



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Jan/Feb 2015

## **Fifty Forward Newsletter Gets a New Look; Published Monthly Beginning in March**

Beginning with the March 2015 issue, the printed version of the newsletter will be on WHITE paper with a four color masthead. In addition, the newsletter will now be printed once a month instead of every other month. It will contain three pages of ads to compensate for the additional printing cost. If you have a subscription to receive it in the mail, you will receive all of the issues printed through June 2015 at no additional cost. Those who choose to renew their subscription beginning with the July issue will receive all 12 issues for \$4 (NR \$6) - the same price you have been paying to receive six issues. We will continue to send out the e-version as before which will contain a link to the new newsletter every month.

If you have any ideas about how to make the newsletter more beneficial, please let us know by contacting Carla at 248.524.3484 or [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov).

## **AARP Tax Aide**

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income taxpayers, especially those 60 and older, to prepare federal and Michigan taxes at the Troy Community Center each Friday, starting February 6 thru April 10, 2015. Appointments must be made at the Friends of Troy Seniors desk or by calling the office at 248.526.2608, starting January 5, 2015. Office hours are 10 a.m. - 1 p.m., Monday through Friday, unless otherwise posted.

See page 13 for a list of things to bring to your appointment.

## **Shall We Dance Drop-In Ballroom Dances Second Thursday of every month!!! 7-9:30 pm Fee: \$6; \$7 Non-Res; High School Students: \$3 Pay at the door; Troy Community Center Rm 304/305**

Brought to you through the efforts of James Savage, the Friends of Troy Seniors, American House Troy, Emerald Foods and the Troy Recreation Department. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. **Attendance is growing each month. Join the fun!!!**

## **Mouth Organ Grinders Performance**

**Monday, Feb. 9, 10:30 a.m. Community Ctr Lobby**  
Join us for a free one-hour performance by our harmonica group.

## **Digital Learning Resources at the Troy Public Library**

**Wednesday, Jan. 7, 1 pm**

**Troy Community Center Room 302**

Learn something new with Lynda Learning, Brainfuse, Khan Academy and EdX. Subjects include photography, art history, Microsoft Office and much more. A librarian from Troy Public Library will highlight these great digital learning resources offered by the library. Reservations are not required for this free program. Join us, and never stop learning with the Troy Public Library.

## **Dementia Caregiver's Workshop**

**Wednesdays, Jan. 28, Feb. 4 and 11, 6:30 - 7:30 pm**

**Troy Community Center Room 303 (504 on Jan. 28)**

**Act. #115900A; \$15 (NR \$20)**

This workshop, presented by Micheline Sommers, LMSW, Director of Older Adult Speciality Service at Oakland Family Services, is a three-part series that will break down the impact of the disease and what you can expect after the diagnosis. Communicating, behavior management, therapeutic activities and caring for the caregiver are also highlighted. This workshop will provide the caregiver, both family member and/or professional, with the tools to manage this challenging disease. Pre-registration is required. Workshop size is limited to 18.

## **Shoreline Tours 2015 Trip Meeting**

**Tuesday, January 13, 10-11:30 am**

**Troy Community Center Room 302**

Mike Bondy from Shoreline Tours will be at the Community Center to answer all of your questions about upcoming trips to **The Old South in April, Montreal and Quebec City in May, Oregon Coast in August, Lake Geneva Wisconsin in September, National Parks and Canyonlands of the West in September, and Vermont/New Hampshire in October.** See page 3 for more information on these trips.

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**Recreation Dept. Hours**  
Mon-Fri, 8 a.m.- 8 p.m.  
Sat, 8:30 a.m.-12:30 p.m.

**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

**Fall Prevention Series**  
Wednesdays, March 11 - April 15,  
Troy Community Center Room 301  
Act. 125930Q - 1-2 pm  
Act. 125930R - 2:15-3:15 pm  
Fee: \$12 (NR \$17)

Concerned about falling? Now older adults and caregivers can learn and practice various balance and strengthening strategies in this empowering class proven to reduce the risk of falling. The techniques taught are fun and easily integrated into daily living. This six-week series is taught by Fall Prevention Master Trainer Sharon Claye and is based on Dr. Betty Perkins-Carpenter's Six-Step Balance system. Sharon is an A.C.E. Certified Personal Trainer and holds a certification in Post Rehab Conditioning. The fee is available at this reduced rate through a grant from the Friends of Troy Seniors. Pre-registration required. Class size is limited to 20 students. \$15 materials fee payable directly to instructor first day of class.

**Free Introductory Session**  
Wed., March 4, 1-2:30 pm  
Troy Community Center  
Room 301

**Start the New Year Healthy - Pain and Drug Free**  
Tuesday, Jan. 20, 10:30-12:30 p.m.; Troy Community Center Room 503 -  
Lunch Included

Dr. James Gregg D.C., President and Founder of Gregg Chiropractic Life Centers and Michigan Disc & Spine, a noted local and national speaker on health and wellness issues, will present his 2015 seminar on pain and drug free-non-surgical treatments - along with nutritional plans for a healthier new year, followed by a Q and A session addressing your health questions. His team will provide individual painless and non-invasive computerized health screenings that will immediately detail current health issues. Lunch will be provided and gift cards will be raffled off. Register online or call 248.524.3484 and ask for Act. 145909D by January 19. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

**Say Goodbye To Tired, Achy, Swollen Legs**

**Wednesday, February 4, 10 am; Troy Community Center Room 303**

Miller Vein will be hosting an educational event to discuss the causes and treatment options for painful legs. The Miller Vein team will discuss venous disease and the simple things that can be done to treat it. There will be free medical screenings. This event is a great opportunity to talk with vein experts and schedule free private consultations. To register for this event and to receive a free screening, please call 248.773.3598 or visit [info.millervein.com/register](http://info.millervein.com/register). This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

**Adult Swim Lessons at the Troy Community Center**

Never learned to swim but want to? Afraid of the water and want to overcome that fear? There is a class for you at the Troy Community Center. Wish there was a women's only swim class? That is offered too. Are private swim lessons more to your liking? A flexible schedule of private lessons are offered. For details on these and other aquatic classes, see page 38 of the Winter 2014 issue of Troy Today.

