



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

May/June 2013

## Community-Wide **GARAGE SALE AND FLEA MARKET**

Saturday, June 1 9:30 am - 3 pm  
Liberty Center Parking Garage  
(just south of the Troy Community Center)

**Vendors:** 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. Over 150 vendors and 1500 shoppers are expected to attend. Register for activity number based on time you wish to unload. This event is co-sponsored by the Friends of Troy Seniors. **Vendor fee:** \$20; Non-resident: \$25

Act. #	Unload Time
128994K	7:30-8 am
128994L	8-8:30 am
128994M	8:30-9 am

**SHOPPERS:**  
Admission is \$2  
Children under 12 free.

### Who Gets Grandma's Yellow Pie Plate?

Wednesday, May 22, 12:30-2:30 pm  
Troy Community Center Room 303

Sometimes it may be the personal touches you include in your estate plan that have the most meaning. Jeanne B. Anderson, Financial Consultant with Troy Advisors, Inc., will address the transfer of personal property, examine what you want to accomplish, what "fair" means, sensitivity of decisions and other aspects to be considered when planning who gets what and how you will be remembered. All participants will receive a workbook created by the University of Minnesota Extension Service that will help you resolve these issues. To ensure ample seating and handouts, reservations are required for this FREE workshop. Register for **Act. 125940A**.

### Newsletter Subscription Renewal

It's time to renew your newsletter subscription if you receive it by mail. This is the second to the last issue you will receive if you do not renew. See page 15 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!**

### Protecting Yourself from Medicare Fraud

Tuesday, May 7 - 12:30-1:30 pm  
Troy Community Center Room 301

Health care fraud costs American taxpayers nearly \$60 billion each year. Learn how to protect yourself from Medicare/Medicaid Fraud and Abuse. Area Agency on Aging 1-B MMAP Counselors will provide you with information on how to prevent healthcare fraud and how to resolve potential fraud and identity theft issues. This program is free and reservations are not required.

### 40th Annual Newcomer's BINGO

Friday, May 3, 1 - 3 pm

The Troy Newcomers will provide this free bingo with prizes and refreshments. The regular bingo is cancelled this week

### How To Stay Fit and Enjoy Life

Thursdays, May 23 - June 20 (5 weeks), 6:30-8 pm  
Troy Community Center Room 304

This is a repeat of the program offered in March at a NEW EVENING TIME. Denise Hubbard, RN with Cherrywood Nursing and Living Center, will help you jump start your fitness goals. She will help you track your weight loss and provide healthy snacks, a food scale, and prizes. Topics include portion control, eating out, diabetes risks, healthy meal prep, sodium and blood pressure, and lifestyle changes. Call 248-524-3484 or register online for **Act. 115927C** to reserve your spot for this FREE program.

### Gardens Sites Available

Garden sites are available for ages 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are 20'x20' (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 13.

- **Act. #125936C:** ground level bed
- **Act. #125937C:** raised bed - SOLD OUT

### Inside . . .

Computer Learning Center .....	12
Creative Arts Classes .....	6
Fitness .....	5
Friends of Troy Seniors.....	7
Group News .....	10
Ongoing Activities .....	9
Services .....	14
Sports .....	4
Trips .....	3

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**Recreation Dept. Hours**  
Mon-Fri, 8 am-8 pm  
Sat, 8:30 am-12:30 pm

**Fax**  
248-689-6497

**Medi-Go Plus Transportation**  
248-457-1100

**SMART Transportation**  
866-962-5515

**Emerald Kitchens**  
(Meals on Wheels)  
248-689-0001

**Weather Hotline**  
(Cancellations due to weather)  
248-689-9756

**Friends of Troy Seniors**  
248-526-2608

**SHARP Home Repair**  
248-528-2929

**Creative Endeavors**  
248-526-5145

**City Hall**  
248-524-3300

**City Web Site**  
[www.troymi.gov](http://www.troymi.gov)

**This newsletter is available  
online at**  
[troymi.gov/SeniorNewsletter](http://troymi.gov/SeniorNewsletter)

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

## Upcoming Events

248-524-3484

### Know the 10 Warning Signs of Alzheimer's Disease

Tuesday, June 4 at 9 am, Troy Community Center Room 304

Always Best Care Senior Services of Troy and Estate Planning Professionals invite you to this FREE program which will provide compelling information about Alzheimer's disease and moving testimony from families living with the disease, to encourage early detection, early diagnosis and early intervention. You will gain a greater understanding on the difference between age-related memory loss and dementia and Alzheimer's disease. By the end of the presentation, participants will be able to identify the 10 warning signs of AD and what to do if they are experiencing signs of Alzheimer's. This program is presented by the Alzheimer's Association - Greater Michigan Chapter. Also learn about what legal documents you need in place to protect you, your assets, and your family presented by Estate Planning Professionals. A continental breakfast will be provided. **Please RSVP no later than June 1 to Laura at 586-604-7112 or Nita at 248-525-3466.**

### iPad Workshop

Wednesday, June 12, 1-2:30 pm, Troy Community Center Room 402A (Reading Room)

Have an iPad and want to make the most of it? Join Phillip Kwik, Assistant Director at the Troy Public Library, to discuss basic operation and what the device can do. Explore some fun apps and learn how to download free ebooks and music from the Library. Bring your iPad for a hands-on experience. There will be plenty of time for questions. There is no charge for this workshop, but please call 248-524-3484 to make a reservation or register online for **Act. 115929C**.

### Wii Play!

Monday, May 13, 12:15-1:30 pm, Troy Community Center, Room 502-Teen Scene

Come join the fun! Play a variety of exhilarating games on this unique video game system. Bring your friends and prepare to laugh as we slide through Shuffleboard, role through Skee-ball and even travel to the carnival! This program is FREE but reservations are required. Call 248-524-3484 or register online for **Act. 115928C**. Instructors: Ann and Ali

### Life Line Screening

Wednesday, May 1; Troy Community Center Room 303

Find out your risk of having a stroke by participating in this Life Line Screening. Through ultrasound, they evaluate the carotid arteries for the buildup of fatty plaque, which is the leading cause of stroke. Register today for the Stroke, Vascular & Heart Rhythm package. Packages range from \$129 - \$159, which includes four screenings: carotid artery, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. Call 1-888-653-6441 or visit <http://www.lifelinescreening.com/community-partners> to schedule your appointment. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

### Mouth Organ Grinders Performance

Monday, May 20 at 10:30 in the Lobby

Join our senior citizen harmonica group, The Mouth Organ Grinders, as they perform patriotic music in honor of Memorial Day for all to enjoy. Please wear your colors to show your support of this great nation. All are welcome to attend this free program.



### Bookmark Workshop

Tuesday, May 21, 1-2 pm; Troy Community Center Room 402

Make several book marks from recycled greeting cards. Bring your own cards or use those that have been donated. Bring a rolling pin and a glue stick. Reservations are required for this FREE workshop. Call 248-524-3484 or register online for **Act. 125941A**.

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- Board buses at the north entrance of the Community Center.
- If you use a wheelchair or need a special accommodation, please indicate this upon registration.
- **One-Day Trip Refund Policy:** A \$10 service fee is withheld on all patron requested refunds, **plus costs incurred.** Full refunds issued for medical emergencies with doctor letter and notification prior to the trip.

### Tulip Festival

Wed, May 8, 7:30 am-6:30 pm, Act. 148923T \$70; NR: \$75  
This trip is full. Wait list only.

