



Fifty Forward

Recreation, Information and Services for ages 50+

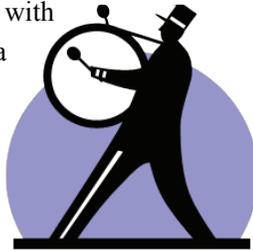
A publication of the Troy Recreation Department

July/Aug 2014

Ice Cream Social and Heritage Band Concert

Wednesday, August 6 - 7:30 pm
Troy Community Center Room 304/305

Doors open at 7 pm. This *FREE* event is co-sponsored by the Friends of Troy Seniors and Oakmont Senior Communities. Make your own ice cream sundae with a choice of toppings and enjoy a 90 minute concert by the Heritage Concert Band with a few games and prizes, too! Reservations are required and space is limited to 200. Register for **Act. #135914D**.



What's the Big Interest in Pinterest Review and Sharing Session

Thursday, July 10, 10-11 am
Troy Community Center Room 302

Refresh the skills that you learned at the May workshop and share other things you have since learned about Pinterest. People who did not attend the May workshop can attend if space allows but you must already have a Pinterest account and basic working knowledge of the program. Please register for **Act. #115935B**.

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 or cindy.stewart@troymi.gov.

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

Thursdays, July 10 and August 14, 7-9:30 pm
Fee: \$6 Res \$7 Non-Res Pay at the door; Students \$3
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! **Attendance is growing each month. Join the fun!!!**

SHARP Home Computer Assistance for Seniors and Persons with Disabilities

The purpose of this SHARP program is to assist seniors (age 60+) and physically challenged individuals, or military families who are Troy residents and who need in-home help using or maintaining their Windows PC. This program supports computers 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 on the recorder. Your request will be reviewed and 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.

Newsletter Subscription Renewal

It's time to renew your newsletter subscription if you receive it by mail. **If your address label has an orange stripe this is the last issue you will receive if you do not renew.** See page 15 for details on how to renew. If you receive the newsletter via e-mail, you DO NOT need to renew. A third option is to pick up a free copy at the Community Center. **Please renew now! Thank you!**

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Troy Recreation Department
3179 Livornois
Troy, MI 48083
 248.524.3484

50+ Program Staff
Carla Vaughan
 Senior Program Director
vaughancs@troymi.gov

Elaine Torvinen
 Recreation Supervisor
E.Torvinen@troymi.gov

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

Fax
 248.689.6497

Medi-Go Plus Transportation
 248.457.1100

SMART Transportation
 866.962.5515

Emerald Kitchens
 (Meals on Wheels)
 248.689.0001

Weather Hotline
 (Cancellations due to weather)
 248.689.9756

Friends of Troy Seniors
 248.526.2608

SHARP Home Repair
 248.528.2929

Creative Endeavors
 248.526.5145

City Hall
 248.524.3300

City Web Site
www.troymi.gov

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.

Vendors - Register Now For Senior Craft Show
 Friday, November 7, 9 a.m. – 3 p.m. at the Troy Community Center
 Act. #148925K Fee: \$15 per 6 ft. table; Non-Residents: \$20

Vendors age 50+ - sign up today! Reservations are required. Specify if electricity is needed. Space is limited to two tables per household. Only NEW handmade items may be sold. (You will be asked to remove all items not new and not handmade from your table - this is a craft show, NOT a flea market.)

FREE Hands-On Help with Facebook, Skype, Smart Phone and Other New Fangled Programs
Mondays and Wednesdays, 9:30 am - 12 pm, May 12 through August 13
Troy Community Center Computer Lab

U of M student Saabir Kaskar will take 15 minute appointments in the Computer Lab to help you with these technologies. Multiple times slots may be reserved (up to 2) on the same day. For email help, bring your email address and password with you. Call 248.524.3484 by Monday prior to schedule an appointment. If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive.

Contact Elaine Torvinen at E.Torvinen@troymi.gov or 248.524.3483 for more information.



Adult Caregiver Relief Program Seeks Volunteers and Participants

The Troy Recreation Department is organizing an exciting and worthwhile new endeavor that will begin this fall. We know all too well how important caregiver respite is, and it is unfortunate when caregiving precludes individuals from pursuing activities such as those found at the Troy Community Center. This Adult Caregiver Relief program will provide short-term care 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 think you might be interested in participating in this program, please register for **Act. 148901B** and you will receive more information later this summer. 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.

