



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

April 2015

Document Shredding

Tuesday, April 21, 9-10 am Fee: \$2 per person*

Troy Community Center – North Parking Lot

Two Absolute Shreds trucks will be in the north parking lot for ON-SITE SHREDDING between 9 and 10 am. Shredding is limited to private individuals with up to four paper grocery bags of paper documents. **No boxes or large plastic garbage bags please.** This event is sponsored by the Friends of Troy Seniors.

*If you would like to join their non-profit group 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.

Removing the Mysteries of Probate Court

Thursday, April 16, 1 – 3 pm

Troy Community Center Room 305

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

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

To insure seating and materials, register by April 9 for this free program. Call 248.524.3484 or register online for Act. 128915F.



Afternoon Tea

Tuesday, April 14, 3-5 pm

Troy Community Center Room 303

Music will be provided by the Troy High School Seniors String Quartet. This highly talented group of musicians will perform

selections that will entertain you while you enjoy a delightful assortment of light refreshments and of course...tea! We ask that, if you are so inclined, please bring your own teacup to create the ambiance of the afternoon tea parties we all remember.

Doors open at 3 pm. Tea and refreshments begin at 3:30 pm, with music from 4-5 pm. This event is sponsored by the Friends of Troy Seniors and Silver Strings Entertainment. Reservations will be accepted through April 10. Call 248.526.2608 or stop in at the Friends office at the Troy Community Center (M-F, 10 am-1 pm).



Gardens Sites Available

Garden sites are available for ages 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are approximately 20' x 20' (raised beds are smaller), limit one per household, and must be tended by applying senior. The ground is tilled and water is available. The fee is \$70; NR: \$80. No refunds after May 1.

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

- Use Act. 125936E for a ground level bed
- Use Act. 125937E for a raised bed

New Resident Gardeners - Register beginning Wed., April 1.

Non-Residents: Register beginning Fri, April 3.

April 9 Dinner Dance Special Event Commemorating City of Troy 60th Birthday!!!

Troy Community Center Room 304/305

Doors open at 5:30 pm. Dinner is from 6-7 pm followed by dancing from 7-10 pm. The Tommy James Band will supply the music for dancing and Jim Laurie will provide dinner music. There will be a door prize raffle as well! **Deadline to register is March 27** and will be limited to 112 guests. Register for Act. 128970A. Fee: \$20; \$24 NR. **You may indicate table mates when registering.**

Shall We Dance Drop-In Ballroom Dances

Second Thursday of every month!!! April 9 - see above

May 14, June 11, July 9, Aug 13, Sept 10.....

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

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

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

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Recreation Dept. Hours
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248.689.6497

Medi-Go Plus Transportation
248.457.1100

SMART Transportation
866.962.5515

Emerald Kitchens
(Meals on Wheels)
248.689.0001

Weather Hotline
(Cancellations due to weather)
248.689.9756

Friends of Troy Seniors
248.526.2608

SHARP Home Repair
248.528.2929

Creative Endeavors
248.526.5145

City Hall
248.524.3300

City Web Site
www.troymi.gov

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

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

Upcoming Events

248.524.3484

AARP Smart Driver Class

Thursday and Friday, April 16 and 17 - 12:30-4:30 pm; Troy Community Center Room 303
AARP Members: Act. #15931F: \$18; Non-AARP Members: Act. 115931G: \$23

This eight hour classroom refresher course is designed for ages 50+, and some insurance companies offer incentives for completing the course. Learn to adjust your driving to accommodate common age-related changes in vision, hearing and reaction time. You will also get tips on using new vehicle technology and eliminating distractions. Visit AARP's web site (AARP.org) for additional details on what is covered in the course. Pre-registration is required. The fee includes \$3 Recreation Department fee.

Brain Neurobics

2nd Thursday, April 9 and May 14, 12:30-1:30 pm
Troy Community Center Room 301

Act. 115901A; Fee: FREE

Give your brain a work-out with Brain Neurobics! Join us and learn simple mental exercises, fun crafts, puzzles, and word games you can do to strengthen connections between both halves of your brain. Improve coordination and creativity and stimulate memory. This program is brought to you by Waltonwood at University Assisted Living. The presenters were trained in Dr. Lawrence Katz's program at Wayne State University. If interest is sufficient, the program will be extended additional months. Pre-registration is required. Space is limited.

Diabetes PATH Workshop

Wednesdays, May 6-June 10 (6 weeks), 1:30-4 pm
Troy Community Center Room 502 (504 on May 13)

Act. 125900A; Fee: \$15; NR \$20

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. Workshop participants learn how to:

- Manage symptoms
- Fight fatigue
- Build confidence
- Monitor blood sugar
- Communicate effectively with healthcare professionals
- And much more!

This workshop is brought to you by the Area Agency on Aging. Light refreshments and \$15 gift card included. Pre-registration is required as space is limited.