### Firekeepers Casino in Battle Creek

Wed, May 15, 8:30 am-6:15 pm Act. 148923U \$39; NR: \$44  
Your casino package includes \$20 in slot credit and \$5 to be used for food, slot play or gift shop. You will be asked your birthdate upon registration which is required by the casino. Transportation is by motorcoach. Minimum age: 21.

### Detroit Tigers Baseball

Wed, June 19 - 11:45 - 5 pm; Act. 148923V \$52; NR: \$57  
Thu, Sept. 19 - 11:45 - 5 pm; Act. 148924B \$43; NR: \$48  
We will be attending two games this year. Seats for both games are in Section 143 and include a voucher for a hotdog and soda. All ages welcome! **The count for the June 19 game must be confirmed by May 20, so register early!** Transportation is by school bus.

### Tall Ship Celebration in Bay City

Sun, July 14, 9:45 am - 7 pm Act. 148924A \$88; NR: \$93  
Enjoy a three-hour brunch cruise aboard the Princess Wenonah where you will experience a close up view of the tall ships lining both sides of the Saginaw River. Admission to the Maritime Festival is also included where you can purchase optional ship tours. Identification is required to board the Princess Wenonah. Transportation is by motorcoach.

### A Taste of Mackinac Trip Meeting

Tuesday, June 4, 1-2 pm

Troy Community Center Room 304

The Michigan Recreation and Park Association will present "A Taste of Mackinac" where you can find out all about the trip to Mackinac Island scheduled for September 24-27 (details at right). Enjoy complimentary tea, cookies and fudge, a presentation on the history of the Grand Hotel, and an overview of a typical trip to the Grand Hotel. So that we can plan sufficient refreshments, please register for **Act. 115933A**. Call 248-524-3484 or register online. We must have at least six registered by Wednesday, May 29 or this meeting will be cancelled.

## EXTENDED TRIPS

- Register directly with the travel agent except Mackinac Island
- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center.**

### Williamsburg and More - May 11-17, 2013

\$1339 pp double, \$1789 single, \$1189 triple

Includes round trip motorcoach, six nights lodging, ten meals and extensive sightseeing including Colonial Williamsburg, Luray Caverns, Skyline Drive, Monticello, D Day Memorial and more. Call Shoreline Tours for reservations. **800-265-0818.**

### Branston, Missouri - June 9-14, 2013

\$1099 pp double, \$1499 single, \$1019 triple

Includes round trip motorcoach transportation, two nights in St. Louis, three nights in Branston, eight meals, FIVE shows and sightseeing in St. Louis and the Ozark Mountains. Call Shoreline Tours for reservations. **800-265-0818.**

### Northern National Parks - June 14-21, 2013

\$2099 pp double, \$2599 single, \$2069 triple

Includes round trip air, local motorcoach, seven nights lodging, 11 meals, and sightseeing as detailed in the brochure. Call Group Tours International for reservations. **248-625-3645.**

### The Wizard of Oz in Toronto - June 19-20, 2013

\$399 pp double, \$499 single, \$369 triple

Includes round trip motorcoach, one night lodging, two meals, sightseeing tour of Toronto and top price play ticket. Call Shoreline Tours for reservations. **800-265-0818.**

### Canadian Rockies - August 13-19, 2013

\$2899 pp double, \$3689 single, \$2689 triple

Includes round trip air, local motorcoach, six nights lodging, ten meals, and extensive sightseeing as detailed in the brochure. Call Shoreline Tours for reservations. **800-265-0818.**

### Alaska Cruise - Sept. 14-26, 2013

\$3999-\$4999 double based on cabin. See brochure for rates.

Includes round trip air, seven night cruise, lodging, 22 meals, and sightseeing as detailed in the brochure. Call Group Tours International for reservations. **248-625-3645.**

### Grand Hotel - Mackinac Island - Sept. 24-27, 2013

Act. 148918F - \$767 pp double \$983 single \$706 triple

Includes:

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

A \$200 deposit is due upon registration. Balance due Aug. 12. No refund after Aug. 12 unless a replacement is found. **NON-RESIDENTS:** Add \$10. Under age 50 may attend if rooming with someone 50+.

### Indoor Drop-In Pickleball

Fridays 50+ 10:30 am-3 pm. \$3 Senior Special rate extended to 3 pm for Pickleball only. Fitness Center access ends at 11:30 am as advertised. Free for Community Center pass-holders. We are asking that players limit play to a maximum of two hours, to help alleviate overcrowding.

### Pickleball Doubles 50+ Drop-In Mixer

Fridays, 5-7 pm - extended through May 10

Fee: \$4 - Non-Res \$5

Limited to the first 22 players to arrive. Equipment provided. Four courts available for drop-in play. When six or more beginners (level 2.0 and below) attend they will be on a separate court from more advanced players to insure players get competitive play.

### 2013 Summer Outdoor Pickleball

Pickleball lines have been painted on two tennis courts at Baker Middle School and two courts at Smith Middle School. Play is first come, first served. There will be no organized mixers in Troy this summer, but the following times are suggested if you want to meet with other players:

Friday	5-7 pm	Baker MS
Sunday	5-7 pm	Smith MS



### 50+ Fall/Winter Volleyball Mondays 9:30-11 am

Senior volleyball players age 50+ are welcome to drop in and play volleyball on Monday mornings. Participants will need to be fitness center members, purchase a daily drop in pass or purchase punch card to take part in this open recreation program. More details will be available in the Fall Troy Today and the September/October Fifty Forward Newsletter.

### Michigan Senior Olympics

2013 Summer Games for men and women 50+  
May 29-June 7 (see exceptions below) at various  
Oakland County locations.

Registration deadline: **MAY 10!**

The events include: archery, basketball, bowling, badminton, bowling, bocce ball, cycling, dancesport, horseshoes, pickleball, powerlifting, 5K and 10K road races, racquetball, shuffleboard, swimming, table tennis, triathlon, tennis, softball (August 10), track & field and racewalk (August 11). MSO membership (\$25) is required. The registration fee is \$48 and includes two medal events. Call 248-608-0250 for more information or visit [www.michiganseiorolympics.org](http://www.michiganseiorolympics.org).



### Senior Tennis League

An informal senior tennis league will meet on Tuesday and Friday mornings from 9 am - 11 am at Boulan Park beginning May 7. \$3 per person per session paid at the courts (exact change appreciated). Reservations are not

required. For more information, contact league director Judy Luther at 248.879.9550.

### 2013 Troy Senior Golf Leagues

Both leagues are full but we are taking names for the sub list. These nine hole leagues are held at Sylvan Glen on Monday and Wednesday, teeing off at 7:30-8 am. Call 248-524-3484 to have your name placed on the sub list(s).

**Act. 148986K:** Mon. sub

**Act. 148987K:** Wed. sub

For more information, please call:

Monday league	Bill Bimbi	248-528-3817
Wednesday league	Dick Benson	248-840-3101

### Sports Leagues

**Bowling** - Mondays, 1 - 3:15 pm at Thunderbird Lanes, Sept. - April. Points for beating own average. Call 248-362-1660.

**Golf** - Mon and Wed mornings at Sylvan Glen May - Sept. Registration information in the Nov/Dec newsletter.

**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. Contact Judy Luther at 248-879-9550 for more information.

**Pickleball** - Ladder play Fall & Winter Sundays evenings & Tuesday afternoons. See July/Aug & Nov/Dec Sr. Newsletters.

**Volleyball** - 55+-Tuesday mornings Oct. - March. Contact Dave Mattis at 248-649-1898 for more information about participating in this league.