For more information, contact Carla at 248.524.3492.

“Park it” Free Family Fun Night at Boulan Park

Join us on Tuesday, August 19 for the 2014 Park it event. The event begins at 6 pm with music at 6:30 pm and movie in the park at 8:20 pm (Despicable Me 2). Join us for kids activities, giveaways, live music and more. For more information please visit us on the web at www.troymi.gov and type in **Park it** in the search box or call 248.524.3484 for more information.

Coming November 6 & 7
 The Heart of the Hills Senior Players present
Cole: A review of Cole Porter Songs
 Tickets go on sale in September.
 Watch for details in the September/October newsletter

- 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.

Suds at Cornwell's Turkeyville Dinner Theater Tue, July 15, 9:30 am - 6:30 pm, Act. 148926B \$76; NR \$81

Suds is loaded with good clean fun and some of the 60's greatest pop hits. It is the story of a young woman and her guardian angels who come to teach her about finding true love in, of all places, a laundromat. The fee includes a complete turkey lunch buffet. Transportation is by motorcoach.

Ann Arbor Street Art Fair

Wed, July 16, 10:15 am - 5 pm, Act. 148926D \$25; NR \$30

This award-winning art fair is consistently listed among the top fairs in the country. Travel to the Fair via motorcoach and leave the driving (and the parking) to us.

Bobby Vinton at Caesars Windsor

Thu, Aug. 7, 9 am - 7 pm Act. 148926E \$23; NR: \$28

Includes admission to the 3 pm performance by Bobby Vinton performing his classics such as *Roses Are Red*, *Mr. Lonely*, and *My Melody of Love* Lunch on your own at the casino. You will be asked birthdate, citizenship and name 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

Saginaw

Tue, August 12, 9 am - 6:15 pm, Act. 148926C \$70; NR \$75

Enjoy a guided tour of historical Saginaw and the Castle Museum of Saginaw, Jake's Old City Grill (lunch included), Japanese Cultural Center and Tea House (includes green tea and a Japanese sweet), and Montrose Orchards farm market. Transportation is by motorcoach.

University District Home & Garden Tour

Sun, Sept. 14 - 10:30 - 3:30 p.m.; Act. 148926G \$19; NR: \$24

Visit six homes and three gardens in the University District of Detroit. All ages welcome! Transportation is by Medi-Go bus.

Stratford - Crazy for You

Thu, Sept. 18 - 7:30-8:15 pm; Act. 148926H \$144; NR: \$149

Includes buffet lunch at the Queen's Inn, seating at the Festival Theatre for the musical *Crazy for You*, and time for shopping. All ages welcome! Transportation is by school bus. \$70 cancellation fee may be levied on all cancellations within 30 days of trip.

Detroit Tigers Baseball

Wed, Sept. 24 - 11:45 am - 5 pm; Act. 148926A \$43; NR: \$48

Seats for this game vs. the White Sox are in Section 143 and include a voucher for a hotdog and soda. All ages welcome! Transportation is by school bus.

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.

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 brochure. Call Shoreline Tours for reservations. **800.265.0818.**

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

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

Drive up on your own: **Act. #148918H - \$669 pp dbl \$885 single \$608 triple.** Wait list only! Balance due Aug. 13. No refund after Aug. 13 unless a replacement is found. NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+.

New Orleans - October 18-26, 2014

\$1799 pp double, \$2579 single, \$1699 triple

Motorcoach, 2 nights Tennessee, 2 nights French Quarter, 1 night Lafayette, LA, 2 nights Natchez, 1 night Memphis, 12 meals and sightseeing as detailed in the brochure. Call Shoreline Tours for reservations. **800.265.0818.**

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

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

Transfers from Troy, airfare, 13 days, 18 meals, and extensive sightseeing. Visit medieval towns, coastal villages, and natural landscapes, and enjoy Portuguese cuisine, regional wines and folkloric entertainment. Highlights detailed in brochure. Book by May 7 and deduct \$250 from the price listed above. Call Group Tours International for reservations. **248.625.3645.**

Christmas at Greenbrier – Nov. 20-23, 2014

\$999 per person double, \$1279 single, \$939 triple

Visit one of the finest luxury resorts in the world. See brochure for details. Call Shoreline Tours for reservations. **800.265.0818.**

Arizona - Sedona & Tucson– Feb. 21-27, 2015

\$2299 per person double, \$2859 single, \$2179 triple

Round trip air, 6 nights, 10 meals. See brochure for details. Call Shoreline Tours for reservations. **800.265.0818.**

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.**

Switzerland, Austria and 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.**

Indoor Drop-In Pickleball

Four courts available for play

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

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. Friday \$3 Senior Special rate extended to 3 p.m. for Pickleball and Fitness Center access. Equipment provided.