How to Download E-Books on Your iPad

Wednesday, May 6, 1 pm; Troy Community Center Computer Lab
Act. 125901A; Fee: FREE

A librarian from the Troy Public Library will help you download the app needed for e-reading and help you download a book to your iPad. Bring your iPad and the name of an e-book you would like to read if you have a specific title in mind. Space is limited. Pre-registration required. Must have a valid Troy Library card to participate.

AARP Tax Aide

Fridays Through April 10

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 thru April 10. Appointments must be made at the Friends of Troy Seniors desk or by calling the office at 248.526.2608. Office hours are 10 am - 1 pm, Monday through Friday, unless otherwise posted.

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

- **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.

Cirque Ziva at the Fox Theater

Sun, Apr. 26, 11:15 am - 6:45 pm; Act. 148926X \$94; NR: \$99

Enjoy brunch at Sindbad's on the Detroit River before the 3 p.m. performance of Cirque Ziva. Transportation is by motorcoach for this Bianco tour. A \$55 cancellation fee may be levied within 4 weeks of departure. No refunds within 24 hours of departure.

Free Senior Day at the Zoo

Wed, Apr. 29, 10:30 am - 2:30 pm; Act. 148926AA \$5; NR: \$7

Let us drop you at the gate so you can enjoy free admission (for ages 62+ - under 62 must pay admission fee at gate), live music, tractor train tours, zookeeper talks and more. Transportation is by school bus subsidized by Troy Medi-Go.

Firekeepers Casino in Battle Creek

Wed, May 13, 8:30 am - 6:30 pm; Act. 148926P \$39; NR: \$44

Our package includes a \$20 slot credit and \$5 to use on food, slot play or gift shop. Also, Firekeepers offers bingo starting at noon on Wednesdays. Transportation is by motorcoach for this Bianco tour. Adults only.

Detroit Symphony Orchestra and Midtown Men

Sun, May 17, 11:30 am - 6 pm; Act. 148926N \$101; NR: \$106

Includes brunch at Sindbad's overlooking the Detroit River before the 3 pm performance of the DSO with Midtown Men - original cast members from Jersey Boys harmonizing the hits of the 60's. Transportation is by motorcoach for this Bianco tour.

Grand Hotel Mackinac Island - Oct. 6-9, 2015

Act. #148918J - \$804 pp double \$1028 single \$738 triple

Includes:

- Round trip motor coach and baggage handling
- Round trip ferry ride and round trip taxi to hotel
- Elegant accommodations at Grand Hotel - rooms assigned by luck of the draw. All rooms non-smoking.
- Grand Buffet lunch upon arrival and champagne reception.
- Five course dinner nightly, full breakfast daily.
- Horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly to the Grand Hotel Orchestra.

Drive Up On Your Own Option

Drive up on your own and meet the group at the boat dock. Fee: Act. #148918K - \$704 pp double \$928 single \$638 triple

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

Extended Trips

- 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.**

Montreal & Quebec City – May 17-23, 2015

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

Six nights lodging, eight meals, and extensive sightseeing as outlined in brochure. Call Shoreline Tours for reservations. 800.265.0818.

Titanic the Musical in Toronto – June 16-17, 2015

\$399 per person double, \$499 single, \$369 triple

Roundtrip motorcoach, one night at the Holiday Inn Express downtown, 2 meals, top price main floor seats for Titanic and additional sightseeing. Call Shoreline Tours for reservations. 800.265.0818.

Oregon Coast/Pacific Northwest - Aug. 8-17, 2015

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

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

Lake Geneva, Wisconsin - Sept. 2-4, 2015

\$569 per person double, \$699 single, \$529 triple

Roundtrip motorcoach touring, two nights lodging, five meals, and extensive sightseeing including Lake Geneva Ice Cream Social Cruise, Dancing Horses Dinner Show, Landmarks Tour at SC Johnson Company, and more. Call Shoreline Tours for reservations. 800.265.0818.

Italian Lakes, Greek Islands & Venice

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

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

*Inside cabin rate. Additional fee for outside or balcony cabin. See brochure.

National Parks of the West - Sept. 15-22, 2015

\$2899 per person double, \$3749 single, \$2639 triple

Roundtrip air, motorcoach touring, seven nights lodging, 12 meals, and extensive sightseeing including Canyonlands, Arches, and Mesa Verda National Parks. Call Shoreline Tours for reservations. 800.265.0818.

Vermont-New Hampshire - Oct. 10-17, 2015

\$1799 per person double, \$2379 single, \$1659 triple

Roundtrip motorcoach, seven nights lodging, 14 meals, and extensive sightseeing including Green Mountain Flyer Rail Journey, Castle in the Clouds, Finger Lakes region, cruises on Lake Winnepesaukee and Lake Seneca, and more. Call Shoreline Tours for reservations. 800.265.0818.

