



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Nov/Dec 2012

Annual 50+ Craft Show

Friday, November 2, 9 am - 3 pm
at the Troy Community Center

Compliment your holiday shopping with unique handmade items. There will be over 60 vendors on hand. A \$2 admission fee is requested. Proceeds benefit the Troy Senior Program.

Facebook 101

Tuesday, December 18, 1-3 pm

Troy Community Center Room 301

If you are thinking of joining Facebook or want to learn more about how it works, this class is for you. College students will be on hand to give you an overview of Facebook, showing you how to add and find friends, how to upload photos and much more. After the presentation, they will take questions from the audience and then help you with your individual page as time allows. If you have a specific photo you want to upload, bring your laptop with the photo on it. Register for **Act. 115923A** to reserve your spot for this FREE presentation.



Mouth Organ Grinders Performance

Monday, December 10, 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a FREE harmonica performance as the Mouth Organ Grinders present holiday songs for your enjoyment. All are invited to attend.

Library Offers eReader Workshops

Do you have a Kindle, Nook, iPad or other eReader or smart-phone or are you thinking of purchasing one? The Library is offering free workshops to answer your questions about these devices and to demonstrate the more popular models. They will also show you how to set up an account and download ebooks free of charge from the Library. Sessions are scheduled for Tuesday, November 27, Thursday, December 6 and Tuesday, December 18 at 6:30 pm at the Library. Register by calling 248.524.3542.

Medicare Changes Everyone Needs to Know

Tuesday, November 6, 1 pm

Troy Community Center Room 304

Every year, there are changes to Medicare that every recipient needs to understand. The annual enrollment period is underway through December 7, when recipients can change their health or drug plans. Join the Area Agency on Aging for this session on the changes to Medicare, the Part D drug plans, and how the Affordable Care Act will change Medicare in 2013.

Medicare Prescription Drug Program

Enrollment Days

Tuesday, October 30 and Friday, November 9, 10 am - 3 pm

The Area Agency on Aging 1B will hold Medicare enrollment days at the Troy Community Center for the Medicare Part D Prescription 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 Medicare Drug Plan, there may be changes that affect how much you pay for your prescriptions and you should review your plan. Bring your current medications with you so that they can be sure to get the correct spelling and dosage. Call 800.852.7795 to schedule an appointment.

Medicare Enrollment Assistance

Jim Zoellner, certified Medicare/Medicaid counselor, offers 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 from 10 am - 1 pm on the following dates: **Nov. 2, 15, 20, and 27.** Get help with selecting insurance, 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. Assistance will also be available on the regularly scheduled dates of Dec. 14 and 28.

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

Fax
248.689.6497

Medi-Go Plus
248.457.1100

SMART
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

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

Help! Computer Classes for Mature Adults with Instructor Michael Wilson

This demonstration style class with easy to follow handouts is held in a meeting room at the Troy Community Center. Bring your laptop (optional)

Help! I Have Unexpected Pop-ups, Invading Messages, Notifying Prompts, Internet Error Messages, Suspicious Ads, and Unwanted Icons

Act. #148995B Mon, Nov. 12, 10am - 12 pm Fee: \$20; NR \$25

Do you find it difficult to enjoy your computer because of unfamiliar and intimidating messages? Do you cancel out of programs because of unfamiliar pop-ups? If this sounds like you, instructor Mike Wilson will be waiting to take the mystery out of tons of frustrating computer pop-ups. He will explain (in simple terms) many daunting issues that recent and mature learners face.

Who Gets Grandma's Yellow Pie Plate?

Thursday, November 15, 12:30-2:30 pm; Troy Community Center Room 304

Sometimes it may be the personal touches you include in your estate plan that have the most meaning. Jeanne B. Anderson, Financial Consultant with Troy Advisors, Inc., will address the transfer of personal property, examine what you want to accomplish, what "fair" means, sensitivity of decisions and other aspects to be considered when planning who gets what and how you will be remembered. All participants will receive a workbook created by the University of Minnesota Extension Service that will help you resolve these issues. Reservations are not required for this FREE workshop.

No Need to Live With Pain - FREE Lunch Included

Tuesday, Nov. 27, 10:30 am - 12:30 pm; Troy Community Center Room 304

Dr. James Gregg D.C., President and Founder of Gregg Chiropractic Life Centers and Michigan Disc & Spine, a noted local and national speaker on health and wellness issues, will present his timely seminar *No Need To Live With Pain* to Troy seniors. He will follow this with a Q and A session addressing your health questions. His team will provide individual painless and non-invasive computerized health screenings that will immediately detail any current health issues. **Lunch will be provided courtesy of Gregg Chiropractic Life Centers and as a special thank you, gift cards will be raffled off.** Reservations are required. Register online or call 248.524.3484 and ask for Act. # 145909A. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

Techniques to Handle Challenging Behaviors Related to Dementia and Alzheimer's Disease

Wednesday, November 28, 7-8:30 pm; Troy Community Center Room 504

This workshop, presented by Home Instead Senior Care, will help you learn more about the challenging behaviors that may be displayed by those with Alzheimer's or other dementias. Discover techniques to help handle these behaviors, and determine what techniques work best to manage different types of behaviors. Please call 248.203.2273 for reservations.