### Drop-In Sports

**Badminton** - Fridays, 8-10:15 am, \$3. No charge for Community Center pass holders. Equipment provided.

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

**Pickleball** - Fridays 50+ 10:30 am - 3 pm, \$3. Maximum of two hours of play per person. Wednesdays: 7-8:30 pm \$7 (\$5 with punch card). NR \$10/\$8. Free for Community Center pass-holders. Wednesdays: 7-8:30 pm \$7 (\$5 with punch card). NR \$10/\$8. Free for Community Center pass-holders.

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

- All classes meet at the Troy Community Center.
- Drop-in passes are \$6 (Non-Res \$7) unless noted.
- 10 visit drop-in punch cards are available for: Muscle Strengthening, Tai Chi, Pilates, Balance and Stretch, Yoga w/ Marie and Aqua Exercise.

**Fitness RX Fitness Fusion**

A fusion of yoga, weight training and Pilates to maximize your fat burning, especially around the waist. Please bring light (5 lb.) hand weights and a mat for floor work.

**Weeks: 10 Drop in fee is \$10 per class (\$11 Non-Res).**

Act #	Day	Time	Dates	Fee	Non-Res
138989A	Tue	5:30-6:30 pm	Jun 18-Aug 20	\$61	\$71

**Fitness RX Women on Weights**

Increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, improve balance and help prevent falls. Bring a mat and light (5 lbs.) hand weights. **Weeks: 10 Drop in fee is \$10 per class (\$11 Non-Res). No class July 4**

Act #	Day	Time	Dates	Fee	Non-Res
138981A	Thu	6-7 pm	Jun 13-Aug 22	\$61	\$71

**\*Muscle Strengthening with Rachel**

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks: 8.**

Act #	Day	Time	Dates	Fee	Non-Res
138975A	Tue	10-10:50 am	Jun 18-Aug 13	\$38	\$48
138975B	Thu	10-10:50 am	Jun 20-Aug 15	\$38	\$48

**Tai Chi Adv & Beg with Kim Cary/Int w/Keith**

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Adv. **Day: Mon/Wed Weeks: 6**

Act #	Level	Time	Dates	Fee	Non-Res
138976D	Int	3-4 pm	Jun 24-Jul 29	\$30	\$40 (Mon)
138976E	Adv	1:45-2:45 pm	Jun 26-Jul 31	\$30	\$40 (Wed)
138976F	Beg	2:45-3:45 pm	Jun 26-Jul 31	\$30	\$40 (Wed)

**Aquatic Exercise with Jennifer**

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is approximately 82-84 degrees. **Returning residents from the most recently paid session (Spring) have priority and may register online beginning Mon, May 20 at 8 am. All residents (returning and new) may register beginning Tue, May 22 online or walk in. Non-residents may register online or walk in beginning Thu, May 23 at 8 am.** Returning students changing time slots must register as new.

**Weeks: 10 Fee: FREE - HAP Sponsored**

Act #	Day	Time	Dates
138978A	T&Th	9-9:50 am	Jun 11-Aug 22
138978B	T&Th	10-10:50 am	Jun 11-Aug 22

**Additional Section offered with Rachel 10 wks.**

Act #	Day	Time	Dates	Fee	Non-Res
138978G	Sat	9-9:50 am	Jun 15-Aug 24	\$56	\$66

**Chair Yoga with Janeen**

An effortless arrangement of gentle stretches, breathing exercises and meditations utilizing a chair for assistance. A creative way to stretch out stress and reenergize, while building strength and endurance. No need to visit the floor! Drop in passes for Spring class available through June 4. **No summer session for this class.**

**Drop in fee is \$7.50 (\$8.50 Non-Res)**

**\*Beginning Pilates with Ilene Hill**

Improve overall 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: 7. No class July 1 & 3.**

Act #	Day	Time	Dates	Fee	Non-Res
138982C	Mon	10-10:50 am	Jun 17-Aug 5	\$34	\$44
138982D	Wed	10-10:50 am	Jun 19-Aug 7	\$34	\$44

**\*Balance and Stretch with Ilene Hill**

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: 7. No class July 1 & 3.**

Act #	Day	Time	Dates	Fee	Non-Res
138983A	Mon	9-9:50 am	Jun 17-Aug 5	\$34	\$44
138983B	Wed	9-9:50 am	Jun 19-Aug 7	\$34	\$44

**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. No class July 1 & 3.**

Act #	Day	Time	Dates	Fee	Non-Res
138977A	Mon	11-12:10 pm	Jun 17-Aug 12	\$38	\$48
138977B	Wed	11-12:10 pm	Jun 19-Aug 14	\$38	\$48

**Pilates with Fawn**

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. **Weeks: 10. No class July 2 & 4.**

Act #	Day	Time	Dates	Fee	Non-Res
138979A	T&Th	11-11:50 am	Jun 11-Aug 22	\$86	\$96

**Chair Exercise**

Mon, Wed, and Fri, 11-11:50 am. Purchase a \$31, 10- punch card at front desk (NR \$41)

**Stretch and Tone**

Monday and Thursday, 11-11:50 am. Purchase a \$31, 10-punch card at front desk (NR \$41).

**\*This class is included in the Fitness Passport. Details available at the Community Center.**

**Drop-in passes are available for the spring session which is going on now through June.**

**All classes meet at the Troy Community Center**



**Anyone Can Paint**

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like a artist in one class. An 11 x 14 painting will be completed in class. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$27.50; Non-Res \$37.50 **Ages:** 16 and older

Act #	Date	Time	Subject
145932L	Thu, May 9	6-8 pm	"Rocky Point Lighthouse"
145932M	Thu, Jun. 13	6-8 pm	"Gone Fishin"

**Watercolor Painting Lessons**

For beginners through advanced painters. Karen Halpern will guide you in working with watercolor. Supply list is available on receipt. **Fee:** \$122; Non-Res \$132

Act. #	Day	Time	Dates	Wks
138971A	Wed	9:30 am-12 pm	Jun 19-Aug 21	9

**Oil & Acrylic Painting**

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on receipt. **Fee:** \$66; Non-Res \$76 **8 wks.** Spring class runs through May 14.

**This class returns in the fall.**

**Piano Keyboarding**

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. A book may be purchased at the first class: \$15 for beginners and \$15 for intermediate.

**Instructor:** Grace **Fee:** \$37; Non-Res. \$47 **Weeks:** 10  
Current class runs through Jun 24. **This class returns in the fall.**

**Drop In Ballroom Dance**

**Mondays & Wednesdays, 1-2 pm;** Fee: \$6; Non-Res \$7 at door  
Always wanted to ballroom dance? Now's your chance! Join our group classes and learn a different Smooth, Rhythm, or Swing dance style each month. Study the steps and 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. Come learn something new! **Mondays-** No classes in May/June **Tango/July EC Swing/Aug.** Rumba. **Wednesdays-May Samba** (No class May 8 & 15)/**June Foxtrot/ July Cha-Cha/Aug. Hustle** (No class Aug. 28)

**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 **Fee:** Res \$46 Non-Res \$56 10 wks. Spring class continues through May 28. **This class will return in the fall.**



**Square Dance Lessons**

**Mondays 7-9:30 pm at the Troy Community Center**

**Fee:** \$5; Non-Res \$6 payable at the door

Join us on Mondays from 7-9:30 pm for modern square dancing. Partners are recommended but not required.

For more information, call Geoff at 248-547-3073.

**Line Dance Lessons**

**Mon and Wed, 12:30-2 pm;** Fee: \$6; Non-Res \$7 at door

Connie will teach you the basic steps and combine them into a dance. Guys and gals of all levels are welcome. Beginners welcome at any time! No partner needed.