- 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 and Aquatic Exercise. \$60/\$70 NR
- * = Fitness Passport class. Details at the Community Center.

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 **Drop in fee:** \$10 per class (\$11 NR).

Act #	Day	Time	Dates	Fee	NR
128981C	Tue	6-7 pm	Mar 24-May 26	\$61	\$71
128981D	Thu	6-7 pm	Mar 26-May 28	\$61	\$71

*** Muscle Strengthening with Rachel**

This total body workout strengthens and tones muscles using a variety of resistance equipment, including hand weights, tubing and medicine/therapy balls. Functional exercises improve muscle endurance, balance and core strength. Modification and progression cues to most exercises also provided. **Weeks:** 12

Act #	Day	Time	Dates	Fee	NR
128975A	Tue	10-10:50 am	Mar 24-Jun 9	\$55	\$65
128975B	Thu	10-10:50 am	Mar 26-Jun 11	\$55	\$65

Tai Chi with Keith Mon and Kim Wed

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Advanced. **Weeks:** 10 * No class 5/25.

Act #	Day	Level	Time	Dates	Fee	NR
128976A	Mon	Int	3-4 pm	Mar 23-Jun 1*	\$47	\$57
128976B	Wed	Adv	1:45 pm	Mar 25-May 27	\$47	\$57
128976C	Wed	Beg	2:45 pm	Mar 25-May 27	\$47	\$57

Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on. **Weeks:** 10. No class 5/25.

Act. #	Day	Time	Date	Fee	NR
128977A	Mon	11-12:10 pm	Mar 23-Jun 1	\$47	\$57
128977B	Wed	11-12:10 pm	Mar 25-May 27	\$47	\$57

Aquatic Exercise with Ivy

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. Resident online registration began Monday, Feb. 23 at 8 am. Resident walk in registration began Tuesday, Feb. 24. Non-residents online or walk in registration began Friday Feb. 27. Returning students changing time slots must register as new. **Weeks:** 11

Act #	Day	Time	Dates	Fee	NR
128978C	T & Th	9-9:50 am	Mar 24-Jun 4	\$105	\$115
128978D	T & Th	10-10:50 am	Mar 24-Jun 4	\$105	\$115



Ivy's Pilates

Have a ball with Ivy's Pilates! In the words of Joseph Pilates, "You are only as strong as your core and as young as your spine is flexible." Join us in the chair or on the ball to strengthen your center, lengthen your limbs, lubricate your joints and improve your balance. You are guaranteed to conclude each class with an enhanced sense of life! Light weights and small balls will be used for muscle strength and endurance. **Weeks:** 12

Act #	Day	Time	Dates	Fee	NR
128979B	Tue	11-11:50 am	Mar 24-Jun 9	\$55	\$65

*** 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:** 12 No class 5/25.

Act #	Day	Time	Dates	Fee	NR
128982A	Mon	10-10:50 am	Mar 23-Jun 8	\$55	\$65
128982B	Wed	10-10:50 am	Mar 25-Jun 10	\$55	\$65

*** Balance and Stretch with Ilene Hill**

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 12 No class 5/25.

Act #	Day	Time	Dates	Fee	NR
128983A	Mon	9-9:50 am	Mar 23-Jun 8	\$55	\$65
128983B	Wed	9-9:50 am	Mar 25-Jun 10	\$55	\$65

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out stress and reenergize, while building strength and endurance. No need to visit the floor! **Weeks:** 10 **Drop in fee:** \$7.50 per class (\$8.50 NR)

Act #	Day	Time	Dates	Fee	NR
128984B	Tue	11-11:45 am	Mar 24 - May 26	\$60	\$70

Zumba Gold Toning

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

Combine the enticing international rhythms of Zumba Gold® with the strength-training techniques of Zumba® Toning, for an easy-to-follow, health-boosting dance-fitness program for the active older adult as well as beginners. 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

Fri 10-10:50 am, Mon & Wed 7-8 pm \$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!!!

Stretch and Tone: Mon & Thu, 11-11:50 am.

Chair Exercise: Mon, Wed, & Fri, 11-11:50 am.

Purchase a \$31, 10- punch card at front desk (NR \$41) that can be used for either of these classes.

Indoor Drop-In Pickleball

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

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

FREE 50+ Instructional Pickleball Skills Class
Second session added April 13 11:30 am - 1 pm**Lead Instructor: Chuck Dominick Act. 128998B**

Looking to take your Pickleball game to the next level? Intermediate players (3.0 and above) will learn the dink, “third shot soft”, lob, overhead and soft deep return of serve. The strategy behind these skills will be explained. There will be time to play with the instructors to work on these new skills. These skills will enable you to compete in tournaments and play with advanced players. **Maximum 16 participants. No Drop-in play during this time.** Registration open now!!!