Fall 2014 Pickleball Doubles Ladder Play

All Ages Ladders

Registration begins Aug. 1 Residents, Aug. 4 NR

Sundays, 6:15-8:15 pm 10 week session

Act#148998C Oct 12-Dec 14
 32 players \$57 R - \$67 NR

Fridays, 5:30-7:30 pm 10 week session

Act#148998F Oct 17-Dec 19
 16 players \$46 R - \$56 NR

50+ Only Ladders

Registration begins Aug. 1 Residents,
 Aug. 4 NR

Mondays, 12-1:30 pm 3.0 & below

Act#148998D Oct 13-Dec 15
 16 players \$34 R \$44 NR 10 week session

Tuesdays, 1-2:30 pm 3.5 & above

Act#148998E Oct 14- Dec 16
 16 players \$34 R \$44 NR 10 week session

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

Michigan Senior Olympics

2014 Summer Games for men and women 50+
 Aug. 6-15 (see exceptions below) at various Oakland
 County locations. Registration deadline: JULY 16!

The events include: archery, basketball, badminton, bowling, bocce ball, cycling, dancesport, horseshoes, pickleball, powerlifting, road races, racquetball, shuffleboard, swimming, table tennis, triathlon (8/24), tennis, softball (8/23), track & field and racewalk (8/23) and volleyball. MSO membership (\$25) is required. Call 248.608.0250 for more information or visit www.michiganseniorolympics.org.



Senior Tennis League

An informal senior tennis league will meet on Tuesday and Friday mornings from 9 - 11 am at Boulan Park May through Sept. \$3 per person per session paid at the courts (exact change appreciated). Reservations are not required. For more information, contact league director Judy Luther at 248.879.9550.

We are looking for a new volunteer coordinator for this program. If interested contact Elaine T at 248.524.3484.

Gym and Fitness Area Annual Maintenance

Gym and pool closed for gym resurfacing and pool marcing from Aug. 18 - Sept. 1. Recreation sports (Badminton, Pickleball, and Adult Volleyball) will not resume in the gym until September 8. Fitness Room closed for annual maintenance and painting of locker rooms August 25 - August 29. Fitness Room will be open August 30 - September 1. The fitness studios will be closed August 25 - September 1 (subject to change) and all fitness classes will be cancelled during that time period.

New: Annual Community Center Pass Deal

Purchase an annual membership at the Troy Fitness Center - pay for 11 months, 12th month is FREE!

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 Monday & 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.

***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: 14 No class Nov. 27**

Act #	Day	Time	Dates	Fee	NR
148975A	Tue	10-10:50 am	Sept 9- Dec 9	\$63	\$73
148975B	Thu	10-10:50 am	Sept 11- Dec 11	\$63	\$73

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: 14 No class 10/8 & 13**

Act #	Day	Time	Dates	Fee	NR
148977A	Mon	11-12:10 pm	Sept 8 - Dec 15	\$63	\$73
148977B	Wed	11-12:10 pm	Sept 10 - Dec 17	\$63	\$73

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. **Weeks: 14**

Act #	Day	Level	Time	Dates	Fee	NR
148976A	Mon	Int	3-4 pm	Sep 8-Dec 8	\$63	\$73
148976B	Wed	Adv	1:45 pm	Sep 10-Dec 10	\$63	\$73
148976C	Wed	Beg	2:45 pm	Sep 10-Dec 10	\$63	\$73

***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: 14**

Act #	Day	Time	Dates	Fee	NR
148982C	Mon	10-10:50 am	Sept 8 - Dec 8	\$63	\$73
148982D	Wed	10-10:50 am	Sept 10 - Dec 10	\$63	\$73

***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: 14**

Act #	Day	Time	Dates	Fee	NR
148983A	Mon	9-9:50 am	Sept 8 - Dec 8	\$63	\$73
148983B	Wed	9-9:50 am	Sept 10 - Dec 10	\$63	\$73

Stretch and Tone

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

***Pilates with Fawn**

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. **Weeks: 14**

Act #	Day	Time	Dates	Fee	NR
148979B	T&Th	11-11:50 am	Sept 9- Dec 11	\$119	\$129

Aquatic Exercise with Ivy

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. *Water temperature is 82-84 degrees.* Resident online registration begins Mon., Aug. 18. Resident walk in registration begins, Tues. Aug. 19. Non-resident online or walk-in registration begins, Fri, Aug. 22.