Life Line Screening

Wednesday, December 5, Troy Community Center Room 303

Over 750,000 Americans will be affected by a stroke this year. Life Line Screenings are fast, painless, low cost tests that help people identify their risk in time for their physician to begin preventive procedures. They involve the use of ultrasound technology to scan for blocked arteries, aortic aneurysms, and plaque buildup in the arteries in the legs. Also offered for men and women is a bone density screening to assess osteoporosis risk. The screenings take about 90 minutes to complete. The package includes the Stroke/Carotid Artery, Abdominal Aortic Aneurysm, Ankle Brachial Index (hardening of the arteries) and Osteoporosis screening for \$139. Add the Heart Rhythm Package (which includes the atrial fibrillation screening) for \$10 more. Space is limited and registration is required. Call 888.653.6441.

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- Board buses 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.

Holocaust Memorial Center

Fri, Nov. 16, 12:30-3:30 pm Act. 148923J \$17; NR: \$22

We will have a docent-led tour of the Holocaust Memorial Center in Farmington Hills and talk with a Holocaust survivor as the Holocaust is vividly portrayed using state-of-art displays and personal stories. This unique museum documents the horror of the Holocaust and events leading up to it. Transportation is by Medi-Go bus. There is time for lunch at the Community Center before the trip.

Christmas with the Rat Pack

Sat, Dec. 1, 12:30-5:30 pm Act. 148923H \$98; NR: \$103

The Fox Theater takes a trip back in time this holiday season to join the company of Frank Sinatra, Dean Martin and Sammy Davis Jr. for Christmas with The Rat Pack – Live at The Sands. Experience the glamorous, glitzy nights of Las Vegas circa 1960 and celebrate three of the world's most popular entertainers. Together with the fabulous Burrelli Sisters and The Rat Pack Big Band, the festive show will host seasonal classics including *Baby it's Cold Outside*, *Rudolph the Red Nosed Reindeer*, *Let it Snow*, *White Christmas*, *Winter Wonderland*, and the unforgettable Rat Pack hits *Witchcraft*, *Mr. Bojangles*, *I've Got You Under My Skin*, *That's Amore*, *Everybody Loves Somebody Sometime*, *New York, New York*, *Fly Me to the Moon*, *Volare*, *Me And My Shadow*, *My Way*, and many more. Our seats are in the first three rows. Transportation is by school bus.

Zehnders of Frankenmuth

Snowfest Luncheon Show

Thu, Jan. 24, 9:30 am-5:45 pm Act. 148923K \$72; NR: \$77

Partake in the famous Zehnder's 2-Piece chicken luncheon in the beautiful main dining room while enjoying the top-notch music and comedy act of Dueling Pianos. Participate in the newest rage in interactive entertainment. This modern day vaudeville act has a huge repertoire of music. Transportation is by motorcoach



Recreation activities
make a GREAT gift! Gift certificates
are available for use for the class or
activity of choice.

EXTENDED TRIPS

- Register directly with the travel agent
- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Brochures with complete details are available at the Community Center.**

Washington D.C. - December 13-16, 2012

\$949 pp double, \$1159 single, \$869 triple

This trip includes round trip motorcoach transportation, three nights in downtown D.C., five meals, a performance at the Kennedy Center, "A *Christmas Carol*" at Ford's Theatre, World War II Memorial, Christmas at Mount Vernon, and more.

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

Arizona - Sedona & Tucson - February 21-27, 2013

\$1999 pp double, \$2599 single, \$1799 triple

This trip includes round trip air and local motorcoach transportation, three nights in Tucson and three nights in Sedona, ten meals and extensive sightseeing.

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

Tropical Costa Rica - February 23-March 3, 2013

\$2449 pp double, \$2849 single, \$2419 triple

This trip includes round trip airfare from Detroit, lodging, 14 meals, and sightseeing in San Jose, Tamarinod Diria Beach, Monteverde (including a nature walk in the cloud forest), and Arenal. An optional 3-night post tour jungle tour is available.

Call Group Tours International for reservations. **248.625.3645.**

Beijing City - April 29-May 7, 2013

\$2499 pp double, \$2849 single, \$2479 triple

This trip includes round trip airfare from Detroit, lodging, 15 meals, and sightseeing in Beijing and at the Great Wall. An optional 2-night post tour in Hong Kong is also available.

Call Group Tours International for reservations. **248.625.3645.**

Williamsburg and More - May 11-17, 2013

\$1339 pp double, \$1789 single, \$1189 triple

This trip includes round trip motorcoach transportation, six nights lodging, ten meals and extensive sightseeing including Colonial Williamsburg, Luray Caverns, Skyline Drive, Monticello, D Day Memorial and more.

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

Legendary Waterways of Europe from Amsterdam to Budapest - May 29-June 13, 2013

\$6549-\$8849 pp double depending on cabin choice

This trip includes round trip airfare from Detroit, 14-night river cruise from Amsterdam to Budapest, all meals, and sightseeing.

Call Group Tours International for reservations.
248.625.3645.