**FREE Beginners and Advanced
Beginners Skills Class****Monday, April 20 & 27, 11:30 am - 1 pm****Lead Instructor: Chuck Dominick Act. 128998C**

Want to gain confidence and have more fun playing Pickleball? Clinic will work on your forehand and backhand, serve and return of serve. Also, will improve your volleys and you will be able to play up at the non-volley zone (kitchen). Learn the importance of strategy and teamwork in doubles. **Maximum 20 participants. No Drop-in play during this time.** Registration open now!!!

2015 Troy 50+ Golf Leagues**Registration fee: Mon.: \$43 (NR \$48), Wed.: \$48 (NR \$53)**

Wait list only! These nine-hole leagues play at Sylvan Glen on Monday and Wednesday. Play begins around May 1 for approximately 20 weeks, teeing off between 7:30-8 a.m. Greens fees are paid directly to the league officers. To sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

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

For more information, please call:

Mon.: John Ranieri	248.641.8720	
Bill Bimbi	248.318.0365	bill.bimbi@yahoo.com
Wed.: Tony D'Amico	248.250.6116	tonygolf362@gmail.com
Judy Pearl	248.641.9346	pearlja8@gmail.com

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

Troy teams compete in Oakland County area softball leagues with half of the games in Troy and half in other Oakland County cities. If you are an individual interested in playing on a team, call 248.524.3484 and your name will be passed on to existing teams who may need players, or if interest is sufficient, a new team may be formed. Interested teams should contact Scott Mercer for possible openings. **Returning Teams:** Registration is by team only. Contact your manager for more information.

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. Free for Fitness Center pass holders. All others: Drop-in fee applies.

For more information about joining Troy's 55+ volleyball team that plays in the Oakland County league, contact Dave Mattis at 248.649.1898. These league games are held on Tuesday mornings from October through March.

Senior Tennis League

An informal senior tennis league will meet on Tuesday and Friday from 9 am - 11 am at Boulan Park beginning May 8. \$3 per person per session paid at the courts (exact change appreciated). Reservations are not required. For more information, contact Elaine Torvinen at 248.524.3483. Looking for new leader!!!

Sports Leagues

Bowling - Mondays and Thursdays, 12-2:30 pm. at Thunderbird Lanes, Sept. - April. Points for beating own average. \$5 per week. Call 248.362.1660.

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

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

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

Tennis - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulan Park May-Sept. Contact Judy Luther at 248.879.9550 for more information. **New volunteer coordinator needed. Call Elaine T at 248.524.3484 if interested.**

Drop-In Sports

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

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

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

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

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

All classes meet at the Troy Community Center



Anyone Can Paint

New Lower Price!!!! 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 completed painting will be accomplished 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
145932K	Thu, Apr 9	6-8 pm	Misty Morning
145932L	Thu, May 14	6-8 pm	Lake Irene-Rocky Mtns.

Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. Supply list is available on your receipt. **Weeks:** 9

Act #	Day	Time	Dates	Fee	NR
128971B	Wed	9:30 am-12 pm	Apr 8-Jun 3	\$123	\$133

Oil & Acrylic Painting

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

Weeks: 8 **No class April 7.**

Act #	Day	Time	Dates	Fee	NR
128972B	Tue	12-3 pm	Mar 24-May 19	\$67	\$77

Teen-Adult Pottery

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

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

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

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

Act#	Day	Dates	Time	Theme
124305E	Wed	4/15-5/6	7:15-9:15 pm	Birdhouse
124305F	Wed	5/13-6/3	7:15-9:15 pm	Flower

Clay Projects for Seniors (Age 50+)

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

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

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

Act#	Day	Dates	Time	Theme
124305G	Tue	4/21-4/28	10:30 am-12 pm	Flower Vase
124305H	Tue	5/5-5/12	10:30 am-12 pm	Celebration plate



American Mah Jongg Lessons

Instructor Sharon Houghtby teaches this class for absolute beginners. Learn the rules of the game, how to "make a hand" and how to play. The fee includes \$9 Mah Jongg card. The instructor will bring your Mah Jongg card to the first class and will provide the mah jongg game to use during class. Class size is limited to eight. **Register now!** Class meets in room 402A - enter through the dining room (Room 402).