Weeks: 13 No class Nov. 25 & 27.

Act #	Day	Time	Dates	Fee	NR
148978A	T & Th	9-9:50 am	Sept 9- Dec 11	\$123	\$133
148978B	T & Th	10-10:50 am	Sept 9- Dec 11	\$123	\$133

Zumba Gold Dance Exercise

Fri 10-10:50 a.m., Wed 7-8 p.m.

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 a.m. 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.

***Pilates, Stretch, Balance and Tone**

This class follows the teachings of Joseph Pilates to gain strength, vitality, stamina and grace to enhance a positive mental attitude. Great way to relieve stress and improve your bodies balance and posture. This is a Flex into Fitness class for the general population but is appropriate for 50+ participants. **Instructor: Ilene Hill**

Act #	Day	Time	Dates	Fee	NR
146550A	T/TH	5:30 pm	Sept 9 - Dec. 11	\$141	\$151

See Fitness pages in Fall Troy Today to see what other FLEX INTO FITNESS classes you can attend when you register for this class or purchase a Fitness Passport membership!!!

Chair Exercise

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

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

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; NR \$37.50 Ages: 16 and older

Act #	Date	Time	Subject
145932A	Thu, July 10	6-8 pm	Waiting for Spring
145932B	Thu, Aug 14	6-8 pm	Au Sable River
145932C	Thu, Sept 11	6-8 pm	Mountain Runoff

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. Weeks: 9 wks/2 wks

Act #	Day	Time	Dates	Fee	NR
148971A	Wed	9:30 am-12 pm	Sept 10-Nov 19	\$123	\$133
148971B	Wed	9:30 am-12 pm	Dec 3-Dec 10	\$33	\$43

Oil & Acrylic Painting

No summer class. Join us in the fall!

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction.

Supply list available on receipt. Weeks: 8

Act #	Day	Time	Dates	Fee	NR
148972B	Tue	12-3 pm	Sept 23-Nov 11	\$67	\$77

Keyboarding No summer class. See you next fall!

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. Mondays 9 am Beg, 10 am Adv.

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

Act. #	Day	Level	Time	Dates
148973D	Mon	Beg	9-9:50 am	Sept 15-Nov 3
148973E	Mon	Adv	10-10:50 am	Sept 15-Nov 3

Teen - 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, Bachelor of Fine Arts and Masters of Arts Wayne State University. Material Fee: \$25 (paid directly to instructor 1st week)

Location: Troy Community Center Weeks: 4 Ages: 14 and up

Act#	Day	Dates	Time	Theme
134305D	Wed	7/23-8/13	7-9 pm	Garden Art

Tap Lessons No summer class. See you in the FALL!!!

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: 12 Fee: \$55 NR \$65

Act. #	Level	Day	Time	Dates
148974A	Beg	Tue	1:30-2:30 pm	Sept 23-Dec 9
148974B	Int	Tue	2:30-3:30 pm	Sept 23-Dec 9

Line Dance Lessons

Temporarily Suspended!

Looking for a new instructor.

Mondays and Wednesdays, 12:30-1:30 pm

Fee: \$6; NR: \$7 at door

We hope to have a new instructor in place soon. Call for more information. 248.524.3484.

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm

Fee: \$6; NR: \$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. **No class 8/25 & 27**

Mon: July Cha Cha

August Hustle

Wed: July Tango

August Night Club Two Step

Beginning Knitting II

Tuesdays, July 8-29 (4 weeks), 1-3 pm

Troy Community Center Room 403

Act. 115934B Fee: \$45; NR: \$55

Improve your basic knitting techniques. Begin by reviewing how to cast on, and how to do the two basic stitches that everything else is based on – knitting and purling. We will also review how to do ribbing and seed stitch. Learn how to increase, decrease, bind off and the importance of gauge. You will learn how to read a label on a skein of yarn and how to read a pattern. Everything will be taught in an orderly fashion building on what the student has already learned in the class. Students should have a little knowledge about basic knitting for this class. Instructor Naomi Frankel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. A \$15 materials fee is payable to the instructor at the first class which will include knitting needles and yarn. Adults of all ages are welcome to attend.