55+ Fall/Winter Volleyball

Act. #148970A - \$142; Non-Res. \$152

Senior volleyball teams, ages 55+ practice at the Troy Community Center on Mondays and Thursdays from 9:30-11 am through the end of March. Teams play in a Tuesday morning league in Warren from November through March. Registration is required. **League entry fee collected separately.**

Bowling League

Mondays at 1 pm at Thunderbird Lanes

This is a senior bowling league where bowlers receive one point each time they beat their own average. The cost is \$5 per week for shoes and three games of bowling. The season is divided into two halves and ends in April. Lanes are assigned using a league sheet system. All levels welcome. For more information, call Thunderbird Lanes at 248.362.1660.

55+ Doubles Tennis League

This league is for men and women 55 and older. Organized round-robin play is held at the Troy Racquet Club at 3400 Civic Center Drive. Doubles partners will be provided. NO REFUNDS unless a replacement is found. **Weeks: 17 Register at the Troy Racquet Club 248.528.3400.**

Day	Dates	Time	Fee	Non-Res
Wed	Jan 16-May 8	1-3 pm	\$183	\$193

Pickleball Doubles Ladder Play

at the Troy Community Center

Sundays, 6:15-8:15 pm - Two 8-week sessions

ADULTS OF ALL AGES WELCOME!!!**Act#118998A Jan 6 - Feb 24 \$25 deposit****Act#118998B Mar 3-Apr 28 \$25 deposit**

Balance due Jan 2 & Feb 27 once final numbers are in.

16 players - \$58 R - \$68 NR 32 players - \$47 R - \$57 NR

Tuesdays, 1-2:30 pm - Two 8-week sessions

16 players - AGES 50+ ONLY**Act#118998C Jan 8 - Feb 26 \$29 R \$39 NR****Act#118998D Mar 5-Apr 23 \$29 R \$39 NR**

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

Pickleball Doubles 50+ Drop-In Mixer

Fridays, 5-7 pm, through December 5 (No play 11/23)

Winter Session: Jan 4 - Apr 26

Fee: \$4 - Non-Res \$5 Four courts available for drop-in play. New players welcome. Equipment provided.

Sports Leagues

Bowling - Mondays, 1 - 3:15 pm at Thunderbird Lanes, Sept. - April. Points for beating own average. Call 248-362-1660 for more information.

Golf - Mon and Wed mornings at Sylvan Glen May - Sept. Registration information in the Nov/Dec newsletter.

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

Tennis - Indoors at the Tennis Bubble Sept.- May and outdoors at Boulan Park May-Sept.

Volleyball - 55+-Tuesday mornings Oct. - March. Practice Monday and Thursday mornings at the Community Center.

Drop-In Sports

Badminton - Fridays, 8-10:15 am, \$3. No charge for Community Center pass holders. Equipment provided.

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

Pickleball - Fridays, Beg: 10:30-11:30 am; Int/Adv: 11:30 am -1:30 pm, \$3. Wednesdays, 7-8:30 pm \$7 (\$5 with punch card). NR \$10/\$8. No charge for Community Center pass-holders.

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

2013 Troy Senior Golf Leagues

Registration fee: \$43 Non-Res; \$48 (Refundable thru 4/1)

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

Returning and Priority Players: Players returning from 2012 and those who dropped out due to health issues may register now.

New Players: Register beginning Dec. 1, 2012. Indicate your average for nine holes when registering. If the league is full, add your name to the wait list and you will be notified if an opening occurs. If you want to sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

Act. #148986J: Monday League

Act. #148986K: Monday sub list

Act. #148987J: Wednesday League

Act. #148987K: Wednesday sub list

For more information, please call:

Monday league:	John Ranieri	248.641.8720
	Bill Bimbi	248.528.3817
Wednesday league:	Dick Benson	248.840.3101
	Doug Slattery	248.879.0033

- All classes meet at the Troy Community Center.
- Drop-in passes are \$6 (Non-Res \$7) unless noted.
- 10 visit drop-in punch cards available for the following classes: Muscle Strengthening, Tai Chi, Pilates, Balance and Stretch, Yoga w/ Marie and Aqua

Aquatic Exercise with Jennifer

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is approximately 82-84 degrees. **Returning residents from the most recently paid session (Fall) have priority and may register online beginning Mon. Nov. 26 at 8 am. All resident students (returning and new) may register beginning Tue. Nov. 27 online or walk in. Non-residents may register online or walk in beginning Fri, Nov. 30 at 8 am.** Returning students changing time slots must register as new.

Weeks: 10 Fee: FREE - HAP Sponsored

Act #	Day	Time	Dates
118978C	T&Th	9-9:50 am	Jan 8-Mar 14
118978D	T&Th	10-10:50 am	Jan 8-Mar 14

Fitness RX Fitness Fusion

A fusion of yoga, weight training and Pilates to maximize your fat burning, especially around the waist. Please bring light (5 lb.) hand weights and a mat for floor work. **Weeks: 10 Drop in fee is \$10 per class (\$11 Non-Res).**

Act #	Day	Time	Dates	Fee	Non-Res
118989B	Tue	5:30-6:30 pm	Jan 8-Mar 12	\$61	\$71

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 is \$10 per class (\$11 Non-Res).**