Act. #	Day	Time	Dates	Fee	NR
135901A	Tue	10 am - Noon	May 12-Jun 2	\$22	\$27

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

Fee: \$37; NR \$47 **Weeks:** 8

Act. #	Day	Level	Time	Dates
128973D	Mon	Beg	9-9:50 am	Mar 30-May 18
128973E	Mon	Adv	10-10:50 am	Mar 30-May 18

Knitting Classes

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

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

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

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

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

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

Act.	Class	Day	Time	Dates
115934T	Intermediate	Tue	1-3 pm	Apr 7-28
115934U	Beginning II	Wed	1-3 pm	Apr 8-29
115934V	Beginning II	Wed	6:30-8:30 pm	Apr 8-29
115934W	Sock Class	Tue	1-3 pm	May 5-26
115934X	Beginning II	Wed	1-3 pm	May 6-27
115934Y	Beginning II	Wed	6:30-8:30 pm	May 6-27

Computer Classes - See page 9

Tap Lessons

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

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

Act. #	Level	Day	Time	Dates
128974A	Beg	Tue	1:30-2:30 pm	Mar 24-May 26
128974B	Int	Tue	2:30-3:30 pm	Mar 24-May 26

How To Stay Fit and Enjoy Life

Thursdays, Apr 16-May 14 (5 weeks), 1-2:30 pm

Troy Community Center Room 503

Act. 115927L 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.



English Skills Workshop

Tue, March 24-May 19 (9 weeks); 1-3 pm Act. 145938G

Sat, March 28-May 30 (8 weeks); 10 am - Noon Act. 145938H*

***No class April 4 and May 23**

Troy Community Center room 502 Fee: FREE

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

Beginning/Intermediate Swing & Ballroom Dance - Friday Evenings

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

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

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

Instructors: Jim & Donna Berg Sign up for both classes in a session and pay \$10 less for each class!!!

Act #	Style	Time	Dates
128980J	Swing	7-7:50 pm	May 8-June 26
128980K	Ballroom	8-8:50 pm	May 8-June 26
128980L	Both classes	Res. \$98 NR \$118	
128980M	Int/Adv Swing	9-9:50 pm	May 8-June 26

No class 5/15 & 5/22

Square Dance Lessons

Mondays, 7-9:30 pm

\$5 per person; NR \$6 payable at the door

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

Friday Night Square Dances

Every third Friday, Nov. - May, 7:30-9:30 pm Fee: \$5

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

Advanced Square Dance Lessons

Thursdays, 7-9 pm \$5 per person; NR \$6 payable at the door

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

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm

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

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

Month	Mondays	Wednesdays
April	Foxtrot	Cha-Cha
May	Hustle	Waltz

April

Monday	Tuesday	Wednesday	Thursday	Friday
		10:00 Book Club 11:45 Egg Casserole	11:45 Lemon Chicken 12:30 Birthday Party 1-4 Computer Lab Open House	Center Closed Good Friday Fitness area open 5:30 am - 8 pm
11:45 Beef Hot Dog	11:45 Mac & Cheese 1:00 Red Hat	11:45 Dirty Rice	10-11 Ask A Nurse 10-11:30 Caregiver Support 11:45 Spaghetti 12:30 Brain Neurobics 7:00 Ballroom Dinner Dance	10-12 Hearing Screening 11:45 Beef Stew 1:00 Bingo
11:45 BBQ Meatballs	11:45 Chicken Sandwich 3:00 Afternoon Tea	9:30 Hydration Speaker 10-12 Disk Erasure 11:45 Chili w/Rice	11:45 Pot Roast 1:00 Removing the Mysteries of Probate Court	10-12 Blood Pressure 11:45 Cheeseburger 1:00 Bingo
11:45 Veg. Lasagna	9-10 Document Shredding 11:45 Chicken Alfredo	9:30-12 Computer Consultations 11:45 Meatloaf	11:45 Chef's Choice	11:45 Potato Crunch Fish 1:00 Bingo
11:45 Stuffed Cabbage	11:45 Chef's Salad 6:00 Troy High Senior Prom	10:30 Zoo Trip 11:45 Roast Pork	11:45 Sizzle Steak	

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 a.m. - 12:30 p.m. \$.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.troycllc.org. To aid in planning your class choices, Intro to Word Processing and Intro to Excel will only be offered three times each year.

Fee for classes below: \$42; Non-Res \$52 Each session is 2 hours/meets 4 times/2 wks.

Computers for Beginners 1

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

Table with 4 columns: Act #, Day, Time, Dates. Row 1: 145951H T & Th 9:30-11:30 am 4/28-5/7

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.

Table with 4 columns: Act#, Day, Time, Dates. Row 1: 145973G M & W 6:30-8:30 pm 4/13-4/22

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.

Table with 4 columns: Act #, Day, Time, Dates. Row 1: 145967C T & Th 6:30-8:30 pm 4/28-5/7

Windows 8

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

Table with 4 columns: Act. #, Day, Time, Dates. Row 1: 145972I M& W 1-3 pm 3/23-4/1. Row 2: 145972J M& W 6:30-8:30 pm 6/15-24

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.

Table with 4 columns: Act #, Day, Time, Dates. Row 1: 145954C T & Th 1-3 pm 4/14-4/23

Introduction to Power Point

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

Table with 4 columns: Act #, Day, Time, Dates. Row 1: 145961C T & TH 9:30-11:30 am 5/12-21

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

E-Mail

A two-hour one-on-one session with an Instructor covering the email system you are using or want to use. Help is available for WOW, Comcast, Yahoo, Hotmail, Gmail, Outlook Express/Windows Live mail and AOL. If you have an email account, bring your user ID and password to the class.