Coming this fall: Beginning knitting on Wednesday evenings and Sock Knitting on Wednesday afternoons.

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 welcome. 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 NR **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
138980A*	Swing	7-7:50 pm	June 27-Aug. 8
138980B*	Ballroom	8-8:50 pm	June 27-Aug. 8
* No class July 4			
148980A	Swing	7-7:50 pm	Sept. 12-Oct. 17
148980B	Ballroom	8-8:50 pm	Sept. 12-Oct. 17

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 7-8p.m. Partners recommended but not required. Experienced dancers will assist. From 8-9:30 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: \$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.

ZUMBA® **Friday Nights 6:30-7:30 pm**
AGES 13 and up!!!

This class will resume in September!!! 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! **Fee: \$6 RES, \$7 NR (cash only). Pay at the door**

For more information contact: terri@ccplusdance.com.

How To Stay Fit and Enjoy Life

Thursdays, Sept 4 - Oct. 9 (5 weeks - no class 9/18),

1-2:30 pm Troy Community Center Room TBA

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. #115927J.**

English Skills Workshop

**Thank you to Ed Lee for providing this program.
 After taking the summer off, the program will
 return in the fall.**

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.

Fifty Forward E-News Updates

If you get the *Fifty Forward* newsletter via e-mail, then you automatically get e-news updates from the Recreation Department on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via e-mail), here's how to sign up: Go to the City website homepage at 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.

Monday	Tuesday	Wednesday	Thursday	Friday	
July	11:45 Hamburger Stroganoff ¹	10:00 Book Club ² 11:45 Lemon Pepper Chicken	11:45 Penne Pasta ³ 12:30 Birthday Party	Center Closed ⁴ Independence Day (Fitness Center open 7-2)	
	11:45 BBQ Meatballs ⁷	11:45 Chili Macaroni ⁸ 1:00 Red Hat	11:45 Sausage & Sauerkraut ⁹	10-11 Ask A Nurse ¹⁰ 10-11:30 Caregiver Support 10:00 Pinterest 11:45 Spaghetti	
	1:45 Beef Hot Dog ¹⁴	9:30 Suds @ Cornwell's Theater ¹⁵ 11:45 Mac & Cheese	10-12 Disk Erasure ¹⁶ 10:15 AA Art Fair 11:45 Shepherd's Pie	11:45 Sweet & Sour Meatballs ¹⁷	10-12 Blood Pressure ¹⁸ 11:30 Stuffed Cabbage 1:00 Bingo
	11:45 Chicken Sandwich ²¹	11:45 Chop Suey ²² 12:30-2 Focus Hope	9:30-12 Computer Consultations ²³ 11:45 Meatloaf	11:45 Vegetarian Lasagna ²⁴	11:30 Cheeseburger ²⁵ 1:00 Bingo
	11:45 Chili with Rice ²⁸	11:45 Chef's Salad ²⁹	11:45 Sizzle Steak ³⁰	11:45 Chef's Selection ³¹	

Aug.

				11:30 Ginger BBQ Chicken ¹ 1:00 Bingo
11:45 Stuffed Cabbage ⁴ 4:00 Senior Singles	11:45 Sweet & Sour Meatballs ⁵	10:00 Book Club ⁶ 11:45 Chili Macaroni 7:30 Band Concert	9:00 Bobby Vinton ⁷ 11:45 Spaghetti 12:30 Birthday Party	10:30-11:30 Hearing Screening ⁸ 11:30 Fishwich 1:00 Bingo
11:45 Beef Hot Dog ¹¹	9:00 Saginaw ¹² 11:45 Mac & Cheese 1:00 Red Hat	11:45 Lemon Chicken ¹³	10-11 Ask A Nurse ¹⁴ 10-11:30 Caregiver Support 11:45 Sloppy Joes	10-12 Blood Pressure ¹⁵ 11:30 Pot Roast 1:00 Bingo
11:45 Sausage & Sauerkraut ¹⁸	11:45 Chef's Salad ¹⁹	10-12 Disk Erasure ²⁰ 11:45 Chili with Rice	11:45 Shepherds Pie ²¹	11:30 Oven Fried Chicken ²² 1:00 Bingo
11:45 Roast Pork ²⁵	11:45 Cheeseburger ²⁶ 12:30-2 Focus Hope	9:30-12 Computer Consultations ²⁷ 11:45 Vegetarian Lasagna	11:45 Chef's Selection ²⁸	11:30 Pepper Steak ²⁹ 1:00 Bingo

