



Fifty Forward

Recreation, Information and Services for ages 50+

A Publication of the Troy Recreation Department

Mar/Apr 2014

2014 Spring Senior Expo

Tuesday, March 18, 10 am - 2 pm
Troy Community Center Rooms 301-305

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.

Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 to volunteer.

Removing the Mysteries of Probate Court

Thurs, April 10, 1 – 3 pm
Troy Community Center Room 303

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

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

To insure seating and materials, register by April 4 for this free program. Call 248.524.3484 or register online for **Act. 128915E**.

The Heart of the Hills Senior Players Present

Plaza Suite

Thursday, March 6 at 2 pm (Act. #145911V)
Friday, March 7 at 7 pm (Act. #145911W)
Troy Community Center Room 304/305

Plaza Suite is a Neil Simon comedy, first produced in 1968 and just as fresh today as it was nearly 50 years ago. Admission is \$12 in advance or \$14 at the door; \$10 for groups of 10 or more in advance. **Tickets on sale now at the Community Center front desk.** Online registration is not available.

Elder Crime Seminar April 11
Document Shredding April 29
See page 12 for details.



Spring Drop-In Ballroom Dances MARK YOUR CALENDARS!!!!

April 10, May 8, and June 12, 7-9:30 pm

Fee: \$6 Res \$7 Non-Res Pay at the door
Troy Community Center Room 304/305

Brought to you through the efforts of James Savage, the Friends of Troy Seniors, American House Troy and the Troy Recreation Department. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. All ages invited! Drop-in fee of \$6 for residents and \$7 for non-residents will be collected at the door.

Diabetes: What You Need to Know

Tuesday, April 1, 12:30 pm
Troy Community Center Room 303

Beaumont Hospital's Diabetes Educator Roxolana Karanec will educate you about diabetes prevention, detection, treatment and complications. She will talk about important lifestyle changes such as nutrition and exercise to help you reduce risk of diabetes, or minimize diabetes complications. She will answer questions following the 45-minute presentation. Reservations are not required 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' x 20' (raised beds are smaller), limit one per household, and must be tended by applying senior. The ground is tilled and water is available. The fee is \$70; NR: \$80. No refunds after May 2.

Returning Gardeners: Returning RESIDENT gardeners have priority and may register NOW.

- Use **Act. #125936D** for a ground level bed
- Use **Act. #125937D** for a raised bed

New Resident Gardeners - Register beginning Tues, April 1.

Non-Residents: Register beginning Thurs, April 3.

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

Fax
248.689.6497

Medi-Go Plus Transportation
248.457.1100

SMART Transportation
866.962.5515

Emerald Kitchens
(Meals on Wheels)
248.689.0001

Weather Hotline
(Cancellations due to weather)
248.689.9756

Friends of Troy Seniors
248.526.2608

SHARP Home Repair
248.528.2929

Creative Endeavors
248.526.5145

City Hall
248.524.3300

City Web Site
www.troymi.gov

**This newsletter is available
online at**
troymi.gov/SeniorNewsletter

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

Upcoming Events

248.524.3484

AARP Driver Safety Class

Tuesday and Wednesday, April 15 & 16 - 12:30-4:30 pm; Troy Community Center Rm 305
AARP Members: Act. 115931B: \$18; Non-AARP Members: Act. 115931C: \$23

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

Techniques and Tips to Assist With Dementia Care

Tuesday, March 25, 6:30-8 pm, Troy Community Center Room 301

If you are a family member caring for a loved one with dementia you understand how challenging this job can be. Attend this informative session to learn techniques and strategies to help manage the behavior of your loved one suffering from cognitive loss. In addition, daily strategies will be identified to help deal with the stress associated with dementia care. This program is sponsored by Home Instead Senior Care and Eldercare Solutions.

Please register by Friday, March 21, as this program will be cancelled if there are not enough people registered. Call 248.524.3484 and ask for **Act. #148919A** or register online.

Healthcare Enrollment Assistance

Thursday, March 13, 10 am - 4 pm; Troy Community Center Room 503

Volunteer Certified Application Counselors from the Oakland Livingston Human Service Agency will help uninsured persons under age 65 navigate the healthcare marketplace and enroll in a plan. Appointments required - call 248.524.3484. Allow two hours for your appointment. When you apply, you'll need to provide the following information:

- Social Security numbers (or document numbers for legal immigrants)
- Employer and income information for every member of your household who needs coverage (for example, from pay stubs or W-2 forms—Wage and Tax Statements)
- Policy numbers for any current health insurance plans covering members of your household
- A completed Employer Coverage Tool for every job-based plan you or someone in your household is eligible for (even if you aren't enrolled in it.). Your employer should have the form. You can also find a copy of this form by typing in OMB No. 0938-1191 in your search engine. It will be the first thing to come up and is a one-page .pdf file that will ask for information about health care coverage that you are eligible for through your employer.