Act #	Day	Time	Dates	Fee	Non-Res
118981C	Thu	6-7 pm	Jan 10-Mar 14	\$61	\$71

***Muscle Strengthening with Sherry**

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks: 10.** (No class Nov 20 & 22)

Act #	Day	Time	Dates	Fee	Non-Res
118975A	Tue	10-10:50 am	Jan 8-Mar 12	\$46	\$56
118975B	Thu	10-10:50 am	Jan 10-Mar 14	\$46	\$56

Tai Chi with Kim Cary

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Adv. **Day: Mon Weeks: 14**

Act #	Level	Time	Dates	Fee	Non-Res
118976B	Adv	2-3 pm	Jan 7-Mar 11	\$46	\$56
118976C	Beg/Int	3-4 pm	Jan 7-Mar 11	\$46	\$56

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations utilizing a chair for assistance. A creative way to stretch out stress and reenergize, while building strength and endurance. No need to visit the floor! **Weeks: 10 Drop in fee \$7.50 Non-Res \$8.50.**

Act.#	Day	Time	Dates	Fee	Non-Res
118984A	Tue	11-11:45 am	Jan 8-Mar 12	\$59	\$69

***Beginning Pilates with Ilene Hill**

Improve overall balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body mind and spirit functioning as a coordinated whole. **Weeks: 10**

Act #	Day	Time	Dates	Fee	Non-Res
118982A	Mon	10-10:50 am	Jan 7-Mar 11	\$46	\$56
118982B	Wed	10-10:50 am	Jan 9-Mar 13	\$46	\$56

***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: 10**

Act #	Day	Time	Dates	Fee	Non-Res
118983A	Mon	9-9:50 am	Jan 7-Mar 11	\$46	\$56
118983B	Wed	9-9:50 am	Jan 9-Mar 13	\$46	\$56

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**

Act #	Day	Time	Dates	Fee	Non-Res
118977A	Mon	11-12:10 pm	Jan 7-Mar 11	\$46	\$56
118977B	Wed	11-12:10 pm	Jan 9-Mar 13	\$46	\$56

Pilates with Fawn

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. **Weeks: 10**

Act #	Day	Time	Dates	Fee	Non-Res
118979B	T&Th	11-11:50 am	Jan 8-Mar 14	\$86	\$96

Chair Exercise

Mon, Wed, and Fri, 11-11:50 am. Purchase a \$31, 10- punch card at front desk (NR \$41)

Stretch and Tone

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

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

Drop-in passes are available for the fall session which is going on now through mid-December.



Anyone Can Paint

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like an artist in one class. An 11 x 14 painting will be completed in class. Paint, brushes, canvas boards and all other supplies are included in the fee.

Fee: \$27.50; Non-Res \$37.50 **Ages:** 16 and older

Act #	Date	Time	Subject
145932E	Thu, Nov. 8	6-8 pm	The City Park
145932F	Thu, Dec. 13	6-8 pm	Christmas at Home
145932G	Thu, Jan. 10	6-8 pm	Rocky Creek

Watercolor Painting Lessons

For beginners through advanced painters. Karen Halpern will guide you in working with watercolor. Supply list is available on your receipt. **Fee:** \$122; Non-Res \$132

Act.#	Day	Time	Dates	Wks
118971A	Wed	9:30 am-12 pm	Jan 9-Mar 6	9

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrations and individual instruction. Supply list available on your receipt. **Fee:** \$66; Non-Res \$76 No class 2/19.

Act.#	Day	Time	Dates	Wks
118972A	Tue	12-3 pm	Jan 15-Mar 12	8

Piano Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. A book may be purchased at the first class: \$15 for beginners and \$15 for intermediate.

Instructor: Grace **Fee:** \$37; Non-Res. \$47 **Weeks:** 10

Act.#	Day	Level	Time	Dates
118973D	Mon	Adv.	9-9:50 am	Jan 14-Mar 18
118973E	Mon	Int.	10-10:50 am	Jan 14-Mar 18
118973F	Mon	Beg.	11-11:50 am	Jan 14-Mar 18

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm

Always wanted to Ballroom dance? Now's your chance! Join our group classes and learn a different Smooth, Rhythm, or Swing dance style each month. We study the steps, as well as the 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. Come learn something new! Mondays-Nov. Salsa./Dec. West Coast Swing. No class Dec. 24 & 31. Wednesdays-Nov. Merengue/Dec. Argentine Tango. No class Dec 26. Fee: \$6; Non-Res \$7 at door.



Recreation activities
make a GREAT gift! Gift certificates
are available for use for the class or
activity of choice.



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 **Fee:** Res \$46 Non-Res \$56

Act #	Level	Day	Time	Dates	Wks
118974A	Beg	Tue	1:30-2:30 pm	Jan 8-Mar 12	10
118974B	Int	Tue	2:30- 3:30 pm	Jan 8-Mar 12	10

Line Dance Lessons

Mon and Wed, 12:30-2 pm - Studio A **Fee:** \$6; Non-Res \$7 at door

Connie Buss will teach you the basic steps and combine them into a variety of about 75 different beginner and intermediate dances with new dances added periodically. Ten to 15 dances are exercised each week with music including country, Latin, popular old and new favorites, Hawaiian, and more. Guys and gals of all abilities are welcome. No partner needed.