**Zumba Gold Dance Exercise**

**Tue and Fri 10-10:50 am, Mon & Wed 7-8 pm**

**Fee:** \$6; Non-Res \$7 payable 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.

**Arts and Crafts Tile Making**

Class covers each step from design through kiln firing. Learn how to carve a tile and make a plaster mold for multiple reproductions and glazing. Your design piece can be framed, placed on countertops or as trivet. Material fee is separate. Pick-up projects after last class. **Weeks:** 4 **Ages:** 14 and up

**Instructor:** Jan Lindell-Meinhard, MA Wayne State University  
**Material Fee:** \$25 –paid directly to instructor 1st week

Act#	Day	Dates	Time	Res	Non-Res
124305F	Wed	5/15-6/5	7:15-9:15 pm	\$64	\$74
134305C	Wed	*6/19-7/17	7-9 pm	\$64	\$74

\*No class 7/3

**Clay Projects for Seniors**

Tap into your creative side. This class is designed for adults 50 and older to work with clay and glazes to design beautiful pottery. Under the direction of our art instructor you have the opportunity to explore the world of clay. Three different clay projects. Material fee: \$15 paid to instructor at 1st class.

Act#	Day	Dates	Time	Res	Non-Res
124305H	Tue	5/14-6/4	10:30 am-2 pm	\$48	\$58



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



OAKMONT

*Senior Communities*

## Oakmont Presents

Friends of Troy Seniors and Oakmont Senior Communities host Oakmont Presents, a series of informative monthly presentations. Programs are held at Troy Community Center, Room 303. Free Continental Breakfast: Register: 248-526-2608. To get a convenient parking space, arrive at 8:30 to 8:45 am. We'll have the coffee on.

**Wednesday, May 22, 9-10 am**

**Department of Veteran Affairs Aid & Attendance Benefit**  
Wartime veterans and their surviving spouses, 65 years and older, may be entitled to a tax-free benefit called Aid and Attendance. The benefit was designed to provide financial assistance to help offset the cost of long-term care in an assisted living facility or for in home care. Speaker Belinda Shelton-Duggan is an accredited representative to present claims before the Department of Veterans Affairs. She currently serves as the Supervisor for the Troy office of Oakland County Veterans Services.

**Wednesday, June 26, 9-10 am**

### Wellness First

Wellness First specializes in assisting our clients with stress management through Energy Balancing of the body. They are Reiki Master certified through Beaumont Hospital. Wellness First will teach you hands on techniques that will assist you with calming your nervous system to allow for lower blood pressure, pain relief, and brighter spirits. Reiki also encourages the body's self-healing efforts. Presenter Lisa De Rubies Allen is the founder of Wellness First. NOTE: This program was originally scheduled for February.

## Audiology Screenings Available For Seniors

Don't forget to stop in on the 2nd Friday of the month from 10 am – 2 pm and let Hear USA conduct an audiology screening for you. The next screening will be held on May 10 in the Senior Reading Room.

## Monthly Membership Meeting of the Friends of Troy Seniors

Our next two meetings are scheduled for Thursday, May 16 and Thursday, June 20. Both meetings will be held at the Community Center and start at 1 pm. We continue to seek new members and at this time we also have advisory board positions available. If you are interested in knowing more about the available positions, please call our office at 248-526-2608 and ask for Kay or Sharon.

## Friends of Troy Picnic

Friday, June 14, 11 am - 2 pm

Join us at the picnic area adjacent to the Troy Community Center located on the corner of Livernois Rd. and Town Center Dr. Parking is available in the north parking lots and restrooms are available at the Community Center. There will be music by Mike Wolverton 11 am to 2 pm and a traditional picnic lunch at 12 pm by Emerald Kitchens with volunteer help and games following for the first one hundred people. Reservations are required for this "seniors only" event. Make your reservation by calling the Friends of Troy Seniors at 248-526-2608 or stop by the office M – F, 10 am – 2 pm. Arrangements will be made to move indoors if it rains.

## Thank You Donors, Sponsors and Volunteers

The Friends of Troy Seniors would like to thank the following businesses and individuals for their support.

- Akler Eye Center who co-sponsored and made the presentation at our April 1 Lunch and Learn program.
- Dolly's Pizza at Rochester Rd. and Wattles for the delicious pizza served at our April 1 Lunch and Learn program.
- Our Lunch and Learn volunteers who set up and served the buffet luncheon on April 1.
- Our document shredding volunteers who worked on April 16 to provide a valuable service to the seniors.
- Our office volunteers for booking the AARP tax-aide appointments and making appointment reminder calls.
- Our pastry posse volunteers who pick up day old baked goods three times a week and deliver them to the senior dining room in all kinds of weather including snow days.
- Our office volunteer, Kay, who makes the Oakmont Series happen on the 4th Wednesday of every month along with Martha from Oakmont Senior Communities. The continental breakfast is much appreciated too.
- Our large pool of volunteers who are on call to give of their time when asked. Many thanks to all of you.

Lastly, a special thank you goes to Bill LaRue who is resigning from his chairmanship on May 1. He has made a lasting contribution to FOTS as our first chairman since June 23, 2011. Thank you for your gift of time, effort and support.

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

**248-526-2608**

[fots@wowway.com](mailto:fots@wowway.com)

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

**Hours – Mon-Fri 10 am - 2 pm**

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>May</b>		11:45 Sausage and Sauerkraut <sup>1</sup>	11:45 Chef's Choice <sup>2</sup> 12:30 Birthday Party	11:45 Baked Fish <sup>3</sup> 1:00 Newcomer's Bingo	
	11:45 Mac & Cheese <sup>6</sup>	11:45 Oven Fried Chicken <sup>7</sup> 12:30 Medicare Fraud Speaker	7:00 Tulip Trip <sup>8</sup> 10:00 Book Club 11:45 Pork Chop	10-11:30 Caregiver Support <sup>9</sup> 11:45 Baked Fish	11:45 Roast Turkey <sup>10</sup> 1:00 Bingo
	11:45 Pork Choppette <sup>13</sup> 12:15 Wii Play	11:45 Lemon Pepper Chicken <sup>14</sup> 1:00 Red Hat	8:30 Firekeeper's Casino <sup>15</sup> 10-12 Disk Erasure 11:45 Sweet & Sour Beef	11:45 Meatloaf <sup>16</sup>	10-12 Blood Pressure <sup>17</sup> 11:45 Fish Creole 1:00 Bingo
	10:30 Harmonica Performance <sup>20</sup> 11:45 Veal	11:45 BBQ Chicken <sup>21</sup> 1:00 Bookmark Workshop	9:00 Veteran's Speaker <sup>22</sup> 9:30-12 Computer Consultations 11:45 Chef's Selection 12:30 Pie Plate	11:45 Roast Pork <sup>23</sup>	11:45 NO LUNCH <sup>24</sup> 1:00 Bingo
	<b>Center Closed Memorial Day</b> <sup>27</sup>	11:45 Spaghetti <sup>28</sup> 12:30-2 Focus Hope	11:45 Baked Chicken <sup>29</sup>	11:45 Pork Loin <sup>30</sup>	11:45 Baked Fish <sup>31</sup>

