



# Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

July 2016

## Ice Cream Social and Heritage Band Concert

Wednesday, August 17 - 7:30 pm  
Troy Community Center Room 304/305

Doors open at 7 pm. This *FREE* event is co-sponsored by the Friends of Troy Seniors and Oakmont Senior Communities. Make your own ice cream sundae with a choice of toppings and enjoy a 90 minute concert by the Heritage Concert Band with a few games and prizes, too! Reservations are required and space is limited to 200. Call 248.526.2608 for reservations.



## Shall We Dance Drop-In Ballroom Dances 2nd Thursday of Every Month! July 14, Aug. 11...7-9:30 pm Troy Community Center Room 304/305

**Fee: \$6 Res; \$7 NR; HS Students \$3 Pay at door**  
Brought to you by James Savage, the Friends of Troy Seniors, American House Troy, 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.

**Vendors - Register Now For Craft Show**  
Friday, Nov. 4, 9 am – 3 pm at the Troy Community Center  
**Act. #148925M Fee: \$15 per 6 ft. table; NR: \$20**  
**Vendors age 50+ - sign up today!** Reservations are required. Specify if electricity is needed. Space is limited to two tables per household. Only **NEW HANDMADE** items may be sold. This is a craft show, NOT a flea market.)

**NEW** **Daughterhood Circle**  
**Thursday, July 7, 6:30-8 pm**  
**Troy Community Center Room 504**  
 Join us for the next meeting of Troy's Daughterhood Circle - new members always welcome! 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. Please preregister for this **FREE** activity: **Act. 148906A.**

## Grand Hotel Mackinac Island October 10-13, 2016

Troy Seniors have been visiting Mackinac Island every year since 1974 for this "cruise on land" all inclusive trip sponsored by the Michigan Recreation and Park Association, with some returning year after year. See page 3 for details on this ever-popular trip and register today! Call Carla at 248.524.3492 if you have any questions.



## Newsletter Subscription Renewal

It's time to renew your newsletter subscription if you receive by mail. If your address label has an orange stripe this is the last issue you will receive if you do not renew..See page 19 for details on how to renew. If you receive the newsletter via e-mail, you **DO NOT** need to renew. A third option is to pick up a free copy at the Community Center.

*Please renew now! Thank you!*

## Kroger Presentation Digital Coupons, Job Openings and Community Rewards Program

**Tuesday, July 19, 12:30 pm**  
**Troy Community Center Room TBA**

A representative from the Kroger store at Long Lake and Livernois will give a presentation on how to use digital coupons during the first 30 minutes of this presentation. Then learn more about the many job openings at Kroger and how to apply. Also learn how to designate Troy Medi-Go as the recipient of Kroger's Community Rewards Program.

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**A Matter of Balance**

Wed and Fri, Sept. 14-Oct. 7 (4 weeks/8 sessions), 1-3 pm  
Troy Community Center

**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. The format will include 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.

**Diabetes PATH Workshop**

**Will Return in the Fall at the Troy Community Center**

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 are included in the \$15 fee. Pre-registration is required as space is limited. Details in the August newsletter.

**One Day Trips**

- Register early so trips are not cancelled! TICKETED EVENTS may be cancelled up to 30 days in advance if there are not enough registered.
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- Indicate upon registration if you need an ADA accommodation.
- 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.

**Turkeyville - Shout! Performance**

Tue, July 19, 9:15 am - 6:45 pm; Act. 148928A \$78; NR \$83  
Cornwell's complete turkey lunch buffet is included with this performance of *Shout! Shout!* will take you back to the music, fashion and freedom of the 60s. Transportation is by motorcoach for this Bianco tour.

**Amish Acres Arts & Crafts Festival**

Fri Aug 5, 7:15 am - 9:45 pm; Act. 148928B \$73; NR \$78  
Includes admission and lunch voucher at the 54th craft festival at Amish Acres in Nappanee, Ind. Lots of walking, and dress for a possible change in the weather. Transportation is by motorcoach for this Bianco tour.