Square Dance Lessons

Mondays 7-9:30 pm at the Troy Community Center

\$5 per person (Non-Res \$6) payable at the door
Join us on Mondays from 7-9:30 pm at the Community Center for modern square dancing. Partners are recommended but not required. For more information, call Geoff at 248.547.3073.

Zumba Gold Dance Exercise

Tue and Fri 10-10:50 am, Mon & Wed 7-8 pm

\$6 Resident per person (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.

Teen-Adult Pottery

Participants age 14 and over, here is your chance to allow your creativity to flow while designing various clay projects. Each week learn new techniques and explore new methods. Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class. Material fee: \$25 paid directly to instructor. (No class Nov. 21)

Act#	Day	Dates	Time	Res	Non-Res
144305I	Wed	11/7-12/5	7-9 pm	\$80	\$90



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



OAKMONT

Senior Communities

Oakmont Presents

The Friends and Oakmont Senior Communities host Oakmont Presents, a series of informative and engaging presentations held at Troy Community Center, Room 303. **Free continental breakfast: Register: 248.526.2608**

Have You Had the Talk?

Wednesday, November 28, 9-10 am

Join David Robinson, Marketing Representative with Hospice of Michigan, to learn about the Have You Had the Talk™ Campaign offered through Hospice of Michigan. The program urges all adults to consider and choose what they want if they ever need to rely on someone else for their medical care and decision making. The best time to plan is when there is no emergency, no crisis, no scrambling. Your thoughts are clear, your mind is quiet, and your decisions in writing are a road map for your future, should that future become mired by healthcare obstacles.

Monthly Membership Meeting of the Friends of Troy Seniors

Our next meeting is on Thursday, Nov. 15, which is the same day as Emerald Kitchen's Thanksgiving luncheon so enjoy lunch and then join us at our monthly meeting. The last meeting of the year will be held on Thursday, Dec. 20. Both meetings will be held at the Community Center and start at 1 PM. We continue to seek new members for our nonprofit group and invite everyone to attend these meetings to actively participate in our discussions.

Thank You Sponsors

- Dolly's Pizza at Rochester Rd. and Wattles
- Tim Horton's on Rochester Rd.
- Starbucks – Big Beaver/Crooks and Crooks north of Long Lake.
- All of the businesses who donated to our Silent Auction Michigan Blue Cross, Blue Shield and The Drs who co-sponsored this year's Flu Shot Clinic and Emerald Kitchens who provided lunch for the volunteers and nurses along with coffee and water service

A special thank you to all of our volunteers, sponsors and donors who helped the Friends of Troy Seniors in 2012. We couldn't have done it without you! We wish everyone a wonderful holiday season. Looking forward to working with everyone in 2013.

Volunteer Opportunities with the Friends

Our success and ability to build a strong senior program is dependent on volunteers. Many opportunities exist with us. Some of these opportunities are:

Event Coordinator: The Event Coordinator would be required develop our ideas from conception to the day of an event with the help of a project leader and a team of volunteers to implement each individual event. The Event Coordinator would be a member of the Friends Advisory Board and serve until the next annual election in May, 2013.

Project Leaders: We need six Project Leaders who would work under an Event Coordinator to oversee an event through to completion with a team of volunteers.

Volunteers: We need volunteers to assist with all of our events and to work with a Project Leader. Once an event has been announced in the Fifty Forward newsletter, a signup sheet to volunteer with us will be available at the Friends office for each individual event published.

Office Volunteers: We need help in our office on Tuesday and Thursday from 10 am until 2 pm. We also need "on call" volunteers to sub for absences or an increased temporary workload. On the job training will be provided and some PC experience is helpful. Join with us to "lend a hand" and "give a smile" to all who stop at the Friends office.

To volunteer for any of the above opportunities, call FOTS at 248.526.2608 or stop by our office - see hours below.

Thank you to those of you who stepped up and answered our call for volunteers in the last Fifty Forward newsletter. Volunteers make all the difference in today's challenging environment!

Focus Hope Food Distribution

The Focus Hope food distribution is now co-sponsored by FOTS. Food is distributed on the 4th Tuesday of the month (except December) from 12:30 - 2 pm. Weather permitting, boxes will be loaded into your vehicle curbside after you have checked in inside the Senior Dining Room (Room 402). Please see page 14 for details about eligibility requirements. Register for Focus Hope at the Community Center front desk.

