



# Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

April 2016

## Coping with Hearing Loss

**Wed., April 6, 1 pm; Troy Community Center Room 502**

Even a mild hearing loss can hinder daily communication. Learning more about issues related to hearing loss can lead to empowerment and an improved quality of life. This session is for persons who are living with hearing loss – either their own or that of a loved one. Topics will include:

- Defining hearing loss
- Hearing aid expectations and care
- Coping strategies
- Resources for people living with hearing loss

Presenter Liz Kobylak is the president of the Hearing Loss Association of America, Michigan (HLAA-MI), a trained volunteer Hearing Loss Support Specialist and Troy resident. **To ensure adequate handouts, please register for Act. 148904A**

## Document Shredding

**Tuesday, April 19, 9-11 am; Fee: \$2 – FOTS members \$1\*  
Troy Aquatic Center Parking Lot at Civic Center and Town Center Drives - NOTE NEW TIME AND LOCATION!**

A Shred Corp truck will be in the Aquatic Center parking lot, 3425 Civic Center Dr., for ON-SITE SHREDDING for two hours starting at 9 am. Shredding is limited to private individuals with up to four grocery bags of paper documents. Cardboard boxes or large plastic garbage bags will not be accepted. \*If you would like to join the Friends of Troy Seniors nonprofit organization and pay only \$1 for your shredding, stop at the FOTS office in Room 402B at the Troy Community Center between the hours of 10 am and 1 pm, Monday through Friday. A card will be issued to you for your free membership that will entitle you to the \$1 shredding fee when you show your card to the parking lot attendant. **Questions? Call 248.526.2608.**



## Daughterhood Circle

**Thursday, April 7, 6:30-8 pm**  
**Troy Community Center Room 302**

Join us for the first meeting of Troy's Daughterhood Circle. Hang out, relax, and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. The first meeting will include a discussion on when and how often to meet. Refreshments will be provided courtesy of the Friends of Troy Seniors. Please preregister for this FREE activity: **Act. 148906A.**

**Removing the Mysteries of Probate Court - pg. 2**  
**April Basket Weaving Class - pg. 7**



## HOPE Dementia Series

**Mondays, May 2-23, 2016**

**10-11:30 am**

**at the Troy Community Center**

**See page 13 for Details!**

Presented by HOPE Dementia Ministry, and brought to you in part by a grant from the Friends of Troy Seniors, this four-part series will empower caregivers with the knowledge and skills needed to create a positive journey for their loved one. Judy Petterle-Saylor and her husband Michael Saylor are respected facilitators who have presented all over southeast Michigan. Preregistration required. See page 13.

## April Dinner Dance

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

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

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

## Shall We Dance Drop-In Ballroom Dances

**2nd Thursday of Every Month!!! April 14 (Special dinner dance - see above), May 12, June 9 . . . 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, Senior Meals on Wheels 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.

## Inside . . .

Computer Learning Center .....	9
Enrichment Classes.....	6
Fitness Classes .....	4
Friends of Troy Seniors.....	12
Group News .....	11
Ongoing Activities .....	10
Services .....	14
Sports .....	5
Trips .....	2 & 3

**Removing the Mysteries of Probate Court**

Thursday, April 28, 1 – 3 pm

Troy Community Center Room 303

Presented by the Citizens Alliance for the Oakland County Probate and Circuit Courts, meet court personnel who will enlighten and educate you on the following:

- How avoiding probate causes problems during your lifetime
- When you need a will, trust and/or Power of Attorney
- What a personal estate representative needs to know
- What happens if you don't have a will
- Guardianships and conservatorships

To insure seating and materials, register by April 25 for this free program. Call 248.524.3484 or online for Act. 128915G.

**Are You Moving in the Right Direction?**

Tuesday, April 12, 10 am - 12 pm

Troy Community Center Room 303

Does the thought of downsizing/moving panic you? Get help at this workshop where a panel of pros who will discuss legal and financial considerations, housing options, moving services and more. Stop procrastinating and get the wheels rolling. Question and answer session included. Call Carolina at 248.210.8906 for reservations.

**Gardens Sites Available**

Act. 125936F (ground level); Act. 125937F (raised bed)

Garden sites are available for ages 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are approximately 20' x 20' (raised beds are smaller), limit one per household, and must be tended by applying senior. The ground is tilled and water is available. The fee is \$70; NR: \$80. No refunds after May 1. Returning gardeners register now! New resident gardeners register beginning Fri., April 1. Non-Residents: Register beginning Fri, April 8.

**AARP Smart Driver Class**

Thursday and Friday, April 21 and 22 - 12:30-4:30 pm

Troy Community Center Room 303 (Room 302 on 4/22)

AARP Members: Act. 115931K: \$18 Non-Members: 115931L: \$23

This eight hour classroom refresher course is designed for ages 50+, and some insurance companies offer incentives for completing the course. Pre-registration is required. Fee includes \$3 Recreation Department fee. Visit AARP's web site (AARP.org) for details on what is covered in the course.