**Remember When Diamond Jack River Cruise**

Tue, Aug 23, 10 am - 6 pm; Act. 148928D \$77; NR \$82  
Includes lunch at Smokies Restaurant & Bar in Wyandotte, a 2-hour narrated boat cruise with many interesting anecdotes about Boblo and much more, and shopping time in downtown Wyandotte. Transportation is by motorcoach for this Bianco tour.

**All Things Detroit**

Wed, Sept. 7, 8:15 am - 5:30 pm; Act. 148928H \$64; NR \$69  
A step on guide will narrate a fantastic tour of the city including famous landmarks and new developments, a tour of the Guardian Building, and a few photo stops along the way. Lunch at American Coney Island and dessert at the Majestic Cafe (where you will also see the oldest continuously operated bowling alley in the US) are included. (Trip involves a fair amount of walking.) Transportation is by motorcoach for this Bianco tour.

**Stratford Featuring A Chorus Line**

Wed, Sept. 14, 7:15 am - 9 pm; Act. 148928C \$154; NR \$159  
Includes buffet lunch at the Queen's Inn, time for shopping in downtown Stratford, and a performance of *A Chorus Line* at the Festival Theatre. Transportation is by motorcoach for this Bianco tour. Proper ID required to cross border. \$70 cancellation fee after Aug. 14.

**Detroit Tigers Baseball**

Thu, Sept. 15, 11:45 - 5 pm; Act. 148928I \$49; NR: \$54  
We are offering one game this year. Seats are in Section 142 and include a voucher for a hot dog and soda. All ages welcome! Transportation is by school bus.

**Midtown Madness**

Thu, Sept. 29, 8:45 am - 5 pm; Act. 148928F \$67; NR: \$72  
Check out Detroit's midtown and the shops including Will Leather Goods, Carhartt, and the Shops at Park Shelton. A Bianco tour guide will provide the lay of the land for your self guided shopping tour or stay with the guide and learn about new and future developments in midtown. Lunch at Traffic Jam and Snug is included. Choose from Madras Meatloaf, Londontown Fish & Chips, Vegetarian Spinach Lasagna, Chicken Pot Pie or Pot Roast, all served with salad, bread, beverage, and homemade cookie from their bakery. Transportation is by motorcoach for this Bianco tour.

**Detroit Historic Churches**

Wed, Oct. 12, 9 am - 5:30 pm; Act. 148928J \$79; NR \$84  
Tour Sweetest Heart of Mary, Old St. Mary's, and Ste. Anne de Detroit. Trip also includes lunch at Andiamo Riverfront and a stop at La Gloria Bakery in Mexican Town. Transportation is by motorcoach for this Bianco tour.

*Coming soon . . .*

**Ann Arbor Adventure Oct. 5**  
**Waterloo Sandhill Cranes Oct. 19**

- 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.**

**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 narrated 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.

**San Francisco and Yosemite - Aug. 15-20, 2016**

**\$2817 per person double, \$3288 single, \$2661 triple**

Includes roundtrip air, 5 nights lodging, 7 meals, and touring in San Francisco, Alcatraz, Yosemite National Park and more. Call Bianco Tours for reservations. 734.946.7021.

**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! 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. Three nights accommodations at the 4-star Novotel luxury hotel near Times Square, 9/11 Memorial, Apollo Theater, Statue of Liberty Pedestal Pass, Ellis Island, Saturday Night Live Museum and more. Call Shoreline Tours for reservations. 800.265.0818.

**Traverse City Wine & Dine - Oct. 11-13, 2016**

**\$535 per person double, \$610 single, \$510 triple**

Includes roundtrip motorcoach, 2 nights, 2 dinners, tour of Grand Traverse Commons (the former state hospital) and wine tasting. Call Bianco Tours for reservations. 734.946.7021.

**Ark Encounter - Oct. 22-23, 2016**

**\$339 per person double, \$419 single, \$309 triple**

Be among the first to experience the full-sized replica of Noah's Ark, located in northern Kentucky where dozens of exhibits will bring to life the biblical account of Noah's Ark. Includes roundtrip motorcoach, 1 night, 2 meals, and admission to the Creation Museum and The Ark Encounter. Call Shoreline Tours for reservations. 800.265.0818.