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

248.526.2608

FOTS@wowway.com

www.FriendsOfTroySeniors.org

Hours – Mon-Fri 10 am - 2 pm

Monday	Tuesday	Wednesday	Thursday	Friday
<h1>November</h1>			11:45 Chef's Choice ¹ Buffet 12:30 Birthday Party	9-3 Craft Show ² 11:45 Lemon Fish 1:00 Bingo
			11:45 Pork Chop ⁵	11:45 NO LUNCH ⁶ 1:00 Medicare Changes
11:45 NO LUNCH ¹²	11:45 Chef's Selection ¹³ 1:00 Red Hat	10:00 Book Club ¹⁴ 11:45 Pot Roast	11:45 Thanksgiving ¹⁵ Roast Turkey 12:30 Grandma's Pie Plate	10-12 Blood Pressure ¹⁶ 11:45 Spaghetti 12:30 Holocaust Memorial Trip 1:00 Bingo
11:45 Lemon Chicken ¹⁹	11:45 Pork Chop ²⁰	10-12 Disk Erasure ²¹ 11:45 NO LUNCH	²² Thanksgiving Center Closed ²³	
11:45 Sizzle Steak ²⁶	10:30 Pain Seminar ²⁷ 11:45 Roast Chicken Leg 12:30-2 Focus Hope	9:00 Have You Had the Talk? ²⁸ 11:45 Hamburger Stroganoff 7:00 Dementia Workshop	11:45 Pork Loin ²⁹	11:45 Meatballs ³⁰ 1:00 Bingo Sat, Dec. 1 12:30 Rat Pack Trip
11:45 Roast Pork ³	11:45 Oven Fried Chicken ⁴	9:30-12 Computer Consultations ⁵ 11:45 Beef Teriyaki 6:00 Restaurant Group	11:45 Chef's Choice ⁶ Buffet 12:30 Birthday Party	11:45 Chicken and Noodles ⁷ 1:00 Bingo
10:30 Harmonica Performance ¹⁰ 11:45 Mac and Cheese	11:45 Italian Baked Chicken ¹¹ 1:00 Red Hat	10:00 Book Club ¹² 11:45 Pork Chop	10:00 Caregiver Support ¹³ 11:45 Sloppy Joes	11:45 Lemon Fish ¹⁴ 1:00 Bingo
11:45 Dijon Chicken ¹⁷	11:45 Pot Roast ¹⁸ 1:00 Facebook 101	10-12 Disk Erasure ¹⁹ 11:45 Lemon Chicken	11:45 Holiday Buffet ²⁰	10-12 Blood Pressure ²¹ 11:45 Spaghetti 1:00 Bingo
²⁴ Christmas Center Closed		11:45 NO LUNCH ²⁶	11:45 Sausage & Sauerkraut ²⁷	11:45 Pork Chop ²⁸ 1:00 Bingo
³¹ New Year's Eve Center Closed	<h1>December</h1>			

Lunch is served from 11:45-12:30 Monday -Thursday and from 11:30-12:15 on Friday.
Suggested donation: \$3. Under age 60 must pay \$6.

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

**SPECIAL INTEREST/
SUPPORT GROUPS**

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

This non-profit group supports Troy Senior programs and services. See page 7 for more information.

Medicare Enrollment Assistance

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

Pacific Rim Outreach

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

Counseling with a Social Worker

2nd Thursday, 9 am - noon. Call 248.524.3484 to make a one-hour appointment. Free. Offered by Oakland Family Services.

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.**

SPORTS AND FITNESS

For ongoing sports and fitness activities, see pages 4 and 5.

CARDS AND GAMES

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

Bridge - Duplicate -Tuesdays 12:30-3:30 pm (248.546.4335)**,
Party -Thursdays 12:30-3 pm (248.307.9644)**, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$6 at door (586.775.7363).

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

Euchre - Tuesdays, 12:30-3 pm. Call 248.689.0854 for details.**

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

CREATIVE ARTS

Ballroom Dance Lessons - Mon. & Wed., 1-2 pm. \$6 at door (\$7 NR).

Band - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. Call 248.689.3536 for details. \$18 (\$23 NR)

Golden Chorals Chorus - Select Fridays 9:45-11:30 am. Sept. through June. Several performances per year. Call 248.362.2965 for details.*

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

Line Dance Lessons - Mon. and Wed., 12:30-2 pm. \$6 at door (\$7 NR)

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

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

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

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

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

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 - 2nd 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

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. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

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

****Participation Fee****

Annual fee for Sept. 1 - Aug. 31 2013. Prorated monthly. (Act. #145201)

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

*\$15 annual participation fee; Non-Res: \$20.

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

\$60 annual fee to participate in as many groups as you want; Non-Res: \$60

OR

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



Artist Spotlight

Nell Stadelbauer creates beaded jewelry, stenciled clocks and delightful cake and cupcake stands from vintage china. Nell was one of the very first artists at Creative endeavors and has enjoyed making jewelry for over 20 years. She has a wonderful husband who also sells handmade tea cup night lights at the shop. Nell is really focused on the fun of making jewelry gifts and working with her beading buddies to create their works of art.



Joann Dreger sews handcrafted doll clothes for 18 inch dolls like American Girl, as well as doggy blankets and beds. She uses fun fabrics like fleece and sparkly prints and creates college and school outfits like Michigan and Michigan State. She finds sewing and creating clothes to be relaxing and a great stress reliever.



Creative Endeavors is a shop at the Troy Community Center showcasing the work of local artisans 50 and older who provide unique homemade gift items for sale. A true gem providing pottery, needlework, woodcarvings, clothing and more! Hours are Monday - Saturday, 10 am - 2 pm and Wednesday and Thursday from 5 - 9 pm.

Tax Aide Volunteers Needed
The Tax Aide Program is a cooperative effort between AARP and the IRS, in partnership with local senior programs. Tax Aide volunteers are being recruited now for Troy and Madison Heights to provide free tax preparation for low and moderate income seniors.