**Diabetes PATH Workshop**

Wednesdays, May 4-June 8 (6 weeks), 1-3:30 pm

Troy Community Center Room 504

Act. 125900B; Fee: \$15; NR \$20

For people with type 2 diabetes, their family and caregivers. This workshop is facilitated by two trained leaders, one or both having diabetes or another chronic condition. Participants will learn how to: Manage symptoms and fight fatigue, build confidence, monitor blood sugar, communicate effectively with healthcare professionals and more! This workshop is brought to you by the Area Agency on Aging. Light refreshments and \$15 gift card included. Pre-registration is required as space is limited.

**A Matter of Balance**

Wed and Fri, June 1-24 (4 weeks/8 sessions), 1-3 pm

Troy Community Center Room 302

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.

**One Day Trips**

- 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.
- 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 before trip.

**Inside Detroit**

Thu, April 21, 9:15 am - 5:30 pm; Act. 148927T \$77; NR \$82

Includes a behind-the-scenes guided tour of the Fox Theater, lunch at Da Edoardo Foxtown Grille, and a guided tour of the Motown Historical Museum. Extensive walking and some steps involved on this trip. Transportation is by motorcoach for this Bianco tour.

**Soaring Eagle Casino - Cubby Checker**

Mon, May 9, 8:45 am - 9 pm; Act. 148927P \$43; NR \$48

Chubby Checker exploded on the music scene with his number

one hit *The Twist*, which led to the dance craze of the same name. He followed with many more Top 40 hits. Enjoy the Chubby Checker performance plus time for gambling at this huge casino. You will receive a \$10 coin coupon and a \$5 food voucher. Transportation is by motorcoach for this Bianco tour.

**Riverdance at the Fox Theater**

Sun, June 5, 10 am - 4:30 pm; Act. 148927L \$138; NR \$143

Includes lunch at Union Street Station - choose from Mad Anthony beef brisket, Club Woodward sandwich, or J L Hudson Maurice Salad upon registration - and main floor seating for the 20th Anniversary World Tour of Riverdance. Transportation is by motorcoach for this Bianco tour.

*Coming soon . . .*

Toledo Zoo and Boat Cruise - June 22

Amish Acres - August 5

Tiger Game - September 15

- 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.**

**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.**

**Cleveland Rocks! - July 30-31, 2016**

**\$343 per person double, \$430 single, \$315 triple**

Includes roundtrip motorcoach, 1 night lodging, admission to the Rock & Roll Hall of Fame, musical tribute to the Beatles at the Music Box Supper Club (dinner included) and narrate luncheon cruise on the Goodtime III. Call Bianco Tours for reservations. **734.946.7021.**

**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.**

**Pacific Northwest & California - Sept. 12-19, 2016**

**\$3049 per person double, \$3849 single, \$3019 triple**

Includes roundtrip air, 7 nights lodging, 10 meals, and sightseeing in Seattle, Mount St. Helens, Portland, Redwood National Park, San Francisco and more! Call Group Tours International for reservations. **248.625.3645.**

**Shades of Ireland - Oct. 12-21, 2016**

**\$3349 per person double, \$3749 single, \$2969 triple**

Includes roundtrip air, lodging, 13 meals, and sightseeing in Dublin, Waterford, Killarney, Limerick, Kingscourt and more! Book by April 13 and save \$350. Call Group Tours International for reservations. **248.625.3645.**

**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 near Times Square, sightseeing at 9/11 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.**

**Grand Hotel  
Mackinac Island**

**October 10-13, 2016**

**Act. 148918L - \$829 pp double, \$1109 single, \$749 triple**

Includes:

- Round trip motor coach and baggage handling
- Round trip ferry ride and round trip taxi to hotel
- Elegant accommodations at Grand Hotel - rooms assigned by luck of the draw. All rooms non-smoking.
- Five course dinner nightly, full breakfast daily.
- Grand Buffet lunch and champagne reception.
- Horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly and MORE!.

**Drive Up On Your Own Option**

A limited number of spaces are available for those who want to drive up on their own and meet the group at the boat dock. The fee is as follows:

**Act. 148918M**

**\$729 pp double, \$1009 single, \$649 triple**

NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+. A \$200 deposit is due upon registration. Balance due Aug. 26. No refund after Aug. 26 unless a replacement is found.

Trip insurance recommended. Insurance forms are available at the Troy Community Center. Online registration is not available.



- All classes meet at the Troy Community Center.
- Drop-in passes are \$6 (\$7 NR) unless noted.
- 10 visit Punch cards available for: Balance and Stretch, Beginning Pilates, Gentle Aquatic Exercise, Muscle Strengthening, Tai Chi, Yoga/Pilates w Rachel and Yoga w/ Marie, \$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:** 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 began Friday Feb. 26. Returning students changing time slots must register as new. **Weeks:** 10 **Fee:** \$95 NR \$105

Act #	Day	Time	Dates
128978A	T & Th	9-9:50 am	Mar 22-May 26
128978B	T & Th	10-10:50 am	Mar 22-May 26

### \* 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
Thu. Daytime	11:15 am - 2 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.