**Tropical Costa Rica - Oct. 28-Nov. 5, 2016**

**\$2749 per person double, \$3099 single, \$2619 triple**

Highlights include San Jose, coffee plantation, hanging bridges tour and more **Promotional meeting scheduled for Tuesday, Sept. 20 at 3 pm at the Troy Community Center.** Call Group Tours International for reservations. 248.625.3645.

**Nashville - Oct. 30-Nov. 2, 2016**

**\$999 per person double, \$1379 single, \$889 triple**

Includes roundtrip motorcoach, 3 nights and 5 meals, tour of Nashville, Grand Ole Opry and more. Call Shoreline Tours for reservations. 800.265.0818.

**Niagara Falls Festival of Lights - Dec. 5-6, 2016**

**\$229 per person double, \$299 single, \$199 triple**

Includes roundtrip motorcoach, 1 night and 2 meals. 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.  
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:** 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138983D	Mon	9-9:50 am	Jun 20-Aug 29 (no class 7/4)
138983E	Wed	9-9:50 am	Jun 22-Aug 31
138983F	Fri	9-9:50 am	Jun 17-Aug 26

### \* Beginning Pilates with Ilene Hill

Improve balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body, mind and spirit functioning as a coordinated whole. **Weeks:** 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138982A	Mon	10-10:50 am	Jun 20-Aug 29 (no class 7/4)
138982B	Wed	10-10:50 am	Jun 22-Aug 31

### 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
138981C	Tue	6 - 7 pm	Jun 14-Aug 16
138981D	Thu	6 - 7 pm	Jun 16-Aug 18

### 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. HAP sponsors the summer session of this class. Simply come to the front counter and get a number to attend class. 50 numbers available each day for each class. **Weeks:** 10 **Fee:** FREE!!! HAP Sponsored

Act #	Day	Time	Dates
138978C	T & Th	9-9:50 am	Jul 5-Sep 8
138978D	T & Th	10-10:50 am	Jul 5-Sep 8

### \* Muscle Strengthening with Rachel

This total body workout strengthens and tones muscles using a variety of resistance equipment, including hand weights, tubing and medicine/therapy balls. Functional exercises improve muscle endurance, balance and core strength. Modification and progression cues to most exercises also provided. **Weeks:** 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138975C	Tue	10-10:50 am	Jun 21-Aug 30
138975D	Thu	10-10:50 am	Jun 23-Sept 1

### 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:** 8 **Fee:** \$40 \$50 NR (No class 7/4/2016)

Act #	Day	Level	Time	Dates
138976A	Mon	Int	3-4 pm	Jun 13-Aug 8
138976B	Mon	Beg	2-3 pm	Jun 13-Aug 8

### 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) **No Summer session offered. Look for Fall class info in August issue of the Fifty Forward.**

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

Act #	Day	Time	Dates
138979A	Tue	11-11:50 am	Jun 21-Aug 30
138979B	Thu	11-11:50 am	Jun 23-Sept 1

### Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on. **Weeks:** 8 **Fee:** \$40 \$50 NR

(No class 7/4, 7/18 & 7/20)

Act. #	Day	Time	Date
138977C	Mon	11-12:05 pm	Jun 13-Aug 15
138977D	Wed	11-12:05 pm	Jun 15-Aug 10

### 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.

**Adult Pickleball Doubles Ladders Play**

Registration begins online for residents on Aug. 23 and non-residents on Aug. 26. Tuesday ladder for ages 50+ only.

**Sundays, 6:15-8:15 pm**      **10 weeks**      **32 players**  
Act#148998A    Oct 9 - Dec 11    Res. \$58    Non-Res \$68

**Tuesdays (50+ only), 1-2:30 pm**      **10 weeks**      **32 players**  
Act#148998B    Oct 11 - Dec 13    Res. \$35    Non-Res \$45

**Fridays, 6-8 pm**      **10 weeks**      **16 players**  
Act#148998C\*    Oct 7-Dec 16    Res. \$47    Non-Res. \$57  
**\*No play Nov. 25**

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.