For more information about the Marketplace, visit HealthCare.gov. If you are unable to make it on this date in Troy, ongoing appointments are available at the Oakland Livingston Human Service Agency in Pontiac. Call 248.209.2657.

AARP Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income seniors prepare IRS and State taxes at the Troy Community Center each Friday thru April 11 and **at the Troy Library on Saturday, March 15**. Appointments must be made at the Friends of Troy Seniors desk or by calling 248.526.2608. Each taxpayer and family member must bring:

- Social Security card and photo ID (driver's license, passport etc.)
- A copy of all prepared tax forms filed for 2012.
- All forms received for the 2013 tax year. Examples are: W-2, SSA-1099 Social Security Benefit, Statement, 1099-INT Bank Interest Statement, 1099-DIV Dividend Statements and 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 Original Issue Discount Securities.
- All other income
- Property tax bills or total rent receipts and heating bills
- Receipts for hospitalization insurance you paid including Medicare D (You do not need receipts for medicine or a list of medicines purchased unless you have itemized in the past or will itemize this year. If in doubt stop by and ask.)

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

- **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.

Greektown Casino

Wednesday, April 2, 9 am - 3 pm Act. 148924N \$23; NR \$28

You will receive \$20 in coin play. Bring a valid photo ID to receive this package. Lunch is on your own. You are within walking distance of the restaurants of Greek Town including Pegasus, Olympia, and the Blue Nile. Transportation by motorcoach. Min. age 21.

The Fab Four at Caesars Windsor

Thurs, April 17, 9:30 am-6 pm Act. 148924S \$23; NR: \$28

Includes admission to the 3 pm performance of *The Fab Four: The Ultimate Beatles Tribute* as they perform classic Beatles tunes. Lunch is on your own at the casino. You will be asked birthdate, citizenship and name exactly as it appears on your id when you register. You must provide this information and bring a valid passport, passport card, enhanced driver's license or Certificate of Naturalization accompanied by a valid passport with you. No refunds granted for failure to comply. Transportation by motorcoach. Min. age: 19.

Tulip Time Festival

Sat, May 10, 6:45 am - 11:45 pm Act. 148924U \$98; NR: \$103

Visit the Dutch Marktplaats, Veldheer Tulip Gardens with over 5 million tulips, the Wooden Shoe Factory, Delft Factory and see the Meijer Musiekparade - the grand finale of the festival. Lunch is included at the Alpen Rose Restaurant (choose Chicken Shortcake or Meatloaf when registering). Transportation by motorcoach.

Grand Hotel Mackinac Island - Sept. 22-25, 2014

Act. #148918G - \$769 pp double \$985 single \$708 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.

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

Act. #148918H - \$669 pp double \$885 single \$608 triple

A \$200 deposit is due upon registration. Balance due Aug. 11. No refund after Aug. 11 unless a replacement is found. **NON-RESIDENTS:** Add \$10. Under age 50 may attend if rooming with someone 50+. Online registration is not available.

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.**

Springtime in Niagara Falls - May 22-23, 2014

\$229 pp double, \$319 single, \$209 triple

Includes round trip motorcoach transportation, one night at the Hilton Fallsview, one breakfast, Maid of the Mist boat cruise, sightseeing tour of Niagara Falls, and visit to Niagara-on-the-Lake. Call Shoreline Tours for reservations. **800.265.0818.**

New York City - July 14-18

\$929 pp double, \$1249 single, \$849 triple

Round trip motorcoach transportation, two nights in Pennsylvania to/from NYC, two nights in Secaucus, New Jersey (only 5 miles from NYC), two breakfasts, Broadway show "Newsies," all day sightseeing tour of NYC, 9/11 Museum, 9/11 Memorial, Ellis Island and the Statue of Liberty, and the Flight 93 Memorial. Call Shoreline Tours for reservations. **800.265.0818.**

Nova Scotia - August 9-17

\$3199 pp double, \$4099 single, \$2949 triple

Motorcoach to Toronto, air to Halifax, eight nights lodging, 14 meals and extensive sightseeing as outlined in the brochure available at the Community Center. Call Shoreline Tours for reservations. **800.265.0818.**

Hudson River Valley - September 8-13, 2014

\$1259 pp double, \$1759 single, \$1199 triple

In 2013, National Geographic named this area one of the top 20 must-see destinations in the world. Motorcoach transportation, five nights lodging, nine meals and extensive sightseeing as outlined in the brochure available at the Community Center. Call Shoreline Tours for reservations. **800.265.0818.**