**Cornhole Leagues**

**Demo Day Wed. May 18 at 12 pm**

**Wednesday, May 25—Aug 10 (12 weeks); 12-1:30 pm**

**North Lawn Troy Community Center**

**Act. 128986A; Fee: \$15 per person NR \$20**

A fun activity similar to horseshoes. Fee is per person - sign up as an individual and designate who your partner is when you register. Don't have a partner? Sign up we'll match you up with a partner. League play begins Wednesday, May 25 - August 10 for those age 50 and over. A match will consist of three games to 21. Play up to three matches each week. Awards for league winners. Questions contact Elaine T at 248.524.3484 or E.Torvinen@troy.mi.gov.

**Bocce Leagues - Demo Days May 10 & 11**

**Tuesday May 24-Aug 9 (12 weeks) 12-1:30 pm**

**Act. 128987A; Fee: \$15 per person 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. The league schedule will be determined once number of players 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.

**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: Mon.: \$43 (NR \$48), Wed.: \$48 (NR \$53)**

These nine-hole golf leagues at Sylvan Glen begin around May 1 for 20 weeks (Monday) and 18 weeks (Wednesday), tee off 8 am. Both leagues are full, but add your name to the wait or 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.: Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com

Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com

**50+ Softball**

**Women - Tuesday evenings; Men - Thursday evenings**

Troy teams compete in Oakland County softball leagues with half of the games in Troy and half in other cities. Individuals 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.

**Sports Leagues**

**Bocce** - Leagues being organized for this May through Aug.

**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.

**Cornhole** - League play being organized for this summer. Look for details in the April Fifty Forward

**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
145933K	Thu, Apr 14	6-8 pm	Springtime Birch
145933L	Thu, May 12	6-8 pm	Hillside Farm

### Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. 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 30-Apr 13	\$47	\$57
128971D	Wed	9:30am-12pm	Apr 20-Jun 15	\$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 3/29& 4/5.

Act #	Day	Time	Dates	Fee	NR
128972A	Tue	12-3 pm	Mar 22-May 24	\$68	\$78

### 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

### Bridge Lessons

Improve your bidding, response and defense in this class. Bridge is a great way to stimulate the mind and make new friends! Instructor Reva Gornbein has a Master's Degree in Education and more than 25 years of teaching experience. Join the fun! **Weeks:** 8

Act#	Day	Time	Dates	Fee	NR
145919D	Wed	9:30-11:30 am	Apr 13-Jun 1	\$52	\$62

### Teen-Adult Pottery Ages 14 and up

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)  
**Weeks:** 4 **Fee:** \$64; NR \$74

Act#	Day	Dates	Time	Theme
124305E	Wed	4/13-5/4	7-9 pm	Birdhouse
124305F	Wed	5/11-6/1	7-9 pm	Flower

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

Participants 50 and older will 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
124305G	4/19-4/26	10:30 am-12 pm	Flower Vase
124305H	5/3-5/10	10:30 am-12 pm	Celebration Plate

**Check out our Parent and Tot classes and consider attending with a grandchild. See the Spring Troy Today.**

### Knitting and Crocheting 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.

**Crocheting:** Crocheting can be used alone to make wonderful garments or accessories or with your knitting to put those finishing handmade touches to your garments. Learn how to do a single crochet, double crochet, half double crochet and triple crochet. You will have a choice of making a washcloth or scarf. Bring a skein of worsted weight wool and a size H crochet hook to the first class.

**Crocheting II:** You know the basic crochet stitches and want to take it a step further. Build on the stitches you already know and learn how to do the crab stitch, picot stitch and the shell stitch. Discover how you can use these stitches on their own or to enhance your knitting. You will make a crochet scarf or any other piece of your own choosing.

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

Act.	Class	Day	Time	Dates
125934M	Crocheting	Tue	1-3 pm	Apr 5-26
125934N	Beginning	Wed	1-3 pm	Apr 6-27
125934O	Crocheting II	Tue	1-3 pm	May 3-24
125934P	Beginning II	Wed	1-3 pm	May 4-25

## 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
128980N	Swing	7-7:50 pm	May 6 - Jun 24
128980P	Ballroom	8-8:50 pm	May 6 - Jun 24
128980Q	Adv. Swing	9-9:50 pm	May 6 - Jun 24
128980R	Any 2 classes		May 6 - Jun 24

No class 5/20 & 5/27.

## 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
Apr	Salsa	Waltz
May	West Coast Swing	Argentine Tango

## 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.

## American Mah-Jong Lessons

Wednesdays, April 6-May 11 (6 weeks), 1-3:30 pm

Troy Community Center Room 402A

Act. 135901D; Fee: \$29, NR \$39

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. Mah-Jong games to use during class will be provided. Class size is limited to 12. Class meets in room 402A - enter through the dining room (Room 402). **Materials fee of \$9 is payable to the instructor at the first class if you need a current Mah-Jong card.**

## Tote Basket Weaving Class

Wednesday, April 13, 12:30-3:30 pm

Troy Community Center Room 401

Act. 135903B; \$21 Res, \$26 NR

This is a nice size basket to carry a bottle of water and a book or a small craft project in. Learn how to make a filled in bottom using "chicken feet". Weave up the sides of the basket in the color and pattern of your choice. Several



colors will be available. All supplies are included in the fee. Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.