**2015 Spring Senior Expo Vendors register for Activity#128996C**  
Tuesday, March 17, 10 a.m. - 2 p.m. at the Troy Community Center

This year's expo will feature 80+ vendors who will offer you information about their products and services. This annual event provides one stop shopping for information on health, financial issues, housing, home care and much more.

Potential vendors:

Access registration form at [troymi.gov/2015SeniorExpoRegistration](http://troymi.gov/2015SeniorExpoRegistration). Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 to volunteer.

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

### GM Heritage Center

**Wed, Feb. 4, 9 - 11:30 am; Act. 148926S \$19; NR: \$24**

Not open to the public, our group has reservation for this Sterling Heights facility. You will see nearly 200 historic, concept and experimental vehicles plus numerous artifacts that present the significant accomplishments of GM and the role of the automotive industry in America's growth. Cameras welcome. Transportation is by school bus.

### Steel Magnolias at the Purple Rose

**Sat, Feb. 28, 11:45a-6:15p; Act. 148926T \$97; NR: \$102**

Lunch at the Common Grill in Chelsea is included, followed by time for shopping on Chelsea's Main Street. Then it's on to Jeff Daniels' Purple Rose Theater for a performance of *Steel Magnolias*, the classic comedy about six small-town women friends. Transportation is by motorcoach for this Bianco tour.

### Yakety Yak . . . A Fifties Tale at Turkeyville

**Thu, Mar. 12, 9:30a - 6:30p; Act. 148926M \$76; NR: \$81**

Enjoy a complete turkey lunch buffet at Cornwell's Turkeyville Dinner Theater followed by a performance of *Yakety Yak . . . A Fifties Tale*. When two friends buy an old diner, they are suddenly transported back to the 1950's with 50's classics playing on the jukebox. Transportation is by motorcoach for this Bianco tour.

### Solanus Casey Holy Wednesday Pilgrimage

**Wed, Apr. 1, 8:45a - 3:30p; Act. 148926K \$59; NR: \$64**

This Center in Detroit was built in memory of the Catholic priest that started the Capuchin Soup Kitchen. Tour the Center, museum, gardens and gift shop and attend a healing blessing. Lunch is included at the Center. Transportation is by motorcoach for this Bianco tour.

### Shoreline Tours 2015 Extended Trips Meeting

**Tuesday, January 13, 10-11:30 am**

**Troy Community Center Room 302**

Mike Bondy from Shoreline Tours will be at the Community Center to answer all of your questions about upcoming trips to **The Old South in April, Montreal and Quebec City in May, Oregon Coast in August, Lake Geneva Wisconsin in September, National Parks and Canyonlands of the West in September, and Vermont/New Hampshire in October.** See column at right and/or brochure at the Community Center for more information on these trips.

### EXTENDED TRIPS

- Register directly with the travel agent except fall Mackinac trip.
- 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.**

### Hawaiian Adventure – Feb. 19-28, 2015

**\$3099 per person double, \$4699 single, \$3049 triple**

Airfare add \$1700 per person. 10 days, 13 meals, and extensive sightseeing on Oahu, Kauai and Maui. Highlights detailed in brochure. Call Group Tours International for reservations. **248.625.3645.**

### Elegant Ireland – March 10 or April 7, 2015

**\$2749 per person double**

Airfare additional. 10 days, 15 meals, and extensive sightseeing. Highlights include the Ring of Kerry, Ireland's "prettiest village" of Adare, lunch at an Irish farmhouse, two nights at Ashford Castle and much more. Details in brochures available at the Community Center. Call Group Tours International for reservations. **248.625.3645.**

### The Old South – April 11-17, 2015

**\$1199 per person double, \$1599 single, \$1099 triple**

Six nights lodging, 8 meals, Savannah, Charleston, Hilton Head. Call Shoreline Tours for reservations. **800.265.0818.**

### Switzerland, Austria & Bavaria – May 13-22, 2015

**\$3699 per person double, \$3999 single, \$3669 triple**

Book by Nov. 14 and deduct \$250 from the above rates. Airfare, 10 days, 12 meals. Highlights detailed in brochure. Call Group Tours International for reservations. **248.625.3645.**

### Montreal & Quebec City – May 17-23, 2015

**\$1699 per person double, \$2439 single, \$1599 triple**

Six nights lodging, eight meals, and extensive sightseeing as outlined in brochure. Passport or enhanced driver's license required. Call Shoreline Tours for reservations. **800.265.0818.**

### Oregon Coast and Pacific Northwest – Aug. 8-17, 2015

**\$3299 per person double, \$4449 single, \$3179 triple**

Roundtrip air, motorcoach touring, nine nights lodging, 13 meals, and extensive sightseeing including Seattle, Timberline Lodge, Redwood National Park, "Avenue of the Giants," and San Francisco. Call Shoreline Tours for reservations. **800.265.0818.**

### Italian Lakes, Greek Islands & Venice

**Sept. 2-14, 2015; \$4746/person double, \$6046 single\***

Includes a 7-night Eastern Mediterranean cruise. 13 days, 26 meals, and visits to Lago Maggiore, Como, Stresa, Greek Islands, Corfu, Santorini, Mykonos, Olympia, Venice, and Murano Island. Call Group Tours International for reservations. **248.625.3645.**

**\*Inside cabin rate. Additional fee for outside cabin or balcony cabin. See brochure. Book by March 3 and take \$200 off this rate.**

**Indoor Drop-In Pickleball**

Mon. Daytime	11:30 am -3 pm	Senior Special
Wed. Evening	6-8:30 pm	All Ages
Fri. Morning	10:30 am - 3 pm	Senior Special

Four courts are available for play. All sessions free to Fitness Center pass holders. 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. \$3 Senior Special rate extended to 3 p.m. for Pickleball and Fitness Center access. Equipment provided.