11:45 Veal Picatta <sup>3</sup>	9:00 Alzheimer's Speaker <sup>4</sup> 11:45 Oven Fried Chicken 1:00 Mackinac Mtg.	11:45 Chicken and Noodles <sup>5</sup> 6:00 Restaurant Group	11:45 Chef's Choice <sup>6</sup> 12:30 Birthday Party	11:45 Baked Fish <sup>7</sup> 1:00 Bingo
11:45 Mac & Cheese <sup>10</sup>	11:45 Oven Fried Chicken <sup>11</sup> 1:00 Red Hat	10:00 Book Club <sup>12</sup> 11:45 Pork Chop 1:00 iPad Workshop	10-11:30 Caregiver Support <sup>13</sup> 11:45 Roast Turkey	11:00 Friend's Picnic <sup>14</sup> 11:45 NO LUNCH 1:00 Bingo
11:45 Pork Choppette <sup>17</sup>	11:45 Sweet & Sour Beef <sup>18</sup> 12:30 Medi-Go Anniversary Party	10-12 Disk Erasure <sup>19</sup> 11:45 Lemon Pepper Chicken 11:45 Tiger Trip	11:45 Meatloaf <sup>20</sup>	10-12 Blood Pressure <sup>21</sup> 11:45 Fish Creole 1:00 Bingo
11:45 Veal <sup>24</sup>	11:45 BBQ Chicken <sup>25</sup> 12:30-2 Focus Hope	9:00 Wellness First Speaker <sup>26</sup> 9:30-12 Computer Consultations 11:45 Chef's Selection	11:45 Roast Pork <sup>27</sup>	11:45 Breaded Fish <sup>28</sup> 1:00 Bingo

# June

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday.  
Suggested donation: \$3. Under age 60 must pay \$6.

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 7 for more information.

**Medicare Enrollment Assistance**

Jim Zoellner, certified Medicare/Medicaid counselor, offers enrollment assistance on the 2nd and 4th Friday from 10 am-1 pm in room 404. Get help with selecting insurance, claims, denials of service, and more. Call 248-524-3484 to make an appointment by the Wednesday before desired 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 248-312-0179 for details.\*\*

**Counseling with a Social Worker**

2nd Thursday, 9 am - noon. Call 248-524-3484 by the Tuesday before to make a one-hour appointment. 1st visit is free. Offered by Oakland Family Services.

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

Thursdays, 8:30 - 10:30 am at the Community Center. Non-profit weight loss support group. Call 586-268-1514 for details.\*\*

**SPORTS AND FITNESS**

For ongoing sports and fitness activities, see pages 4 and 5.

**CARDS AND GAMES**

**Bingo** - Fridays, 1-2:30 pm. .25/card with \$1 admission card. Cash prizes.

**Bridge** - Duplicate -Tuesdays 12:30-3:30 pm (248-546-4335)\*\*, Party -Thursdays 12:30-3 pm (248-307-9644)\*\*, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$6 at door (586-775-7363).

**Cribbage** - Fridays, 1-3 pm. Beginners welcome. 248-689-1740.\*\*

**Euchre** - Tuesdays, 12:30-3 pm. Call 248-689-0854 for details.\*\*

**Pinochle** - Mondays, 12:30-3 pm. Call 248-528-0379 for details. Beg. pinochle (no experience needed) Thursday, 12:30-3 pm. 248-376-5556.\*\*

**CREATIVE ARTS**

**Ballroom Dance Lessons** - Mon. & Wed., 1-2 pm. \$6 at door (\$7 NR).

**Band** - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. Call 248-689-3536 for details. \$18 (\$23 NR)

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

**Line Dance Lessons** - Mon. and Wed., 12:30-2 pm. \$6 at door (\$7 NR)

**Harmonica Club (Mouth Organ Grinders)** - Mondays, 9:30-11 am. Sept. - May. Beginners welcome. Call 248-689-2499 for details.\*\*

**Needlework Club** - Tuesdays, 10 am- noon. Share ideas and advice on knitting, crocheting and other needlework. No lessons. Call 248-588-5442 for details.\*\*

**Painting Club** - Thursdays, 9 -11:30 am. Call 248-646-3978 for details.\*\*

**Quilting Group** - Wednesdays, 9 am - 4 pm. All levels welcome. Bring works in progress. No lessons. \$60 (\$70 NR)

**Woodcarving Club** - Mondays, 8:30-11 am. Beginners and visitors welcome. Call 248-528-3292 for details.\*\*

**Massage Therapy**

Chair or table massage is offered on Mondays and Fridays from 9 am to 2 pm with massage therapist Gordon Maslowski. The fee is \$15 for a 20 minute chair massage or \$35 for a 45 minute table massage. Call 248-840-3460 to make an appointment. Walk-ins welcome if time allows.

**OTHER ACTIVITIES**

**Birthday Party** - 1st Thursday 12:30-1 pm. No reservation required. Cakes donated by the Newcomers. Ice cream donated by Emerald Food Service.

**Book Club** - 2nd Wednesday, 10 am. No reservation required. Call Corrine at 248-528-1508 for more information.\*

**Computer Lab - Free!!!** Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability.

**Hot Lunch** - This federally funded program is held Monday - Thursday from 11:45 am - 12:30 pm and Friday from 11:30-12:15 pm for ages 60 and older. No reservation needed. Suggested donation: \$3. (Under age 60 must pay \$6.) Call 248-689-0001 for more information.

**Homebound Lunches** - Homebound lunches and liquid meals available Monday - Friday at noon. Call 248-689-0001.

**\*\*Participation Fee\*\***

Annual fee for Sept. 1 - Aug. 31 2013. Prorated monthly. (Act. #145201)

Want to try it out? Your first visit is free!

\*\$15 annual participation fee; Non-Res: \$20.

\*\*\$36 annual participation fee; Non-Res: \$46.

\$60 annual fee to participate in as many groups as you want; Non-Res: \$60

**OR**

\$1.50 per meeting drop-in fee; NR \$2 (Quilting: \$3/\$4). (Office note: Use POS 1206)

If you have an idea for a new club or group, please call Carla at 248-524-3492 to discuss the possibilities.

## Troy Restaurant Group

Wednesday, June 5 - 6 pm at Bahama Breeze  
Dine out with others every other month. Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next Restaurant Group event is Wednesday, June 5 at Bahama Breeze on the north side of Big Beaver between Rochester and Livernois. Please RSVP to Marlene at 248-879-9214 or [Queenie850@comcast.net](mailto:Queenie850@comcast.net) by June 1. The group will have separate checks.



## Caregiver's Support Group

2nd Thursday of each month - 10-11:30 am

This group is co-sponsored 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.

## Line Dance Group

Wednesdays, 8-9:30 pm Studio C

Drop-in fee is \$3.50; Non-Res: \$4 **First visit FREE!**

This group of experienced dancers welcomes anyone interested in line dancing. No partner needed. Dances are led by experienced members. Those with some line dance experience would be most comfortable in this group but beginners are welcome to attend. In addition to the drop-in rate, an annual rate is available. Ask the leader for details.

## Annual Group Participation Fee

There is an annual participation fee for groups that meet at the Community Center. This fee covers the time period of September 1, 2012 - August 31, 2013 and is prorated monthly for those who join later in the year. Newcomers may attend their first meeting free.

**\$15 annual fee (\$20 NR) - Act. #145201**

A Book Club	D Red Hat Society
-------------	-------------------

**\$36 annual fee (\$46 NR) - Act. #145201**

E Bridge-Tues. Duplicate	M Needlework Club
F Bridge-Thur. Party	N Pacific Rim
H Cribbage	O Painting Club
I Euchre	P Pinochle Monday
J Harmonica Club	Q Pinochle - Beg.
K Heritage Concert Band	R Quilting Group*
L Line Dance	S TOPS
	T Woodcarving

\*This group pays multiple group fee due to extended hours.