Volunteers will receive free training in tax law and form preparation plus training in computer IRS tax software, starting in January at the Troy Community Center. Volunteers need to be able to commit several Fridays in January for this training. Taxes will be prepared each Tuesday in Madison Heights and each Friday in Troy starting February 1 thru April 15 (excluding Good Friday). Every volunteer is expected to work a minimum of one day each week from 9 am to 3 pm.

To obtain more information or to volunteer, please contact: John Sakowicz, Tax-Aide Local Coordinator at 248.703.1255 or john.r.sakowicz@gmail.com by December 1.

For seniors interested in using this service, please note that **APPOINTMENTS WILL BE REQUIRED** and details will be available in the January/February newsletter.

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\$75 off a complete pair of Eyeglasses



Coupon cannot be used with optical insurance or for previous orders.

Complete prescription pairs only. Some restrictions apply.

Offer valid through
December 31, 2012





At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit www.troy clic.org.

To aid in planning your class choices, **Intro to Word Processing, Intro to Excel, and Intro to PowerPoint will only be offered twice each year, in March and October.**

Advanced PhotoShop Elements

Building on Basic Photoshop Elements, add impact to your photos with special effects, enhanced colors, framing, combining photos, creating panoramas, slide shows, photo galleries and more!

Weeks: 4 Fee: \$60; Non-Res: \$70

Act. #	Day	Time	Dates
145970B	M & W	1-3 pm	10/29-11/21

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

Computers for Beginners 1

For those with no previous knowledge of computers. Learn the basics and build self-confidence.

Act #	Day	Time	Dates
145951G	T & Th	1-3 pm	10/30-11/8
145951H	T & Th	9:30-11:30 am	11/27-12/6
145951I	M & W	6:30-8:30 pm	12/10-12/19

Computers for Beginners 2

(Recommended 2nd course) Continues building on skills learned in Computers for Beginners 1 and includes starting programs, organizing files, copy and paste, accessing CD's and DVD's and the many things you can do with your computer.

Act #	Day	Time	Dates
145973E	M & W	6:30-8:30 pm	10/29-11/7
145973F	T & Th	9:30-11:30 am	12/11-12/20

Intermediate Computer Skills

Prerequisite: *Computers for Beg 1 & 2* or some previous computer experience. This course introduces Windows, organizing files, word processing, spreadsheets (using Microsoft Office 2007) and more.

Act #	Day	Time	Dates
145952D	T & Th	9:30-11:30 am	10/30-11/8
145952E	M & W	1-3 pm	12/3-12/12

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

E-Mail

A two-hour one-on-one session with an Instructor covering the e-mail 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 e-mail account, bring your user -id and password to the class.

Act #	Day	Time	Dates
145960H	T	1-3 pm	11/13
145960I	Th	1-3 pm	11/15
145960J	T	1-3 pm	12/4
145960K	Th	1-3 pm	12/6

Picture Formats

Learn how to format photos and clip art for maximum quality and minimum storage size for use in e-mailing, file sharing and printing.

Act #	Day	Time	Dates
145963B	M & W	1-3 pm	12/17-12/19

Scanning

Overview of scanning techniques for pictures, photos and documents. Hands on experience with scanners including scanning slides and negatives, resolution, file formats and OCR (optical character resolution)

Act #	Day	Time	Dates
145962B	T & Th	1-3 pm	11/27-11/29

Where Did That Document Go?

Find that document or picture you saved last week. Learn how to organize files into folders and how to transfer files between your computer and flash drive.

Act #	Day	Time	Dates
145969B	T & Th	1-3 pm	12/11-12/13

Christmas Card Mailing Labels

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 few days 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.

Act #	Day	Time	Dates
145974A	M & W	1-3 pm	11/26-11/28
145974B	T & Th	6:30-8:30 pm	11/26-11/28

Private Consultations

Meet with a Learning Center instructor on the first Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The fee is \$5 payable at the Community Center desk before your appointment. Please call to cancel if you cannot keep your appointment.

Hard Drive Erasure

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

Drop-In Computer Lab Now

FREE!!!

The computer lab is open for drop-in use on Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm.*

*Drop-in lab is cancelled on Nov. 14 and 28.

House Calls

These individuals will come to your home for a nominal fee and help you set up a computer, install software, set up an Internet account, etc. Please call them directly. All are area code 248.

Rita Knorr: 689.8454
Chris Sarsfield: 828.5933
Charles Smart: 740.7899
Tom Tellotte: 312.8866

Festival 
ART & CRAFT SHOW



Saturday
November 17
9 am - 4 pm

Larson Middle School
 On Long Lake Rd.
 between John R & Dequindre

Bring this coupon for
\$1 admission.

Benefits the Troy Athens
 Band Program

Creative Endeavors

10% Off Sale
Friday, November 2
10 am - 2 pm

Creative Endeavors is a great place for holiday shopping. You will find handmade gifts from over 100 vendors including:

- Local sports team jewelry
- Pet coats and beds
- Sweaters
- Appliqueed clothing
- Leaded glass
- Pottery
- Baby clothing and toys
- Michigan made American Spoon Jam
- U of M and MSU merchandise
- Holiday decor
- and much more!

