



# Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

Dec. 2015

## Heritage Band Holiday Concert

**Wednesday, Dec. 2, 7:30-9 pm**  
**Troy Community Center Room 304/305**

Back by popular demand. The Heritage Concert Band will present a free concert of holiday songs and traditional favorites. Complimentary refreshments will be served **after the one-hour concert** courtesy of the Friends of Troy Seniors and ComForcare Home Care. Reservations are not required. All ages are invited. Doors open at 7 pm.

## FREE Hands-On Help with Your Computer, Tablet, and Smart Phone

**Saturdays, 9 am - 12 pm**  
**December 5, 12, 19, 26 and January 2, 9, and 16**  
**Troy Community Center Computer Lab**

Get help using Facebook, Skype, Email, Instagram and other new fangled programs. Volunteer Rajesh Bansal has 20 plus years of experience in computer science. He will take 30 minute appointments in the Computer Lab. Two times slots may be reserved on the same day. For email help, bring your email address and password with you. Call 248.524.3484 by Wednesday prior to schedule an appointment. If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive. Contact Elaine Torvinen at E.Torvinen@troymi.gov or 248.524.3483 for more information

## Medicare Prescription Drug Enrollment Day

**Friday, Dec. 4, 10 am - 3 pm**

**Troy Community Center Computer Lab**  
At press time, we still had openings for this date. The Area Agency on Aging 1B will navigate the Medicare Part D Prescription and Medicare Advantage/Supplemental plans, helping you make an informed decision about which plan to choose. Bring current medications with you so they can be sure to get the correct spelling and dosage. Call 1.800.852.7795 to schedule an appointment. Open enrollment ends Dec. 7. You can also visit [www.medicare.gov/find-a-plan/](http://www.medicare.gov/find-a-plan/) for more information about choosing a plan.

## Special Holiday Bingo

**Friday, Dec. 4, 1 pm in Room 402**

Inteva employees will provide refreshments and prizes for this special bingo. No charge for cards on this day.

## Mouth Organ Grinders Performance

**Monday, Dec. 14**  
**10:30-11:30 am**

**Troy Community Center**

Enjoy a free one-hour holiday harmonica performance in the lobby at the Troy Community Center.

This group rehearses at the Troy Community Center on Mondays at 9:30 am. For more information about the group, call 248.689.2499.



## Holiday Wreath Mosaic Class

**Monday, Dec. 7, 6:30-9 pm**  
**Troy Community Center Room 401**  
**Act. 135902C; \$36, NR \$41**

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create beautiful mosaic masterpieces. Follow in their footsteps and fashion your own 6x6" Holiday Wreath mosaic. No experience required. The fee includes all supplies.

Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Troy Community Center front desk.

## Elder Abuse Presentation

**Tuesday, Dec. 8, 1 pm; Troy Community Center Room 302**  
**Act. 148903A (Please register to ensure adequate handouts)**

The Disability Network Oakland & Macomb will offer this FREE awareness presentation regarding elder abuse, neglect, and financial exploitation. Research indicates that one in ten American elders are affected by abuse. Unfortunately, elder abuse can happen in all types of relationships as a result of family dynamics, caregiver interactions, or targeted scams that prey on vulnerability. Learn how to recognize high risk situations and various ways to get assistance.

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

**Fax**  
248.689.6497

**Medi-Go Plus Transportation**  
248.457.1100

**SMART Transportation**  
866.962.5515

**Emerald Kitchens**  
(Meals on Wheels)  
248.689.0001

**Weather Hotline**  
(Cancellations due to weather)  
248.689.9756

**Friends of Troy Seniors**  
248.526.2608

**SHARP Home Repair**  
248.528.2929

**Creative Endeavors**  
248.526.5145

**City Hall**  
248.524.3300

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

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

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

## Upcoming Events

248.524.3484

### Caregivers: Learn to Care for the Changing Brain

Dementia brings an array of challenges as caregivers struggle with the ever changing brain. Learn effective ways to approach dementia, to assist with it, and to add everyday quality to your loved one's life. Amy Kaczmarek, certified trainer of Positive Approach to Care can help. Pick between two classes, or take them both. These classes will be presented in a class participation format using discussion and role playing.

#### Normal Aging/Not Normal Aging

**Act. 148992A Wed. Dec. 9 & 16 1-3 pm Fee: \$35, \$45 NR**

The workshop helps learner understand and recognize the difference in what is normal aging and what isn't. The workshop emphasizes matching helping behaviors to the person's needs and retained abilities. You will learn to promote a sense of patient control, self-direction, and address typical issues that occur throughout the progression of dementia.

#### Positive Physical Approach and Hand Under Hand

**Act. 148992B Wed., Jan 13 & 20 1-3 pm Fee: \$35, \$45 NR**

The workshop focuses on the Positive Approach to Care partnering techniques, including Positive Physical Approach (PPA) and Hand Under Hand (HUH). The newly learned skills enable care partners to shift from simply "dealing with the behaviors" to creating a positive and caring environment.

### Shall We Dance Drop-In Ballroom Dances

**2nd Thursday of Every Month!!! Dec 10, Jan 14, Feb 11...**

**7-9:30 pm; Troy Community Center Room 304/305**

**Fee: \$6; \$7 NR; High School Students: \$3; Pay at door**

Brought to you by James Savage, the Friends of Troy Seniors, American House Troy, Emerald Foods and the Troy Recreation Department. Reservations are not required. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. For more information, contact Elaine Torvinen at 248.524.3483.

### Maximizing Social Security Benefits for Married Couples

**Wednesday, Jan. 20, 7-8 pm, Room 303**

If you are married, you and your spouse have many options on how and when to claim your Social Security benefits. Knowing your options and making an educated selection may be the biggest financial decision you make in your retirement. Most Americans claim at age 62, but by claiming early, have reduced their retirement payments over their lifetime by an average of \$125,000. This workshop will cover all of the basic options. In addition, we will also look at the standard break-even analysis and why it does not work for married couples. Finally, we will discuss alternative filing strategies that might uncover additional benefits. This seminar will not help those already collecting Social Security for over one year. Those collecting for under one year may benefit from certain strategies discussed in the workshop. Presented by Roffe M. Hofmann, President & Financial Representative of Association Financial Services, LLC. To register, call 248.942.4885, Ext. 202 or email [Roffe@association-financial.com](mailto:Roffe@association-financial.com). This seminar is presented for educational purposes only and is not to be considered an endorsement by the City of Troy.

### E-News Updates

If you get the *Fifty Forward* newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the homepage of the City web site at [www.troymi.gov](http://www.troymi.gov). Click on the subscribe box at the top center of the page. Enter your e-mail address and click on SUBMIT. Confirm your e-mail address and click on SUBMIT. Then, in the Parks and Recreation section, select Troy Fifty Forward News & Updates and any other newsletters listed there that you want to receive. Click on SUBMIT.

- **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.

### Wayne County Lightfest

**Mon, Dec. 14, 3:15-9 pm; Act. 148927Q \$65; NR \$70**

Start the evening with dinner at the Gandy Dancer in Ann Arbor, situated in the beautifully restored 1886 Michigan Central Depot. Entree choices are Raspberry Chicken, Broiled Whitefish or Shrimp Danielle, all served with salad, beverage and dessert. Then view the Wayne County Lightfest on Hines Drive. With 4.5 miles of giant animated displays and nearly a million lights, it's the Midwest's largest holiday light show! Transportation is by motorcoach for this Bianco tour.