Table with 4 columns: Act #, Day, Time, Date. Row 1: 145960J Mon 6:30 pm 4/6. Row 2: 145960K Mon 1-3 pm 5/4

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

Table with 4 columns: Act #, Day, Time, Dates. Row 1: 145968C M & W 6:30-8:30 pm 4/27-5/13

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: 4 Fee: \$60; NR \$70

Table with 4 columns: Act #, Day, Time, Dates. Row 1: 145970C M & W 1-3 pm 4/6-4/29

Private Consultations

Meet with a Learning Center instructor on the fourth Wednesday when 45 minute appointments are available at 9:30, 10:15 & 11 am. Call 248-524-3484 by the Monday before to schedule an appointment. The \$5 fee must be paid when you make your appointment, either at the Community Center desk or by phone (Mastercard or Visa accepted). These appointments are to help you with your personal computer, not for business purposes. Please call to cancel if you cannot keep your appointment. NO REFUNDS.

Hard Drive Erasure

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

Drop-In Computer Lab

The computer lab is open for drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. Subject to monitor availability. There is no charge.

Spring Mini Computer Open House

March 31 and April 2 See page 20 for details!!!

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

SPECIAL INTEREST/ SUPPORT GROUPS

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

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

Medicare Counseling

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

Pacific Rim Outreach

Wednesdays, 12:30-3:30 pm. Information and social activities. Call Mary Valente at 248.312.0179 for details.**

Red Hat

2nd Tuesday, 1 pm. Call 248.524.1108 for details

T.O.P.S.

Thursdays, 8:30 - 10:30 am at the Community Center. Non-profit weight loss support group. Call 586.268.1514 for details.**

HEALTH SCREENINGS

Ask A Nurse

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

Blood Pressure Screenings

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

Hearing Screenings

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

CARDS AND GAMES

Bingo - Fridays, 1-2:30 pm. .25/card with \$1 admission card. Cash prizes.

Bridge - Duplicate -Tuesdays 12:30-3:30 pm (248.546.4335)**,
Party -Thursdays 12:30-3 pm
(248.588.7409)**, ACBL: Mondays
12-3:30 pm and Fridays 11 am-2:30
pm, \$7 (586.775.7363).

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

Euchre - Tuesdays, 12:30-3 pm.
248.740.3292.**

Pinochle - Mondays, 12:30-3 pm.
Call 248.528.0379 for details. Beg.
pinochle (no experience needed) Thurs-
day, 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. Call
248.689.3536 for details. \$18 (\$23 NR)

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

Harmonica Club (Mouth Organ Grinders)

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

Needlework Club - Tuesdays, 10 -
noon. Share ideas and advice on knit-
ting, crocheting and other needlework.
No lessons. Call 248.588.5442 for
details.**

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

Quilting Group - Wednesdays, 9 am - 4
pm. All levels welcome. Bring works in
progress. No lessons. \$60 (\$70 NR)

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

SPORTS AND FITNESS

See pages 4 and 5.

Massage Therapy

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

OTHER ACTIVITIES

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

Book Club - 1st Wednesday, 10 am. No reservation required. Call Corrine at 248.528.1508 for more information.

Computer Lab - Free!!! Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability.

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

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

****Participation Fee****

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

Want to try it out? **First visit is free!**

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

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

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

OR

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



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Thank You Volunteers and Speakers

A special thank you goes out to the Friends of Troy Seniors volunteers who are responsible for making our new Brunch & Learn Speaker Series a success and to the speakers who gave of their time to do the presentations. We would also like to thank the Friends volunteers who assisted at the Birthday Party Bingo, the Spring Senior Expo and to the Friends office volunteers who set all of the appointments for this year's AARP Tax Aide Program. You are all very much appreciated for your ongoing efforts as dedicated volunteers.

The City of Troy's 60th Anniversary

We announced in March that the Friends of Troy Seniors is endeavoring to create a Memory Book in celebration of the City of Troy's 60th Anniversary. We still need your help. Don't delay in donating photographs, articles, keepsakes and mementos that represent your personal experiences or those of family members. Since we would not be able to return these items, a printable copy would be acceptable. Please drop off any items you would like placed in the Memory Book at the Friends of Troy Seniors office in the Troy Community Center Mon-Fri, between 10 am and 1 pm. By doing so, you and your family will become a part of the City of Troy's history through our Memory Book.

We are also seeking volunteers that do scrapbooking to assist in putting together this Memory Book. Our goal is to have the book ready for presentation to the City of Troy for the city's celebration on June 20, 2015. Consideration is being given to making the final copy available for purchase.