**W Multiple Groups** - pay an annual fee of \$60 (\$70 NR) to participate in as many of the above groups as you wish.

**Drop in fee option:** \$1.50 per meeting (\$2 non-residents) payable to the group leader at the door. (Double for quilting group due to extended hours.)

## ACBL Bridge Clubs

A Monday club meets at noon and a Friday club meets at 11 am at the Troy Community Center. The fee is \$6 at the door. Call George Stankovich at 586-775-7363 for details.

## Book Club - 2nd Wednesday of each month - 10 am

Contact Corrine at 248-528-1508 for more information about the books to be discussed. New members welcome. Annual participation fee: \$15. Non- Res \$20. Register for Act. #145201A or \$1.50 at the door (NR \$2).

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

Call Sylvia at 248-524-1108 for more information. Annual participation fee: \$15. Non- Res \$20. Register for Act. #145201D or \$1.50 at the door (NR \$2). In addition, the Red Hats collect annual dues of \$35 per person.

## Troy Library Spice of Life Discussion Group

The Spice of Life Study and Discussion Group meets on the first and third Wednesday (and the fifth when it occurs) at the Troy Library from 10-11:30 am. For more information, contact Fay Brown at [faybrown2@yahoo.com](mailto:faybrown2@yahoo.com).

### May 1: Penguins – The Birds That Wanted to be Fish

### May 15: Seeking 1906

One writer and his modern-day journey into the story of the Great San Francisco earthquake

### May 29: Patriots Day

Two centuries after the Battle of Lexington and Concord, Redcoats and colonial patriots still face off to commemorate the beginning of the American Revolution.

### June 5: Paul Conrad: Drawing Fire

Celebrates the remarkable 50-year career of this legendary Pulitzer Prizewinning political cartoonist.

## E-News Updates

If you get the *Fifty Forward* newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the homepage of the City web site at [www.troymi.gov](http://www.troymi.gov). Click on the black 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 at the bottom. Then, under 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.

# Troy Medi-Go Plus Transportation

## What is Troy Medi-Go Plus?

Troy Medi-Go Plus is a nonprofit organization dedicated to providing Troy residents age 60+ and Troy residents with disabilities age 18+ with door-to-door transportation to medical appointments and other important destinations. Persons with temporary disabilities may qualify on a case-by-case basis. Vehicles are wheelchair accessible.

## Who Pays For Troy Medi-Go Plus?

Troy Medi-Go Plus receives funding from the City of Troy, SMART, Michigan Department of Transportation, Beaumont Foundation and rider fares and donations.

## Where Can I Go with Troy Medi-Go Plus?

**Medical Appointments** - including dentist, pharmacy, clinics, hospital, therapy. Make your reservation up to two weeks in advance. Standing appointments are accepted. Boundaries are 11 Mile, Mound, University and Southfield Roads and Providence Hospital.

**Visits to Spouses in Nursing Homes** - Call up to one week in advance. No standing reservations. Same boundaries as medical appointments.

**Troy Community Center** - Monday - Friday. Call up to one week in advance. Standing reservations accepted.

**Grocery Shopping** - Thursdays and some Fridays. Anywhere within the City of Troy and to Meijer in Rochester Hills, Sterling Heights and Royal Oak. Reservations accepted two days in advance. No standing reservations.

**Oakland Mall** - Tuesdays. Reservations accepted the Friday before. No standing reservations.

**Work and Educational Trips** - for persons with disabilities. Monday - Friday. Same boundaries as medical appointments. Standing reservations accepted.

## Hours of Service

Monday through Friday, 8:30 am - 4:30 pm. (Closed Christmas Day through New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and the day after Thanksgiving and when Troy Schools are closed due to weather. (A limited number of dialysis rides are available on school snow days.)

## Cost

\$2 per one way ride.

## For More Information or Reservations

Call 248-457-1100 between 9 am and 4 pm Monday - Friday.

SMART Connector same day service is also available to destinations anywhere within the City of Troy. Call SMART at 248-362-3436 when you are ready for your ride.

In addition, Troy People Concerned has volunteers that provide rides to medical and social service agencies for Troy residents of all ages who need door-to-door assistance and cannot use SMART or Medi-Go. Call 248-528-9199 for more information.

# Home Chore Program

This federally funded program assists low-income Troy homeowners 62 and older and persons with disabilities with lawn mowing and snow removal services. Senior applicants must have a maximum household income of \$34,950 for a one-person household or \$39,950 for a two person household and present last year's tax return. Homeowners with disabilities must submit a 2012 Michigan Homestead Property Tax Form (Form MI 1040-CR) and proof of disability (letter from their doctor stating why they cannot perform the chores). Chores performed include a spring clean-up in April (gutter cleaning, and general cleaning of the yard); lawn mowing throughout the growing season approximately once every 7-10 days; a fall clean-up in November; and snow removal throughout the winter months. To apply, call 248-524-1147. Funds are limited.

# Contestants Sought for Ms. Senior MI

Winner to be Crowned July 17 in Rochester

This pageant honors women age 60+ who have reached the "Age of Elegance." If you act, sing, dance, paint, play an instrument, or have another talent, please apply. Contestants will be judged on interview, talent, poise and philosophy of life. For more information, contact Fran at 248-709-7596 or visit [www.msseniormichigan.org](http://www.msseniormichigan.org).

**Taste of Mackinac Trip Meeting**  
**Tuesday, June 4**  
**See page 3 for details.**

**"When it was time to find help for Dad, I made the best decision for all the right reasons."**



*If you have a loved one that needs great care personalized just for them, call or visit today.*

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TROY-RES01-0413 SC



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

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

**Computers for Beginners 1**

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

Act #	Day	Time	Dates
145951N	T & Th	9:30-11:30 am	5/7-16
145951O	M & W	6:30-8:30- pm	6/3-12
135951A	T & Th	9:30-11:30 am	7/9-18

**Computers for Beginners 2**

This course continues where Beg. 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 web sites, sending emails, making CD's and DVD's and much more.

Act #	Day	Time	Dates
145973K	T & Th	9:30-11:30 am	6/4-13
135973A	M & W	1-3 pm	7/8-17

**Intermediate Computer Skills**

If you're comfortable using your mouse and keyboard, then this class will take you to the next level of fun with computers! Building on the Beg. 1 and 2 classes you will get a hands-on introduction to Windows, file management, word processing, Internet, E-mail, spreadsheets, and other exciting exercises.

Act #	Day	Time	Dates
145952H	T & Th	1-3 pm	5/7-16
145952I	T & Th	9:30-11:30 am	6/18-27
135952A	T & Th	1-3 pm	7/9-18

**Windows 8**

Prerequisite: Computers for Beginners or some previous computer experience. Learn to use the Windows 8 operating system to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more.

Act. #	Day	Time	Dates
135972A	M & W	6:30-8:30 pm-	7/8-17

**Introduction to Word 2007**

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.

Act #	Day	Time	Dates
145954D	T & Th	1-3 pm	6/4-13

**Introduction to Excel**

Do you keep an address book, a household budget, golf/bowling league averages or any other kind of list or data log? Then you need to try Microsoft Excel, the world's most popular spreadsheet program. Excel does all the data and number crunching for you. Have fun while you learn its many possible uses: savings, investments, medical data, weight loss, gas mileage, expenses, etc.

Act #	Day	Time	Dates
145968C	T & Th	1-3 pm	6/18-27

**Computer Security and Internet Scams**

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

Act. #	Day	Time	Dates
135967A	M & W	6:30-8:30 pm	7/22-31

**Fee for classes below: \$21 Non-Res: \$26 and each session is 2 hours/meets 2 times in 1 wk. Exception: Email meets for 1/two hour session.**

**Introduction to 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.

Act #	Day	Time	Dates
135962A	T & Th	9:30-11:30 am	8/6-8

**E-Mail**

A one-to-one two hour session with an instructor who will focus on your e-mail system and your specific needs. Lessons range from opening a new e-mail account through creating contact lists, adding attachments, sending and receiving pictures, etc. All major e-mail providers (AOL, Gmail, Hotmail, Outlook Express, Windows Live Mail, Yahoo) are covered.

Act #	Day	Time	Dates
145960U	Tue	1-3 pm	5/21
145960V	Thu	1-3 pm	5/23
145960W	Tue	6:30 pm	6/11
145960X	Thu	6:30 pm	6/13
135960A	Mon	1-3 pm	7/22
135960B	Wed	1-3 pm	7/24

**Basic Photo Shop 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 photos with color, brightness or contrast problems. Develop the skills to print beautiful pictures, restore old photos and even create special projects like photo books and calendars.

**Wks: 4 Dates 9/17-10/10**

**Fee: \$60; Non-Res: \$70**

Act #	Day	Time
135959A	T & Th	1-3 pm

**Advanced PhotoShop Elements**

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, you can learn to 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: 4 Fee: \$60; Non-Res: \$70**

Act #	Day	Time	Dates
145970D	M & W	1-3 pm	6/3-26

**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 fee is \$5 payable at the Community Center desk before your appointment. Please call to cancel if you cannot keep your appointment.

**Hard Drive Erasure**

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

**Drop-In Computer Lab Now**

**FREE!!!**

The computer lab is open for drop-in use on Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm subject to monitor availability.

# Thank You Senior Program Volunteers!

## Creative Endeavors

Marie Dolmage  
Joann Dreger  
Richard German  
Sandy Hudkins  
Wendy Kibat  
Linda Latsko  
Christine Lecoutre  
Betty Louney  
Evelyn Manceor  
Ruth Mapes  
Elizabeth Murphy  
Ann Sherwood  
Virginia Sinko  
M.J. Southwell  
Donna Spaniola  
Marjorie Wagner  
Delphine Wilk

## Program Leaders

Comine Alonzo - Book Club  
Judy Baker - Quilting  
Geoff Brieger - Sq Dance  
Michael Burnett -  
Woodcarving  
Jerry Coval - Harmonica  
Sylvia Furman - Red Hat  
Zora Hargrave - Pinochle  
Jackie Gregorich -  
Needlework  
Don Kaiser - Euchre  
Judy Luther - Tennis  
Pam Mackowski -  
Pickleball  
Carol Ann Marsh - TOPS  
Dave Mattis - Volleyball  
Lynn McLean - Jr.  
Pinochle  
Marion Medler - T Bridge  
Phil Oh - Pacific Rim  
Judy Pearl - Line Dance  
Audrey Perry - Thu.  
Bridge  
Bob Rourke - Band  
Beverly Seidel -  
Painting Club  
JoAnn Thompson -  
Restaurant Group  
Cynthia Wilsher - Quilting  
Nancy Yockey - Cribbage

## Computer Learning Center

Chris Adams  
Bob Berk  
Mike Brady  
Pam Brady  
Curtis Brown  
Robert Connelly  
Fred DeNio  
Ruth Feiler  
Randall Fournier  
Tina Franco  
Bette Gay  
Darnell Hargrave  
Zora Hargrave  
Jim Harris  
Nancy Ho  
Patty Huffer  
David Kaminski  
Rick Knight  
Richard Kucejko  
John Lavender  
Lynn McLean  
Tammy Renshaw  
James Sauter  
Frank Searight  
Heena Shah  
Tom Telotte  
Bob Treharne  
Bob Zimmerman  
Jim Zoellner

## SHARP

Jeff Benton  
Tom Bernard  
Mike Brady  
Phil Ciesliga  
Jim Cyrulewski  
Les Davis  
Cele Dilley  
Tom Ennis  
Joseph Feko  
Walt Feifer  
Bruce Gates  
Robert Gervais  
David Gray  
Steven James

Kathi Johnson  
Tom Kaszubski  
Dagoberto Krambeck  
Charlie Lobbestael  
Tom Loftus  
Keith Meadows  
David Nagengast  
Doug Slattery  
Larry Sporer  
Mindy Sporer  
Ken Stress  
Karin Stahl  
David Taylor  
Bruce Turnage  
Susan Voytal  
Dan Watson  
Jerry Whitefoot  
Sharron Wilson

## Taxes

C.V. Abraham  
K.L. Asija  
I-Ching Chen  
Tina Franco  
Sharon Galliker  
Sharon Grieser  
Taube Karpov  
Richard Kucejko  
Doug McGlaun  
Linda Meida  
Carmelo Milia  
Manu Naik  
Bill Rhodes  
John Sakowicz  
Sharon Sakowicz  
James Sauter  
Donald Schafer  
Richard Schmitt  
Jerry Watson  
Frank Yee

## Special Events and Programs

Diane Alati - Various  
Fred Alati - Various  
Isis Awad - Newsletters  
Don Bernd - Pianist  
Su Chaudhyri - Various

Elaine Cook -  
Newsletters  
Aggi Erlandsan - Various  
Joan Ersin - Various  
Wally Gannon - Various  
Nancy Ho - Newsletters  
Phyllis Hocking -  
Various  
Lil Karamanian - Trips  
Allison Miller - Wii  
Dorothy Pietron - Various  
Pauline Potrzuski -  
Newsletters  
Ann Schoenbeck - Wii  
Nance Thoenes - Trips  
Jim Zoellner - Medicare

## Bingo

Carol D'Andrea  
Madelon Owen  
Dorothy Pietron  
Marlene Przybycien  
Dorothy Schillinger  
Howard Schillinger  
Melvina Scott  
Joanne Stephenson  
Harold Stephenson

## Friends of Troy Seniors

Diane Alati  
Fred Alati  
Henry Allemon  
Andrea Allemon  
Michelle Booth  
Ron Butterbaugh  
Freda Cochran  
Elaine Cook  
Sandy Cyplik  
Pat Daniels  
Gloria Dixon  
Virginia Dow  
Katherine Duncan  
Sanaa El-Shamaa  
Joan Ersin  
Laurance Farris  
Wally Gannon  
Rajaram Gokhale  
Sharon Grieser  
Corinne Growney

Phyllis Hocking  
Peggy Holweger  
Veronica Iversen  
Margaret Julian  
Maryann Klingensmith  
Lakshmi Kodali  
Tatiana Kornievskaia  
Bill LaRue  
RuthAnn LaRue  
Dana Lenny  
Joe Malone  
Elena Martinovici  
Kay McFarland  
Dick Mosey  
Bonnie Moulik  
Pauline Potrzuski  
Erika Proschow  
Marlene Przybycien  
Lynn Rachwicz  
Bill Rhodes  
Elizabeth Rhodes  
Emily Rhodes  
Pat Rhodes  
Debbie Rivers  
Shirley Roberts  
Val Roberts  
Ann Ross  
Carol Sanders  
Jim Sauter  
Donald Schaefer  
Megan Schauerte  
Doris Schuckter  
Gil Schmidt  
Margaret Schwartz  
Tony Sciuлло  
Irene Sidhom  
Dawn Smith  
Breanna Spilane  
Joanne Stephenson  
Lois Templeman  
Steve Toth  
Mike Vlajkov

Volunteers  
gave more than  
16,000 hours  
to the senior  
program  
last year!