### Motor City Casino Winter Incentive Special

**Thu, Jan. 28, 9:45 am - 3:45 pm; Act. 148927K \$25; NR \$30**

Everyone will receive a players club card with \$35 in reward play (added to the Club Metro Player's card). To receive casino package you must bring a valid photo ID. The casino also reserves the right to change or discontinue the package without notice. Minimum age is 21 for this trip. Transportation is by motorcoach for this Bianco tour.

#### *Day trips coming in 2016:*

The Odd Couple at the Purple Rose March 9  
Calendar Girls at Meadowbrook April 6  
Chubby Checker at the Soaring Eagle May 9

### Extended Trips

- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center or attached to the weekly e-news letter.**

### Florida Vacation - Jan 21-Feb. 3, 2016

**\$2399 per person double, \$3429 single, \$2199 triple**

Includes roundtrip motorcoach, 13 nights, 9 of which are at the Outrigger Beach Resort in Fort Myers, 15 meals and sightseeing. Call Shoreline Tours for reservations. **800.265.0818.**

### California Coast - Feb. 18-25, 2016

**\$2799 per person double, \$3499 single, \$2649 triple**

Includes 7 nights and 12 meals. Enjoy Amtrak's Coast Starlight Journey from Los Angeles to San Luis Obispo, one night stay on the Queen Mary in Long Beach, all day touring along the Pacific Coast Highway, San Diego Zoo, Whale Watch Cruise, Hearst Castle, Carmel-by-the-Sea, 17 Mile drive and Monterey Aquarium. Call Shoreline Tours for reservations. **800.265.0818.**

### South Pacific - Feb. 23-March 8, 2016

**\$7099 per person double, \$8099 single, \$7049 triple**

Includes airfare, 14 nights, 20 meals and sightseeing in Australia and New Zealand. 3-night Fiji option available. Highlights include Cairns, Great Barrier Reef, Sydney and Sydney Opera House, Christchurch, Mount Cook National Park, Queenstown, Milford Sound and Arrowtown. Call Group Tours International for reservations. **248.625.3645.**

### Philadelphia Flower Show - March 9-12, 2016

**\$605 per person double, \$760 single, \$554 triple**

Includes roundtrip motorcoach, 3 nights lodging, 5 meals, guided tour of Philadelphia, admission to the Philadelphia Flower Show - the largest flower show in the world, and more. Call Bianco Tours for reservations. **734.946.7021.**

### Dutch/Belgian River Cruise - April 13 - 21, 2016

**Cost varies by cabin choice - see brochure for details**

Includes airfare, 9 days, 7-night river cruise, 20 meals and sightseeing in Amsterdam, Volendam, Arnhem, Middelbury, Ghent, Bruges, Antwerp, Kinderdirk Windmills, and Keukenhof Gardens - the world's largest flower garden! Call Group Tours International for reservations. **248.625.3645.**

### Sedona & Las Vegas - April 15-21, 2016

**\$2299 per person double, \$2999 single, \$2169 triple**

Includes roundtrip air, 6 nights, 9 meals and sightseeing including the Grand Canyon Train. Call Shoreline Tours for reservations. **800.265.0818.**

### Historic Cities of the East - May 15-20, 2016

**\$999 per person double, \$1299 single, \$929 triple**

Includes roundtrip motorcoach, 5 nights, 8 meals, Pennsylvania Amish Country, Samson @ Sight & Sound Theatre, Baltimore and Baltimore Harbor Cruise, Gettysburg, and Philadelphia sightseeing including Independence Hall and Liberty Bell Center. Call Shoreline Tours for reservations. **800.265.0818.**

### Niagara Falls - Fall, 2016 (Date TBA)

**\$279 per person double, \$369 single, \$259 triple**

Includes roundtrip motorcoach, one night at the Hilton Fallsview, 1 breakfast, African Lion Safari, Journey Behind the Falls, and a visit to Niagara-on-the-Lake. Call Shoreline Tours for reservations. **800.265.0818.**

### Receive DNR E-Mail Updates

**Next Nature Program at Belle Isle is Dec. 5**

To receive information about the free nature programs that the Department of Natural Resources offers at Belle Isle, sign up to receive DNR Email Updates and choose what kinds of information you would like to receive, including hunting, fishing, camping, other DNR events and more. Here is the direct link to the sign up page: <https://public.govdelivery.com/accounts/MIDNR/subscriber/new>. Or you can just look for the red envelope on the DNR ([mi.gov/dnr](http://mi.gov/dnr)) webpage! The next event, a waterfowl tour, is Dec. 5 at 10 am. Reservations are not required. Meet at the nature zoo parking lot on Belle Isle. Call 313-396-3863 for more information.

- All classes meet at the Troy Community Center.
  - Drop-in passes are \$6 (\$7 NR) unless noted.
  - 10 visit Punch cards available for: Muscle Strengthening, Tai Chi, Pilates w/Ilene, Balance and Stretch, Yoga w/ Marie, Yoga/Pilates w Rachel and Aquatic Exercise. \$60/\$70 NR
  - \* = Fitness Passport class. Details at the Community Center.
- Drop in passes are available for purchase to attend.**

### \*Balance and Stretch w/Ilene Hill (Fri Rachel)

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
118983C	Mon	9-9:50 am	Jan 4-Mar 14
118983D	Wed	9-9:50 am	Jan 6-Mar 16
118983E	Fri	9-9:50 am	Jan 8-Mar 18

### \* Beginning Pilates with Ilene Hill

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

Act #	Day	Time	Dates
118982C	Mon	10-10:50 am	Jan 4-Mar 14
118982D	Wed	10-10:50 am	Jan 6-Mar 16

### Fitness RX Women on Weights

Increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, improve balance and help prevent falls. Bring a mat and light (5 lbs.) hand weights. **Weeks:** 10 **Fee:** \$61 \$71 NR **Drop in fee:** \$10 class (\$11 NR).

Act #	Day	Time	Dates
118981A	Tue	6 - 7 pm	Jan 5-Mar 8
118981B	Thu	6 - 7 pm	Jan 7-Mar 10

### Gentle Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. Residents register now. Non-residents registration begins Friday, Nov 20. **Weeks:** 10 **Fee:** Free!!! HAP Sponsored

Act #	Day	Time	Dates
118978A	T & Th	9-9:50 am	Jan 5-Mar 10
118978B	T & Th	10-10:50 am	Jan 5-Mar 10

### \* Muscle Strengthening with Rachel

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

Act #	Day	Time	Dates
118975C	Tue	10-10:50 am	Jan 5-Mar 15
118975D	Thu	10-10:50 am	Jan 7-Mar 17

### Tai Chi with Keith and Marci

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes.