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 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, 10:30-11:30. 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 (248.588-7409)**, 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, 8-9:30pm All levels welcome.**

Line Dance Lessons - Mon. and Wed., 12:30-1:30 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, 10am-noon. Share ideas and advice on knitting, crocheting and other needlework. No lessons. Call 248.588.5442 for details.**

Painting Club - Thursdays, 9-11:30a. Call 248.646.3978 for details.**

Quilting Group - Wednesdays, 9am-4pm. 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 2014. Prorated monthly. (Act. #145202)

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; 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.troyclc.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; NR \$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
145951A	M & W	1-3 pm	7/7-16
145951B	T & Th	1-3 pm	8/5-14

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
145973A	M & W	1-3 pm	7/21-30
145973B	T & Th	1-3 pm	8/19-28

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
145972A	T & Th	1-3 pm	7/8-17
145972B	M & W	1-3 pm	8/18-27

Introduction to Power Point

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

Act #	Day	Time	Dates
145961A	T & Th	9:30-11:30 am	10/7-16

New! Home Computer Assistance - See page 1

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 NR \$60**

Act #	Day	Time	Dates
145968A	T & Th	1-3 pm	9/16-10/2

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

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 through creating contact lists, adding attachments, sending and receiving pictures, etc. All major e-mail providers (AOL, Gmail, Hotmail, Outlook Express, Windows Live Mail, Yahoo) are covered.

Act #	Day	Time	Date
145960A	T	9:30-11:30 am	7/8
145960B	Th	9:30-11:30 am	7/10
145960C	M	1-3 pm	8/4
145960D	W	1-3 pm	8/6

Picture Formats

Explore the amazing world of digital images from how they're are 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
145963A	T & Th	9:30-11:30 am	9/23-25

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.

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 Fee: \$60; NR: \$70

Act #	Day	Time	Dates
145959A	M & W	1-3 pm	9/15-10/8

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; NR: \$70

Act #	Day	Time	Dates
145970A	T & Th	9:30 am	7/15-8/7

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.



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Introducing Our New Advisory Board Members

Joe Cadovich, Chairman – Joe is a 15 year resident of Troy and is currently employed as a Community Liaison with Residential Hospice, a Troy company. He has over 20 years experience in the senior healthcare market. Joe's heart is in volunteering as recognized by his involvement in the Detroit Rotary, the Senior Coordinating Aging Network, Faith in Action of Oakland County and as a member of numerous senior alliances with the intent to serve the senior populace with ease and dignity.

Nikki Main, Coordinator of Planning & Development – Nikki has worked in the healthcare industry for over 30 years. She lives in Rochester Hills and works for Seniors Helping Seniors as a Marketing Representative and also as an Entertainment Coordinator for Silver Strings Entertainment. Nikki is a free lance musician and a tutor. She has performed for four U.S. Presidents and also for a number of entertainment notables. Nikki has also served on several steering and advisory committees.

Carolyn Darch, Coordinator of Fund Raising – Carolyn is a 28 year resident of Troy and has two masters degrees. Carolyn is CEO of Carolyn Darch Ministries, Inc. and sponsors a summer sports camp for economically disadvantaged children. The camp is held at the sports center on the campus of Lake Superior State University in the UP. Carolyn is happy to be active in organizations that benefit seniors and takes delight in being a part of FOTS with its many activities.

Bill Rhodes, Coordinator of Membership – Bill is a 25 year resident of Troy and is retired from the Ford Motor Company. He has served for the past two years as the FOTS Volunteer Coordinator. During that time he made many new friends in the organization and enjoyed participating in FOTS activities. Bill co-chaired the Troy Community Garage Sale from 2012 through this year which is the biggest fund raiser for FOTS. He is also a volunteer with the AARP Tax Aide Program and is a volunteer in the FOTS office. Bill is looking forward to increasing membership for FOTS in the next two years.

Juliana Lord – Coordinator of Volunteers – Juliana is a 17 year resident of Troy and has a background in accounting with the Kmart Headquarters and the Kelly Services World Headquarters. Although now retired, Juliana continues to be a seasonal tax professional for H&R Block. She is currently a volunteer counselor for the Medicare/Medicaid Assistant Program through the Area Agency on Aging and became a FOTS volunteer last year. Juliana enjoyed the events that were offered by FOTS and says that through these events she has met some of the warmest, kindest and dedicated individuals that make FOTS a worthy organization. Juliana looks forward to serving and contributing to FOTS.