Portugal and Its Islands - Nov. 7-19, 2014

\$4249 per person double, \$4899 single, \$4219 triple

Round trip transfers from Troy, airfare, 13 days, 18 meals, and extensive sightseeing as outlined in the brochure available at the Community Center. Visit medieval towns, coastal villages, and natural landscapes, and enjoy Portuguese cuisine, regional wines and folkloric entertainment. Highlights include Lisbon, Portuguese Riviera, Sintra, visits to a pineapple and a tea plantation, interactive Azorean cooking class, and much more. Book by May 7 and deduct \$250 from the price listed above. Call Group Tours International for reservations. **248.625.3645.**

Shoreline Tours Trip Meeting

Thurs, March 27 - 1 pm; Troy Community Center Rm 301

Mike Bondy from Shoreline Tours will be on hand to answer all of your questions about upcoming trips to Niagara Falls in May, New York City in July, Nova Scotia in August, and the Hudson River Valley in September. See above for more details about these trips. Join us to learn more about these fully escorted tours. Single travelers welcome!

Indoor Drop-In Pickleball Times

Four courts available for play

Mon. Afternoon	12-2 pm	50+ Only
Tue/Thu. Mornings	5:45-8 am	All Ages
Wed. Evening	6-8:30 pm	All Ages
Fri. Morning	10:30 am-3 pm	Senior Special
Fri. Evening	3-5:30 pm	50+ Only
Fri. Evening	5:30-7:30 pm	All Ages

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 pm for Pickleball and Fitness Center access. Equipment provided.

Winter Pickleball Doubles Ladder Play**Sundays, 6:15-8:15 pm through May 4 (All ages)****Tuesdays, 1-2:30 pm through April 29 (50+ only)**

All sessions are full. If you are interested in being a sub e-mail E.Torvinen@troymi.gov with your phone number, e-mail address and skill rating.

50+ Drop-In Badminton**Mondays, 2-3:30 pm**

Fours courts are available and equipment is provided. Free for Fitness Center pass holders. Others must purchase a daily drop in pass or purchase a punch card to take part in this open recreation program.

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

Troy teams compete in the Northwest Softball league with half of the games in Troy and half in various other Oakland County cities. If you are an individual interested in playing on a team, call 248.524.3484 and your name will be passed on to existing teams who may need players, or if interest is sufficient, a new team may be formed. Interested teams should contact Scott Mercer for possible openings. Please call by March 15.

Returning Teams: Registration is by team only. Contact your manager for more information.

**2014 Troy Senior Golf Leagues****Registration fee: \$43 Non-Res; \$48 (Refundable thru 4/1)**

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

New Players: Register now! Indicate your average for nine holes when registering. If the league is full, add your name to the wait list and you will be notified if an opening occurs. 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. #148986L: Monday League**Act. #148986M:** Monday sub list**Act. #148987L:** Wednesday League**Act. #148987M:** Wednesday sub list

For more information, please call:

Mon. League: John Ranieri 248.641.8720

Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com

Wed. League: Tony D'Amico 248.588.5425

Louis Sahr 248.828.4264

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.

Pickleball - Ladder play fall and winter on Sundays evenings and Tuesday afternoons. See July/Aug & Nov/Dec 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. 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 on Friday: \$3 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, Balance and Stretch, Yoga w/ Marie and Aqua Exercise.

Fitness RX Women on Weights with Barb

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

Act #	Day	Time	Dates	Fee	NR
128981A	Tue	6-7 pm	Apr 1-Jun 3	\$61	\$71
128981B	Thu	6-7 pm	Mar 27-May 29	\$61	\$71

Fitness RX Barre Plus Class for age 45 and Up

Using low weights/high reps, sculpt your abs, arms, thighs and glutes. Your results: increased muscular endurance, and tighter abs, glutes and arms. Bring 2-3 lb weights and a mat. Bands and balls supplied by instructor. This class is designed for ages 45+ or de-conditioned younger students.