**Weeks:** 10/5/5 **Fee:** \$48/ \$24 \$58/ \$29 NR

Act #	Day	Level	Time	Dates
118976D	Mon	Int	3-4 pm	Jan 4-Mar 7
118976E	Mon	Beg	2-3 pm	Jan 4-Feb 1
118976F	Mon	Beg	2-3 pm	Feb 8-Mar 7

### Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out and reenergize, while building strength and endurance. No need to visit the floor! **Drop in fee:** \$7.50 per class (\$8.50 NR)

**Weeks:** 10 **Fee:** \$61 \$71 NR

Act. #	Day	Time	Date
118984B	Tue	11-11:45 am	Jan 5-Mar 8

### Yoga/Pilates with Rachel

Combining moves from both disciplines, improve extension, balance, alignment and range of motion for most muscles and joints. Mats, chairs, barres and various other equipment will be used to achieve an energizing and rejuvenating experience. Various modifications and progressions will be used throughout the session making it an individual process in a group setting. **Weeks:** 10 **Fee:** \$48 \$58 NR

Act #	Day	Time	Dates
18979A	Tue	11-11:50 am	Jan 5-Mar 8
118979B	Thu	11-11:50 am	Jan 7-Mar 10

### 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 **Fee:** \$48 \$58 NR

Act. #	Day	Time	Date
118977C	Mon	11-12:10 pm	Jan 4-Mar 7
118977D	Wed	11-12:10 pm	Jan 6-Mar 9

### Drop-In Exercise Classes

#### Chair Exercise:

**Mon, Wed, & Fri, 11-11:50 am**

Excellent class for those new to, or just returning to exercising. Incorporates work while seated and some exercises standing holding on to the chair. Uses balls, tubing and hand weights. Purchase a \$16/10 visit punch card at front desk (NR \$21). **The Friends of Troy Seniors have awarded the Recreation Department a grant which allows us to offer this class at a lower price.**

#### Stretch and Tone with Carol Petty

**Mon & Thu, 11-11:50 am.**

This class includes standing and floor work and lots of socializing. Bring a mat. **Purchase a \$31, 10 visit punch card at front desk (NR \$41).**

**Indoor Drop-In Pickleball**

Mon Daytime	11:30 am - 2 pm	Senior Special
Wed. Evening	6 pm - 8:30 pm	All Ages
Fri. Daytime	10:30 am - 2 pm	Senior Special

Four courts are available for play. All sessions free to Fitness Center pass holders. For all others drop in pass rates apply. Res. \$7/visit or \$50 for a 10 visit punch card, NR Employee \$8 visit or \$70 for a 10 visit punch card, NR \$10 a visit or \$80 for a 10 visit punch card. Equipment provided. \$4 Senior (50+) Special rate extended to 3 pm for Fitness Center access.

**Winter 2016 Adult Pickleball Doubles Ladders**  
**Winter ladder registration dates will be as follows:**

Online resident registration begins: 8 am, Mon., Nov. 16.  
Walk-in resident registration begins: 8 am, Tues., Nov. 17.  
Online non-resident registration begins: 8 am Fri., Nov. 20.

<b>Sundays, 6:15-8:15 pm</b>	<b>8 weeks</b>	<b>32 players</b>
Act#118998A* Jan 3-Feb 28	Res. \$47	Non-Res \$57
Act#119998B* Mar 6-May 1	Res. \$47	Non-Res \$57

<b>Tuesdays (50+ only), 1-2:30 pm</b>	<b>8 weeks</b>	<b>32 players</b>
Act#118998C* Jan 5-Mar 1	Res. \$28	Non-Res \$38
Act#118998D* Mar 8-May 3	Res. \$28	Non-Res \$38

<b>Fridays, 6-8 pm</b>	<b>8 weeks</b>	<b>16 players</b>
Act#118998L Jan 8-Feb 26	Res. \$36	Non-Res. \$46
Act#118998M* Mar 4-Apr 29	Res. \$36	Non-Res. \$46

\*No play Sun 2/7 & 3/27 Tue 2/16 & 4/5 Fri 4/8

Play three games with three different partners. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs needed. If you have questions contact Elaine T. at 248.524.3484. E.Torvinen@troy.mi.gov.

**Senior Olympics Winter Games**

Michigan Senior Olympics winter games are Feb. 9-15, 2016 (Dancesport Feb. 21) in Oakland County for ages 50+. Bocce, badminton, billiards, hockey, pickleball, powerlifting, racquetball, table tennis and dance sport will be offered. Visit [www.michiganseniorolympics.org](http://www.michiganseniorolympics.org) or call 248.608.0250 for a complete list of events and to register. **The registration deadline is January 15.**

**Sports Leagues**

**Bowling** - Mondays and Thursdays, 12-2:30 pm. at Troy Lanes 1950 E. Square Lake Rd., Sept. - April, \$5.25 per week. Complimentary coffee while bowling. Call 248.879.8700.

**Golf** - Mon and Wed mornings at Sylvan Glen May - Sept. Registration begins in November.

**Pickleball** - Ladder play fall and winter on Friday and Sunday evenings and Tuesday afternoons.

**Softball** - Women 50+ Tuesday evenings, Men 50+ Thursday evenings, May - August. Details available in January.

**Tennis** - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulan Park May-Sept. For information, call Judy Luther at 248. 879.9550.

**Zumba Gold Toning**

**Tuesdays 10-10:50 am; \$6, NR \$7 at door**

Combine the international rhythms of Zumba Gold® with the strength-training techniques of Zumba® Toning, for an easy-to-follow, health-boosting dance-fitness program for the active older adults and beginners. Use weighted, maraca-like Zumba Toning Sticks to enhance rhythm, strengthen and tone, and improve mobility, posture, coordination and cognition. Toning sticks are available for purchase for \$15 from the instructor, or bring personal hand weights, less than 3 lbs.

**Zumba Gold Dance Exercise**

**Wed 7-8 pm, Fri 10-10:50 am; \$6, NR \$7 at door**

Get energized with this low-impact aerobic workout that takes salsa, cha-cha, samba, tango, flamenco, calypso, hip-hop and belly dancing and puts it all into a workout routine. Bring two bottles of water and a face towel. First class is free!!!

**2016 Troy 50+ Golf Leagues**

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

These nine-hole golf leagues play at Sylvan Glen. Play begins around May 1 for 20 weeks (Monday) and 18 weeks (Wednesday), tee off 8 am. Greens fees are paid to league officers in the spring. If you take extended vacations, please sign up as a sub only.

**Returning and Priority Players:** Players active in the 2015 league and those who dropped out due to health issues -register by Nov. 30 to be guaranteed a spot.

**New Players:** Register beginning Dec. 1, 2015. Indicate your average for nine holes. If the league is full, add your name to the wait list. If you want to sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

**Act. 148986P:** Mon. League      **Act. 148986Q:** Mon. sub list  
**Act. 148987P:** Wed. League      **Act. 148987Q:** Wed. sub list

For more information, please contact:

Mon.: John Ranieri 248.641.8720 johnranieri@sbcglobal.net  
Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com  
Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com  
David Kaminski 248.649.4047 david.kaminski.troygolf@gmail.com

**Drop-In Sports**

**Badminton** - Times vary - see Community Center calendar for details. Senior special rate of \$4 Mon. and Fri.

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

**Pickleball** - Offered at various times throughout the week - see Community Center calendar for details. Senior special \$4 Mon. 11:30 am - 2 pm and Fri. from 10:30 am - 2 pm.

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

**Volleyball** - Mondays and Thursdays, 9:30-11 am, Sept. -mid June. Free for fitness center pass holders. All others drop-in fee applies.