**Bocce Leagues**

**Tuesday Sept 6-Oct 11 (6 weeks); 12-1:30 pm**  
Act. 128987B; Fee: \$8 per person NR \$13

**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 the number of players registered is determined. Rules of play will be distributed the first week and a practice round played. After that scores will be recorded and league winners receive 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**

Both leagues are full, but add your name to the sub list.

**Act. 148986Q:** Mon. sub list    **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

**Michigan Senior Olympics**

**2016 Summer Games for men and women 50+  
Aug. 12-22 (see exception below) at various Oakland  
County locations. Registration deadline: JULY 22!**

The events include: archery, basketball, badminton, bowling, bocce ball, cycling, dancesport (July 24), disc golf, golf, horseshoes, pickleball, powerlifting, road races, racquetball, shuffleboard, swimming, table tennis, triathlon, tennis, softball, track & field and racewalk and volleyball. MSO membership (\$25) is required. Call 248.608.0250 for more information or visit [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org).

**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.

**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
145932A	Thu, Jul 14	6-8 pm	Winter Morning
145932B	Thu, Aug 11	6-8 pm	Sunlight Through the Trees

### Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. An extensive supply list available on your receipt or from the front desk. **Weeks:** 9

Act #	Day	Time	Dates	Fee	NR
138971B	Wed	9:30am-12pm	Jun 29-Aug 24	\$124	\$134

### 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
134305G	6/21-6/28	10:30am-12:00pm
134305H	7/12-7/19	11:00am-12:30pm

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

### Oil & Acrylic Painting No summer session offered

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. Tuesday afternoons resuming in September.

### Tap Lessons No summer session offered

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. Tuesday afternoons resuming in September.

### Keyboarding No summer session offered

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

Look for fall class info in the August *Fifty Forward*.

### 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.

**Open:** Continue with projects you are working on or start something new. Must know the basic stitches.

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

Act.	Class	Day	Time	Dates
125935A	Open	Tue	1-3 pm	Jul 19 - Aug 9
125935B	Open	Wed	1-3 pm	Jul 20 - Aug 10

*Beginning knitting and crocheting will be offered in the fall.*

### Troy English Workshop

**Tue, Sept. 13-Nov. 8 (9 weeks); 1-3 pm Act. 145938P**

**Sat, Sept. 17-Nov. 12 (9 weeks); 10 am - Noon Act. 145938Q**

**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.

### American Mah-Jong Lessons

**Wednesday afternoon lessons will return in the fall**

**Troy Community Center Room 402A**

**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 16. 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.**

Computer Classes - See page 9

**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
138980J	Swing	7-7:50 pm	Jul 8 - Aug 12
138980K	Ballroom	8-8:50 pm	Jul 8 - Aug 12
138980L	Adv. Swing	9-9:50 pm	Jul 8 - Aug 12
138980M	Any 2 classes		Jul 8 - Aug 12

**Drop In Ballroom Dance**

Mondays &amp; 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
July	Merengue	Foxtrot
Aug	Hustle	Foxtrot

No class June 20, 22, 27 &amp; 29, July 4, Aug 22, 24, 29, &amp; 31.

**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 248.566.3026 with any questions. Caller Walt Zatorski.

**Market Basket Weaving Class**

Thursday, Sept. 22

Act 135903D - 2-5 pm

Act 135903E - 6-9 pm

Troy Community Center Rm 402

Act. 135903C; \$28 Res, \$33 NR

Make a market basket for all your shopping needs. It starts on a D handle with an open weave base.

With some easy stop and start rows up the sides and choice of color the sides go up quickly. Put a sturdy rim on the basket and you are ready to hit the farmers market. 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.

**Dealing with Dementia**

If Alzheimers or another dementia is causing difficult behaviors, don't start by trying an antipsychotic medication. Many difficult behaviors can be reduced or managed by using non-drug approaches. This is safer and often more effective, so these approaches should always be tried first.