Diane Alati – Recording Secretary – Diane is a 29 year resident of Troy and is retired from The Prudential Insurance Co. of America. Her background is in office management. After retirement Diane

became a volunteer at the Troy Community Center with senior programs and the homebound meals program. For the past three years she has served as the Recording Secretary for FOTS and also as the Office Manager for the FOTS all volunteer office. Over the past 15 years Diane has met a lot of wonderful people and has made a number of new friends. Diane looks forward to serving for an additional two years.

Volunteer Opportunities

Event Coordinator – Plans and implements events and follows events through to completion with the assistance of a project leader.
Project Leaders – Works with the Event Coordinator to lead events with a team of volunteers..

Pastry Pick Up Driver – Pick up pastries at two Starbucks locations on Wednesday mornings for the Harvest Program and deliver to the Senior Dining Room of the Troy Community Center.

Please contact the FOTS office if you are interested in any of these opportunities to volunteer.

Thank you – Community Garage Sale & Flea Market

We would like to thank the sponsors, vendors, volunteers and project leaders who made this year's sale a success. This includes Dolly's Pizza of Troy and Starbucks Coffee. Volunteer teamwork made the event run smoothly from the planning phase to the finish!

Monthly Membership Meetings

Meetings are held on the 3rd Thursday of each month at 1 pm in the Troy Community Center. Our next two meetings are scheduled for July 17 and August 21.

Audiology Screenings – Summer Hours

HearUSA will be doing screenings for the month of July and August from 10:30 – 11:30 am on July 11 and August 8. In September they will return to regular hours.

Fourth of July

We wish everyone a happy and safe Fourth of July holiday. FOTS has not planned any new events during July as many of you will be on vacation. We will be back in August with an Ice Cream Social along with the Heritage Band Concert. See page 1 for details on this event.

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 July 4-11 - summer break for volunteers

Free eBooks, Magazines and Audiobooks through the Troy Public Library

If you are looking for eBooks, Audiobooks, or electronic magazines for your summer enjoyment, go to the Troy Library website at www.troypl.org, and click on "Downloadables." The Library has a wide range of titles in eBook and Audiobook formats, and many popular magazines, to download to your tablet, smart phone, eReader or MP3 player. With a tablet or e-reader, type size can be customized to make reading easier. Using an MP3 Player or smart phone, audiobooks can be downloaded and you can listen to someone read the book to you. This service is available free to library members 24 hours a day, seven days a week and can be accessed from your home computer. For more information, contact the Troy Library's Technology Center at 248.524.3542, or email techroom@troymi.gov.

Book Your Event at the Troy Banquet Center

The Troy Banquet Center at the Troy Community Center is the perfect setting for any type of event including holiday parties, graduation parties, weddings, showers, birthdays, anniversaries, bat and bar mitzvahs, business meetings, team parties, association meetings or any other gathering/event. Alcohol and catering is available through Kosch Catering. Reasonable rates that include desired table and chair set up allow for groups to host their meeting or event at a price that fits within most budgets. The Troy Banquet Center staff is ready to host your event. For more information, please contact James Haggarty at 248.524.3484.

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

Summer Hours:

Monday - Friday 10 am - 2 pm

248.526.5145

Visit our Michigan
themed section



Consignment
items are 100%
Michigan made

Plus doll clothes, jewelry, garden items and more!

Life's Simple 7® | Reduce Blood Glucose

You can lower diabetes and heart disease risks by controlling blood sugar. Blood glucose, or sugar, is an important fuel for your body and when it's at the recommended level that's good. But when it's too high that can lead to diabetes. Learn how to reduce blood glucose by visiting the American Heart Association website at www.mylifecheck.heart.org

STROKE WARNING SIGNS

Spot a stroke F.A.S.T.:

- **Face Drooping.** Does one side of the face droop or is it numb? Ask the person to smile.
- **Arm Weakness** Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
- **Speech Difficulty** Is speech slurred, are they unable to speak, or are they hard to understand? Ask the person to repeat a simple sentence, like "the sky is blue." Is the sentence repeated correctly?
- **Time to call 9-1-1** If the person shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get them to the hospital immediately. *-American Heart Association*

Regional Transit is Coming Our Way

The Regional Elder Mobility Alliance is a coalition of aging/disability and transportation professionals dedicated to enhancing the lives of SE MI elders, boomers and people with disabilities through the maximization of transportation and mobility options. Find out how you can make a difference in transit plans locally, regionally and statewide by visiting seniors4transit.com. Or call 855.400.7362.