Homebound Meals: The City of Troy and Emerald Food Service also thank the **78 volunteers who delivered 25,382 meals** to homebound seniors in Troy last year.

**Assistive Listening Devices**

Available for meetings at the Community Center. See a senior staff person.

**Captioned Telephone** - Available at the Community Center for hard-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 and Fridays from 1-3 pm.

**Craft Supplies** may be donated to the Community Center for program use or for seniors to take home. The craft closet is located in the Arts and Crafts room and is open M-F from 8-4:30.

**Focus Hope Food** is distributed on the 4th Tuesday (except Dec.) from 12:30-2 pm. You must be 60 or older with a household income of \$1,211 per month or less (\$1,640 or less for a two person household – both can receive food). Apply at the Community Center front desk by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

**Home Chore Program** Assistance for low income homeowners 62 and older with grass cutting, leaf raking, spring yard clean-up, gutter cleaning and snow removal. Call 248-524-1147.

**Hospital Equipment Loan Closet**

Borrow **wheelchairs, walkers, canes, crutches, ramps, toilet chairs and shower chairs** at the Community Center. For wheelchairs, ramps and shower chairs only: call to confirm availability. **Donations accepted.** Wheelchairs, four-wheeled walkers, ramps and shower chairs are needed.

**Magazine and Puzzle Library**

Magazine subscriptions are donated by local businesses to read at the Community Center. Puzzles are donated by seniors that you may take home.

**Radio for Visually Impaired** - The Detroit Radio Information Service (DRIS) reads over 100 current publications via a pre-tuned single-frequency radio. Borrow a radio at the Community Center to try out or call DRIS at 313-577-4146 to get your own.

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

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

**Community Center Passes**

The senior rate (60 and older) is \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 for non-residents allows you to use the club Monday - Friday from 8 am - 3 pm. Additional discounts are available for low-income persons.

A Fitness Passport is also available that includes the above plus some fitness classes for an additional fee.

For those without a pass, the daily rate is \$7 (NR \$10). Seniors receive a special rate on Fridays: \$3 for use of the pool from 8-10 am and the fitness room and gym from 8 am -1:30 pm.

**SHARP Home Repair Program**

SHARP (Senior Home Assistance Repair Program) helps Troy seniors 60 and older and persons with disabilities with home repairs. The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free. Tipping is not allowed. You must pay for supplies, although assistance may be available if a need exists. If you have a repair that you need assistance with, call SHARP at 248-528-2929. Allow two weeks to hear from SHARP and call 248-528-2929 if you have questions about the follow-up on your job. Requests for outside work accepted April 1 - October 15 only.

**Donations Accepted**- by the North Woodward Community Foundation SHARP Fund. Call the Foundation at 248-740-7600 for more information or checks made out to the Foundation may be turned in at the Community Center.



**Transportation**

**Medi-Go Plus** (248-457-1100) transports door-to-door to doctors, grocery stores, Community Center and Oakland Mall by advance reservation. The fare is \$2 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



**SMART Connector** (866-962-5515) provides curb-to-curb advanced reservation service throughout Troy and to surrounding communities within an 8-10 mile radius (excluding Rochester/Rochester Hills). Call two days in advance but no later than 4 pm the day before you want a ride.

## Creative Endeavors

### Handmade Gifts and More

at the Troy Community Center  
inside the north entrance

**Open Monday - Saturday  
10 am - 2 pm and Wednesday  
and Thursday from 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 pay a 30% commission. From this, the City pays the 6% sales tax and other operating expenses. For more information, call Carla Vaughan at 248-524-3492.

**Suggestion Box**

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

\_\_\_\_\_

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

\_\_\_\_\_

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

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



**Weather Cancellations**  
Call 248-689-9756 for weather cancellation information. Call after 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/recreationregistration](http://www.troymi.gov/recreationregistration). Click on the Online Registration button and then enter household ID (find this number on a previous receipt or call 248-524-3484) and last name of head of household. On the next screen, enter the activity number you wish to enroll in and add to cart. 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. Trip cancellations 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. Activities with insufficient enrollment are usually cancelled at least three days prior to the start date.

**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 six 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 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.
1. Pick up a free copy at the Community Center on or after the 25th of every other month.
2. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/1, \$3 between 8/1 and 10/31, \$2 between 11/1 and 2/28, and \$1 after 3/1. Non-residents \$6 per year, prorated as above. **Act. #135000K.**

**Mail-In Registration Form**

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

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

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

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 Medi-Go Plus  
25th Anniversary Celebration**  
Tuesday, June 18, 12:30-2 pm  
Troy Community Center south patio - lobby if raining  
Join Troy Medi-Go in celebrating their 25th Anniversary with free refreshments, entertainment and door prizes. The fare on Medi-Go will also be free on June 18.  
Troy Medi-Go Plus is a non-profit organization that provided more than 10,000 door-to-door rides to Troy seniors and persons with disabilities last year.

**Perennial Plant Exchange**

Saturday, May 18, 10 am - Noon  
The Troy Garden Club hosts the 17th annual Troy Plant Exchange at the Troy Civic Center in the Aquatic Center parking lot rain or shine. This event is free and no money will exchange hands. Trading only! Reservations are not required. Please label all plants as to type and color of bloom, if known, and bring only healthy, pest-free plants. You may want to bring a wagon or a buddy to facilitate trading. Call 248-641-7904 for more information.

**Blood Pressure Screenings**

3rd Friday - May 17 and June 21  
10 am - Noon, Room 402  
The Friends of Troy Seniors offer blood pressure screenings on the third Friday of each month from 10 am - noon in the senior dining room (Room 402). This drop-in program is free.

Office: (248) 680-8400  
www.curtishuntmd.com

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**Curtis L. Hunt, MD**  
Internal Medicine - Adult Primary Care

2888 E. Long Lake Road, Suite 110  
Troy, MI 48085

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Diplomate, American Board of Internal Medicine  
Medicare Participating Provider  
Serving the Troy Community for over 15 years

Advertisement

**Counseling with a Licensed Social Worker**

2nd Thursday - May 9 and June 13 9 am-Noon - Room 403  
Feeling down, overly anxious, or worried about the future? Facing challenges related to changes such as moving, the loss of a significant person or relationships with adult children? Speak privately with a licensed social worker from Oakland Family Services' older adult counseling program. Call 248-524-3484 **by the Tuesday before** to schedule a confidential one-hour appointment. Your first visit is free. Medicare and supplemental insurance will be billed for additional appointments.

Home visits and Oakland Family Services office appointments are also available. Medicare & supplemental insurance coverage may apply. Call 248-858-7766, Ext. 267 to schedule a home or office-based session.

**SHARP Smoke Detector Program**

Troy residents age 60 and older and persons with disabilities are invited to participate in SHARP's (Senior Home Assistance Repair Program) free smoke detector program. SHARP will change batteries in your smoke detector or replace the detector if need be. To schedule an appointment for this service, call SHARP at 248-528-2929.

**Troy Community Chorus Spring Concert**

Friday, May 3 - 8 pm at Athens High School  
The Troy Community Chorus will present a concert entitled "Aha Moments" on Friday, May 3 at 8 pm at Athens High School. A limited number of free senior tickets are available at the Community Center beginning April 29. Tickets are for Troy residents and are limited to two per person. Additional senior (age 62+) tickets are \$8 in advance or \$15 at the door. Call Maggie at 248-390-1752 for information.

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- Newsletter sponsorships are available. Contact Carla Vaughan at vaughancs@troymi.gov.