## Troy English Workshop

Tue, Mar 29-May 24 (9 weeks); 1-3 pm Act. 145938N

Sat, Apr 2-May 21 (8 weeks); 10 am - Noon Act. 145938O

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

# April

Monday

Tuesday

Wednesday

Thursday

Friday

				11:45 Goulash 1:00 Bingo	1
11:45 Chicken Ala King	11:45 Macaroni Casserole	10:00 <b>Book Club - pg 11</b> 11:45 Shepherd's Pie 1:00 <b>Hearing Loss Program - pg 1</b>	10-11 Ask A Nurse 11:45 BBQ Chicken 12:30 <b>Birthday Party Daughterhood Circle - pg 1</b>	10-12 Hearing Screening 11:45 Beef Hot Dog 1:00 Bingo	4 5 6 7 8
11:45 Spanish Rice	11:45 Baked Chicken 1:00 <b>Red Hat - pg 11</b>	11:45 Chili with Rice 12:30 <b>Basket Weaving - pg 7</b>	10-11:30 Caregiver Support 11:45 Hamburger/Gravy 6:00 <b>Dinner Dance - pg 1</b> 6:00 <b>Anyone Can Paint - pg 6</b>	10-12 Blood Pressure 11:45 NO LUNCH 1:00 Bingo	11 12 13 14 15
11:45 Potato Crunch Fish	9-11 <b>Document Shredding - pg 1</b> 11:45 Spaghetti	10-12 Disk Erasure 11:00 <b>Power of Music Speaker - pg 20</b> 11:45 BBQ Meatballs	9:15 <b>Inside Detroit Trip - pg 2</b> 11:45 Ginger Baked Chicken 12:30 <b>Smart Driver Class - pg 2</b>	11:45 Roast Pork 12:30 <b>Smart Driver Class - pg 2</b> 1:00 Bingo	18 19 20 21 22
11:45 Chilimac	11:45 Fishwich 6:30 <b>Troy High Senior Prom - pg 20</b>	9:30-12 <b>Computer Consultations - pg 9</b> 11:45 Cheeseburger	11:45 Chef's Selection 12:30-2 <b>Focus Hope Probate Court Program - pg 2</b>	11:45 Sausage & Sauerkraut 1:00 Bingo	25 26 27 28 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.

**Senior Mondays and Fridays at the Community Center Fitness Area** - Ages 50+ can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of \$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.**

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). **As of April 18 all computers will be using Windows 10.**

### 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
135951I	T & TH	9:30-11:30 am	4/5-4/14
135951J	T & TH	1-3 pm	5/3-5/12
135951K	M & W	1-3 pm	6/6-6/15

### 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
135973H	M & W	1-3 pm	3/21-3/30
135973I	T & TH	9:30-11:30 am	4/19-4/28
135973J	T & TH	1-3 pm	5/17-5/26

### 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
135954C	T & TH	1-3 pm	6/7-6/16

### Windows 10

Prerequisite: Computers for Beginners or some computer experience. Learn to use the Windows 10 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
135972G	M & W	6:30-8:30 pm	4/18-4/27
135972H	M & W	6:30-8:30 pm	5/9-5/18

### 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
135961C	T & Th	9:30-11:30 am	6/21-6/30

### 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
135962C	T & TH	9:30-11:30 am	6/7-6/9

### Basic PhotoShop Elements

If you own a digital camera or a scanner, you'll appreciate this class! Use Photoshop's tools to download, organize and edit your digital images. Learn how to fix color, brightness and contrast. Develop skills to print beautiful pictures, restore old photos and create special projects like photo books and calendars. **Wks: 2 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
135959B	M/W/F	1-3 pm	4/18-4/29

### Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, you can add creative interest and impact to your photos. Create special effects, brighten colors, enhance portraits and even move objects from one photo to another. Design panoramas, slide shows, photo galleries and much more! **Wks: 2 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
135970C	M/W/F	1-3 pm	5/16-5/27

**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 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 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.**

**Free SHARP In-Home Computer Help -** For Troy seniors age 60+ who use any Microsoft Windows Operating System. Support is not available for Apple products. The volunteer labor is free but you must pay for supplies. Tipping is not allowed. For assistance, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions follow up. This program is made possible by the City of Troy and the North Woodward Community Foundation. Donations to the North Woodward Community Foundation accepted.

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**

1st Thursday, 11am -12 pm. 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, 1-2:30pm. .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** - Wed. 1-3:30 pm and Fri. 1:30-4 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 through 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.

### Fifty Forward Dinner Club

**Wednesday, April 6 - 6 pm at Sy Thai**

Carpool/Uber from the Troy Community Center or meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next event is at Sy Thai, 459 E. Big Beaver. Attire: Asian Inspired! All are welcome. Please RSVP to [forwarddinner@yahoo.com](mailto:forwarddinner@yahoo.com) or 248.840.5303. You do not need to be a Troy resident.

*It's New!*

### Fifty Forward Lunch Club

Daytime outings to cool places...

- The "D" !!!
- Summer in Gross Pointe...ahhh our Lake
- We'll be going North and South and in between
- to Plymouth, Novi, East to West
- Will we ever choose which is Best!