**Pickleball Doubles Ladder Play at the Troy Community Center**

**Tuesday Ladder for ages 50+ only. \* No play Tues 2/17, Sun. 4/5 and Fri. 4/10.**

**Sundays, 6:15-8:15 pm 2/ 8 week sessions 32 players Both sessions full at this time.**

Act#118998E	Jan 4 - Feb 22	Res \$46 NR \$56
Act#118998F*	Mar 1-Apr 26	Res \$46 NR \$56

**Tuesdays, 1-2:30 pm 2/ 8 week sessions 32 players 8 spots remain in 1st session and 12 in 2nd session.**

Act#118998G*	Jan 6 - Mar 3	Res. \$27; NR \$37
Act#118998H	Mar 10 - May 5	Res. \$27; NR \$37

**Fridays, 6-8 pm 2/8 week sessions 16 players 4 spots remain in 1st session and 5 spots in 2nd session.**

Act#118998J	Jan 2 - Feb 20	Res. \$35; NR \$45
Act#118998K*	Feb 27 - Apr 24	Res. \$35; NR \$45

Registration required. Play three games with three different partners. Ladder competition among individuals. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs are needed. If you have questions contact Elaine T. at 248.524.3484 or E.Torvinen@troymt.gov. Equipment is provided.

**50+ Volleyball Mon and Thurs 9:30 - 11 am**

Join other seniors for drop-in volleyball at the Community Center on Mondays and Thursdays from 9:30-11 am, Sept. - March. Free for Fitness Center pass holders. All others: Drop-in fee applies. For more information about joining Troy's 55+ volleyball team that plays in the Oakland County league, contact Dave Mattis at 248.649.1898. Games are held on Tuesday mornings from October through March.

**55+ Doubles Tennis League**

This league is for men and women 55 and older. Organized round-robin play is held at the Troy Racquet Club at 3400 Civic Center Drive. Doubles partners will be provided.

NO REFUNDS unless a replacement is found. **Weeks: 17 Register at the Troy Racquet Club 248.528.3400.**

Day	Dates	Time	Member	Non-Mem
Wed	1/14-5/6	1-3 pm	\$204	\$230

**2015 Troy 50+ Golf Leagues**

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

These nine-hole golf leagues play at Sylvan Glen on Monday and Wednesday. Play begins around May 1 for approximately 20 weeks, teeing off between 7:30-8 a.m. Greens fees are paid directly to the league officers in the spring. If you take extended vacations, please sign up as a sub only.

Register now! Indicate your average for nine holes. If the league is full, add your name to the wait list. If you want to sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

**Act. 148986N:** Mon. League      **Act. 148986O:** Mon. sub list  
**Act. 148987N:** Wed. League      **Act. 148987O:** Wed. sub list

For more information, please call:

Mon.: John Ranieri	248.641.8720	
Bill Bimbo	248.318.0365	bill.bimbi@yahoo.com
Wed.: Tony D'Amico	248.250.6116	tonygolf362@gmail.com
Judy Pearl	248.641.9346	pearlja8@gmail.com
David Kaminski	248.649.4047	david.kaminski.troygolf@gmail.com

**Sports Leagues**

**Bowling** - Mondays and Thursdays, 12-2:30 pm. at Thunderbird Lanes, Sept. - April. Points for beating own average. \$5 per week. 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. **New volunteer coordinator needed. Call Elaine T at 248.524.3484 if interested.**

**Pickleball** - Ladder play fall and winter on Friday & Sundays evenings and Tuesday afternoons. See July/Aug & Nov/Dec newsletters.

**Volleyball** - 55+-Tuesday mornings Oct. - March. Contact Dave Mattis at 248.649.1898 about participating in this league.

**Drop-In Sports**

**Badminton** - Fridays, 8-10:15 am, \$3. Mondays, 2-3:30 pm. Free for Fitness Center pass holders. All others drop in fees apply. Equipment provided.

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

**Pickleball** - Offered at various times throughout the week - see the Community Center calendar for details. Senior special \$3 on Mondays 11:30 am-3 pm & Friday from 10:30 am - 3 pm.

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

**Volleyball** - Mondays and Thursdays, 9:30-11 am, Sept. - March. Free for Fitness Center pass holders. All others drop in fees apply.

- 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 w/Ilene, Balance and Stretch, Yoga w/ Marie and Aqua Exercise.

**Fitness RX Women on Weights (Tue and Thu)**

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 NR).

Act #	Day	Time	Dates	Fee	NR
118981C	Tue	6 - 7 pm	Jan 6 - Mar 10	\$61	\$71
118981D	Thu	6 - 7 pm	Jan 8 - Mar 12	\$61	\$71

**\* 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

Act #	Day	Time	Dates	Fee	NR
118975A	Tue	10-10:50 am	Jan 6 - Mar 17	\$51	\$61
118975B	Thu	10-10:50 am	Jan 8 - Mar 19	\$51	\$61

**Tai Chi with Keith (Wed w/Kim returns in Spring)**

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 Advanced. Wks: 10

Act #	Day	Level	Time	Dates	Fee	NR
118976A	Mon	Beg/Int	4-5 pm	Jan 5 - Mar 9	\$47	\$57
118976B	Mon	Int/Adv	3-4 pm	Jan 5 - Mar 9	\$47	\$573

**Ivy's Pilates**

Have a ball with Ivy's Pilates! In the words of Joseph Pilates, "You are only as strong as your core and as young as your spine is flexible." Join us in the chair or on the ball to strengthen your center, lengthen your limbs, lubricate your joints and improve your balance. You are guaranteed to conclude each class with an enhanced sense of life! Light weights and small balls will be used for muscle strength and endurance. Weeks: 11

Activity #	Day	Time	Dates	Fee	NR
118979A	Tue	11-11:50 am	Jan 6 - Mar 17	\$51	\$61

**Zumba Gold Toning Tuesdays 10-10:50 am**

**\$6 per person (Non-Res - \$7) at door First class is free!!!**

This program combines 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 adult as well as beginners. Learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones as well as 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.