AARP Tax Aide Program

The Friends of Troy Seniors office will set up your appointment to have your 2014 taxes prepared by an AARP volunteer. Call 248.526.2608 or stop by our office 10 am – 1 pm, Monday through Friday, to set up your appointment. See page 13 for a list of what to bring to your appointment.

Afternoon Tea - See page 1
Document Shredding - See page 1
Brunch & Learn - See page 20

Volunteer Opportunities Available

To inquire about these opportunities, please call 248.526.2608 or stop in at our office to chat with us. We are open M – F, 10 am – 1 pm, unless otherwise posted.

Monthly Membership Meetings

The meetings are held on the 3rd Thursday of each month at 1 pm at the Troy Community Center. Our next meetings is April 16. Everyone is welcome to attend.

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.friendsoftroyseniors.org

Hours: Mon-Fri 10 am - 1 pm (Closed April 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 areas.

Community Wide

Garage Sale and Flea Market

Saturday, May 30, 9:30 a.m. - 3 p.m.

Liberty Center Parking Garage

(Just south of the Troy Community Center)

Register now for this year's garage sale and flea market!!! Clean out your closets and garage and turn your discards into \$\$\$CASH\$\$\$.

Flea Market vendors also welcome. Your registration fee gives you two parking spaces in the garage. Concessions and porta-john on site. Over 150 vendors and 1500 shoppers are expected

to attend. Register for activity number based on time you wish to unload. This event is cosponsored by the Friends of Troy Seniors. Vendor fee: \$20; NR: \$25

Act. #	Unload Time
128994Q	7:30-8 am
128994R	8-8:30 am
128994S	8:30-9 am

Shoppers:

Mark your calendar!

Admission is \$2. Under 12 free.

AARP Tax Aide

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

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

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

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

Employment Referral List

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

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

SHARP Home Computer Assistance for Seniors and Persons with Disabilities

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

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

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

Do You Need To Talk?

Counseling Service Offered at the Troy Community Center

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

Aquatic Exercise with a Personal Trainer

Use water to improve fitness and range of motion and to relieve pain and stiffness. When immersed chest deep, your body bears just 25-35% of its weight. You do not need to know how to swim for these private sessions which are held at the therapy pool at the Troy Community Center. The pool is 4 ft. deep, and the exercises are done in a vertical position (with the bonus of keeping your hair dry!). The water is 88-92 degrees and there is a lift and/or a ramp that can be used to enter the pool. A water wheelchair is also available. You must purchase a minimum of one 60 minute session at a cost of \$60 which can be broken down into two or three shorter sessions. To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4. She will help you find a safe exercise routine that will set you on your way to greater mobility.

E-News Updates

If you get the *Fifty Forward* newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the homepage of the City web site at www.troymi.gov. 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.

Assistive Listening Devices

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

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

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

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

Focus Hope Food is distributed on the 4th Thursday (Nov/Dec date may vary) from 12:30-2 pm. You must be 60 or older with a household income of \$1,265 per month or less (\$1,705 or less for a two person household – both can receive food). Apply at the Community Center front desk by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

Home Chore Program Assistance for low income homeowners 62 and older with grass cutting, leaf raking, spring yard clean-up, gutter cleaning and snow removal. Call 248.524.1147.

Hospital Equipment Loan Closet Borrow **wheelchairs, walkers, canes, crutches, ramps, toilet chairs and shower chairs** at the Community Center. For wheelchairs, ramps and shower chairs only: call to confirm availability. **Donations accepted.** Wheelchairs, four-wheeled walkers, ramps and shower chairs are needed.

Magazine and Puzzle Library Magazine subscriptions are donated by local businesses to read at the Community Center. Puzzles are donated by seniors that you may take home.

Radio for Visually Impaired - The Detroit Radio Information Service (DRIS) reads over 100 current publications via a pre-tuned single-frequency radio. Borrow a radio at the Community Center to try out or call DRIS at 313.577.4207 to get your own.

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

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

Community Center Passes
 The senior rate (60+) is \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 for non-residents allows you to use the club Monday - Friday from 8 a.m. - 3 p.m. Discounts are available for low-income residents.
 A Fitness Passport is also available that includes the above plus some select fitness classes for an additional fee.
 For those without a pass, the daily rate is \$7 (NR \$10). Seniors receive a special rate on Mondays and Fridays: \$3 for use of the pool, fitness room and gym from 5:30 am -3 pm.

SHARP Home Repair Program

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

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

SHARP Home Computer Assistance - See page 13



Transportation

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



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

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

Open Monday - Saturday
10 am - 2 pm

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.

Medicare Doesn't Have To Be Confusing

Just watch the engaging new video on National Council on Aging's (NCOA) My Medicare Matters®. The site is freshly updated and ready to help older adults on their Medicare journey. Watch it now at www.mymedicarematters.org.