Weeks: 10 Drop in fee \$10 per class (\$11 Non-Res) No class May 26

Act #	Day	Time	Dates	Fee	Non-Res
128985A	Wed	1:15-2:15 pm	Mar 26-May 28	\$61	\$71
128985B	Mon	5:30-6:30 pm	Mar 24-Jun 2	\$61	\$71
128985C	Wed	5:30-6:30 pm	Mar 26-May 28	\$61	\$71

***Muscle Strengthening with Rachel**

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks: 12**

Act #	Day	Time	Dates	Fee	Non-Res
128975C	Tue	10-10:50 am	Mar 25-Jun 10	\$50	\$60
128975D	Thu	10-10:50 am	Mar 27-Jun 12	\$50	\$60

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 No class May 26**

Act #	Day	Time	Dates	Fee	Non-Res
128977C	Mon	11-12:10 pm	Mar 31-Jun 9	\$47	\$57
128977D	Wed	11-12:10 pm	Apr 2-Jun 4	\$47	\$57

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. **Fee: \$47; Non-Res \$57 Weeks: 10**

Act #	Level	Day	Time	Dates
128976D	Int	Mon	3-4 pm	Mar 31-Jun 9
128976E	Adv	Wed	1:45-2:45 pm	Apr 2- Jun 4
128976F	Beg	Wed	2:45-3:45 pm	Apr 2- Jun 4

Chair Exercise

Monday, Wednesday and Friday, 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 at front desk (NR \$41)



**Friday Nights 6:30-7:30 pm
Ages 13 and up!!!**

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, you'll forget you're actually exercising!

Fee: \$6 RES, \$7 NR (cash only). Pay at the door

For more information contact: terri@ccplusdance.com.

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 \$7.50 (\$8.50 Non-Res)**

Act.#	Day	Time	Dates	Fee	Non-Res
128984A	Tue	11-11:45 am	Apr 1-Jun 3	\$60	\$70

***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.

Act #	Day	Time	Dates	Fee	Non-Res
128982C	Mon	10-10:50 am	Mar 24-Jun 9	\$50	\$60
128982D	Wed	10-10:50 am	Mar 26-Jun 11	\$50	\$60

***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: 12**

Act #	Day	Time	Dates	Fee	Non-Res
128983C	Mon	9-9:50 am	Mar 24-Jun 9	\$50	\$60
128983D	Wed	9-9:50 am	Mar 26-Jun 11	\$50	\$60

***Pilates with Fawn (Now a Passport Class)**

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. **Weeks: 12**

Act #	Day	Time	Dates	Fee	Non-Res
128979A	T&Th	11-11:50 am	Mar 25-Jun 12	\$96	\$106

Aquatic Exercise with Jennifer

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. *Water temperature is 82-84 degrees.* Resident online registration begins Monday, Feb. 24 at 8 am. Resident walk in registration begins Tuesday, Feb. 25. Non-residents online or walk in registration begins Friday Feb. 28.

Weeks: 10 Fee: \$107 \$117 NR No class Apr. 1 & 3.

Act #	Day	Time	Dates
128978A	T & Th	9-9:50 am	Mar 25-Jun 5
128978B	T & Th	10-10:50 am	Mar 25-Jun5

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

All classes meet at the Troy Community Center

**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
145933J	Thu, Mar 13	6-8 pm	Secluded Beach
145933K	Thu, Apr 10	6-8 pm	Winter Birch
145933L	Thu, May 8	6-8 pm	Country Road to 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.

Fee: \$123; Non-Res \$133 **No class May 21**

Act. #	Day	Time	Dates	Wks
128971D	Wed	9:30 am-12 pm	Apr 9-Jun 11	9

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on receipt.

Fee: \$67; Non-Res \$77 **No class Apr 8**

Act. #	Day	Time	Dates	Wks
128972A	Tue	12-3 pm	Apr 1-May 27	8

Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ in this class. 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:** 10

Act. #	Day	Level	Time	Dates
128973A	Mon	Adv	9-9:50 am	Apr 7-Jun 16
128973B	Mon	Int	10-10:50 am	Apr 7-Jun 16
128973C	Mon	Beg	11-11:50 am	Apr 7-Jun 16

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 **Wks:** 10 **Fee:** Res \$47 Non-Res \$57

Act. #	Level	Day	Time	Dates
128974C	Beg	Tue	1:30-2:30 pm	Apr 1-June 3
128974D	Int	Tue	2:30-3:30 pm	Apr 1-June 3

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. First class is FREE!!!

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.

Teen – Senior Adult Pottery

Join our resident artist Jan Lindell-Meinhard to create beautiful pottery. Different projects every week to release the potter within us. Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class.

Instructor: Jan Lindell-Meinhard **Weeks:** 4

Ages: 14 and up **Fee:** \$64 Res \$74 Non-Res

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

Act#	Day	Dates	Time	Theme
114305H	Wed	3/12-4/2	7-9:30 pm	Casserole Dish
124305E	Wed	4/16-5/7	7:15-9:15 pm	Garden Party
124305F	Wed	5/14-6/4	7:15-9:15 pm	Pool Party Accessories

Clay Projects For Seniors

Tap into your creative side. 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.