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

**Aquatic Exercise with Ivy**

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. *Water temperature is approximately 82-84 degrees.* **This class is currently full. 5 drop in passes for each time slot will be available each day.** Weeks: 10 Fee: FREE!!! HAP sponsored

Act #	Day	Time	Dates
118978C	T & Th	9-9:50 am	Jan 6 - Mar 12
118978D	T & Th	10-10:50 am	Jan 6 - Mar 12

**\* 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: 11

Act #	Day	Time	Dates	Fee	NR
118982A	Mon	10-10:50 am	Jan 5 - Mar 16	\$51	\$61
118982B	Wed	10-10:50 am	Jan 7 - Mar 18	\$51	\$61

**\* 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: 11

Act #	Day	Time	Dates	Fee	NR
118983A	Mon	9-9:50 am	Jan 5 - Mar 16	\$51	\$61
118983B	Wed	9-9:50 am	Jan 7 - Mar 18	\$51	\$61

**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! Weeks: 10 Drop in fee is \$7.50 R \$8.50 NR

Act.#	Day	Time	Dates	Fee	NR
118984A	Tue	11-11:45 am	Jan 6 - Mar 10	\$60	\$70
128984B	Tue	11-11:45 am	Mar 24-May 26	\$60	\$70

**Yoga with Marie**

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

Act #	Day	Time	Dates	Fee	NR
118977A	Mon	11-12:10 pm	Jan 5 - Mar 9	\$47	\$57
118977B	Wed	11-12:10 pm	Jan 7 - Mar 11	\$47	\$57

**Zumba Gold Dance Exercise**

**Fri 10-10:50 am, Mon & Wed 7-8 pm \$6/person (NR - \$7)**

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!!!**

**Stretch and Tone** Mon. & Thu., 11-11:50 am. Purchase a \$31, 10- punch card at front desk (NR \$41).

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

<b>All classes meet at the Troy Community Center</b>
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**Anyone Can Paint**

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like an 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
145932G	Thu, Jan 8	6-8 pm	Spanish Water Fountain
145933H	Thu, Feb 12	6-8 pm	Wildflowers Along the Barn

**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. Supply list is available on your receipt. **Day:** Wed

Act #	Wks	Time	Dates	Fee	Non-Res
118971A	9	9:30am-12 pm	Jan 7-Mar 4	\$123	\$133
128971A	3	9:30am-12 pm	Mar 18-Apr 1	\$46	\$56

**Oil & Acrylic Painting**

For beginner through advanced painters. Instructor demonstrations and individual instruction. Supply list available on your receipt. Instructor: Marat Paransky **Weeks:** 8 **No class Feb 17 or Apr 17**

Act #	Day	Time	Dates	Fee	Non-Res
118972A	Tue	12-3 pm	Jan 6-Mar 3	\$67	\$77
128972B	Tue	12-3 pm	Mar 24-May 19	\$67	\$77

**Keyboarding**

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ - if you have a portable keyboard feel free to bring it. A book may be purchased at the first class: \$15 for beginners and \$15 for intermediate. **Instructor:** Grace

**Fee:** \$37; Non-Res. \$47 **Weeks:** 8

Act. #	Day	Level	Time	Dates
118973D	Mon	Beg	9-9:50 am	Jan 19-Mar 9
118973E	Mon	Adv	10-10:50 am	Jan 19-Mar 9

**Teen-Adult Pottery**

Join our resident artist to create beautiful pottery. For participants ages 14 and older, Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class.

**Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State

**Materials Fee:** \$25 (paid directly to instructor 1st week)

**Weeks:** 4 **Location:** Troy Community Center **Fee:** \$64; NR \$74

Act#	Day	Dates	Time	Theme
114305F	Wed	1/14-2/4	7-9 pm	Hot Chocolate Mugs
114305G	Wed	2/11-3/4	7-9 pm	Bunny Rabbit
114305H*	Wed	3/18-4/1*	7-9 pm	Mystery Project

\* Three week class **Fee:** \$48; NR \$58

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

Tap into your creative side. Work with clay and glazes to design beautiful pottery. Under the direction of our art instructor Jan Lindell, you have the opportunity to explore the world of clay.

**Weeks:** 2 **Fee:** \$20 NR \$25

**Material Fee:** \$5 (paid directly to instructor 1st week)

Act#	Day	Dates	Time	Theme
114305K	Tue	1/20-1/27	10:30 am-12 pm	Cookie Plate
114305J	Tue	2/24-3/3	10:30 am-12 pm	Bread Basket

**Knitting Classes**

Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. Beg. and Beg. II: A \$15 materials fee is payable to the instructor at the first class for knitting needles and yarn. Adults of all ages may attend.

**Beginning Knitting:** Learn how to cast on and how to do the two basic stitches - knitting and purling - that everything else is based on. Also learn how to increase, decrease, and bind off, the importance of gauge, and how to read a basic pattern.

**Beginning Knitting II:** Improve your basic techniques and learn how to do ribbing and seed stitch, how to read a label on a skein of yarn and how to read a pattern. Basic knitting knowledge required for this class.

**Intermediate:** You know how to knit and purl. You've made scarves, washcloths, blankets and want to move your skills up a notch. This class that will help you do that. Make a vest or sweater that fits. Bring a pattern, yarn and needles for a project you choose to the first class.

**Sock Class:** Learn the magic loop method or use double pointed needles. Learn to turn a heel, pick up the gusset and close the toe using the kitchner stitch. Bring sock yarn, a 32" or a 40" size 1 circular needle, tape measure, scissors, scrap yarn the same weight as your sock yarn but a different color and appropriate size crochet hook. Must know how to knit and purl for this class.