Please respond thumbs up or down if you would be inclined to slide in and hit the road with us! [forwarddinner@yahoo.com](mailto:forwarddinner@yahoo.com) or 248.840.5303. Thank you and you and you...and (your ideas matter, let me hear them)!



### Daughterhood Circle

**Thursday, April 7, 6:30-8 pm**

**Troy Community Center Room 302**

Join us for the first meeting of Troy's Daughterhood Circle. Hang out, relax, and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. The first meeting will include a discussion on when and how often to meet. Refreshments will be provided courtesy of the Friends of Troy Seniors. Please preregister for this FREE activity: **Act. 148906A.**

### 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.

### Mah-Jong Group

**Wed., 1-3:30 pm and Fri., 1:30-4 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 April book is *The Boys in the Boat* by Daniel James Brown. The May book will be *Euphoria* by Lily King. 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 **Monday, April 11 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 [Lisag@olhsa.org](mailto:Lisag@olhsa.org) for more information.



# 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.

### • 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 through April 15 at the Troy Community Center by appointment only.

See page 13 for details about what to bring to your tax appointment.

## Senior Resource Center

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

Shredding - page 1

Brunch and Learn - page 20

Tax Assistance - page 13

## Thank You Blackthorn Concert Volunteers!

Your help was very much appreciated in helping to set up and assist at this lively event. Once again you demonstrated teamwork in action.

## 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, April 21. Everyone is invited to attend. If you are not yet a member, please attend to find out more about us.

### 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.

## 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 home page 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.

## 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 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**. 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.

## Volunteers Needed for Troy's Sign Removal Program

Looking to volunteer and contribute to Troy's wellness? YOU can make an immediate and visible impact on Troy's image. How? By volunteering for Troy's Citizen Sign Removal Program. Since the Volunteer Program started in 2011, Citizen Volunteers have removed thousands of improperly placed temporary signs from City right of ways. On weekends, volunteers work in pairs touring the City removing signs. Shifts are typically three hours or less, and volunteers select the hours and frequency of work. Some volunteers work several weekends a month, others just a few weekends a year. If you would prefer to work with a spouse or friend, we can accommodate. The City provides official training and a City of Troy vehicle.

**Contact Paul Evans, Zoning & Compliance Specialist at 248.524.3359 for more information.**



## HOPE Dementia Series

**Mondays, May 2-23, 10-11:30 am**

**Troy Community Center Room 302**

**Act. 148905A; Fee: \$38 NR \$48**

**Pre-Registration Required**

Presented by HOPE Dementia Ministry, this four-part series will empower caregivers with the knowledge and skills needed to create a positive journey for their loved one. Judy Petterle-Saylor and her husband Michael Saylor are respected facilitators who have presented all over southeast Michigan. Brought to you in part by a grant from the Friends of Troy Seniors.

### Monday, May 2: Dementia Basics

Dementia is not a disease but a group of symptoms that include memory issues, decline in logic and reasoning, and confusion and disorientation even in familiar places. In this session you will learn about the five most prevalent forms of dementia with Alzheimer's being #1, why memory issues are at the forefront of this issue, and how memory disappears over time. Learn that dementia is not normal aging, what the symptoms and warning signs are, and when to consult a neurologist. You will also see that there is much life to be lived after the initial diagnosis of dementia.

### Monday, May 9: Aging in Place

Aging in Place requires that the place also has to change to accommodate the changes that come with aging. In this session we will discuss what aging in place means and changes that can make a home more senior friendly. We will also look at the challenges of staying in your home as you age, the impact that dementia has on staying in your own home, and residential care options for persons living with dementia.

### Monday, May 16: Quality Interaction

One of the biggest issues for family and friends of a person with dementia is knowing how to continue to interact with their loved one as his/her cognitive abilities decline. In this session we will explore ways to set people up for success, not failure, and offer suggestions for making your visits more meaningful. Isolation can escalate the dementia, depression and the turning inward. Learn how simple activities can make a big difference in someone's mood and demeanor.

### Monday, May 23: The Role of Music, Touch and Spirituality

As people with advancing dementia pull away from the world, research is finding ways to keep them connected. One amazing way is through music therapy. Personal and meaningful music can reach even those with late-stage dementias because the place in the brain where music is stored is the last to be touched by the disease. Another remarkable way to reach people is through touch, the first sense we develop and the last one we lose. Spirituality – whether experienced through religion or in nature, art, music or relationships is also fundamental. This session will use powerful video clips to demonstrate these connections.

**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 based on volunteer monitor availability. **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.



FRIENDS OF TROY SENIORS  
SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

# Garage Sale and Flea Market

Saturday, June 4, 9:30 am - 3 pm  
Liberty Center Parking Garage  
(Just south of the Troy Community Center)

Clean out your closets and garage and turn your discards into cash!. Flea Market vendors also welcome. Your registration fee gives you two parking spaces in the garage. Concessions and porta-john on site. More than 150 vendors and 1500 shoppers are expected to attend. Choose activity number based on time you wish to unload. This event is cosponsored by the Friends of Troy Seniors.