Instructor: Jan Lindell-Meinhard **Ages:** 50 and up

Fee: 4wk. Class \$48 Res \$58 Non-Res

Fee: 2 week class: \$20 Res \$25 Non-Res

Material Fee: \$15 for 4 week classes (paid directly to instructor 1st week). 2 week class fee includes material fee.

Act#	Day	Dates	Theme	Time
114305J	Tue	2/25-3/18	Pitchers/Teapots	10:30-12 noon
124305G	Tue	4/15-5/6	Spring Animals	10:30-12 noon
124305I	Tue	4/22-4/29	Rabbits	12:30-1:30 pm

Intermediate Bridge Lessons

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

Location: Community Center **Wks:** 8

Act. #	Day	Time	Dates	Fee Non-Res
145919D	Wed	9:30-11:30 am	Apr 16-Jun 4	\$51 \$61

Computer Classes - See page 10



Beginning/Intermediate Swing and Ballroom Dance - Friday Evenings

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. All are welcomed. 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 Fee: \$59 \$69 Non-Res

Act #	Style	Time	Dates
128980A	Swing	7-7:50 pm	Mar 7-Apr 25
128980B	Ballroom	8-8:50 pm	Mar 7-Apr 25
128980C	Swing	7-7:50 pm	May 2-June 20
128980D	Ballroom	8-8:50 pm	May 2-June 20

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm

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

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.

Mon: March Rumba April Tango

Wed: March EC Swing April Foxtrot

Square Dance Lessons

Mondays, 7-9:30 pm

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

Join us for beginning square dance lessons. Partners recommended but not required. Experienced dancers will assist. For more information, call Geoff at 248.547.3073.

Friday Night Square Dances

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

Fee: \$4

Dances are held in the studios upstairs at the Troy Community Center. Call Janet at 248.952.1466 for details.

Advanced Square Dance Lessons

Thursdays, 7-9 pm

\$5 per 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.

How To Stay Fit and Enjoy Life

Thursdays, March 20-April 17 (5 weeks), 1-2:30 pm

Troy Community Center Room 303

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 this FREE program. **Act. #115927G.**

English Skills Workshop

Tuesdays, April 1-May 27 (9 weeks); 1-3 pm

Troy Community Center Room 305; Cost: Free

Are you lonely because of your English skills? Are you shy and afraid to go out because your English is not good? Improve your English and learn more about American history and culture during this fun class.

The workshop will focus on speaking, reading and comprehending English. Exercises will be conducted in English and the workshop is open to all ethnic groups. There will be no homework and no tests! Students will be grouped by ability. This workshop is especially for ages 50 and older although adults of all ages may attend.

Workshop leader Ed Lee has designed and taught educational programs for colleges and universities for over 30 years. He has experience working with people from diverse ethnic backgrounds. For more information, call Mr. Lee at 248.926.2288.

Registration is required. Please call 248.524.3484 and register for **Act. 145938B.**

Aquatic Exercise with a Personal Trainer

People with arthritis or other disabilities who can't perform land exercise can use water to improve fitness and range of motion and to relieve pain and stiffness. Water cushions stiff and painful joints or fragile bones that might be injured by the impact of land exercises. 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 with Personal Trainer Susan O'Connor. 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 three 20 minute sessions (or two 30 minute sessions). After your desired number of private sessions, continue your routine on your own at the therapy pool by purchasing a pass. To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4. She will help you find a safe, effective and fun exercise routine that will set you on your way to greater mobility.

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Sausage and Kraut ³	11:45 Sweet and Sour Chicken ⁴	10:00 Book Club ⁵ 11:45 Mac & Cheese	11:45 Chili ⁶ 12:30 Birthday Party 2:00 Plaza Suite	11:45 Fishwich ⁷ 1:00 Bingo 7:00 Plaza Suite
11:45 BBQ Meatballs ¹⁰	11:45 Hamburger Stroganoff ¹¹ 1:00 Red Hat 4:00 Single Seniors 6:00 Reverse Mortgage	11:45 Lemon Chicken ¹²	10-4 Healthcare Enroll ¹³ 10-11 Ask a Nurse 10-11:30 Caregiver Support 11:45 Sizzle Steak	11:45 NO LUNCH ¹⁴ 1:00 Bingo
10:30 Harmonica Concert ¹⁷ 11:30 NO LUNCH	10-12 Expo ¹⁸ 11:45 Chili Macaroni	10-12 Disk Erasure ¹⁹ 11:45 Meatloaf	11:45 Chicken Sandwich ²⁰	10-12 Blood Pressure ²¹ 11:45 Lemon Fish 1:00 Bingo
11:45 Chicken Fried Beef ²⁴	11:45 Spaghetti ²⁵ 12:30-2 Focus Hope 6:30 Dementia Care	9:30-12 Computer Consultations ²⁶ 11:45 Stuffed Cabbage	11:45 Chef's Selection ²⁷ 1:00 Travel Meeting	11:45 Mac & Cheese ²⁸ 1:00 Bingo
11:45 Beef Hot Dog ³¹	<h1>March</h1>			