**NEW Fingerless Gloves:** These gloves will keep your hands warm while still giving you the freedom to move your fingers. Learn the magic loop method or use the double pointed method taught in the class. Bring 200 yards of DK weight yarn, a 32" size 5 circular needle, size 5 double pointed needles, waste yarn, stitch markers and a tapestry needle. You must know how to knit and purl for this class.

**Location:** Troy Comm. Center **Wks:** 4 **Fee:** \$45; NR \$55

Act.	Class	Day	Time	Dates
115934K	Intermediate	Tue	1-3 pm	Jan 6-27
115934L	Beginning	Wed	1-3 pm	Jan 7-28
115934M	Fingerless Glove	Wed	6:30-8:30 pm	Jan 7-28
115934N	Intermediate	Tue	1-3 pm	Feb 10-Mar 3
115934O	Beginning II	Wed	1-3 pm	Feb 11-Mar 4
115934P	Sock	Wed	6:30-8:30 pm	Feb 11-Mar 4

**Tap Lessons**

Beginners: No experience necessary! Learn basic steps and work on a nifty routine. Bring your old tap shoes, or come to the first class for suggestions on places to find new or used shoes.

**Instructor:** Terry Slater **Weeks:** 10 **Fee:** \$47 NR \$57

Act. #	Level	Day	Time	Dates
118974A	Beg	Tue	1:30-2:30 pm	Jan 6-Mar 10
118974B	Int	Tue	2:30-3:30 pm	Jan 6-Mar 10



Zumba is one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious, international music and easy-to-follow dance. You'll be so busy strutting your stuff that you'll forget you're actually exercising! For more information contact: [terri@ccplusdance.com](mailto:terri@ccplusdance.com).

### Zumba Gold Dance Exercise

**Fri 10-10:50 am, Mon (resumes Jan. 5) & 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. First class is FREE!!!

### Zumba® Gold-Toning

**Tue 10-10:50 am**

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

This program combines the enticing 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 adult as well as beginners. You'll learn how to use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, build strength and tone all the target zones as well as improve mobility, posture, coordination and cognition. Zumba Toning Sticks are available for purchase for \$15 from the instructor, or bring personal hand weights, less than 3 lbs.

### How To Stay Fit and Enjoy Life

**Thursdays, Jan. 15- Feb. 12 (5 weeks), 1-2:30 pm**

**Troy Community Center Room 302**

**Act. 115927K Fee: Free (Registration required)**

Denise Hubbard, RN with Cherrywood Nursing and Living Center, will help you jump start your fitness goals. She will help you track your weight loss and provide healthy snacks, a food scale, and prizes. Topics include portion control, eating out, diabetes risks, healthy meal prep, sodium and blood pressure, and lifestyle changes.

### English Skills Workshop

**Tues, Jan. 13 - March 10 (9 weeks); 1-3 pm Act. 145938E**

**Sat, Jan. 17 - March 14 (9 wks); 10 am - Noon Act. 145938F**

**Troy Community Center Fee: FREE**

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.

### Beginning/Intermediate Swing & Ballroom Dance - Friday Evenings

**Wks: 6 Fee: \$59 NR \$69**

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

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

**Instructors:** Jim & Donna Berg Sign up for both classes in a session and pay \$10 less for each class!!! No online registration with this option.

Act #	Style	Time	Dates
118980C	Swing	7-7:50 pm	Jan 9-Feb 27
118980D	Ballroom	8-8:50 pm	Jan 9-Feb 27

\* No class 1/16 & 2/20

### Square Dance Lessons

**Mondays, 7-9:30 pm**

**\$5 per person (NR \$6) payable at the door**

Join us for beginning square dance lessons from 7-8pm. Partners recommended but not required. Experienced dancers will assist. From 8-9:30pm will be Plus level dancing. For more information, call Carrie at 248.632.4288.

### Friday Night Square Dances

**Every third Friday, Nov. - May, 7:30-9:30 pm**

**Fee: \$5**

Dances are held in the studios upstairs at the Troy Community Center. Call Veronica at 248.689.8843 for details.

### Advanced Square Dance Lessons

**Thursdays, 7-9 p.m. \$5/person (NR \$6) payable at the door**

Minimum of three years Mainstream/Plus level dancing required. Classes led by Caller/Instructor Ray Wiles. 'NEW' Experienced Advanced level dancers are welcome and invited to attend any of our classes. Classes will progress through the A1 and into the A2 dance programs. Dress is casual attire and requires soft soled non-marking shoes.

### Drop In Ballroom Dance

**Mondays & Wednesdays, 1-2 pm**

**Fee: \$6; NR \$7 at door No class 2/2, 2/4 & 2/9**

Always wanted to ballroom dance? Join our group classes 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
January	Waltz	Rumba
February	East Coast Swing	West Coast Swing

Monday

Tuesday

Wednesday

Thursday

Friday

# January

**Center Closed** <sup>1</sup>  
**Happy New Year!**  
 Fitness Room Open 8 a - 8 p

11:45 Lemon Pepper Chicken <sup>5</sup>	11:45 Egg Casserole <sup>5</sup>	10:00 Book Club <sup>7</sup> 11:45 Mac & Cheese 1:00 Library Resources	10-11 <b>Ask A Nurse</b> <sup>8</sup> 10:00 Caregiver Support 11:45 Chicken Ala King 12:30 <b>Birthday Party</b> 7:00 Ballroom Dance	11:45 NO LUNCH <sup>2</sup> 1:00 No Bingo
11:45 Beef Hot Dog <sup>12</sup>	10:00 <b>Travel Meeting</b> <sup>13</sup> 11:45 Meatloaf 1:00 <b>Red Hat</b>	11:45 Chili with Rice <sup>14</sup>	11:45 Ginger Baked Chicken <sup>15</sup>	10-12 Blood Pressure <sup>16</sup> 11:45 Cheeseburger 1:00 Bingo
11:45 NO LUNCH <sup>19</sup>	10:30 Pain Seminar <sup>20</sup> 11:45 Stuffed Cabbage	9:30 Spillers vs Fillers <sup>21</sup> 10-12 Disk Erasure 11:45 Shepherd's Pie	11:45 <b>Chef's Choice</b> <sup>22</sup>	11:45 Potato Crunch Fish <sup>23</sup> 1:00 Bingo
11:45 Sausage & Sauerkraut <sup>26</sup>	11:45 Oven Fried Chicken <sup>27</sup> 12:30-2 Focus Hope	9:30-12 Computer Consultations <sup>28</sup> 11:45 Sizzle Steak 6:30 Dementia Work shop Begins	11:45 Chicken Quesadilla <sup>29</sup>	11:45 Hot Lunch <sup>30</sup> 1:00 Bingo