Act. #	Unload Time	Fee	Non-Res
128994T	7:30-8 am	\$20	\$25
128994U	8-8:30 am	\$20	\$25
128994V	8:30-9 am	\$20	\$25

**Shoppers:** Mark your calendar. \$2 admission.  
Kids under 12 free.



*Get Back Home...To What Really Matters!™*

★★★★★  
 **BOULEVARD**  
 HEALTH CENTER  
 3500 W. South Blvd.  
 Rochester Hills, MI 48309  
**To Enjoy a Tour, Please Call:**  
 (248) 852-7800  
[www.BoulevardSubAcute.com](http://www.BoulevardSubAcute.com)



★★★★★  
 **Cherrywood™**  
 Nursing & Living Center  
 34643 Ketsin Drive  
 Sterling Heights, MI 48310  
**To Enjoy a Tour, Please Call:**  
 (586) 978-2280  
[www.CherrywoodNursing.com](http://www.CherrywoodNursing.com)

**Outstanding Quality Rated Facilities by CMS!!**

*Over 50 Years of Combined Experience in Rehabilitation Services Returning Patients Home After a Hospital Stay*

## ATTENTION ALL CPAP USERS

When was the last time you replaced your CPAP supplies?

**Contact us today!**  
**877-753-3764**  
 1280 E. Big Beaver Suite B. Troy, MI 48083  
[www.sleepsolutionsinc.com](http://www.sleepsolutionsinc.com)

Typical Replacement Schedule	
Nasal Pillow/ Cushion	every month
Disposable Filter	every month
Mask	every 3 months
Tubing	every 3 months
Headgear	every 6 months
Chin Strap	every 6 months
Foam Filter	every 6 months
Water Chamber	every 6 months

\*\*most insurances accepted

## Assured Home Nursing Services, Inc.

### ASSURED HOME NURSING SERVICES, INC.

*"Caring For The Community"*

- IN-HOME PRIVATE DUTY CARE
- SERVING OAKLAND, MACOMB AND WAYNE COUNTIES.

725 S. Adams, Ste. 258  
 Birmingham, MI 48009  
**248-593-8134**  
[www.assuredhomenursing.com](http://www.assuredhomenursing.com)  
 assuredhomenurse@aol.com

*Dignity, Compassion and Caring*

## A.J. DESMOND & SONS

FUNERAL DIRECTORS  
[www.AJDesmond.com](http://www.AJDesmond.com)

2600 Crooks Road (Between Maple & Big Beaver) • 248-362-2500

**Vasu, Rodgers & Connell Chapel**  
 32515 Woodward (4 Blocks S. of 14 mile) • 248-549-0500

**Price Chapel**  
 3725 Rochester Rd. (Between Wattles & Big Beaver) • 248-689-0700



**SANA BRIKHO**  
 BROKER/OWNER



Sell your home with us  
 CELL: 248-755-3494 • EFAX: 248-250-5595  
 631 E. BIG BEAVER RD SUITE 101 • TROY, MI 48083  
 EMAIL: [stjuderealty@gmail.com](mailto:stjuderealty@gmail.com) • [www.stjuderealty.com](http://www.stjuderealty.com)

## CLAVENNA VISION INSTITUTE

The Most Trusted Care In Sight  
**CARL F. CLAVENNA, M.D. • GREGORY B. FITZGERALD, M.D.**  
 CATARACT SURGERY WITH PREMIUM LENS IMPLANTS FAMILY FRIENDLY OPHTHALMOLOGISTS  
 600 S. Adams, Birmingham  
 248-646-3733 [www.cvi2020.com](http://www.cvi2020.com)

## ESTATE PLANNING & PROBATE ESTATE & TRUST ADMINISTRATION

**Planning for your future and today.**

Wills, Trusts, Probate, Powers of Attorney,  
 Medical Directives, Guardianships, Conservatorships

### FEDOR CAMARGO WESTON PLC

ATTORNEYS AND COUNSELORS

Matthew Fedor | Nicolas Camargo | Trevor Weston  
 Phone: 248.822.7160 • Email: [info@fedorlaw.com](mailto:info@fedorlaw.com)  
[www.fedorlaw.com](http://www.fedorlaw.com)



**(888) 247-5701**  
**WWW.HOM.ORG**



*"We are your health advocates!"*

Medicare Certified • CHAP Accredited | 2838 E. Long Lake Rd, Ste 130 • Troy, MI 48085  
**(248) 275-5494 • Fax: (248) 404-6831**  
[www.maplehealthcareinc.com](http://www.maplehealthcareinc.com) • E-mail: [maplehealthcareinc@gmail.com](mailto:maplehealthcareinc@gmail.com)  
 Services: Skilled Nursing, Physical Therapy, Occupational Therapy  
 Speech Therapy, Medical Social Services, Certified Home Health Aide