	11:45 Sausage and Kraut ¹ 12:30 Diabetes Workshop	9:00 Greektown Casino ² 10:00 Book Club 11:45 Sheppard's Pie 6:00 Restaurant Group	11:45 Baked Chicken ³ 12:30 Birthday Party	11:30 Veg. Lasagna ⁴ 1:00 Bingo
11:45 Chili with Rice ⁷ 4:00 Single Seniors	11:45 Hamburger Stroganoff ⁸ 1:00 Red Hat	11:45 Ginger BBQ Chicken ⁹	10-11 Ask A Nurse ¹⁰ 10-11:30 Caregiver Support 11:45 Spaghetti 1-3 Probate Court 7-9:30 Dance	9-12 Elder Crime Seminar ¹¹ 11:30 Lemon Fish 1:00 Bingo
1:45 Sweet & Sour Meatballs ¹⁴	11:45 Oven Fried Chicken ¹⁵ 12:30 AARP Driver Course	10-12 Disk Erasure ¹⁶ 11:45 Roast Pork Loin 12:30 AARP Driver Course	9:30 Fab Four Casino Windsor ¹⁷ 11:45 Chicken Parmesean	Center Closed Good Friday ¹⁸ Fitness area open 5:30 am - 8 pm
11:45 NO LUNCH ²¹	11:45 Beef Hot Dog ²² 12:30-2 Focus Hope	9:30-12 Computer Consultations ²³ 11:45 Chili Macaroni	11:45 Chef's Selection ²⁴	11:30 Sizzle Steak ²⁵
11:45 Chicken and Noodles ²⁸	9-10 Document Shredding ²⁹ 11:45 Sloppy Joes	11:45 Stuffed Cabbage ³⁰	<h1>April</h1>	

Lunch is served from 11:45am - 12:30pm 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 7.

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 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 am - Noon. Room 402. 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 (248.307.9644)**, 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 - 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. No Fri afternoon Dec-Apr 11 due to Tax Aide.

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 2014. Prorated monthly. (Act. #145202)

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

*\$12 annual participation fee; Non-Res: \$17.

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

\$60 annual fee to participate in as many groups as you want; Non-Res: \$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.troy clic.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 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
135951J	T & Th	9:30-11:30 am	2/25-3/6
135951K	M & W	6:30-8:30 pm	3/10-19
135951L	T & Th	9:30-11:30 am	4/1-10
135951M	T & Th	1-3 pm	4/15-24

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 web sites, sending e-mails, making CD's and DVD's and much more.

Act #	Day	Time	Dates
135973H	T & Th	1-3 pm	2/25-3/6
135973I	T & Th	1-3 pm	3/25-4/3
135973J	M & W	1-3 pm	4/21-30

Windows 8

Prerequisite: Computers for Beginners or some previous 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	Dates
135972F	T & Th	1-3 pm	3/11-20
135972G	M & W	6:30-8:30 pm	4/7-16
135972H	T & Th	1-3 pm	4/29-5/8

Computer Security/Internet Scams

Are you 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
135967C	M & W	6:30-8:30 pm	3/24-4/2

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. Fee: \$50 Non-Res \$60**

Act #	Day	Time	Dates
135968C	M & W	6:30-8:30 pm	4/28-5/14

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. **This class meets for 2 hours, 2 times over 1 week. Fee: \$21 Non-Res \$26**

Act #	Day	Time	Dates
135963B	T & Th	9:30-11:30 am	3/11-13

E-Mail

This course is a one-on-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 to 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. **Fee: \$21; NR \$26.**

Act #	Day	Time	Date
135960Q	T	9:30-11:30 am	3/25
135960R	TH	9:30-11:30 am	3/27
135960S	T	9:30-11:30 am	4/8
135960T	TH	9:30-11:30 am	4/10

Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, 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
135970B	M & W	1-3 pm	3/24-4/16

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. The fee is \$5 payable at the Community Center desk when you make 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.

FREE Drop-In Computer Lab

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. No Fri afternoon Dec-Apr 11 due to Tax Aide.

Apple Store Offers Free Workshops

The Apple store at Somerset Mall offers free iPhone, iPad, and iCloud classes. You do not need to have purchased your device at that store. For more information about these and other workshops, visit the store or their website at www.apple.com/retail and click on Make a reservation.



