that can be completed in 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. Home repairs include but are not limited to:

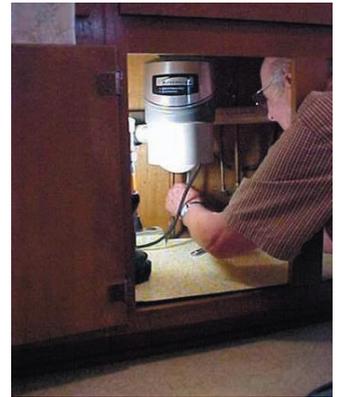
- Free up painted windows
- Replacing furnace filters
- Installing a window air conditioner
- Installing grab bars
- Installing or replacing locks or deadbolts
- Installing smoke detectors
- Installing storm windows
- Moving large items to the curb for trash pick-up
- Repairing stairs
- Repairing holes in drywall
- Replacing broken glass
- Replacing faucets



- Replacing garbage disposals
- Replacing light fixtures
- Replacing thermostats
- Replacing electrical outlets
- Securing loose tiles
- Toilet repair
- Trimming overgrown bushes
- Wheelchair ramp construction (limited – please ask)
- Window caulking
- Other similar jobs

If you have a repair that you need assistance with, **call SHARP at 248-528-2929.**

This program is cosponsored by the Troy Recreation Department and the North Woodward Community Foundation. There are no income guidelines. SHARP wants to help you make your home safer and reduce some of the stress involved in making home repairs.



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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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ADHS is a program for adults who:

- Have dementia • Have cognitive disabilities
- Require constant supervision



ADHS is funded through Title III of the Older Americans Act from AAA 1B through Michigan Aging and Adult Services Agency

www.ccsem.org

For more information about ADHS, contact:

Mindy Rubio at (248) 537-3300
 ext. 3803 or rubiom@ccsem.org

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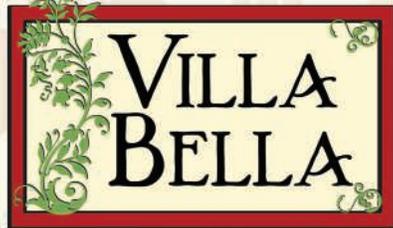
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Suggestion Box

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. Include name and phone for reply.



Weather Cancellations

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

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

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

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

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

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

Newsletter Subscriptions

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

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning 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

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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 ABC's of Love

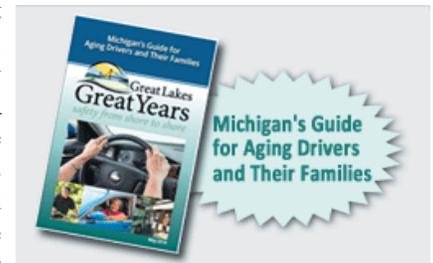
Wednesday, Feb. 17, 9:30 - 11 am, Room 303

Would you like to feel more fulfilled and connected with your partner? Or, are you looking to rekindle that spark? Please join renowned speaker, Dr. Karen Perez, PhD, Professor of Psychology at Concordia College and Licensed Therapist, in discovering how each one of us has the ability to make our love lives more positive. Back by popular demand, Dr. Perez will teach you how to create your own list for someone that you love with the ABC'S of why you love them. Please join the Friends of Troy Seniors and Dr. Perez to learn these enlightening tips.

This series brings you informative topics and is held on the third Wednesday of each 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. These events are made possible through a grant from the North Woodward Community Foundation or by sponsorships. 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 for this event through Fri, Feb. 12.

Michigan's Guide for Aging Drivers and Their Families

Michigan's Guide for Aging Drivers and Their Families was developed to improve older-driver safety by providing aging drivers as well as their families and caregivers with information about the licensing process, resources that help maintain safe driving, suggest alternative transportation options and more. It helps aging drivers maintain their driver's license for as long as it is safe for them and other road users. The guide was developed through a collaborative partnership with the Michigan Department of Transportation, Office of Highway Safety Planning, AAA Michigan, and the Secretary of State's Office and a limited number of these free guides are available at the Troy Community Center. Look for a copy in one of the display racks or ask at the front desk.



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 to volunteer.

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



Receive Weather Updates Via Text

Receive weather updates for your programs at the Troy Community Center right to your mobile device. Visit 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.



Free
home repairs for seniors with the
SHARP Program

See page 15 for details!