Why: Even though drugs aren't FDA-approved for this purpose, many doctors respond to a caregiver's complaints by prescribing antipsychotics such as risperdal, olanzapine, and quetiapine (brand names Risperdal, Zyprexa, and Seroquel). But research studies have found that in most cases, using these medications doesn't improve behaviors or outcomes very much. Furthermore, these medications increase fall risk and have been linked to a small increase in the risk of death.

Tip for caregivers: Difficult behaviors in dementia can often be improved by reducing stress & discomfort (including constipation), implementing routines, and using other non-drug approaches for behavior management. Sedatives and antipsychotics should be used as a last resort, after these other approaches have been tried. If you're considering these medications, make sure the doctor has a plan to evaluate the effects. It's vital to stop the medication if it's not helping.

To find excellent tips on managing dementia behaviors and coping with your own stress, I recommend *Surviving Alzheimer's: Practical Tips and Soul-Saving Wisdom for Caregivers* by Paula Spencer Scott where you will get the best, most current thinking on how to enhance quality of life and safety while minimizing stress on everyone involved. You can also find great tips in one of the many online communities for dementia caregivers.

- Leslie Kernisan, Better Health While Aging.net.

# July

Monday

Tuesday

Wednesday

Thursday

Friday

				11:45 Sloppy Joes 1:00 Bingo
Center Closed Independence Day Fitness area open 5:30 am - 8 pm	11:45 Mostacoli	11:45 Baked Chicken 6:00 <b>Dinner Club - pg 11</b>	10-11 Ask A Nurse 11:45 Cheeseburger 12:30 <b>Birthday Party</b> 6:30 <b>Daughterhood Circle - pg 1</b>	10-12 Hearing Screening 11:45 Chicken Salad 1:00 Bingo
11:45 Chilimac	11:45 Roast Pork 1:00 <b>Red Hat</b> 4:00 <b>TSSS - pg 11</b>	11:45 Mac & Cheese	10-11:30 <b>Caregiver Support - pg 11</b> 11:45 Oven Fried Chicken 7:00 Ballroom Dance	10-12 Blood Pressure 11:45 Pasta Salad/Meat 1:00 Bingo
11:45 Hamburger Gravy	9:15 <b>Turkeyville Trip - pg 3</b> 11:45 Chicken Stir Fry 12:30 <b>Kroger Presentation</b>	10-12 Disk Erasure 11:00 <b>Troy Historic Village Tour - pg 20</b> 11:45 Tuna Salad	11:45 Ginger Baked Chicken 1:00 <b>Friends Meeting - pg 12</b>	11:45 Pulled Pork 1:00 Bingo
11:45 Spaghetti	11:45 Macaroni Casserole	9:30-12 <b>Computer Consultations</b> 11:45 Chef's Salad	11:45 Meatloaf 12:30-2 <b>Focus Hope - pg 14</b>	11:45 Chef's Selection 1:00 Bingo

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

**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). **All computers use 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
145951A	T & TH	9:30-11:30 am	7/12-7/21
145951B	M & W	1-3 pm	8/8-8/17

### 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
135973K	M & W	1-3 pm	6/20-6/29
145973A	T & TH	9:30-11:30 am	7/26-8/4
145973B	M & W	1-3 pm	8/22-8/31

### 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
145972A	T & TH	1-3 pm	7/19-7/28
145972B	Sat	10 am-12 pm	7/9-7/30
145972C	Sat	10 am-12 pm	8/6-8/27
145972D	M & W	6:30-8:30 pm	8/8-8/17

### Introduction to Excel

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

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

Act #	Day	Time	Dates
145968A	T & Th	6:30-8:30 pm	10/11-10/27

### 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
145962A	M & W	1-3 pm	8/1-8/3

### 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
145960A	M	1-3 pm	7/11
145960B	W	1-3 pm	7/13

### 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
145959A	M/W/F	1-3 pm	7/18-7/29

**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. 586.202.7090.

### 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).

#### Coloring Group

Wed, 9-10:30 am Self directed Free!!!