**Outstanding service and footwear for over 61 years.**

## Clawson Shoes

SAS, New Balance, Alegria, Trotters, Dunham, Soft Walk, Propet, Nunn Bush

307 W. 14 Mille • Clawson  
 248-588-1766 • [clawsonshoes.com](http://clawsonshoes.com)




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

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

**ADHS is a program for adults who:**

- Have dementia • Have cognitive disabilities
- Require constant supervision

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

# Your Ad Here

**SUPPORT OUR COMMUNITY THROUGH LOCAL ADVERTISING**

**Contact Eileen Frazier to place an ad today!**  
**EFrazier@4LPi.com or (800) 477-4574 x6309**

• Sales experience • Full-time • Uncapped commissions • Competitive benefits program offered



## DynaFlex Home Health Care, LLC

Medicare Certified • CHAP Accredited

**Romeo M. Trinidad Jr.**

4147 Metro Pkwy, Ste 102 • Sterling Heights  
**(586) 977-3660 office • (248) 635-6673 cell**

Services: Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Services, Dietary, Certified Home Health Aide  
[www.dynaflexhomehealthcare.com](http://www.dynaflexhomehealthcare.com)



## MIKE'S HAULING Debris Removal

*If You Don't Want It... I will Haul It!* Complete Clean-Up Service

Foreclosure Specialist, Garages, Basements, Barns, Building Demolition, Indoor-Outdoor Estate Sales, Car Removal, Fire and Flood Damage, Tractor Work Available

586-531-3103  
**Save your Backs, Weekends and Friends**  
 Over 30 years experience • [www.mikeshaulinganddebrisremoval.net](http://www.mikeshaulinganddebrisremoval.net)



## BETHANY VILLA APARTMENTS

Low Income Senior Housing Located in Troy, MI.



Serving those qualified seniors 62 years of age and older and disabled.  
 Sprawling park-like setting • Enhanced residential services  
 Fully occupied. For information call 248-689-5838  
[www.bethanyvillatroy.com](http://www.bethanyvillatroy.com)



## The Village of Oakland Woods

A SENIOR LIVING COMMUNITY  
 A Mission of Presbyterian Villages of Michigan

### Embrace the Possibilities

The Village of Oakland Woods affords you the freedom to pursue an independent living lifestyle while being nestled in a wooded, park-like setting minutes from the conveniences of city life. The entire 80-acre campus includes both garden style apartments (62+), as well as the beautiful two bedroom Heatherwood Cottage homes (55+).

**Amenities Include:**

- Personal 24-hour • Pet friendly • Fitness center
- emergency call system • Transportation
- Library/computer room • On-site security
- Barrier-free apartments available • Private entrances

**Call 248.334.4379 Today**

420 South Opdyke Rd. between South Blvd. & Auburn Rds.



# TOTALLY CAPTIVATING. INNOVATIVE. ENGAGING. ENLIVENING.

With three exceptional locations, All Seasons is designed to delight every one of the senses... every day! Select a distinctively stylish and luxuriously appointed 1 or 2 bedroom residence and become totally captivated by gracious service, daily calendars offering diverse social, educational and cultural programs and beautiful venues overlooking nature's pageantry.

**3**  
BEAUTIFUL  
LOCATIONS



**ALL SEASONS OF BIRMINGHAM - 248.430.7826**

**OPENING SUMMER 2015**

111 Elm Street | Birmingham, MI | [www.AllSeasonsBirmingham.com](http://www.AllSeasonsBirmingham.com)

**ALL SEASONS OF ROCHESTER HILLS - 248.299.0700**

175 E. Nawakwa Road | Rochester Hills | [www.AllSeasonsRochesterHills.com](http://www.AllSeasonsRochesterHills.com)

**ALL SEASONS OF WEST BLOOMFIELD - 248.430.7826**

5600 Drake Road | West Bloomfield | [www.AllSeasonsWestBloomfield.com](http://www.AllSeasonsWestBloomfield.com)



all seasons

For the joys of independent senior living

**Breaking Barriers**

REHAB CENTER

16 Mile & Rochester

Auto Injury? Traumatic Brain Injury? Physical Injury?

**WE CAN HELP!!!**

*Treatment to enhance the lives of those affected by brain injury*

**TWO LOCATIONS:**

Breaking Barriers Rehab Center  
1059 Owendale Street  
Troy, MI 48083  
248 526-0110

Thomas Park, M.D. & Associates  
(General Psychiatry & Behavioral Health)  
23077 Greenfield, #430 • Southfield, MI 48075  
248 526-0110



*Freedom!*

*To continue your lifestyle  
and design your own day*

Maple Village of Bloomfield Hills, is your pathway to enjoying extraordinary living! Move to Maple Village and discover a community purposely designed to help you retain your independence and design your own day. We offer a vibrant lifestyle filled with endless opportunities to engage, explore



**Schedule a FREE Hearing Screening!**

**FREE Pack of Hearing Aid Batteries**

Bring this coupon with you to your HearUSA center.

**HearUSA**  
America's Most Trusted Name in Hearing Care.

3660 Rochester Road  
Troy, MI 48083  
(248) 619-0680

**Quality Service is my Top Priority!**



Elena

**Century 21**  
TOWN & COUNTRY

Office: 248-556-7421 • Cell: 248-635-7140

E-mail: [elenam@wowway.com](mailto:elenam@wowway.com)

[www.Century21Town-Country.com/elenamartinovici](http://www.Century21Town-Country.com/elenamartinovici)

**The right agent makes a BIG difference!**

I pride myself in meeting and exceeding my clients expectations.

**ELENA MARTINOVICI**

Top Producer • Tough Negotiator • Centurion Award

Don't make the move without me! • Your goal is my goal! 100% Quality Service Guarantee!



# It's Your Home...

*Wouldn't You Rather Stay There!*

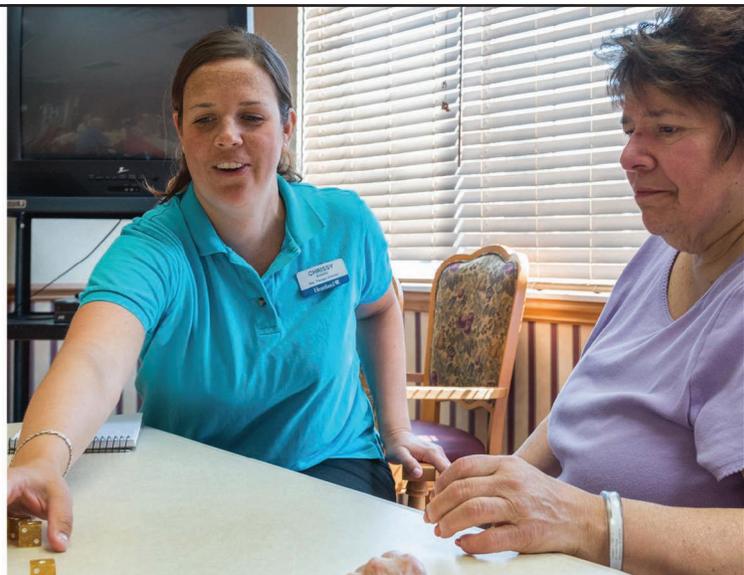
## Relax We've Got You Covered!

Life Choices® is a membership program for older adults who wish to maximize their health and guarantee their financial future against unexpected healthcare costs. Our innovative program provides in-home care and services to address your health, wellness, home maintenance, and financial concerns.

To Learn More Register  
For A LifeChoices® Event.  
Call 734-295-9292 or visit...



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



A name you can trust for **rehabilitation** and **health care**.

Heartland Health Care Center - Oakland  
925 West South Boulevard  
Troy, MI 48085  
**248.729.4400**  
[heartlandnursing.com/Oakland](http://heartlandnursing.com/Oakland)

Heartland   
Oakland

**Suggestion Box**

Program Suggestions: \_\_\_\_\_

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

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

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



**Weather Cancellations**

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

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

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

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

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

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

**Newsletter Subscriptions**

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

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

City of Troy  
Recreation Department  
3179 Livernois  
Troy, MI 48083  
Address Service Requested

PRSRT STD  
U.S. Postage Paid  
Permit #19  
Troy, Michigan

**Troy Recreation Department**  
3179 Livernois Troy, MI 48083  
Phone: 248.524.3484  
Fax: 248.689.6497

**50+ Program Staff**  
**Carla Vaughan**  
[vaughancs@troymi.gov](mailto:vaughancs@troymi.gov)  
**Elaine Torvinen**  
[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

**Medi-Go Plus Transportation**  
248.457.1100

**SMART Transportation**  
866.962.5515

**Senior Meals on Wheels**  
248.689.0001

**Weather Cancellation Hotline**  
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.*

**Friends of Troy Seniors Brunch & Learn Series**  
**The Power of Music**  
**Wednesday, April 20, 9:30 - 11 am, Room 303**

Music is one of the last memories to fade. This is especially true for people with Alzheimer's or another form of dementia. Attend this FREE event and learn more from Josh White, a business consultant for ComForCare Health Care Holdings, Inc., located in Bloomfield Hills, MI. Josh helps train offices within the ComForCare franchise system on how to implement "Joyful Memories", their proprietary music program for seniors with dementia. It is an interactive program that uses songs from the past to inspire older adults with dementia to sing along and positively engage with others. Josh spent five years studying musical theater and has been known to do a mean Elvis impersonation (he performed at the Friends of Troy Seniors picnic last year). Join the Friends of Troy Seniors and Josh White to hear some firsthand experiences about the positive impact of this program and to listen to a couple of songs sung by Josh.

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 located just north of Big Beaver Rd. at 3179 Livernois. Coffee and light refreshments are provided at these free events upon arrival at 9:30 AM. 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 will be accepted through Fri, April 15. Space is limited.

**FREE Hands-On Help with Your Computer, Tablet, and Smart Phone**  
**Saturdays, 9 am - 12 pm 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. 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](mailto:E.Torvinen@troymi.gov) or 248.524.3483 for more information

**Troy High Annual Senior Citizen Prom**

**Tuesday, April 26, 6-9 pm Troy High School Auxiliary Gym (use athletic entrance)**  
**FREE ADMISSION!!!!** Featuring the music of the Tommy James Band and free refreshments served. Formal attire is optional. Troy High School is located at 4777 Northfield Parkway off Long Lake Rd (18 Mile), 1/2 mile west of Crooks. Questions call James Savage at 248.689.7259 or Friends of Troy Seniors at 248.526.2608.

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