# February

11:45 Veg. Lasagna <sup>2</sup>	11:45 Sloppy Joes <sup>3</sup>	9:00 <b>GM Trip</b> <sup>4</sup> 10:00 <b>Book Club</b> 10:00 <b>Vein Seminar</b> 11:45 Egg Casserole 6:00 <b>Restaurant Group</b>	11:45 Lemon Chicken <sup>5</sup> 12:30 <b>Birthday Party</b>	11:45 Fishwich <sup>6</sup> 1:00 Bingo
10:30 <b>Harmonica Concert</b> <sup>9</sup> 11:45 Sausage & Sauerkraut	11:45 Mac & Cheese <sup>10</sup> 1:00 <b>Red Hat</b>	11:45 Roast Pork <sup>11</sup>	10-11 <b>Ask A Nurse</b> <sup>12</sup> 10-11:30 Caregiver Support 11:45 Baked Spaghetti 7:00 Ballroom Dance	10-12 Hearing Screening <sup>13</sup> 11:45 Beef Stew 1:00 Bingo
11:45 NO LUNCH <sup>16</sup>	11:45 BBQ Meatballs <sup>17</sup>	9:30 <b>Intimacy After Age 60</b> <sup>18</sup> 10-12 <b>Disk Erasure</b> 11:45 Chicken Sandwich	11:45 Chili with Rice <sup>19</sup>	10-12 Blood Pressure <sup>20</sup> 11:45 Sizzle Steak 1:00 Bingo
11:45 Chicken Alfredo <sup>23</sup>	11:45 Meatloaf <sup>24</sup> 12:30-2 Focus Hope	9:30-12 Computer Consultations <sup>25</sup> 11:45 Cheeseburger	11:45 <b>Chef's Choice</b> <sup>26</sup>	11:45 Potato Crunch Fish <sup>27</sup>

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30am-12:15pm on Friday.  
 Suggested donation: \$3.50. 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 12.

**Medicare Counseling**

Jim Zoellner, certified Medicare/Medicaid counselor, offers 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 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 Mary Valente at 248.312.0179 for details.\*\*

**Red Hat**

2nd Tuesday, 1 pm. Call 248.524.1108 for details

**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.\*\*

**HEALTH SCREENINGS**

**Ask A Nurse**

2nd Thursday, 10-11 am. Room 404. Drop-in. Free. Sponsored by Crittenton Home Care.

**Blood Pressure Screenings**

3rd Friday, 10 am - Noon. Room 402. Drop-in. Free. Sponsored by FOTS.

**Hearing Screenings**

2nd Friday, 10-12. Room 402A. Drop-in. Free. Sponsored by FOTS.

**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 (248.588-7409)\*\*, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$6 (586.775.7363).

**Cribbage** - Fridays, 1-3 pm. Beginners welcome. 248.689.1740.

**Euchre** - Tuesdays, 12:30-3 pm. 248.689.0854.\*\*

**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 Drop-in Lessons**

Mon. & Wed., 1-2 pm. \$6 (\$7 NR).

**Swing and Ballroom lessons**

Friday evenings See page 7 for more details.

**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.\*\*

**Harmonica Club (Mouth Organ Grinders)**

Mondays, 9:30-11 am. Sept. - May. Beginners welcome. Call 248.689.2499 for details.\*\*

**Needlework Club** - Tuesdays, 10 - 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.\*\*

**SPORTS AND FITNESS**

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

**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** - 1st 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: \$3.50. (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.

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

**Annual fee for Sept. 1 - Aug. 31 2015 Prorated monthly. (Act. #145204)**

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

\*\$12 annual participation fee; NR: \$17.

\*\*\$36 annual participation fee; NR: \$46.

\$60 annual fee to participate in as many groups as you want; NR: \$70

**OR**

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



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.troycllc.org](http://www.troycllc.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  
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 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
145951F	M & W	1-3 pm	1/26-2/4
145951G	T & Th	6:30-8:30 pm	3/17-3/26

**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.

Act#	Day	Time	Dates
145973F	T & Th	1-3 pm	2/17-2/26

**Computer Security/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	D a t e s
145967B	M & W	6:30-8:30 pm	2/16-2/25

**Windows 8**

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

Act. #	Day	Time	D a t e s
145972F	M & W	1-3 pm	1/5-1/14
145972G	M & W	6:30-8:30 pm	1/26-2/4
145972H	M & W	6:30-8:30 pm	3/2-3/11

**Intro to Word Processing**

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

Act #	Day	Time	Dates
145954B	T & Th	1-3 pm	2/3-2/12

**Introduction to Power Point**

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

Act #	Day	Time	Dates
145961B	T & TH	9:30-11:30 am	3/3-3/12

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

**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.

Act #	Day	Time	Dates
145960G	T	9:30 am	1/13
145960H	M	1-3 pm	2/16
145960I	T	1-3 pm	3/10

**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
145962B	M & W	1-3 pm	1/19-1/21

**Picture Formats**

Explore the amazing world of digital images from how they're made to how to best use them. Classroom photos and scans will demonstrate various digital image file formats and when they are used. Using your own camera you will practice downloading, organizing and preserving techniques that you can apply at home.