#### 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.

**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, July 6, 6 pm

Somerset Mall

Meet at the fountain on the main floor on the north side and then decide which restaurant to go to. The leader will be holding an American flag. You do not need to be a Troy resident. For more information, please email [forwarddinner@yahoo.com](mailto:forwarddinner@yahoo.com).

We are looking for a new leader for this group. If you are interested, please call Carla at the Recreation Department at 248.524.3492.

### Daughterhood Circle

Thursday, July 7, 6:30-8 pm

Troy Community Center Room 504

Join us at 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. Please preregister for this FREE activity: **Act. 148906A.**



### Please Register for Group Participation

Please register for *each group* you attend. Although there is no charge for room use, some groups may charge dues. Check with the group leader. See page 10 for more information on these groups.

- 145205A Book Club
- 145205B Bridge–Thu. Party
- 145205C Bridge–Tue. Duplicate
- 145205D Cribbage
- 145205E Euchre
- 145205F Harmonica Club
- 145205G Heritage Band
- 145205H Line Dance
- 145205I Mah-Jong Group
- 145205J Needlework Club
- 145205K Pacific Rim
- 145205L Painting Club
- 145205M Pinochle - Beg.
- 145205N Pinochle - Monday
- 145205O Quilting Group
- 145205P Red Hat Society
- 145205Q Sewing Group
- 145205R Society of Single Seniors
- 145205S TOPS
- 145205T Woodcarving
- 145205U Coloring Group

### 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. 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 **Tue, July 12 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

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

## Introducing The New Advisory Board Serving the Friends of Troy Seniors

**Bill Rhodes, Chairman** – Bill has lived in Troy for 27 years and is retired from Ford Motor Co. He has served as Volunteer Coordinator and Membership Coordinator with FOTS and was the co-leader of the Troy Community Garage Sale, our largest fundraiser, from 2012-2016. He volunteers with the AARP Tax Aide Program and also in the FOTS office. Bill looks forward to expanding the role FOTS plays in serving area seniors over the next two years.

**Cindy Morley, Planning & Development Coordinator** – Owner of a senior living referral service, Cindy also volunteers with SCAN and Geriatric Social Workers of SE Michigan, facilitates an Alzheimer's support group, and delivers Meals on Wheels. Cindy re-established a Brunch & Learn Program for FOTS in 2015 and was the FOTS 2015 Outstanding Volunteer of the Year at the Leadership Troy banquet.

**Liisa Vaara-Lewis, Event Coordinator** – Liisa is a geriatric social worker for Assured Home Nursing Services with 23 years experience. A graduate of MSU, she has a lifetime passion to help seniors.

**Cyndi Tanner, Fundraising Coordinator** – Cyndi is an Admission and Marketing Director with WellBridge with 25 years experience in the hospitality and senior healthcare market. She has been recognized by her colleagues as a member of numerous senior alliances with the intent to serve seniors with ease and dignity.

**Jim Werpetski, Membership Coordinator** - Jim is a 40 year Troy resident and current Executive Director of FOTS in addition to his new position. Jim was an Election Inspector and Precinct Chairman for Troy. He participated in the Troy Futures Vision 2020 project and is a member of the City's Financial Ideas Team. Jim serves on the Troy Community Coalition's Prayer Breakfast Committee and Celebrity Night Dinner Committee. He was honored at the 2015 Leadership Troy Community Awards Banquet as the Outstanding Volunteer of the Year for FOTS. Jim also supports the Troy Nature Society, the Troy Historical Society and the Friends of the Troy Public Library.

**Dick Mosey, Volunteer Coordinator** – Dick is a 40 year Troy resident who served in the Marines for three years and retired from Ford Motor Company. He volunteers with Troy People Concerned and his church. Dick has volunteered with FOTS since 2012 in many activities, including making popcorn at events, serving ice cream and whatever needed to be done.

**Diane Alati, Recording Secretary** – Diane is a founding member of FOTS and has been active since it was formed in 2011. She is a 31 year Troy resident and is retired from The Prudential Insurance Co. and has a background in office management. After retirement, Diane became a volunteer at the Troy Community Center with senior programs and Meals on Wheels. Since 2011 Diane has served as the FOTS Recording Secretary, FOTS Office Manager, Events Coordinator and, still continues to deliver Senior Meals on Wheels. Diane looks forward to participating in the continued development of FOTS in the next two years.

Ice Cream Social & Band Concert - pg. 1  
Brunch and Learn - page 20

## 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 noted. Our next meeting is Thursday, July 21. Please attend - your comments are important.

## Thank You!

A heartfelt thank you is extended to our sponsors, vendors volunteers and project leaders who made this year's Garage Sale and Flea Market sale a success.

## Volunteer Opportunity Available

We are looking for a volunteer to scoop ice cream at the senior birthday party on the 1st Thursday at the Troy Community Center. Please contact 248.526.2608

## July Hearing Screenings Cancelled

The HearUSA monthly community service screenings for July 8 have been cancelled. Take advantage of the next free community service screenings on Friday, August 12. Contact HearUSA at 855.828.4143 if you have questions.

## Gently Used Art Sale Returning Nov. 4

This event is held in conjunction with the Annual 50+ Craft Show held on the same day. Donations are needed of wall art, framed paintings and shelf art. Decorative home accent pieces such as pottery, sculptures and large vases would also be welcomed. Please watch for the August Fifty Forward to learn the details on how you can donate items for the sale.

### 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 - Closed July 1-4

### 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 area.*

## 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.troy.mi.gov](http://www.troy.mi.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.

## Summer Sensation Concert Series Select Thursdays at Boulan Park, 6:30-8:30 pm

Food trucks onsite at 5:30 pm and Recreation Department Game/Craft Mobile onsite 5:30-7:30 pm. Bring lawn chairs or blankets. Co-sponsored by Beaumont Hospital.

- July 14 **Mainstream Drive**  
with General Dogs & Living Foods to Go
- July 28 **The Groove Council**  
with General Dogs & Pita Post
- Aug. 11 **Thornetta Davis**  
with General Dogs
- Aug. 25 **Big Will and 360 Degrees**  
with General Dogs & Pita Post

## A CALL TO VOLUNTEERS

Beaumont Health has over 100 service areas and volunteers who have a great impact on the patients and staff. Their experience, talents, and enthusiasm help to support the mission of providing compassionate, extraordinary care every day.

### APPLY TODAY!

- Make a difference
- Network with other volunteers
- Learn new skills
- Flexible hours to fit your schedule

## Beaumont

### Volunteer Services

#### Sign up to volunteer:

[www.beaumont.edu/volunteer](http://www.beaumont.edu/volunteer)

**Troy:** 248-964-5045

**Royal Oak:** 248-898-0850



Caring people,  
caring for people.



## Troy Garden Club Walk

Wednesday, July 13, 2016

### Arts and Crafts Fair Also Offered

The 42nd Annual Troy Garden Club Walk will take place Wednesday, July 13 from 9:30 am - 3 pm and 5-8:30 pm rain or shine. Tickets are \$10 in advance or \$15 the day of the walk. Tickets are available at the Troy Historic Village, Telly's Greenhouse, Auburn Oaks Garden Center, and Uncle Luke's Feed Store or on the day of the walk at the Troy Historic Village only. For more information, call 248.952.5938 or visit [www.TroyGardenClubMI.com](http://www.TroyGardenClubMI.com).

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

## Troy Traffic Jam Classic Car Show Sunday, August 7, 10 am - 3 pm

### Columbia Center, 201 W. Big Beaver

Enjoy classic cars of all eras, great oldies music, great food and more. If you have a car you would like to display, visit [troytrafficjam.com](http://troytrafficjam.com) to register. The fee is \$15 (\$20 the day of the event) and includes a goody bag and dash plaque. Proceeds benefit the Troy Historic Village.