All classes meet at the Troy Community Center

### Anyone Can Paint

Join award-winning artist and television host Steve Wood as he shares his painting tips and techniques that will have you painting like an artist in one class. He demonstrates and paints right along with the class. An 11 x 14 painting will be completed by the end of the session. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$24; NR \$29

Act #	Date	Time	Subject
145933F	Thu, Dec 10	6-8 pm	The Christmas Tree Lot
145933G	Thu, Jan 14	6-8 pm	Dog Leg Right

### Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. An extensive supply list available on your receipt or from the front desk. **Weeks:** 3/9

Act #	Day	Time	Dates	Fee	NR
148971D	Wed	9:30am-12pm	Dec 2-Dec16	\$47	\$57
118971B	Wed	9:30am-12pm	Jan 6-Mar 2	\$124	\$134

### Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. An extensive supply list available on your receipt or from the front desk. **Weeks:** 8

Act #	Day	Time	Dates	Fee	NR
118972B	Tue	12-3 pm	Jan 5-Mar 1	\$68	\$78

### Teen-Adult Pottery Ages 14 and up

Join our resident artist, Jan Lindell-Meinhard, as we create beautiful pottery. Students will have the opportunity to mold different projects each week, helping to expose the inner-potter in themselves. Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class. **Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State **Materials Fee:** \$25 (paid directly to instructor 1st week) **Location:** Troy Community Center **Weeks:** 4 **Fee:** \$64; NR \$74

Act#	Day	Dates	Time	Theme
114305F	Wed	1/13-2/3	7-9 pm	Hot Chocolate Mug

### Clay Projects for Seniors (age 50+)

Participants ages 50 and older can tap into your creative side. Work with clay and glazes to design beautiful pottery. Under direction of our art instructor you have the opportunity to explore the world of clay. **Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State

**Material fee:** \$5 per session (paid directly to instructor 1st week) **Day:** Tuesdays **Weeks:** 2 **Fee:** \$20 **NR:** \$25

Act#	Dates	Time	Theme
114305I	1/19-1/27	10:30 am-12 pm	Cookie Plate

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

### Tap Lessons

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

**Instructor:** Terry Slater **Weeks:** 10

Act #	Day	Time	Dates	Fee	NR
118974C	Tue	1:30-2:30 pm	Jan 12-Mar 15	\$48	\$58
118974D	Tue	2:30-3:30 pm	Jan 12-Mar 15	\$48	\$58

### Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ - if you have a portable keyboard feel free to bring it. A book may be purchased at the first class for \$15. **Instructor:** Lucia **Weeks:** 8

Act#	Level	Day	Time	Dates	Fee	NR
118973F	Beg	Mon	9-9:50 am	Jan 18-Mar 7	\$38	\$48
118973G	Adv	Mon	10-10:50 am	Jan 18-Mar 7	\$38	\$48

### Knitting Classes

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

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

**Beginning II:** You know how to knit and purl and have made simple items. Now you want to move your skills up a notch. Make a vest or sweater that fits in this class. Bring a pattern, yarn and needles for a project you choose to the first class.

**Brioche Knitting:** Learn to do brioche knitting with one and two colors and make a brioche scarf using two colors. Must know how to knit and purl.

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



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

Act.	Class	Day	Time	Dates
125934G	Beginning	Tue	1-3 pm	Jan 5-26
125934H	Sock Class	Wed	1-3 pm	Jan 6-27
125934I	Beginning II	Tue	1-3 pm	Feb 9-Mar 1
125934J	Brioche Knitting	Wed	1-3 pm	Feb 10-Mar 2

*Different speciality knitting classes will be offered each month!*

**Beg. Swing and Ballroom & Adv. Swing****Friday Evenings: Weeks: 6****Fee: \$59 NR \$69; Any Two Classes: \$98 NR \$118**

**Swing:** No dance experience required. No partner required. Instruction will focus on the fundamentals of East Coast Swing including: Basic Step, Open Position, Closed Position, Send Out, Inside Turns, Outside Turns, Basic Cuddle, Sugar Push and more.

**Advanced Swing:** Instruction will focus on expanding upon the fundamentals of Swing including: variations on footwork, advanced principles of connection, leading and following techniques, musicality, and incorporating "breaks" into the dance.

**Ballroom:** No dance experience required. No partner required. Instruction will focus on acquiring the skills necessary to enjoy social ballroom dancing. Each session will introduce students to traditional styles of ballroom dance including Waltz, Foxtrot, Rumba and Cha Cha. Emphasis will be placed on proper posture, dance positions, leading and following techniques and footwork. All are welcomed.

**Instructor:** Jim Berg

Act #	Style	Time	Dates
118980A	Swing	7-7:50 pm	Jan 8 - Feb 26
118980B	Ballroom	8-8:50 pm	Jan 8 - Feb 26
118980C	Adv. Swing	9-9:50 pm	Jan 8 - Feb 26
118980D	Any 2 classes		Jan 8 - Feb 26

**No class 1/15 & 2/19.****Square Dance Lessons****Mondays, 7-9:30 pm****Fee: \$5; NR \$6 at door FIRST CLASS FREE!**

Mainstream	7-8 pm
Plus Level	8-9 pm
Workshop with Walt	9-9:30 pm

Singles and Couples welcome. No partner required. Experienced dancers will assist. For more information, call Carrie at 248.632.4288. Caller Walt Zatorski.

**Friday Night Square Dances****Every third Friday, Nov. - May, 7:30-9:30 pm****Fee: \$5 per person**

Dances are held in the studios upstairs at the Troy Community Center. Partners not required. Contact Veronica at 248-689-8843 with any questions. Caller Walt Zatorski.

**Drop In Ballroom Dance****Mondays & Wednesdays, 1-2 pm; Fee: \$6; NR \$7 at door**

Have you always wanted to ballroom dance? Join this class and learn a different Smooth, Rhythm, or Swing dance each month. Learn tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes.

Month	Mondays	Wednesdays
Nov	Fox Trot/Tango	E.C. Swing/W.C. Swing
Dec	Salsa/Cha Cha/Rumba	Argentine Tango

**No class Dec. 23, 28 or 30.****American Mah-Jong Lessons**

Instructor Judy Shell teaches this class for beginners and those who want a review. Learn the rules of the game, how to "make a hand" and how to play. The fee includes \$9 Mah-Jong card. The instructor will bring your Mah-Jong card to the first class and will provide the Mah-Jong games to use during class. Class size is limited to 12. Class meets in room 402A - enter through the dining room (Room 402). **Weeks: 6**

Act. #	Day	Time	Dates	Fee	NR
135901C	Wed	1-3:30 pm	Jan 6- Feb 10	\$29	\$39

**How To Stay Fit and Enjoy Life****Thursdays, March 3 - 31 (5 weeks) No winter session.****Troy Community Center Room 301****Act. 115927N Fee: Free (Pre-registration required)**

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

**Troy English Workshop****Tue, Jan 12-Mar 8 (9 weeks); 1-3 pm Act. 145938L****Sat, Jan. 16-Mar 12 (9 weeks); 10 am - Noon Act. 145938M****Troy Community Center Room 502****Fee: FREE Class is for adults of all ages**

Are you shy and afraid to talk to an American because your English is not very good? Improve your English, talk like an American, think like an American, and be part of the American dream. We do not teach ESL, English grammar, or boring rules. We focus on conversational American English. We speak only English in our workshops, which are open to all ethnic groups. Our volunteers are all American born and speak American English. Taking the workshop, you will be able to speak with Americans without being shy or afraid of your poor English. We want to help you become an all-American. For more information, call Mr. Lee at 248.926.2288. You must bring a photo ID to the first class.



Recreation activities make a  
GREAT gift! Gift certificates are available  
at the Troy Community Center.

Computer Classes - See page 9

# Dec.

Monday	Tuesday	Wednesday	Thursday	Friday
	11:45 Chili <sup>1</sup>	10:00 Book Club - pg 11 <sup>2</sup> 11:45 Beef Hot Dog 7:30 <b>Band Concert - pg 1</b>	11:45 Oven Fried Chicken <sup>3</sup> 12:30 Birthday Party	11:45 Chicken Sandwich <sup>4</sup> 1:00 <b>Special Bingo - pg 1</b>
11:45 Sausage & Sauerkraut <sup>7</sup> 6:30 <b>Tile Class - pg 1</b>	11:45 Spaghetti <sup>8</sup> 1:00 Red Hat 1:00 <b>Elderabuse Presentation - pg 1</b>	11:45 Chicken, Broccoli and Rice <sup>9</sup>	10-11 Ask A Nurse <sup>10</sup> 10-11:30 Caregiver Support 11:45 Macaroni Casserole 7:00 <b>Ballroom Dance</b>	10-12 Hearing Screening <sup>11</sup> 11:45 Sloppy Joes 1:00 Bingo
10:30 <b>Harmonica Concert - pg 1</b> <sup>14</sup> 11:45 Shepherd's Pie 3:15 <b>Lightfest - pg 3</b>	11:45 Chilimac <sup>15</sup>	10-12 Disk Erasure - pg 9 <sup>16</sup> 11:45 Meatloaf	11:45 <b>Roast Pork Holiday Luncheon</b> <sup>17</sup>	10-12 Blood Pressure <sup>18</sup> 11:45 Baked Chicken 1:00 Bingo
11:45 Hamburger w/ Gravy <sup>21</sup>	11:45 Potato Crunch Fish <sup>22</sup>	9:30-12 Computer Consultations - pg 9 <sup>23</sup> 11:45 BBQ Chicken	<sup>24</sup> <sup>25</sup> <b>Merry Christmas!</b> <b>Center Closed</b>  Fitness Room Open 7-2      Fitness Room Closed	
11:45 Mac & Cheese <sup>28</sup>	11:45 Ginger Baked Chicken <sup>29</sup>	11:45 Chef's Selection <sup>30</sup>	<sup>31</sup> <b>Happy New Year!</b> <b>Center Closed</b>  Fitness Room Open 7-2      Fitness Room Open 7-2	

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

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

### Computers for Beginners 1

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

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

Act #	Day	Time	Dates
135951E	M & W	1-3 pm	11/30-12/9
135951F	M & W	1-3 pm	1/4-1/13

### Computers for Beginners 2

This course continues where Beginners 1 left off. Go beyond the basics with hands-on exercises to operate programs, work with files and folders and explore the Internet. Become comfortable changing your computer settings, visiting websites, sending emails, making CD's and DVD's and much more.

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

Act #	Day	Time	Date
135973E	T & Th	1-3 pm	12/1-12/10
135973F	M & W	1-3 pm	1/18-1/27

### Intro to Word Processing

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

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

Act #	Day	Time	Dates
135954B	T & Th	1-3 pm	1/26-2/4

### Windows 8

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

**Fee: \$42 NR \$52 Wks: 2 Hrs: 8**

Act. #	Day	Time	Dates
135972D	M & W	6:30-8:30 pm	12/7-12/16
135972E	M & W	6:30-8:30 pm	1/4-1/13

### Computer Security/Internet Scams

Are you worried about computer 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.

**Fee: \$42 \$52 NR Wks: 2 Hrs: 8**

Act #	Day	Time	Dates
135967A	M & W	6:30-8:30 pm	1/18-1/27

### 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.

**Fee: \$42 NR\$52 Wks: 2 Hrs:8**

Act #	Day	Time	Dates
135961B	T & Th	9:30-11:30 am	2/9-2/18

### Introduction to Excel

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

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

Act #	Day	Time	Dates
135968B	T & Th	1-3 pm	1/5-1/21

### Scanning

If you own or are about to buy a scanner, take this class! You'll learn several important scanning techniques for pictures, photos and documents. Have fun and gain valuable hands-on experience with your own photos, slides and negatives using the classroom scanners.

**Fee: \$21 NR \$26 Wks: 1 Hrs: 4**

Act #	Day	Time	Dates
135962B	M & W	1-3 pm	2/1-2/3

**Private Consultations** - Meet with a Learning Center instructor on the fourth Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The fee is \$5 payable when you make your appointment. VISA or Mastercard accepted by phone for this program. Please call to cancel if you cannot keep your appointment.

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

**Drop-In Computer Lab** The computer lab is open for FREE drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. Subject to Lab Monitor availability. **No Friday lab on 12/4 and all Fridays in January. Friday lab Monitors needed. Contact Elaine T at 248.524.34834.**

These activities are held at the Troy Community Center unless noted.

### **Special Interest/ Support Groups**

#### **Ask the Attorney**

Dana Wilson offers free 15 min. consultations on the 3rd Wednesday from 10:30 am - noon. Appointments required. Call 248.524.3484.

#### **Caregiver's Support Group**

2nd Thursday, 10-11:30 am. Free.

#### **Friends of Troy Seniors**

This non-profit group supports Troy Senior programs and services. See page 12.

#### **Medicare Counseling**

Jim Zoellner and Ken Ochs, certified Medicare/Medicaid counselors, offer enrollment assistance on the 2nd and 4th Friday from 10 am-1 pm in room 404. Also get help with claims, denials of service, and more. Call 248.524.3484 to make an appointment by the Wed. before appointment date. For help with Part D enrollment, bring your prescriptions.

#### **Pacific Rim Outreach**

Wednesdays, 12:30-3:30 pm. Information and social activities. Call Phil Oh at 248.641.8445.

#### **Red Hat**

2nd Tuesday, 1 pm. 248.524.1108.

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

Thursdays, 8:30 - 10:30 am. Non-profit weight loss support group. 586.268.1514.

### **Health Services**

#### **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

#### **Emotional Counseling**

Call Oakland Family Services to schedule an appointment at their office in Berkley, Pontiac, Rochester Hills or Walled Lake. 248.858.7766, Ext. 200.

#### **Hearing Screenings**

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

### **Cards & Games**

**Bingo** - Fridays, 1-2:30 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, \$7 (586.775.7363).

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

**Euchre** - Tuesdays, 12:30-3 pm. 248.840.9748.

**Mah-Jong** - Mondays 10 am-12 pm and Thursdays 6:30-9:30 pm. 248.641.8412.

**Pinochle** - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. Pinochle (no experience needed) Thursday, 12:30-3 pm. 248.376.5556.

### **Creative Arts**

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

**Swing and Ballroom lessons** Friday evenings. See page 7 for details.

**Band** - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. 248.689.3536.

**Knitting Lessons:** See page 6

**Line Dance Group** - Wed, 8-9:30 pm. All levels welcome. 248.641.9346.

**Harmonica Club (Mouth Organ Grinders)** - Mondays, 9:30-11 am. Sept. - May. Beginners welcome. 248.689.2499.

**Needlework Club** - Tuesdays, 10 am-12 pm. Share ideas and advice on knitting, crocheting and other needlework. No lessons. 248.588.5442.

**Painting Club** - Thursdays, 9-11:30 am. 248.646.3978.

**Painting Lessons** - see page 6

**Quilting Group** - Wednesdays, 9 am - 4 pm. All levels welcome. Bring works in progress. No lessons.

**Sewing Group** - Mondays, 12-5 pm. 248.877.9252.

**Woodcarving Club** - Mondays, 8:30-11 am. Beginners and visitors welcome. 248.528.3292.

### **Massage Therapy**

Chair or table massage is offered on Mondays and Fridays from 9 am to 2 pm with massage therapist Gordon Maslowski. The fee is \$15 for a 20 minute chair massage or \$35 for a 45 minute table massage. Call 248.840.3460 to make an appointment. Walk-ins welcome if time allows.

### **Other Activities**

**Birthday Party** - 1st Thursday 12:30-1 pm in room 402. No reservation required. Cakes donated by the Newcomers. Ice cream donated by Emerald Food Service.

**Book Club** - 1st Wednesday, 10 am in Room 402A. See page 11 for details.

**Computer Lab** - Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability. **Friday Monitors needed- Contact Elaine T 248.524.3484.**

**Hot Lunch** - This federally funded program is held Monday - Thursday from 11:45 am - 12:30 pm and Friday from 11:30-12:15 pm for ages 60 and older. No reservation needed. Suggested donation: \$3.50. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

**Homebound Lunches** - Homebound lunches and liquid meals available Monday - Friday at noon. Call 248.689.0001.

### **Sports & Fitness**

See pages 4 & 5.

#### **Creative Endeavors Gift Shop**

Seniors may place their handmade crafts in this consignment shop, located inside the north entrance of the Troy Community Center. Sellers retain 70% of the selling price. For more information, contact Carla at 248.524.3492.

### Troy Restaurant Group

**Wednesday, Dec. 2 - 6 pm at Maggiano's**

Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next event is at Maggiano's, 2089 W. Big Beaver. Please RSVP to Marlene at 248.879.9214 or [Marlene850@live.com](mailto:Marlene850@live.com). You do not need to be a Troy resident.

### Crafty Sewers

**Mondays, 12-5 pm, Room 502**

Crafty Sewers is a group of sewaholics that get together once a week to sew, share ideas, and enjoy their craft together. Bring your own materials and equipment. Irons and boards will be available for your use. Enjoy creating clothing, quilts, and home decor items. Bring your projects and join them for some peaceful sewing time. Call Karen at 248.877.9252 for details.

### Line Dance Group

**Wednesdays, 8-9:30 pm Studio C**

These experienced dancers welcome anyone interested in line dancing. No partner needed. Those with some line dance experience would be most comfortable in this group but beginners are welcome. Group fee applies - call 248.641.9346 for details.

### Card Groups

See page 10 for more information on the bridge, cribbage, euchre and pinochle groups that meet at the Troy Community Center. These are drop-in groups. Partners not required except for bridge. Please call the bridge leader ahead of time if you would like them to find a partner for you. Phone numbers available on page 10.



### Join the Band!

The Troy Heritage Band practices at the Community Center on the first and third Wednesday of each month at 7:30 pm. No string instruments except string bass. For more information about joining this group, contact Bob Rourke at 248.689.3536.

## Senior Mondays and Fridays at the Troy Community Center Fitness Area

Seniors (50+) can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of just \$4. **Drop-in Pickleball is included and is offered on Mondays from 11:30 am - 2 pm and on Fridays from 10:30 am - 2 pm.**

### Mah-Jong Group

**Mon, 10 am - 12 pm and Thu, 5-8 pm**

**Troy Community Center Lobby**

Meet other Mah-Jong players and enjoy the game with new friends. Bring a current mah-jong card. Beginners are welcome but you must know how to play (Lessons: see page 7). Contact Judy at 248.641.8412 or 248.417.4704 for more information and so she can get your contact information.

### Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The December book is *The Rosie Effect* by Graeme Simson. January: *Wicked Takes the Witness Stand* by Mardi Link. February: *The Sisters Brothers* by Patrick deWitt. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

### Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meeting is Mon. Dec. 7 at 4 pm at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. Bring your ideas for events and activities. Newcomers welcome! Call 248.689.8070 for information or dinner reservations.

### Troy Library Spice of Life Discussion Group

The Spice of Life Discussion Group meets every Wednesday from 10-11:30 am in the Meeting Room at Troy Library. Programs are on subjects of general interest and vary week to week. A discussion follows each program; no preparation is required except an interest in the world around you. Call 248.524.3538 for more information.

### ACBL Bridge Clubs

A Monday club (limited to 500 points) meets at 12 pm and a Friday club (unlimited) meets at 11 am at the Troy Community Center. The fee is \$7. Call Shirley at 586.775.7363 for details.

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

Call Sylvia at 248.524.1108 for more information. The Red Hats group leader collects annual dues of \$35 per person.

### Caregiver's Support Group

**2nd Thursday of each month - 10-11:30 am, Room 403**

This group is facilitated by Home Instead Senior Care and there is no charge to attend. All ages welcome. Share your care giving concerns and get information. Call 248.703.5556 for details.

### Grandparents Raising Grandchildren

This group, sponsored by the Area Agency on Aging and the Oakland Livingston Human Service Agency, meets in a different Oakland County location each month to provide information and services. Contact Lisa Grodsky at 248.209.2622 or [Liasg@olhsa.org](mailto:Liasg@olhsa.org) for more information.



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

## Donations of Gift Cards Needed for Focus: Hope Food Recipients

The Friends of Troy Seniors need your help and are asking for the donation of \$20 gift cards purchased from area grocers and retailers (such as Meijer, Walmart, Target, etc) to be distributed to Focus Hope recipients in December. If you are able to help, please drop off your gift card donation by Monday, December 7 at our office in the Troy Community Center. If you have any questions, please call us at 248.526.2608.

## Volunteer Opportunities

### Coordinator for the Harvest Program - Food Donation Connection

We are seeking an individual to oversee our Pastry Pick-Up Program. This individual would be required to work with the project leader of the volunteers and also be the contact person with the Food Donation Connection. Pastries and bagels are picked up three times a week by volunteers from area establishments participating in the program and brought to the senior dining room at the Troy Community Center. Weekly review and reporting by Harvest eLogs would be required.

### Webmaster

We are looking for someone to take over the responsibility of updating and maintaining our website, [friendsoftroyseniors.org](http://friendsoftroyseniors.org). Due to the nature of this volunteer position, you do not need to live in or around Troy.

If you, a family member or a friend is interested in either of these volunteer openings, please contact our office at 248.526.2608 or at [fots@wowway.com](mailto:fots@wowway.com).

Brunch & Learn - Returns Jan. 20  
Heritage Band concert - See page 1

## Monthly Membership Meetings

FOTS meetings are held on the 3rd Thursday of the month at 1 pm in Room 301 at the Troy Community Center unless otherwise announced. Our next meeting is Thursday, Dec. 17. Everyone is invited to attend. Your comments and suggestions are important.

## Senior Resource Center

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

### Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: [fots@wowway.com](mailto:fots@wowway.com)

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

Hours: Mon-Fri 10 am - 1 pm (closed 12/21-1/3)

### Mission Statement

*The Friends of Troy Seniors is dedicated to providing individuals 50 years and older with a sense of purpose and community through maintaining and enhancing senior programs, events and education in Troy and the surrounding area.*

## Employment Referral List

If you are an individual who wants to provide home care for senior citizens, pick up an application at the Friends of Troy Seniors (FOTS) Office at the Troy Community Center or call 248.526.2608 to have one mailed to you. Your name will be placed on a referral list and prospective employers will contact you. FOTS is acting as a clearinghouse only, not as an employer.

To hire a senior companion, call 248.526.2608 to obtain a copy of the list. To further assist you in this process, we suggest you refer to the *Hiring Paid Caregivers for In-Home Services* guide prepared by the Michigan Office of Services to the Aging. Guides are available at the Friends Office or at the Community Center front desk.

## Adult Caregiver Relief Program Seeks Volunteers and Participants

Free short-term care is available at the Troy Community Center for seniors whom the caregiver feels uncomfortable leaving home alone. A caring volunteer will socialize with your loved one while you attend an activity or workout at the 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 call Carla at 248.524.3492.

**Caregivers:** If you would like to use this service (available M-F from 8:45-3), contact Carla at 248.524.3492 or [vaughnacs@troymi.gov](mailto:vaughnacs@troymi.gov) to receive a registration form. Please note: This service is for periods of a couple of hours or less and caregivers must remain in the building at all times.

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

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

The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free but you must pay for supplies. Tipping is not allowed. If you need computer assistance, call SHARP at 248.528.2929. 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.

## **Tax Aide Volunteers Needed**

The Tax-Aide Program is a cooperative effort between the AARP Foundation and the IRS in partnership with community senior programs. Tax-Aide volunteers are being recruited now to provide free tax preparation services to low and moderate income seniors. Taxes will be prepared each Friday at Troy Community Center from February 5 through April 15, 2016. Volunteers will receive free training in tax law and form preparation. In addition, there will be IRS tax software computer training classes on Fridays for four weeks in January. Volunteers are required to volunteer a minimum of one day each week. Training will start in the first week of January.

To volunteer, please contact Jim Sauter at 248.828.8186 or via email at [D15Taxaide@gmail.com](mailto:D15Taxaide@gmail.com) by December 1.

## **Troy Medi-Go Fare Discount Available for Low Income Riders**

Through a grant from the Troy Rotary Club and the Friends of Troy Seniors, punch cards for Troy Medi-Go Plus are available at a 75% discount while funds last. A \$20 punch card (good for 10 one-way rides) is \$5. Applicants must be Troy residents and have an annual income of \$24,850 or less to qualify for the discount. Apply at the Troy Community Center front desk. You must bring proof of income (last year's tax return or SSI verification). Please call Carla at 248.524.3492 if you have any questions.

## **Caring For Aging Parents: 4 Essential Steps To Navigating Change**

### **Step 1: Name The Change.**

If you are handling a parent's care, you are a caregiver. Being a new caregiver is especially hard. You are doing great -- hang in there. The most important benefit of naming this phase is that it will provide access to so many resources that can help. For example, you have to know you're a caregiver to know that you can use the AARP's Caregiving Resource Center or to join the Caregiver Action Network ... both of which are really good places to start in getting a handle on this new phase of life.

### **Step 2: Acknowledge There's a New Normal.**

You need to understand that the help you're giving your parent isn't a one-time crisis, it's the new order of things. Your life is getting harder, your parents are losing precious independence and dignity and things are changing. This is just how it's going to be now. There's not anything you can do to prevent it or to stave off its impact. On an emotional level, there is real power and peace that comes from recognizing and acknowledging that there's a new complexity to your life now and that "normal" looks different than it used to. On an emotional level, a new sadness will now be part of your emotional fabric forever. But, it's okay. It adds "texture." You can handle it.

### **Step 3: Get Help.**

Getting help is evidence of strength, not weakness. Thinking you can do everything by yourself to prove your dedication, strength or whatever -- is a little bit insane. You have to be the CEO of this situation -- and there is no such thing as a CEO who's running her company alone. As I mentioned above, there are online resources to activate and there are also friends and family networks you can turn to. Figure out what you need and pay for help, if you can. Start delegating tasks to other people. You're not going to win any awards by scaling this mountain alone. Most importantly, find communities to give you emotional support and encouragement. There's a terrific online community called [caregiving.com](http://caregiving.com) through which other caregivers share stories -- and lessons learned. And, it has all kinds of great resources too.

### **Step 4: Recognize New Strengths in Yourself.**

As old ways of doing things die off, new ways always emerge. Going through a major transition, learning to adjust to this new normal and getting help will change who you are. Learn to recognize the beauty and strength in this new you. Maybe you stood up to an authoritative doctor, or set boundaries with siblings. Or, maybe you finally forgave your mom or dad. You've learned to let go of little things, to live more in the moment. This is no small stuff. This is resilience and strength. These actions create new brain patterns that change who you are. And, even though the change is hard, you will probably come out the other end liking the new you very much. So, as you go through this hard stuff that changes your world forever, just make sure to take the time to really congratulate yourself for rising to the challenge.

- [daughterhood.org](http://daughterhood.org).

*For more information or to get their blog delivered to your inbox, visit [www.daughterhood.org](http://www.daughterhood.org).*

**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.

**Document Shredding** Brought to you by the Friends of Troy Seniors, on-site shredding is offered at the Troy Community Center twice a year (spring and fall). Dates are announced in this newsletter.

**Focus Hope Food** is distributed on the 4th Thursday (Nov/Dec date may vary) from 12:30-2 pm. You must be 60 or older with a household income of \$1,276 per month or less (\$1,726 or less for a two person household – both can receive food). Apply at the Community Center front desk by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

**Home Chore Program** Assistance for low income 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.

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

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

**Community Center Passes**  
The senior (60+) resident rate is \$20 per month (no discount for non-resident seniors). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A resident matinee pass is \$17.75 per month that allows you to use the club Monday - Friday from 8 am - 3 pm. Discounts are available for low-income residents.

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

For those without a pass, the daily rate is \$7 (NR \$10). Seniors (50+) receive a special rate on Mondays and Fridays: \$4 for use of the pool, fitness room and gym from 5:30 am -3 pm.

**Creative Endeavors**  
**Handmade Gifts and More**  
at the Troy Community Center  
inside the north entrance  
**Open Monday - Saturday**  
**10 am - 2 pm &**  
**Thursday 5-9 pm**  
**248.526.5145**

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

**SHARP Home Repair Program**  
SHARP (Senior Home Assistance Repair Program) helps Troy seniors 60 and older and persons with disabilities with home repairs. The work is done by volunteers and usually involves jobs that take an hour or two. Labor is free. Tipping is not allowed. You must pay for supplies, although assistance may be available if a need exists. If you have a repair that you need assistance with, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow-up on your job. Requests for outside work accepted April 1 - October 15 only.

**Donations Accepted-** by the North Woodward Community Foundation SHARP Fund. Call the Foundation at 248.740.7600 for more information.

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



**Transportation**

**Medi-Go Plus** (248.457.1100) transports door-to-door to doctors (boundaries are 12 Mile, Mound, Auburn and Southfield Roads and Providence Hospital), grocery stores, Community Center and Oakland Mall by advance reservation. The fare is \$2 for a one-way ride. Punch cards are available at the Medi-Go office at the Troy Community Center.



**SMART Connector** (866.962.5515) provides curb-to-curb advanced reservation service throughout Troy and to surrounding communities within an 8-10 mile radius (excluding Rochester/Rochester Hills). Call two days in advance but no later than 4 pm the day before you want a ride.

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# CAREGIVER SUPPORT GROUP

**When:** The 2nd Thursday of Each Month  
**Where:** Troy Community Center Conf Rm 403  
**Time:** 10:00-11:30

Join us in this safe and supportive environment to share and learn. Attendees openly discuss the challenges that caregiver's face and often discover new techniques to handle difficult situations. In addition, professional speakers present and provide valuable information addressing many of the concerns related to caregiving.

**To attend please call 248-203-2273**



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

For more information about ADHS, contact:  
**Mindy Rubio at (248) 537-3300**  
 ext. 3803 or [rubiom@ccsem.org](mailto:rubiom@ccsem.org)

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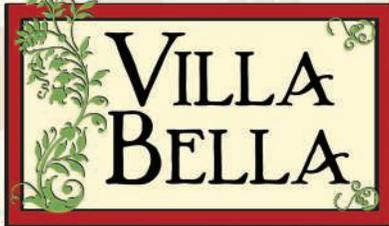
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**Suggestion Box**

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

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

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

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



**Weather Cancellations**

Call 248.689.9756 for weather cancellation information. Call after 10:30 am for the status of afternoon programs and after 4:30 pm for the status of evening programs.

**Registration Information:** Programs are for age 50 and older unless noted. Register at the Community Center, by mail using the form below, or online at [www.troymi.gov](http://www.troymi.gov). Click on **Play Here** and then on **Online Registration** on the left. In member login box, enter household number for username (find this number on a previous receipt or call 248.524.3484) and last name of head of household (all caps) for password. If you know the activity number, click on Shop/Activity Enrollment at top of page and enter activity number. To shop all 50+ programs, click on the 50+ Programs box at the bottom. You can register only your own household online. Registrations are non-transferable.

**Refund Policy:** There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process if paid by cash or check. Credit card refunds take 2-3 business days. Refunds for computer classes and for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trips are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

**Register Early!** Please register early or we may cancel for lack of interest often up to three days prior to the start date of the activity.

**Americans With Disabilities Act:** Please tell us in advance if you need an accommodation and reasonable program modifications will be made.

**Low Income Scholarships:** Troy residents 50+ with an annual household income of \$24,850 or less (\$28,400 for two people) can receive a 25% discount on 50+ classes or gardens OR a 15% discount on Community Center membership - limit one active discount per session. No discount for drop-in programs, trips, sport leagues, and special events. Apply at the Community Center and bring last year's federal or state 1040 or MI Homestead form as proof of income.

**Newsletter Subscriptions**

There are three ways to receive the 50+ newsletter which is published 12 times per year:

1. Receive it free via e-mail. Visit the City web site – [www.troymi.gov/](http://www.troymi.gov/) and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning July 1 and prorated quarterly. Pay \$4 on or before 9/1, \$3 between 9/1 and 12/31, \$2 between 1/1 and 3/31, and \$1 after 4/1. Non-residents \$6 per year, prorated as above. **Act. #135000A.**

**Mail-In Registration Form**

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

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

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

Check here if you need an accommodation and the ADA coordinator will contact you: \_\_\_\_\_

I hereby voluntarily release and hold harmless the City of Troy and the Troy School District from all liability for all types of damages or injuries, whether foreseeable or not, sustained by myself while participating, watching and traveling to or from this activity.

Signature Required: \_\_\_\_\_ Date: \_\_\_\_\_

Enclose registration fee and mail to: Troy Recreation Department, 3179 Livernois, Troy, MI 48083. Checks payable to: City of Troy. VISA or MASTERCARD # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

**Friends of Troy Seniors Brunch & Learn Series  
No Program in December  
Returning January 20, 2016**

There will not be a Brunch & Learn program in December. The Friends would like to thank all of you who attended the series in 2015. It is their hope that they provided you with timely and interesting topics. On behalf of Cindy Morley, project leader for this series, the Friends wish you and yours a happy holiday season.

The series is held on the third Wednesday of the month at 9:30 am and will be back on Wednesday, January 20, 2016 to bring you more informative topics. Watch for the announcement here in the January Fifty Forward newsletter.

**Troy Community Chorus Holiday Concert  
Friday, December 4 - 8 pm at Troy Athens High School**

The Troy Community Chorus will present their annual holiday concert and a limited number of free tickets will be available at the Community Center desk beginning Tuesday, December 1 - limit two per person, Troy residents only. For information about purchasing tickets, call Linda at 248.953.6195. Advance tickets are \$10 for ages 6-61, \$8 for seniors over 62 and children under 6 free. Tickets will be \$15 at the door.

**AARP Tax Aide**

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income taxpayers, especially those 60 and older, to prepare federal and Michigan taxes at the Troy Community Center each Friday, starting February 5 thru April 15, 2016. Appointments must be made at the Friends of Troy Seniors desk or by calling the office at 248.526.2608, starting January 4, 2016. Office hours are 10 am - 1 pm., Monday through Friday, unless otherwise posted. See the January newsletter for details about what you will need to bring to your tax appointment.

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

**Classic Christmas  
at the Troy Museum**

**Saturday, December 5, 1 - 3 pm  
Troy Historic Village, 60 W. Wattles, Troy**

**\$8 for adults, \$5 for seniors and kids 12 and under**

Have yourself a merry little Christmas at the Troy Historic Village! Enjoy the sights and sounds of Christmas classics on the grounds of the Village, visit with and take a photo with jolly old St. Nicholas and warm up with a steamy cup of hot chocolate with all the trimmings from our hot cocoa buffet. Make a special Christmas craft, sponsored by Dr. Daniel O'Brien, DDS, FICOI & The Art of Smiles, and print a souvenir card in our historic Print Shop. Enjoy a sweet candy treat from Safe Splash Swim School. Spread Christmas cheer when you bring a new, unwrapped toy or two to donate to Toys for Tots. Still need to deck your halls? You'll be rockin' around your own Christmas tree, available for purchase in our holiday tree lot during the event. Our holiday greenery and hot mulled cider are provided courtesy of the Troy Garden Club. Park at Zion Church (3668 Livernois) and ride the free shuttle bus to the Village. Call 248.524.3570 for more information. Sponsored by Genesys Credit Union.

**2016 Spring Senior Expo**

**Tuesday, March 15, 10 am - 2 pm  
Troy Community Center - FREE admission**

Vendors are encouraged to register early for the best location for the next Senior Expo. We plan on having 80+ vendors again in 2016 and annually have approximately 300-500 visitors for this event. The cover letter and registration form can be accessed on the City of Troy website at : <http://www.troymi.gov/PlayHere/SpecialEvents>.

Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 or email at [E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov) to volunteer.



Recreation activities make a GREAT gift! Gift certificates are available at the Troy Community Center.