Home Chore Program

This federally funded program assists low-income Troy homeowners 62 and older and persons with disabilities with lawn mowing and snow removal. Senior applicants must have a maximum household income of \$34,950 for a one-person household or \$39,950 for a two person household and present last year's tax return. Homeowners with a permanent disability must submit a 2013 Michigan Homestead Property Tax Form (Form MI 1040-CR), proof of disability (letter from their doctor stating disability), and Social Security Benefit letter. Chores performed include spring clean-up in April (gutter cleaning and general cleaning of the yard); lawn mowing throughout the growing season approximately once every 7-10 days; fall clean-up in November including leaf pickup; and snow removal throughout the winter months. To apply, call 248.524.1147. Funds are limited.

Stay Active as You Get Older: Quick Tips

Physical activity is good for people of all ages. Staying active can help:

- Prevent heart disease, stroke, type 2 diabetes, and some types of cancer
- Improve your strength and balance so you can stay independent
- Keep you from getting depressed

Before you begin...If you have a health problem like heart disease, diabetes, or obesity, talk to your doctor about starting an exercise program.

Aim for two hours and 30 minutes a week of aerobic activities.

Choose activities that make your heart beat faster, like walking fast, dancing, or raking leaves. Start slowly – as little as 5 minutes at a time. Build up to 30 minutes on most days of the week, at least 10 minutes at a time. Tell your doctor if you have shortness of breath, chest pain, or unplanned weight loss.

Do strengthening activities two days a week.

Try lifting hand weights or using exercise bands. Breathe out as you lift something, and breathe in as you relax. (Holding your breath can cause changes in your blood pressure.)

Do balance activities three or more days a week.

Practice standing on one foot. Stand up from a sitting position. Learn tai chi (“ty chee”), a Chinese mind-body exercise that involves moving the body slowly and gently. Sign up for a yoga class, or try a yoga video that you can do at home.

For more information about staying active as you get older, visit: nihseniorhealth.gov and type in Exercise in the search box.

Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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



Weather Cancellations

Call 248.689.9756 for weather cancellation information. Call after 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. 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/ 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 in July and prorated quarterly. Pay \$4 on or before 8/1, \$3 between 8/1 and 10/31, \$2 between 11/1 and 2/28, and \$1 after 3/1. Non-residents \$6 per year, prorated as above. **Act. #135000L.**

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

Activity #: _____ Fee: _____ Activity #: _____ Fee: _____

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

Signature Required: _____ Date: _____

Enclose registration fee and mail to: Troy Recreation Department, 3179 Livernois, Troy, MI 48083. Checks payable to: City of

Troy. VISA or MASTERCARD # _____ Exp. Date: _____

Friends of Troy Seniors Brunch & Learn Speaker Series.

This series will bring you informative topics and will be held on the third Wednesday of the month at 9:30 am in Room 303 at the Troy Community Center unless otherwise noted. A light brunch will be provided at these free events.

Wednesday, April 15, 9:30 – 11 am, Room 303 Hydration for the Young at Heart

Did you know that the human body is made up of at least 50% water? As we get older, we often experience diminished thirst sensation leading to reduced fluid consumption and loss in body water content which increases the risk for dehydration. The consequences can be serious. Even a 2% drop in body water can trigger fuzzy short-term memory! Quench your thirst for knowledge and join Lisa Rauch, Patient Care Coordinator for Great Lakes Caring and the Friends of Troy Seniors as Lisa takes the confusion out of dehydrated vs. over hydrated. Learn how to prevent either from happening to you. A light brunch and hydration served prior to the presentation. Reservations required by April 10. Call 248.526.2608 or stop in at the Friends office located at the Troy Community Center (M-F, 10 am – 1 pm).

Adult Caregiver Relief Program Seeks Volunteers and Participants

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

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

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

Free Computer Seminars for all Area Seniors! Troy Senior Computer Learning Center

SPRING MINI OPEN HOUSE

March 31 and April 2, 2015

Buying a New Computer

Tuesday, March 31 1-2:30 pm Act # 135975E

Windows 8

Tuesday, March 31 2:30-4 pm Act # 135975F

So You've Got a Digital Camera, Now What?

Thursday, April 2 1-2:30 pm Act # 135975G

Power Point for Seniors

Thursday, April 2 2:30-4 pm Act # 135975H

All sessions are free and meet in room 303 at the Troy Community Center. These seminars are designed for those over 50 years old and consist of a one hour lecture followed by Q & A session. Also visit the computer lab and find out more about the spring class schedule. Call 248.524.3484 or register on-line at www.troymi.gov/RecreationRegistration.

Troy High Annual Senior Citizen Prom Tuesday, April 28 - 6-9 pm - Troy High Auxiliary Gym

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

Troy Historical Information Sought

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

Friends of Troy Seniors also seek Memory Book items. See page 12 for details!

- For subscription information, see page 15.
- Newsletter information must be submitted by the 1st of the month prior to publication.