## Take Time to Heal

This grief recovery group is for those who have experienced a death of a loved one. This six-week series guides you through the grief process toward recovery. Join Mary Jamerino, LMSW, ACSW Director of Bereavement Services for A.J. Desmond & Sons Funeral Directors on Wednesdays, July 13 - Aug. 17 from 6-7:30 pm at A.J. Desmond & Sons Funeral Home, 2600 Crooks Road, Troy (between Maple and Big Beaver Roads). The support group is free and open to the community. Registration is necessary. To register, or for additional information, call A.J. Desmond & Sons Funeral Home at 248-362-2500.

## 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.

**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.

**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 Troy 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 9**



**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.

## Grandparent Days at the Troy Aquatic Center

Every Tuesday is Grandparents Day at the Troy Aquatic Center. Grandparents receive one free admission when accompanied by a paying child over the age of 3. Regular fees apply for children.



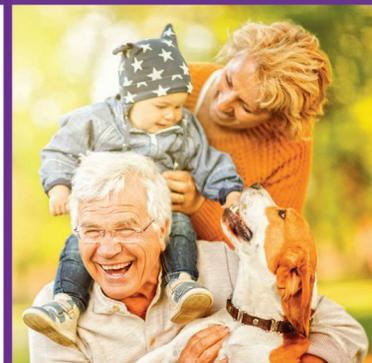
## Outdoor Pickleball Courts Coming to Redwood Park

Construction has begun on four outdoor pickleball courts at Redwood Park in Troy and they should be completed by August. Look for more information in the August newsletter.



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

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

ADHS is a program for adults who:

- Have dementia • Have cognitive disabilities
- Require constant supervision

CATHOLIC CHARITIES of Southeast MICHIGAN

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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**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.

**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.

**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 \$7 per year beginning July 1 and prorated quarterly. Pay \$7 on or before 9/1, \$5.25 between 9/1 and 12/31, \$3.50 between 1/1 and 3/31, and \$1.75 after 4/1. Non-residents \$9 per year, prorated as above. **Act. #135000B.**

**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**

### **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**

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### **SMART Transportation**

866.962.5515

### **Senior Meals on Wheels**

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### **Weather Cancellation Hotline**

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### **Friends of Troy Seniors**

248.526.2608

### **SHARP Home Repair**

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### **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**

### **Troy Historic Village . . . Behind the Scenes**

**Wednesday, July 20, 9:30 - 11 am - meet at the Troy Historic Village, 60 W. Wattles  
Fee: \$8/person payable at the door – Walking required for this village tour**

Enjoy a special behind-the-scenes tour of the Troy Historic Village with Executive Director Loraine Campbell. The five-acre Village features ten antique structures showcasing nearly a century of SE Michigan's history from the pioneer settlers to the turn of the twentieth century. Ms. Campbell will guide you through a restored 1800's log home, a Greek revival-style house, and a parsonage home used from the 1870s to the 1960s. Visit the general store, print shop, one-room schoolhouse, wagon shop and church. Many of these buildings were moved from their original location at Square Lake and Livernois Roads, or "Troy Corners" as it was known.

You will also see parts of the Village that most casual visitors do not, including a restored jail cell in the basement of the 1927 Town Hall, a hidden passageway with a secret vault and a carefully-curated selection of artifacts not usually on display for the public. Join us as the Troy Historical Society celebrates 50 years of conserving local history.

This series brings you informative topics and is held on the third Wednesday of each month at 9:30 AM. This month meet at the Troy Historic Village. A light snack will be included. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 AM–1 PM, M-F to register. Reservations accepted through Friday, July 15, if space is available.

### **FREE Hands-On Help with Your Computer, Tablet, and Smart Phone Saturdays, 9 am - 10 am 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

### **Coloring Group**

**Wednesdays, 9-10:30 am; Troy Community Center Room 402 (Dining Room)**

**Adult coloring is all the rage!!!** An adult coloring group meets on Wednesdays at 9 am for those interested in this relaxing activity. Register for **Act. #145205U** if you plan to attend. We will provide coloring sheets that can be reproduced and markers and pencils for coloring. This is a self-directed activity and there is no charge.

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