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Elder Crime Seminar on Protecting Seniors

Fri, April 11, 9 am – noon

Troy Community Center, Room 304

Financial exploitation against seniors, also known as Elder Fraud, is a crime which targets older adults in an attempt to deceive them with promises of goods, services or financial benefits that do not exist. In an effort to bring attention to this type of crime, the United States Attorney's Office, the Oakland County Prosecutor's Office, the Troy Police Department, AARP and the Friends of Troy Seniors invite senior citizens to attend this important seminar. A light lunch will be provided during the event. This lunch is made possible through a grant from the North Woodward Community Foundation and Oakmont Senior Communities. Reservations are required for this event. You must register no later than Wednesday, April 9 by 1 pm. Call 248.526.2608 or stop by the Friends of Troy Seniors office in the Troy Community Center to register between the hours of 10 am and 1 pm, M - F.

Document Shredding

Tue, April 29, 9-10 am Fee: \$2 per person*

Troy Community Center – North Parking Lot

The Absolute Shreds truck will be in the north parking lot of the Community Center for ON SITE SHREDDING during this one hour time slot only. This event is limited to private individuals with 3 – 4 boxes per household. Any type of paper document can be shredded – staples or paper clips need not be removed. Shredding is offered twice a year with the next event in the fall. Sponsored by the Friends of Troy Seniors.

*Friends members pay \$1. If you are a member but don't have a card or, if you want to become a member, stop by the Friends office in the Troy Community Center (M-F, 10 am – 1 pm) for a card and/or membership application. Membership is free. Call 248.526.2608 for details.

AARP Tax Aide Program

In cooperation with the AARP Tax Aide Program, the Friends of Troy Seniors office is setting up tax appointments so that you can have your 2013 taxes prepared by an AARP volunteer. If you have not already done so, call 248.526.2608 or stop by the Friends office in the Troy Community Center between the hours of 10 am – 1 pm, Monday through Friday, to set up your appointment. Taxes will be prepared for lower and median income seniors each Friday through April 11 by appointment only.

Monthly Membership Meetings

Thursdays, March 20 and April 17

The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1 pm in the Troy Community Center unless otherwise announced. At the April meeting, a Nominating Committee will present a slate of at least one name for each of our Advisory Board positions in preparation for the election of board members at the May Annual Meeting.

Volunteer Opportunities with the Friends of Troy Seniors

Our success and ability to continue to serve seniors is dependent on volunteers. Many opportunities are available. Some of these opportunities are:

Chairman – provides leadership and direction to our membership and preside over the advisory board.

Event Coordinator – assists in event planning and the execution of projects/events.

Fund Raising Coordinator – secures funding for events with current sponsors and area businesses.

Project Leader – works with the Event Coordinator and assumes a leadership role for the event.

Office Worker – has the flexibility to work “on call” to fill in for absences. Computer knowledge and good communication skills are required for this volunteer position.

If you possess skills that would enhance these positions and would like to work with a great group of volunteers, call the Friends office at 248.526.2608 or stop by the office in the Troy Community Center between the hours of 10 am and 1 pm, Monday through Friday to set up an appointment for an interview with an Advisory Board member.

Thank You Donors, Sponsors and Volunteers

We would like to thank the following businesses and individuals for their support:

Lunch & Learn on What You Need to Know About the New Tax Laws: to Home Instead Senior Care for co-sponsoring this event and to Thomas Hill, CPA, for sharing his knowledge of the tax laws.

Lunch & Learn on What to Expect Following Knee or Hip Replacement Surgery: to Heartland-Oakland for co-sponsoring this event and to the Heartland-Oakland physical therapists for the information they provided.

And for both events: to the North Woodward Community Foundation who helped make the lunch possible through a grant; to Dolly's Pizza of Troy for their continued participation; and, again to our volunteers who do a great job of setting up the event and serving lunch.

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

248.526.2608

fots@wowway.com

www.friendsoftroyseniors.org

Hours – Mon-Fri 10 am - 1 pm

Closed Good Friday, April 18



cordially invites you to visit its

REVERSE MORTGAGE SEMINAR

at

Troy Community Center Room 302

3179 Livernois, Troy, MI 48083

March 11, 2014 @ 6:00 - 8:00 pm**

Hors D'eavors and Refreshments will be served

RSVP or Questions: updates@centerbrookmortgage.com or call: 248-724-7900

If you thought you knew about Reverse mortgages, you should take a 2nd look!

Highly paid financial planners, CPA's and bankruptcy attorneys now strongly recommend Reverse mortgages for seniors in certain positions. Is your retirement or pension plan everything you expected it to be? Are you happy with your 401k or other investment returns? Have you planned for your children? Do your children need to plan for your health care?