Act #	Day	Time	Dates
145963B	M & W	1-3 pm	2/9-2/11

**Introduction to Excel**

Do you keep an address book, budget, golf/bowling league averages or other kind of 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 to learn. Excel does all the number crunching for you. Have fun while 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. **1/13-1/29 Fee: \$50 NR \$60**

Act #	Day	Time
145968B	T & TH	1-3 pm

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

**Wks: 4 2/3-2/26 Fee: \$60; NR: \$70**

Act #	Day	Time
145959B	T & TH	9:30-11:30 am

**Private Consultations**

Meet with a Learning Center instructor on the fourth Wednesday when 45 minute appointments are 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. These appointments are to help you with your personal computer, not for business purposes. Please call to cancel if you cannot keep your appointment. No refunds.

**Hard Drive Erasure**

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

**Drop-In Computer Lab**

The computer lab is open for 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 monitor availability. **There is no charge.**





# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

## Greetings and Best Wishes to Everyone for a Healthy and Happy 2015

The Friends of Troy Seniors nonprofit is looking forward to serving you in 2015. We are 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 areas. Volunteer opportunities are available. To inquire about these opportunities, please call 248.526.2608 or stop in at our office to chat with us. We are open M – F, 10 AM – 1 PM, unless otherwise posted.

## Bill Rhodes Receives Volunteer of the Year Award for 2014 from the Friends of Troy Seniors at the November Leadership Troy Banquet

Bill Rhodes is well deserving of this annual award which is presented to Troy residents by nomination to those who have gone above and beyond to make organizations thrive and by doing so, enrich the Troy Community. The Friends of Troy Seniors wish to thank Bill for his participation on the FOTS Advisory Board, for working in the FOTS all volunteer office and, for his ongoing commitment to all of the seniors that he serves with a smile and a kind word.



## AARP Tax Aide Program

In cooperation with the AARP Tax Aide Program, the Friends of Troy Seniors office will set up your tax appointment so that you can have your 2014 taxes prepared by one of the AARP volunteers. You may call 248.526.2608 or stop by our office between the hours of 10 am – 1 pm, Monday through Friday, to set up your appointment on or after January 5. Taxes will be prepared for lower and median income seniors each Friday from February 6 through April 10 by appointment only. See page 13 for a list of what to bring to your appointment.

## Thank You To Volunteers and Sponsors

A big thank you goes out to those of you who donated items to the Gently Used Art Sale; to our volunteers who tagged and ran the sale and, to the front desk employees who graciously accepted the items. The event was a success and the efforts of everyone much appreciated.

We would also like to thank American House of Troy for co-sponsoring the Santa Party for Seniors and to the volunteers who stepped up to assist at this festive event.

We would like to thank the Heritage Concert Band for their performance at the Holiday Concert; Attorney Dana Wilson for the donation of two beautiful cakes; Heartland Health Care Center – Oakland for the donation of delicious cookie trays; Starbucks Coffee Company at 5385 Crooks Rd. for supplying brewed coffee and, we thank our volunteers for helping out at this musical event.

Introducing . . .

## Friends of Troy Seniors Present

### A Brunch & Learn Speaker Series

This series will bring you informative topics and will be held on the third Wednesday of the month at 9:30 a.m. in Room 303 at the Troy Community Center unless otherwise posted. A light brunch will be provided at these free events. Advance registration is required to attend so contact our office at 248.526.2608 or stop in to make a reservation.

### Spillers vs Fillers

**Wednesday, Jan 21, 9:30 – 11 a.m., Room 303**

Looking to be more upbeat in the New Year? Join renowned speaker, Jo Bruce, in discovering how each one of us has the ability to make our lives more positive, be proactive and make good personal choices. Make that glass of water half full as opposed to half empty. With Jo's extensive background and 30 years of experience as a professional public speaker, coach, consultant and RN, she will have you both thinking and laughing at the same time. Light brunch provided. Reservations accepted through Jan 16.

### Intimacy After Age 60

**Wednesday, Feb 18, 9:30 – 11 a.m., Room 303**

Can intimacy after mid life be better than ever before? Would you like to feel more fulfilled and connected with your partner? Now that you've reached an age where you are feeling more comfortable about whom you are, you can enjoy your partner even more. Join Dr. Karen Perez, PhD, Professor of Psychology at Concordia College and Licensed Therapist at the Mind and Mood Clinic of West Bloomfield to learn how to be more fulfilled and connected. Light brunch provided. Reservations accepted through Feb 13.

## Senior Resource Center

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

## Monthly Membership Meetings

The meetings are held on the 3rd Thursday of each month at 1 p.m. at the Troy Community Center. Our next two meetings will be January 15 and February 19. Everyone is welcome to attend.

## 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 a.m. - 1 p.m. Closed Jan. 1 and 2

## AARP Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income taxpayers, especially those 60 and older, to prepare IRS and Michigan taxes in the Troy Community Center each Friday, starting February 6 thru April 10, 2015. Appointments must be made at the Friends Of Troy Seniors (FOTS) desk or by calling the FOTS office at 248.526.2608, starting January 6, 2015 between the hours of 10 a.m. and 1 p.m., Monday through Friday, unless otherwise posted. When you make your appointment, please let us know if you need special assistance.

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

- A Social Security card for all persons on the tax return (including deceased spouse pensioners)
- A picture ID (driver's license, passport etc.) for the taxpayer and spouse
- A copy of all prepared tax returns filed for 2013.
- All forms you have received for the 2014 tax year. Examples are: W-2, SSA-1099 Social Security Benefit, 1099-INT Bank Interest, 1099-DIV Dividends, 1099-B Sale of Securities (with original purchase price of sold assets), 1099-R Income from Retirement Plans, IRA Distributions, Pensions, etc., 1099-OID Interest on Securities and the new 1095-A Affordable Care Act Marketplace Form.
- All other income statements: 1099-MISC, 1099-G, W-2G, etc.
- Any letters from the IRS or State of Michigan Treasury that you received in 2014
- Your bill for 2014 property taxes or total rent receipts and heating bills for your residence
- Receipts for hospitalization insurance you paid including Medicare D (You do not need receipts for medicines or lists of medicines purchased unless you itemized previously or will itemize this year.)
- If in doubt about any of these items, stop by the FOTS desk and ask.