Visit a Walking Trail in a Troy Park This Summer

Here are some of the longer trails:

- Boulan Park: 1.25 asphalt
- Firefighters Park: 1/3 mile asphalt
- Huber Park: 1.2 miles wood chips
- Jaycee Park: 1.3 miles asphalt
- Lloyd Stage Nature Center: 2 miles wood chips
- Milverton Park: 1/2 mile asphalt
- Raintree Park: 1.2 miles asphalt
- Robinwood Park: 1 mile asphalt

There are also several walking routes at the Community Center. Ask for a map at the Community Center front desk.

Assistive Listening Devices

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

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

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

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 \$1,265 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 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 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 1.

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

Summer Hours
(through Labor Day)

Open Monday - Friday
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. 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. #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 and mail to: Troy Recreation Department, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy. VISA or MASTERCARD # _____ Exp. Date: _____

Volunteers Make a Difference!

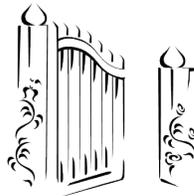
Communities are strengthened when people get involved, and volunteers gain valuable experience and meet others who share common interests and goals. Volunteering is good for your health, your mind, and your community! If you would like to share your time and talent, please call 248.524.3484 and ask for a senior program volunteer application. Opportunities include:

- **Computer Lab Instructors and Coaches:** Help seniors learn the basics of computer use as an instructor, as a coach who assists the instructor or as a drop-in lab mentor. Must be computer literate, but training is provided.
- **Program Leaders:** Many of our programs are lead by senior volunteers – card groups, craft clubs, musical groups, sports leagues – and more. Join a group and see where you can help, or let us help you start a new group!
- **Tax Counselors:** Help low-income seniors with their tax forms one day a week February – April at the Troy Community Center. Training provided by AARP.
- **SHARP Home Repair Program:** Provide basic home repairs for low-income Troy seniors and persons with disabilities. Co-sponsored by the North Woodward Community Foundation.
- **Homebound Meal Delivery:** Monday-Friday at 11 a.m. Donate one hour a week or one hour a month. Call 248.689.0001 for more information.
- **Creative Endeavors Senior Store:** Volunteers operate this store, which provides a venue for seniors to sell their handmade crafts. Sales staff usually work one shift per week and marketing help is also needed.
- **Friends of Troy Seniors:** See page 12.
- **NEW!!! Caregiver Relief** - See page 2

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.



Troy Garden Club Walk Scheduled for July 9

The 40th Annual Troy Garden Club Walk is scheduled for Wednesday, July 9 from 9:30 am - 3 pm and 5 - 8:30 pm rain or shine.

Tickets are \$10 in advance or \$15 the day of the walk. Tickets are available at the Troy Historical Museum, Telly's Greenhouse, Auburn Oaks Garden Center, and Uncle Luke's Feed Store. For more information, call 248.540.4249. Day of walk at the Troy Historical Village only.

Troy Society of Senior Singles Monday, August 4, 4 pm Room 402

This event planning meeting will be followed by dinner at a nearby restaurant. Members initiate and lead diverse social events. Call 248-689-8070 for information or dinner reservations. Summer events include:

- Thursday, July 3 - Beatles Tribute Concert at Meadowbrook, 8 pm, \$20 pre-paid. Call 248.689.8070.
- Monday, July 14 - Dinner at a local restaurant. Call 586.254.0054.
- Tuesday, August 12 - Afternoon Detroit River cruise on the Diamond Jack, \$13 pre-paid. Call 586.978.8014.
- Thursday, August 14 - Royal Eagle Restaurant High Tea with tour at St. Sabbas Monastery & Garden, Harper Woods, \$20 pre-paid. Call 248.641.7991.
- Wednesday, September 3 - Detroit Zoo Senior Day - FREE admission and parking. Call 248.435.5133.

Car pools leaving from the Troy Community Center will be formed for events outside of Troy.

Ask A Nurse

2nd Thursday, 10-11 a.m., Room 404

A registered nurse from Crittenton Home Care will be at the Community Center from 10-11 a.m. 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.