Modern changes and updates to the program have now made Reverse mortgages an exciting option for seniors 62 and over with at least 40% equity in their home.

Did you know that when it comes to Reverse Mortgages;

- There is **no income**, asset, employment, credit score or health requirements.
- That you have **no payments**, and never have to repay the loan, as long as you live in the home as your principal residence.
- That you always **retain ownership** and that you **retain equity** in the home.
- That the proceeds from the loan are **tax free**, can be used for any purpose, and that it **does not affect social security or Medicare benefits**.
- That you can receive the proceeds as a lump sum, line of credit or **monthly payments for ever**, as long as you live in the home as your principal residence (6 months & 1 day or more per year).
- Some seniors were against using Reverse mortgages because they wanted to **pass on the equity in their home to their heirs**. By using a small portion of the loan proceeds, you can purchase a term life insurance policy that would pay off the loan upon death so that you can **have it both ways**. Live off your equity and then pay off the loan upon death with life insurance and pass on your home free and clear to your heirs if you choose.

**Reverse Mortgage Experts will be available to answer your questions **Financial Planners will be available to answer your

Assistive Listening Devices

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

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

Computer Lab - FREE Drop-in computer lab with Internet access is available Mon., Wed. and Fri. from 9:30 am - noon. No Fri PM Lab due to Tax Aide in Dec - Apr. 11.

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 \$1,245 per month or less (\$1,681 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 -3 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 2 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 5-9 pm**

248.526.5145

Vendors: Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers retain 70% of the selling price. For more information, call Carla Vaughan at 248.524.3492.

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. 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/ 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. #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

Free Senior Admission to Troy High Musical Sunday, March 2, 3 pm at Troy High School

The Troy High Theatre Ensemble is presenting their spring musical *Godspell*, and they are inviting 50 seniors to attend the play free of charge (no reception this year). Vouchers are available at the Community Center (limit two per person). Additional tickets can be purchased. Visit the theater's web site for more information about additional tickets: www.ttensemble.weebly.com. Performances do sell out.

Athens High Spaghetti Dinner and Show Thursday, March 20 - 6 pm

The Athens High School National Honor Society and Theatre Company invites seniors to a spaghetti dinner and musical at Athens High School. Come at 6 pm to the cafeteria for the meal and then enjoy the dress rehearsal of *Suessical the Musical* at 7 pm. Dinner seating is limited 100, and reservations are required. Sign up at the Community Center for yourself and a maximum of one other person – call 248.524.3484. Ask for Act. #125999H. PLEASE cancel if you decide not to go so someone can take your place. Additional seating is available for the play, and you do not need a reservation for the play only. Athens High School is located on John R just north of Wattles.

Troy High Annual Senior Citizen Prom Thursday, April 24 - 6-9 pm - Troy High Auxiliary Gym

This FREE event will feature the Tommy James Band and light refreshments. Formal attire is optional. Reservations are not required. Troy High School is located at 4777 Northfield Parkway (at the corner of Long Lake). Use the athletic entrance. If you have any questions, please call James at 248.689.7259.

Shoreline Tours Trip Meeting

Thursday, March 27 - 1 pm

Troy Community Center Rm 301

Mike Bondy from Shoreline Tours will be on hand to answer all of your questions about upcoming trips to Niagara Falls in May, New York City in July, Nova Scotia in August, and the Hudson River Valley in September. See page 3 for more details about these trips. Join us to learn more about these fully escorted tours. Single travelers welcome!



Troy Society of Senior Singles

Tuesday, March 11, 4 pm Room 402

Join this new group at its inaugural meeting for introductions and discussion of activities that interest participants. Bring your ideas. The concept is to hold periodic planning meetings at the Troy Community Center and multiple social events off site. An optional Dutch-treat dinner after this meeting at a nearby restaurant (considering Bahama Breeze) is planned. Please call Judy at 248.689.8070 for dinner reservation or if you have questions. The first meeting of this group is free.

A second meeting is planned for Monday, April 7 at 4 pm with dinner to follow (Loccino's?). There will be a \$1.50 drop-in fee, free for first timers.

Mouth Organ Grinders Performance

Monday, March 17, 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a free one-hour harmonica performance presented by the Troy Mouth Organ Grinders. For information about joining this group, see page 9.

Do You Need To Talk?

Counseling Service 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.

Ask A Nurse

2nd Thursday, 10-11 am, Room 404

A registered nurse from Crittenton Home Care will be at the Community Center from 10-11 am on the second Thursday of each month. She will offer free routine blood pressure screenings plus a question and answer time. Appointments are not required.

- 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.