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

## 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.

## SHARP Home Computer Assistance for Seniors and Persons with Disabilities

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

The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free but you will be required to pay for any supplies needed. Tipping is not allowed. If you need computer assistance, call SHARP at 248.528.2929 and leave a message. A consultant will contact you to set up a date and time for your home visit. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow-up on your job.

This program is made possible by collaboration with the City of Troy and the North Woodward Community Foundation SHARP Fund. Donations to the North Woodward Community Foundation are accepted.

## Do You Need To Talk?

**Counseling Service Offered at the Troy Community Center**  
A licensed social worker from Oakland Family Services will schedule meeting times at the Troy Community Center to provide emotional counseling for those struggling with feelings of depression, anxiety or other problems. Services are covered by Medicare and most supplemental insurances. To schedule an appointment, call OFS directly at 248.624.3812, Ext. 206.

## Aquatic Exercise with a Personal Trainer

Use water to improve fitness and range of motion and to relieve pain and stiffness. When immersed chest deep, your body bears just 25-35% of its weight.

You do not need to know how to swim for these private sessions which are held at the therapy pool at the Troy Community Center. The pool is 4 ft. deep, and the exercises are done in a vertical position (with the bonus of keeping your hair dry!). The water is 88-92 degrees and there is a lift and/or a ramp that can be used to enter the pool. A water wheelchair is also available.

You must purchase a minimum of one 60 minute session at a cost of \$60. This session can be broken down into two or three shorter sessions. To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4. She will help you find a safe exercise routine that will set you on your way to greater mobility.

## 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.

**Assistive Listening Devices**

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

**Captioned Telephone** - Available at the Community Center for hearing impaired persons to try out.

**Computer Lab** - FREE Drop-in computer lab with Internet access is available Mon., Wed. and Fri. from 9:30 am - noon.

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

**Focus Hope Food** is distributed on the 4th Tuesday (except Dec.) from 12:30-2 p.m. You must be 60 or older with a household income of \$1,265 per month or less (\$1,705 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 p.m. Additional 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 receive a special rate on Mondays and Fridays: \$3 for use of the pool, fitness room and gym from 5:30 am -3 p.m.

**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.

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

**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 p.m. 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**

**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.

**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 p.m. 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 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.
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. #135000L.**

**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 & mail to: Troy Recreation Dept, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy.

VISA or MASTERCARD # \_\_\_\_\_ Exp. Date: \_\_\_\_\_



### Adult Caregiver Relief Program Seeks Volunteers and Participants

This Adult Caregiver Relief program provides short-term care at the Community Center for seniors whom the caregiver feels uncomfortable leaving home alone. A caring volunteer will socialize with your loved one in a safe, friendly and supportive setting while you attend an activity at the Troy Community Center. Take a break and attend an exercise class or an enrichment class, come to work out, or attend another program at the Troy Community Center.

**Volunteers Needed:** Do you have an hour or two a week that you could spend socializing with a senior at the Troy Community Center? If so, please register for **Act. 148901A** and you will receive more information in the near future.

**Caregivers:** If you would like to utilize this service, call Carla at 248.524.3492 or e-mail her at [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov) to receive a registration form. Please note: This is NOT an extended day care program. It is meant for periods of a couple of hours or less and caregivers must remain in the building at all times.

### Get Fit at the Troy Community Center

Do you have a New Year's resolution to improve your health . . . lose weight . . . get fit? Why not join the fitness club at the Troy Community Center? The senior rate (age 60 and older) for the Recreation Pass Unlimited is \$19 per month for residents. Non-residents pay \$31 per month. Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. There is also a Matinee Pass (not just for seniors) available for \$16.75 per month for residents (non-residents pay \$24) that allows you to use the amenities Monday - Friday only from 8 am - 3 pm.

In addition, a Fitness Passport is available that includes all of the above plus you can participate in a select list of fitness classes (list of classes included available at the Community Center). The senior rate for the Fitness Passport is \$26 per month. Non-residents pay \$38.

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

For those without a pass, the daily resident rate is \$7 or \$5 with a 10-visit punch card. Seniors receive a special daily rate on Friday: \$3 for use of the pool from 8-10 am, the fitness room and gym from 8-11:30 am and pickleball from 10:30 am - 3 pm in the gym.

### Senior Olympics Winter Games

Michigan Senior Olympics winter games are scheduled for Feb. 7-12, 2015 in Oakland County for ages 50+. Bocce, badminton, billiards, hockey, pickleball, powerlifting racquetball, table tennis and dance sport are the events that will be offered. Visit [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org) or call 800-400-8161 for a complete list of events and to register. **The registration deadline is January 12.**

### 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 meetings are Tue., Jan. 6 and Tue., Feb. 3 at 4 p.m. at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. The January meeting will be a discussion of what structure the group wishes to have in 2015. Call 248.689.8070 for information or dinner reservations.

Save the Date!  
Troy Community Center Celebration of the  
City of Troy's 60th Birthday  
Saturday, March 7  
Details in the March newsletter.

### Troy Historical Information Sought

In 2015, Troy will celebrate its 60th anniversary. The Community Affairs Department is collecting historical facts, tidbits, important dates and names of people that you believe might have a story to tell. If you have any information to share, please contact Marcus or Cindy at 248.524.3599 or [Marcus.Vanderpool@troymi.gov](mailto:Marcus.Vanderpool@troymi.gov) or [cindy.stewart@troymi.gov](mailto:cindy.stewart@troymi.gov).

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- To advertise in this newsletter, contact Carla Vaughan at [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov).