



Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

Oct. 2016

Annual 50+ Craft Show

at the Troy Community Center
Friday, November 4, 9 am – 3 pm

Act. #148925M Fee: \$15 per 6 ft. table; NR: \$20
Vendors age 50+ - sign up today! We expect more than 50 vendors and several hundred shoppers to attend this year's craft show. Reservations are required. Specify if electricity is needed. Space is limited to two six-foot tables per household.

Gently Used Art Sale

Friday, November 4, 10 am - 1 pm

Brought to you by the Friends of Troy Seniors in conjunction with the craft show. The \$2 admission admits you to both sales. **Donations needed.** See page 12 for details. Items can be dropped off at the Community Center front desk through November 1.

Medicare Prescription Drug Enrollment Days

Fridays, Oct. 28, Nov. 11 and Nov. 18, 10 am - 3 pm

Troy Community Center Computer Lab

The Area Agency on Aging 1B will hold Medicare enrollment days for the Medicare Part D Prescription plans and Medicare Advantage/Supplemental plans. They will navigate through the many plans to help you make an informed decision about which plan to choose. Even if you already have a drug plan, there may be changes that affect how much you pay for your prescriptions and you should review your plan. Bring your Medicare card and your current medications with you so they can be sure to get the correct spelling and dosage. Call 1.800.803.7174 to schedule an appointment.

Medicare Enrollment Assistance

Jim Zoellner and Ken Ochs, certified Medicare/Medicaid counselors, offer enrollment assistance year-round by appointment only at the Troy Community Center. These dates have been revised/expanded during the open enrollment period. Appointments will be available between 10 am - 1 pm on the following dates: **Oct. 14, 18, 21, 25, Nov. 4, 15, 22, 29, Dec. 2, 7.** Get help with selecting insurance, claims, denials of service, and more. Call 248.524.3484 to make an appointment no later than the Wednesday before desired appointment date but these fill fast. For help with Part D enrollment, bring your prescriptions. See above for additional enrollment days.

Document Shredding

Thursday, Oct. 13, 9-11 am; Fee: \$2 – FOTS members \$1*
Location: Troy Aquatic Center Parking Lot at Civic Center and Town Center Drives

A Shred Corp truck will be in the Aquatic Center parking lot, 3425 Civic Center Dr., for ON-SITE SHREDDING between 9 and 11 am. Shredding is limited to private individuals with up to four grocery bags of paper documents. Cardboard boxes or large plastic garbage bags will not be accepted. *If you would like to join the Friends of Troy Seniors nonprofit organization and pay only \$1 for your shredding, stop at the FOTS office in Room 402B at the Troy Community Center between the hours of 10 am and 1 pm, Monday through Friday. A card will be issued to you for your free membership that will entitle you to the \$1 shredding fee when you show your card to the parking lot attendant. **Questions? Call 248.526.2608.**

Flu Shot Clinic

Wednesday, Oct. 19, 10 am – 1 pm

Troy Community Center Room 304/305

The Oakland County Health Division will offer flu shots recommended for ages six months and older. Bring picture ID with current address and Medicare/Medicaid card for billing. Otherwise, the fee is \$25 or \$43 for the high dose shot.

There is no pre-registration for the shots this year. For more information, call the Oakland County Nurse on Call at 1.800.848.5533. This event is co-sponsored by the Friends of Troy Seniors.

Mouth Organ Grinders Performance

Monday, October 17, 10:30 am

Troy Community Center Lobby

Join us for a free one-hour performance by our harmonica group in honor of Columbus Day. Reservations are not required.

Redwood Pickleball Courts Grand Opening

Sat., Sept. 24, 1 pm - See pg 5 for details.

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Ask the Financial/Retirement Advisor
3rd Thursday beginning October 20, 11 am - Noon
Troy Community Center Room 404

Do you have questions about investing, retirement planning or money matters? Do you want a second professional opinion? Schedule a review with financial advisor and retirement planner Jonathan Strong, CRPC, Financial Advisor, UBS Financial Services, Troy. Call 248.458.0079 or email jonathan.strong@ubs.com. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

Christmas Card Mailing Labels Computer Class

This is a hands-on two lesson course. In Lesson 1 you will create an excel database of names and addresses. You will then have a week to complete the list. In Lesson 2 you will organize, prepare and format the labels and print labels in class. Up to 150 one inch by two and 5/8 inch white labels will be provided free or you can bring your own for printing in class.

Fee: \$21 NR \$26 Wks: 2 Hrs: 4

Act #	Day	Time	Dates
7805A	Wed	6:30-8:30 pm	11/30-12/7

Diabetes PATH Workshop

Wednesdays, Oct. 12 - Nov. 16, 1-3:30 pm
Troy Community Center Room 504

Fee: \$15 payable to the Area Agency on Aging

People with type 2 diabetes, their family and caregivers are welcome to attend this workshop that is facilitated by two trained leaders, one or both having diabetes or another chronic condition. Learn how to manage symptoms and fight fatigue, build confidence, monitor blood sugar, communicate effectively with healthcare professionals and more! This workshop is brought to you by the Area Agency on Aging. Light refreshments and \$15 gift card are included in the \$15 fee.

For more information or to register, call the Area Agency on Aging 1-B at 800.852.7795 or visit AAA1B.com.

One Day Trips

- Register early! TICKETED EVENTS may be cancelled up to 30 days in advance if there are not enough people registered.
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- Indicate upon registration if you need an ADA accommodation.
- 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 before trip.

Ann Arbor Adventure

Wed, Oct. 5, 7:45 am - 6 pm; Act. 148928G \$83; NR \$88

Includes docent-led tour of The Big House, guided tour of Ann Arbor, lunch at the Gandy Dancer (choice of raspberry chicken, broiled whitefish or Shrimp Danielle) and time to shop at Kerrytown. Transportation is by motorcoach for this Bianco tour.

Detroit Historic Churches

Wed, Oct. 12, 9 am - 5:30 pm; Act. 148928J \$79; NR \$84

Tour Sweetest Heart of Mary, Old St. Mary's, and Ste. Anne de Detroit. Trip also includes lunch at Andiamo Riverfront and a stop at La Gloria Bakery in Mexican Town. Transportation is by motorcoach for this Bianco tour.

Sandhill Cranes Color Tour

Wed, Oct. 19, 7:45 am - 6:30 pm; Act. 148928E \$84; NR \$89

A step on guide will provide narration and identify viewing areas for flocks of sandhill cranes near Chelsea, MI. Lunch (chicken pot pie, salad, Zingerman's rolls, chocolate truffle, coffee/tea) and wine tasting (taste six and receive a souvenir glass) at Sandhill Crane Vineyards is included as well as a tour of St. Demetrius Orthodox Church with coffee and baklava. Transportation is by motorcoach for this Bianco tour.

The Parade Company and Ford Field Tour

Wed, Nov. 9, 9:45 am - 4:30 pm; Act. 148928L \$79; NR \$84

Start with a guided tour of Ford Field followed by lunch at Sindbad's Restaurant (choice of pork chop, Chicken Parmesan or fried cod) overlooking the Detroit River and Belle Isle. After lunch, take a look behind the scenes at the Parade Company Studio as they get ready for America's Thanksgiving Parade. Transportation is by motorcoach for this Bianco tour.

FREE DIA Trip with Art-Making Project

Thu, Nov. 17, 12-4 pm; Act. 148928N Free!

This program, which is free as a result of the milage, will include a print-making project. Use foam printing plates, water-based inks and a wooden stylus to create beautiful, one-of-a-kind hand-pulled prints on cardstock. Envelopes included. If you choose not to participate, you may experience the museum on your own. Transportation is by motorcoach.

Dot at the Detroit Public Theater

Sun, Dec. 4, 12:45 - 5:30 pm; Act. 148928O \$38; NR: \$43

This hilarious and heartbreaking new play brings us into the heart of a boisterous, loving, West Philly home as siblings and parents grapple with aging, midlife crises, and the true meaning of family. Detroit Public Theater, now in its second season, is professional theater at the intimate 150 seat Max Fisher Theater. Transportation is by school bus.

Huckleberry Railroad

Fri., Dec. 9, 2:45 - 9:30 pm; Act. 148928M \$68; NR: \$73

This trip includes a holiday buffet dinner at the Mill Street Warehouse, a ride on the Huckleberry Railroad though a holiday fantasyland of more than 400,000 lights, a visit to Crossroads Village and the 34 historic homes and shops there, and a holiday show presented by the Colwell Opera House. Dress for the weather.

- 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.**

Shades of Ireland - Oct. 12-21, 2016

\$3349 per person double, \$3749 single, \$2969 triple

Call for availability. Includes roundtrip air, lodging, 13 meals, and sightseeing in Dublin, Waterford, Killarney, Limerick, Kingscourt and more! Call Group Tours International for reservations. **248.625.3645.**

Traverse City Wine & Dine - Oct. 11-13, 2016

\$535 per person double, \$610 single, \$510 triple

Includes roundtrip motorcoach, 2 nights, 2 dinners, tour of Grand Traverse Commons (the former state hospital) and wine tasting. Call Bianco Tours for reservations. **734.946.7021.**

Ark Encounter - Oct. 22-23, 2016

\$339 per person double, \$419 single, \$309 triple

Be among the first to experience the full-sized replica of Noah's Ark, located in northern Kentucky where dozens of exhibits will bring to life the biblical account of Noah's Ark. Includes roundtrip motorcoach, 1 night, 2 meals, and admission to the Creation Museum and The Ark Encounter. Call Shoreline Tours for reservations. **800.265.0818.**

Nashville - Oct. 30-Nov. 2, 2016

\$999 per person double, \$1379 single, \$889 triple

Includes roundtrip motorcoach, 3 nights and 5 meals, tour of Nashville, Grand Ole Opry and more. Call Shoreline Tours for reservations. **800.265.0818.**

Christmas at Greenbrier - Nov. 14-17, 2016

\$1199 per person double, \$1499 single, \$1069 triple

Includes roundtrip motorcoach, 3 nights (one at Greenbrier) and 6 meals. Stay at one of the finest luxury resorts in the world, see Oglebay's Winter Festival of Lights and visit the Ark Encounter! Call Shoreline Tours for reservations. **800.265.0818.**

Branson - Nov. 16-21, 2016

\$1199 per person double, \$1599 single, \$1029 triple

Includes roundtrip motorcoach, 4 nights and 8 meals. See five shows in Branson and also enjoy a sightseeing tour of the Ozarks, the Abraham Lincoln Presidential Library & Museum and the National Tiger Sanctuary. Call Shoreline Tours for reservations. **800.265.0818.**

Niagara Falls Festival of Lights - Dec. 5-6, 2016

\$229 per person double, \$299 single, \$199 triple

Includes roundtrip motorcoach, 1 night and 2 meals. Call Shoreline Tours for reservations. **800.265.0818.**

Amish Acres New Year's Eve - Dec. 31-Jan. 1

\$252 per person double, \$294 single, \$242 triple

Includes roundtrip motorcoach, 1 night, 2 meals, Round Barn Theater featuring "A Christmas Story" and midnight fireworks display. Call Bianco Tours for reservations. **734.946.7021.**

Florida Vacation - Jan. 11-21, 2017

\$2299 per person double, \$3299 single, \$2099 triple

Includes roundtrip motorcoach, 11 nights and 14 meals. Lodging includes seven nights at the Outrigger Resort in Fort Myers. Visit the Ringling Circus Museum, Everglades Airboat Swamp Tour, Gulf of Mexico Lunch Cruise, Inside CNN Studio Tour and more. Call Shoreline Tours for reservations. **800.265.0818.**

Southwest Explorer - Feb. 22-28, 2017

\$1899 per person double, \$2299 single, \$1779 triple

Includes roundtrip air, 1st class touring motorcoach, 6 nights, 9 meals, Grand Canyon Skywalk, Death Valley National Park, Lake Mead boat cruise, and Las Vegas. Call Shoreline Tours for reservations. **800.265.0818.**

Hawaii by Land & Sea - Feb. 24-March 5, 2017

Rates based on cabin choice - see brochure

Highlights include Honolulu, Pearl Harbor, Maui, Hilo, Kona, and Kauai. **Promotional meeting Tuesday, Sept. 20 at 3 pm at the Troy Community Center.** Call Group Tours International for reservations. **248.625.3645.**

Cincinnati Flower Show - April 11-13, 2017

\$485 per person double, \$608 single, \$445 triple

Includes roundtrip motorcoach, 2 nights, 4 meals, Riverboat cruise, tour of Cincinnati, Flower Show, Krohn Conservatory and 2nd Street Market. Call Bianco Tours for reservations. **734.946.7021.**

Alaska Cruise - May 9-21, 2017

\$4349 per person double, \$6499 single, inside cabin rate

Includes roundtrip airfare from Detroit, one night in Fairbanks, one night at Denali National Park, one night in Anchorage, and 7-Night cruise. **Promotional meeting Tuesday, Sept. 20 at 3 pm at the Troy Community Center.** Call Group Tours International for reservations. **248.625.3645.**

Holland & Saugatuck - June 21-22, 2017

\$339 per person double, \$407 single, \$317 triple

Includes roundtrip motorcoach, 1 night, 3 meals, Saugatuck Dune Ride, Holland Princess Dinner Cruise, Windmill Island Gardens and more. Call Bianco Tours for reservations. **734.946.7021.**



Tropical Costa Rica

Oct. 28-Nov. 5, 2017

\$2749 per person double, \$3099 single, \$2619 triple

Highlights include San Jose, coffee plantation, hanging bridges tour and more. **Promotional meeting Tuesday, Sept. 20 at 3 pm at the Troy Community Center.** Call Group Tours International for reservations. **248.625.3645.**

**Look for more Shoreline trips for 2017
in the November newsletter.**

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

*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:** 15 **Fee:** \$69 \$79 NR

Act #	Day	Time	Dates
7100A	Mon	9-9:50 am	Sep 12-Dec 12
7100B	Wed	9-9:50 am	Sep 7-Dec 14
7100C	Fri	9-9:50 am	Sep 9-Dec 16

* 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:** 15 **Fee:** \$69 \$79 NR

Act #	Day	Time	Dates
7110A	Mon	10-10:50 am	Sep 12-Dec 12
7110B	Wed	10-10:50 am	Sep 7-Dec 14

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:** 7 **Fee:** \$46 \$56 NR

Act. #	Day	Time	Date
7120A	Thu	6:30-7:15pm	Sep 8-Oct 20
7120B	Tue	11-11:45 am	Sep 13-Oct 25

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.

Weeks: 13 **Fee:** \$125 \$135 NR (No class 11/22 & 24)

Act #	Day	Time	Dates
7130A	T & Th	9-9:50 am	Sep 13-Dec 15
7130B	T & Th	10-10:50 am	Sep 13-Dec 15

* 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:** 13 **Fee:** \$69 \$79 NR

Act #	Day	Time	Dates
7140A	Tue	10-10:50 am	Sep 6-Dec 13
7140B	Thu	10-10:50 am	Sep 8-Dec 15

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Tai Chi with Keith, Marci and Kim

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: 14 **Fee:** \$65 \$75 NR

Act #	Day	Level	Time	Dates
7150A	Mon	Beg	2-3 pm	Sep 12-Dec 12
7151A	Mon	Adv. Beg	3-4 pm	Sep 12-Dec 12
7152A	Mon	Int	3-4 pm	Sep 12-Dec 12

Women on Weights by Fitness RX

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
7160A	Tue	6 - 7 pm	Sep 13-Nov 15
7160B	Thu	6 - 7 pm	Sep 15-Nov 17

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: 13 **Fee:** \$61 \$71 NR

Act #	Day	Time	Dates
7170A	Tue	11-11:50 am	Sep 13-Dec 13
7170B	Thu	11-11:50 am	Sep 15-Dec 15

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: 13 **Fee:** \$61 \$71 NR (No Class 10/5 & 10/10)

Act. #	Day	Time	Date
7180A	Mon	11-12:05 pm	Sep 12-Dec 12
7180B	Wed	11-12:05 pm	Sep 14-Dec 14

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). **A grant from the Friends of Troy Seniors 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).**

Grand Opening of Troy Outdoor Pickleball Courts at Redwood Park

Saturday, Sept 24, 1pm, 750 Redwood, Troy

Join fellow pickleball players in a fun round robin of play to celebrate the opening of 4 dedicated pickleball courts in Troy. Equipment will be available. **Rain date Sunday, Sept. 25.**

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 available for play. All sessions free to Fitness Center pass holders. For all others drop-in pass rates apply. Res. \$8/visit or \$60 for a 10-visit punch card, NR Employee \$9 visit or \$80 for a 10-visit punch card, NR \$11 a visit or \$90 for a 10 visit punch card. Equipment provided. \$4 Senior (50+) Special rate extended 5am-3 pm for Fitness Center access.

Adult Pickleball Doubles Ladders Play

Sunday and Friday are FULL. Subs needed. Call 248.524.3483 to add your name to sub list. Indicate which ladder you want to sub for and your skill level. Leave cell phone and email address. Tuesday ladder for ages 50+ only has 6 slots open.

Sundays, 6:15-8:15 pm **10 weeks** Oct 9 - Dec 11

Tuesdays (50+ only), 1-2:30 pm **10 weeks** **32 players**
Act#7230A Oct 11 - Dec 13 Res. \$35 Non-Res \$45

Fridays, 6-8 pm **10 weeks** Oct 7-Dec 16 - **No play Nov. 25**

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@troymi.gov.

2017 Golf League Registration Begins Nov. 1

Players returning to these Monday and Wednesday morning leagues may register beginning November 2. New players may register beginning December 1. Look for details in the November newsletter.

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!!!

Senior Mixed Fitness Drop In Class with Josh

Tuesdays 11-11:55 am **Drop-in fee: \$6 \$7 NR**

A senior class designed to warm-up, strengthen muscles, improve balance, and flexibility. From walking and other mobility drills to chair exercises, strength training, and floor exercises we incorporate several pieces of equipment to keep things interesting. No pressure, work at a level that challenges you. Class held in Studio A. **THIS IS AN ONGOING DROP-IN CLASS.**

Women Volleyball Players Needed

Women are invited to play volleyball at Costello School starting in October - day and time to be announced. If interested in a fun night out, call Peggy 248.689.6092. This is not a Recreation Department sponsored group.

50+ Volleyball - Monday and Thursday, 9:30 - 11 am

Join other seniors for drop-in volleyball at the Troy Community Center on Mondays and Thursdays from 9:30-11 am through mid June. Free for Fitness Center pass holders. All others: Day pass fee applies. For more information about joining Troy's volleyball team that plays in the Tuesday morning Oakland County league, contact Dave Mattis at 248.649.1898.

Sports Leagues

Bocce - Leagues in summer and fall.

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.

Cornhole - Leagues in summer and fall.

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.

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 day pass 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
7000D	Thu, Oct 13	6-8 pm	Fall Stream
7000E	Thu, Nov 10	6-8 pm	Irish Castle

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:** 9
No class 10/12 & 11/23.

Act #	Day	Time	Dates	Fee	NR
7070A	Wed	9:30am-12pm	Sep 21-Nov 30	\$125	\$135
7071A	Wed	9:30am-12pm	Dec 7-Dec 14	\$32	\$42



Studio Art Class (For students with prior experience in your medium)

This class provides the opportunity for students with prior painting experience to develop projects of your own choosing regarding subject, style, and medium. Follow your own subject ideas, work on a more advanced level, develop work you've begun previously, or pieces you want to begin in class. Bring your own project, and artist/instructor Karen Halpern will assist you in developing your ideas in the 2-dimensional medium in which you choose to work, e.g. Watercolor, oils, acrylics, collage, pen and ink. Karen will guide critical thinking, expose each student to work by famous artists working with similar style and thinking, as applicable, and offer direction for advancement. Bring the supplies you are accustomed to. No class Oct. 12.

Act #	Day	Time	Dates	Fee	NR
7040A	Wed	1-3:30pm	Sep 21-Nov 30	\$125	\$135
7041A	Wed	1-3:30pm	Dec 7-Dec 14	\$32	\$42

Clay Projects for Seniors (Age 50+)

Participants 50 and older will 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	Res	Non-Res
6475K	10/4-10/11	10:30 am-12 pm	\$20	\$25
6475L	10/25-11/1	10:30 am-12 pm	\$20	\$25

Computer Classes - See page 9

AARP Smart Driver Class

Thursday and Friday, Oct. 13 & 14 - 12:30-4:30 pm

Troy Community Center Room 301

AARP Members: Act. 8060A: \$18 Non-Members: 8060B: \$23

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

Basket Weaving Class

Thursday, Nov. 17

Act 8040C - 2-5 pm

Act 8040D - 6-9 pm

Troy Community Center Rm 402

Fee: To Be Announced

Details about our next basket weaving workshop were not available at press time, but mark your calendar and watch for details at the Community Center, in the e-news and/or in the November newsletter. All supplies are included in the fee. Beginners welcome! Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.

Acrylic & Oil 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
7010A	Tue	12-3 pm	Sep 13-Nov 1	\$69	\$79

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:** 12 **Dates:** Sept 27-Dec 13

Act #	Level	Day	Time	Fee	NR
7060A	Beg.	Tue	1:30-2:30 pm	\$57	\$67
7061A	Int.	Tue	2:30-3:30 pm	\$57	\$67

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
7030A	Beg	Mon	9-9:50 am	Sep 26-Nov 14	\$39	\$49
7031A	Adv	Mon	10-10:50 am	Sep 26-Nov 14	\$39	\$49

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. **No class Nov. 11 & 25.**

Instructor: Jim Berg

Act #	Style	Time	Dates
7050B	Swing	7-7:50 pm	Oct 21-Dec 9
7051B	Ballroom	8-8:50 pm	Oct 21-Dec 9
7052B	Adv. Swing	9-9:50 pm	Oct 21-Dec 9

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
Oct	Cha Cha, Salsa	W.C. Swing, Hustle
Nov	Fox Trot/Arg. Tango	Rumba/Merengue
Dec	Quickstep	American Tango

No class 11/23, Dec. 19, 21, 26 & 28.**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 248.566.3026 with any questions. Caller Walt Zatorski.

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 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.

Intermediate Knitting: A continuation of Beg. Knitting II

Fingerless Gloves: These gloves will keep your hands warm while still giving you the freedom to move your fingers. You will learn to knit these gloves using the magic loop method. However, if you prefer to use double pointed needles the methods taught in the class will work for you as well. For this class you will need 1 skein of Caron's Simply Soft yarn, a 32" size 5 circular needle, size 5 double pointed needles, waste yarn, ring markers and a tapestry needle. You must know how to knit and purl for this class.

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

Act.	Class	Day	Time	Dates
8012A	Beg. Knit II	Tue	1-3 pm	10/18-11/8
8011B	Int. Knit	Wed	1-3 pm	10/19-11/9
8012B	Beg. Knit II	Tue	1-3 pm	11/15-12/6
8011C	Int./Fingerless Glove	Wed	1-3 pm	11/16-12/14*

*No class Nov. 23

Evergreen Tree Mosaic Class**Tues, Dec. 6, 6:30-9 pm****Troy Community Center Rm 401****Act. 8050B; \$36 Res, \$41 NR**

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 "Winter Evergreen Tree" mosaic and add Christmas embellishments if you wish. Class is for men and women - no experience necessary. Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project will be on display at the Community Center front desk later in the month. Pre-registration is required.



October

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Sweet and Sour Meatballs ³	11:45 Chili Mac ⁴	7:45 Ann Arbor Adventure - pg 3 10:00 Book Club - pg 11 11:45 Oven Fried Chicken ⁵	11:45 Meatloaf ⁶ 12:30 Birthday Party 6:30 Daughterhood Circle - pg. 11	11:45 Mac & Cheese ⁷ 1:00 Bingo
11:45 NO LUNCH ¹⁰	11:45 Spaghetti Vegetable Blend ¹¹ 1:00 Red Hat	9:00 Historic Churches Tour - pg 3 11:45 Ginger Baked Chicken ¹²	9-11 Document Shredding - pg 1 ¹³ 10-11:30 Caregiver Support 11:45 Sausage & Sauerkraut 6:00 Anyone Can Paint - pg 6 7:00 Ballroom Dance - pg 20	10-12 Hearing Screening ¹⁴ 11:45 Shepherds Pie 1:00 Bingo
10:30 Harmonica Concert ¹⁷ 11:45 Sloppy Joes	11:45 Egg Casserole ¹⁸	7:45 Sandhill Cranes Tour - pg 3 ¹⁹ 9:30 Light Therapy - pg 20 10-1 Flu Shots - pg 1 10-12 Disk Erasure - pg 9 11:45 Chicken Ala King	11-12 Ask the Financial Advisor - pg 13 ²⁰ 11:45 Cheeseburger	9:30 Bridge Card Assistance - pg 13 ²¹ 10-12 Blood Pressure 11:45 Fish 1:00 Bingo
11:45 Mac & Cheese ²⁴	11:45 Chicken Parmesan ²⁵	9:30-12 Computer Consultations - pg 9 ²⁶ 11:45 Chili w/Rice	11:45 Roast Pork Loin ²⁷ 12:30-2 Focus Hope - pg 14	110-3 Medicare Enrollment - pg 1 ²⁸ 1:45 Baked Chicken 1:00 Bingo
11:45 Chef's Selection ³¹				

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.

Senior Mondays and Fridays at the Community Center Fitness Area - Ages 50+ can access the fitness center, pool and gym from 5 am-3 pm for a special rate of \$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.**

At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment in small, hands-on classes. Course materials included in the fee. For detailed course outlines, visit www.troyclic.org. **All computers use Windows 10.**

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
7800D	T & TH	1-3 pm	10/25-11/3

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, download a program from the Internet and install it on the computer and much more.

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

Act #	Day	Time	Date
7810C	T & TH	9:30-11:30 am	10/4-10/13
7810D	M & W	1-3 pm	11/14-11/23

Windows 10

Prerequisite: Computers for Beginners or some computer experience. Learn to use the Windows 10 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
7890E	T & TH	1-3 pm	FULL 10/4-10/13
7890F	M & W	6:30-8:30 pm	10/24-11/2
7890G	M & W	1-3 pm	12/5-12/14

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
7820A	T & Th	6:30-8:30 pm	10/11-10/27

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
7840A	M & W	1-3 pm	10/3-10/12

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
7880B	T & TH	9:30-11:30 am	11/15-11/17

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 color, brightness and contrast. Develop skills to print beautiful pictures, restore old photos and create special projects like photo books and calendars. **Wks: 2 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
7850B	M/W/F	1-3 pm	10/17-10/28

Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, you can learn to add creative interest and impact to your photos. Create special effects, brighten colors, enhance portraits and even move objects from one photo to another. Design panoramas, slide shows, photo galleries and much more! **Wks: 2 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
7860A	M/W/F	1-3 pm	10/31-11/11

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 non-refundable fee of \$5 is payable when you make your appointment. VISA or Mastercard accepted by phone for this program. Please 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 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.**

Free SHARP In-Home Computer Help - For Troy seniors age 60+ who use any Microsoft Windows Operating System. Support is not available for Apple products. The volunteer labor is free but you must pay for supplies. Tipping is not allowed. For assistance, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions on follow up. This program is made possible by the City of Troy and the North Woodward Community Foundation. Donations to the North Woodward Community Foundation accepted.

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. 586.202.7090.

Health Services

Ask A Nurse

Discontinued due to lack of participation.

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 - Wed. 1-3:30 pm and Fri. 1:30-4 pm. 248.641.8412.

Pinochle - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. Pinochle (less 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).

Coloring Group

Wed, 9-10:30 am Self directed Free!!!

Swing and Ballroom Lessons

Friday evenings. See page 7 for details.

Band - Practices 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.

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.

Group News

Fifty Forward Dinner Club

This group has been discontinued due to lack of interest.

Mah-Jong Group

Mon, 10 am-12:30 pm (lobby), Wed, 1-3:30 pm (Room 402A), Thu, 6-9 pm (Room 402A) and Fri., 1:30-4 pm (lobby) - Troy Community Center

Meet other Mah-Jong players and enjoy the game with new friends. Bring a current mah-jong card. Beginners welcome but you must know how to play (Lessons: see page 7). Contact Judy at 248.417.4704 for more information and so she can get your contact information. Also, let her know if you plan to attend on Thursday to make sure others will be there. No fee.

Coloring Group

Wednesdays, 9 am and 1 pm; Troy Community Center Rm 402

Adult coloring is all the rage!!! An adult coloring group meets on Wednesdays at 9 am and 1 pm for those interested in this relaxing activity. Register for **Act. #8070D** if you plan to attend. We will provide coloring sheets that can be reproduced and markers and pencils for coloring. This is a self-directed activity and there is no charge.

Please Register for Group Participation

Please register for *each group* you attend. Although there is no charge for room use, some groups may charge dues. Check with the group leader. See page 10 for more information on these groups.

8070A	Book Club
8070B	Bridge–Thu. Party
8070C	Bridge–Tue. Duplicate
8070D	Coloring Group
8070E	Cribbage
8070F	Euchre
8070G	Harmonica Club
8070H	Heritage Band
8070I	Line Dance
8070J	Mah-Jong Group
8070K	Needlework Club
8070L	Pacific Rim
8070M	Painting Club
8070N	Pinochle - Beg.
8070O	Pinochle - Monday
8070P	Quilting Group
8070Q	Red Hat Society
8070R	Sewing Group
8070S	Society of Single Seniors
8070T	TOPS
8070U	Woodcarving

Daughterhood Circle

Thursday, Oct. 6, 6:30-8 pm

Troy Community Center Room 504

Join Troy's Daughterhood Circle and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. Please preregister for this FREE activity: **Act. 148906A.**

Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The October book is *The Swans of Fifth Avenue* by Melanie Benjamin. November will be *Discretion* by Allison Leotta. 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 **Tue, Oct. 11 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

Monday club (limited to 500 points) meets at 12 pm and 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 Lisag@olhsa.org for more information.



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Document Shredding, Thursday, Oct. 13

See page 1 for details on this semi-annual shredding event brought to you by the Friends of Troy Seniors.

Flu Shot Clinic, Wednesday, Oct. 19

See page 1 for details.

Gently Used Art Sale

Friday, Nov. 4, 10 am – 1 pm

This event is sponsored by the Friends of Troy Seniors in conjunction with the Annual 50+ Craft Show. Donations are currently being accepted of gently used wall art, framed paintings and shelf art. Decorative home accent pieces such as pottery, sculptures and large vases would also be welcomed.

Items can be dropped off at the Administrative Desk in the Troy Community Center through Nov. 1. Call the Friends of Troy Seniors at 248.526.2608 if you have any questions.

Thank You

We wish to thank the Oakmont Senior Communities for their donation of ice cream and toppings that allowed us to serve about 230 sundaes at our Ice Cream Social & Heritage Band Concert. We also want to thank the band for their great performance and the Friends volunteers along with the Oakmont volunteers who worked to make the event a success.

HearUSA Hearing Screenings

HearUSA provides monthly community service screenings on the second Friday of the month at the Troy Community Center from 10 AM – noon in Room 402A. Take advantage of the next free screening on Friday, Sept. 9. Contact HearUSA at 855.828.4143 if you have questions.

Flu Shot Clinic - pg. 1

Brunch and Learn - page 20

Document Shredding - pg. 1

Monthly Membership Meetings

The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1 pm at the Troy Community Center in Room 301 unless otherwise announced. Please attend if you can. Your comments and suggestions are important to us. Our next meeting will be held on Oct. 20.

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

Website: www.friendsofroyseniors.org

Hours: Mon-Fri 10 am-1 pm

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.

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 home page of the City web site at 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.

Supplemental Nutrition Assistance Program (SNAP) Bridge Card Enrollment Oct. 21

Lynn Davey, the Solutions to Hunger Coordinator at the Yad Ezra food bank in Berkley, is available by appointment at the Troy Community Center Room 404 to help seniors 50 and older enroll in the Supplemental Nutrition Assistance Program (SNAP) for a Bridge Card (formally known as Food Stamps). She offers private, one-on-one appointments to do a pre-screening and if eligible, help you complete the application on line and submit it to the Department of Human Services. All services are FREE. To qualify, gross monthly income must not exceed \$1,276 for a one person household (\$1,726 for two people, each additional person: add \$451)

Appointments are available on the third Friday of the month at 9:30 am, 11 am and 12:30 pm. To schedule an appointment, call 248.524.3484 no later than the Wednesday before. Bring proof of identity, social security card, proof of immigration status, proof of income (job and other income such as assets and unemployment benefits) to your appointment.

Tax Aide Volunteers Needed

The Tax-Aide Program is a cooperative effort between the ARRP 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 by December 1.

FREE Hands-On Help with Your Computer, Tablet, and Smart Phone Saturdays, 10 am - 12 pm

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

Computer Classes - See page 9



Easterseals of Michigan Senior Reach Program

Senior Reach is for adults 60+ living independently who may need emotional or physical support and/or connection to community services. It is a short term program offering 6 months of in home therapy (if needed) and care management. This free program is made possible by the Michigan Health Endowment Fund. Senior Reach is a nationally-recognized evidence-based program with goals of support for the wellbeing, independence and dignity of older adults through community education, mental health services and connection to community resources. To Make a Referral: Any community member can call to discuss their concerns and make a referral. The Senior Reach Specialist will talk with the senior to determine need and willingness for services. If the older adult agrees, Senior Reach will help connect them with appropriate services.

Call the Senior Reach Toll Free Line at
1.877.231.0155.

Area Agency on Aging

Caregiver Expo

Saturday, October 15, 2016
9 am - 2 pm

Wyndham Garden Sterling Inn
34911 Van Dyke, Sterling Heights

- FREE parking and admission.
- Register at the door.
- More than 90 exhibitors.
- Free educational seminars - pick up a flyer at the Community Center for details on these workshops or visit www.MichiganCaregiverExpo.com.
- On-the-spot help from Area Agency on Aging experts about Medicare, Medicaid and other programs. Get answers and referrals to local services.
- Complimentary morning refreshments, prizes and giveaways!

Questions: Call 800.852.7795 or visit
www.MichiganCaregiverExpo.com.

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 based on volunteer monitor availability.

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 -5th Thurs Sept. only (Nov/Dec date may vary) from 12:30-2 pm. You must be 60 or older with a household income of \$1,287 per month or less (\$1,736 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 Troy 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.** Please call 248.524.3484 to see if we are currently accepting items.

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 \$8 (NR \$11). Seniors (50+) receive a special rate on Mondays and Fridays: \$4 for use of the pool, fitness room and gym from 5 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 9



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.



Visit Creative Endeavors at the Troy Community Center for your holiday shopping!

New at Creative Endeavors

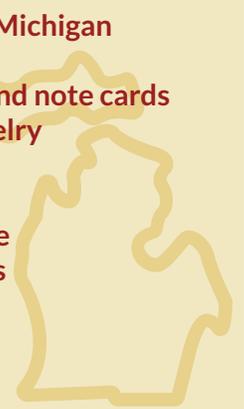
- Webkinz
- Wooden Boxes from Poland
- Sunsout Jigsaw Puzzles

Unique and Handmade at Creative Endeavors

- Cell phone holders
- Walker carry-alls
- Pottery and painted glass
- Halloween merchandise
- Polished stone pendants
- Earrings and Necklaces

Check out our Michigan-themed Merchandise

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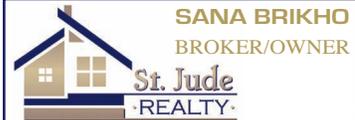


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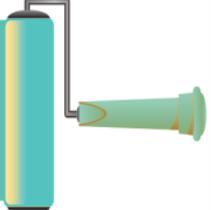
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Weather Cancellations

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.

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.

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 <https://onlinereg.troymi.gov>. 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 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/ 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 \$7 per year beginning July 1 and prorated quarterly. Pay \$7 on or before 9/1, \$5.25 between 9/1 and 12/31, \$3.50 between 1/1 and 3/31, and \$1.75 after 4/1. Non-residents \$9 per year, prorated as above. **Act. #7090A.**

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: _____ CVV: _____

**Troy Recreation
Department**

3179 Livernois Troy, MI 48083
Phone: 248.524.3484
Fax: 248.689.6497

50+ Program Staff

Carla Vaughan
vaughancs@troymi.gov
Elaine Torvinen
E.Torvinen@troymi.gov

Recreation Dept. Hours

Mon-Fri, 8 am- 8 pm
Sat, 8:30 am-12:30 pm

Medi-Go Plus Transportation

248.457.1100

SMART Transportation

866.962.5515

Senior Meals on Wheels

248.689.0001

Weather Cancellation Hotline

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.

Friends of Troy Seniors Brunch & Learn Series

Light Therapy and Your Health

Wednesday, Oct. 19, 9:30 - 11 am, Troy Community Center Room 302

Join William Huber, Quantum Light Therapist and President of AMI Light Therapy, to find out what lights can do for your health. He will explain the science and history of light energy and how Light Wellness Systems can benefit your health and vitality. LED light therapy delivers energy to various parts of the body activating increased circulation and cellular metabolism accelerating repair and replenishment and reducing pain. The Light Therapy System can engage your body's own self-healing processes.

This series brings you informative topics and is held on the third Wednesday of each month at 9:30 am in the Troy Community Center located just north of Big Beaver Rd. at 3179 Livernois. Coffee and light refreshments are provided at these free events upon arrival at 9:30 am. Advance registration is required and space is limited. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 am – 1pm, Mon – Fri to reserve a seat. Reservations will be accepted through Fri, Oct. 14, if space is still available on that date.



**Free Leaf Clean-Up for
Low-Income Seniors**

Troy People Concerned is linking low-income Troy seniors age 60+ with community groups volunteering to provide free leaf raking. Seniors on the City's home chore program or with a lawn service may NOT participate. Seniors who have family members able to rake their leaves are also ineligible. Raking takes place in late November when all the leaves are down. You must provide the bags and clean up dog waste, and make sure your house is numbered! To participate, call 248.528.9199 by October 1 and indicate how many trees you have in your yard.

Volunteers Needed! Volunteers wishing to help rake leaves should call Troy People Concerned at 248.528.9199.

**Shall We Dance
Drop-In Ballroom Dances
2nd Thursday of Every Month!**

Oct. 13 7-9:30 pm

Troy Community Center Room 304/305

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

Brought to you by James Savage, the Friends of Troy Seniors, American House Troy, Senior Meals on Wheels 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 248.524.3484.

Note: Due to a room scheduling conflict the November dance will be held on Thursday, Nov. 17 with the Mike Wolverton Band.

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