Visit Creative Endeavors located just inside the north entrance of the Troy Community Center. Store hours are 10 am - 2 pm Monday through Saturday and 5-9 pm Wednesday and Thursday.

Happy Holidays!

FROM OUR HOME TO YOURS, WE WISH YOU A HAPPY HOLIDAY SEASON AND BEST WISHES FOR A HEALTHY AND PROPEROUS NEW YEAR.

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Don't miss the annual 50+ Craft Show
 Friday, November 2
 Details on page 1.

Ridgedale Players
 we put the community in community theater

Nuts is set in a courtroom in New York's Bellevue Hospital. The riveting story follows a high-priced call girl incarcerated on a charge for killing a violent "john". As testimony from experts, physicians and her parents unfolds, she strives to prove to the judge that she isn't "nuts", and hopes to stand legally sane at trial for manslaughter.

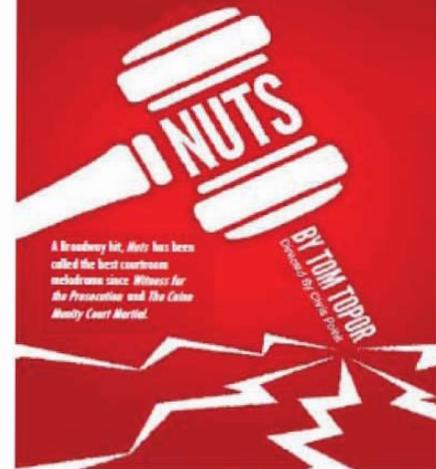
Directed by Chris Polhill, Assisted by Sandra Deering.
 Produced by Elaine Elliott.

Performance Dates:

Nov. 2-4, 9-11, 16-18, 2012
Fri. & Sat. @8 pm; Sun. @2 pm
Adults \$15 Seniors/Students \$13
All Seats General Admission
Doors Open 1/2 hour prior to curtain
We accept cash, check or charge at the door!
tickets@ridgedaleplayers.com

=====
Mention this ad when purchasing tickets and get Priority Seating!

For the first time ever on the Ridgedale Stage...



A Broadway hit, Nuts has been called the best courtroom melodrama since Witness for the Prosecution and The Color Purple Court Martial.

BY TOM TOPOR
 Created by Chris Polhill

RIDGEDALE PLAYERS
205 W. Long Lake Road Troy, MI 48098
 To order tickets, call (248) 988-7049 or go to our website:
www.ridgedaleplayers.com

Assistive Listening Devices

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

Captioned Telephone - Available at the Community Center for trial by hard-hearing impaired persons.

Computer Lab - FREE Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm.

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

Focus Hope Food is distributed on the 4th Tuesday (except Dec.) from 12:30-2 pm. You must be 60 or older with a household income of \$1,211 per month or less (\$1,640 or less for a two person household – both can receive food). Apply at the Community Center front desk. You must apply by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

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

Hospital Equipment Loan Closet

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

Magazine and Puzzle Library

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

Radio for Visually Impaired - The Detroit Radio Information Service (DRIS) reads over 100 current publications via a pre-tuned single-frequency radio. Borrow a radio at the Community Center to try out or call DRIS at 313.577.4146 to get your own.

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

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

Community Center Passes

The senior rate (60 and older) is \$18 per month (NR: \$30). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$15.75 per month for residents, \$18.50 for non-resident employees and \$23 for non-residents allows you to use the club Monday - Friday from 8 am - 3 pm. Additional discounts are available for low-income persons.

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

For those without a pass, the daily rate is \$7. Seniors receive a special rate on Fridays: \$3 for use of the pool from 8-10 am and the fitness room and gym from 8 am -1:30 pm.

SHARP Home Repair Program

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

Donations Accepted- by the North Woodward Community Foundation SHARP Fund. Call the Foundation at 248.740.7600 for more information or checks made out to the Foundation may be turned in at the Community Center.

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

**Open Monday - Saturday
10 am - 2 pm and Wednesday
and Thursday from 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 pay a 30% commission. From this, the City pays the 6% sales tax and other operating expenses. For more information, call Carla Vaughan at 248-524-3492.



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.

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



Weather Cancellations
Call 248.689.9756 for weather cancellation information. Call after 4:30 pm for the status of evening programs.

Registration Information

Programs are for age 50 and older unless noted. Register at the Community Center, by mail using the form below, or online at <http://www.troymi.gov/ParksRec/>. Click on the Online Registration button and then enter household ID (find this number on a previous receipt or call 248.524.3484) and last name of head of household. On the next screen, enter the activity number you wish to enroll in and add to cart. You can register only your own household online. Registrations are non-transferable.

Refund Policy: There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process. Refunds for computer classes and for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trip cancellations are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

Register Early! Please register early or we may cancel for lack of interest. Activities with insufficient enrollment are usually cancelled at least three days prior to the start date.

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

Low Income Scholarships: Troy residents 50+ with an annual household income of \$24,450 or less (\$27,950 for two people) can receive a 25% discount on 50+ classes - maximum one class per season (two computer classes per season). No discount for drop-in programs, trips, sport leagues, and special events. Apply at the Community Center and bring last year's federal or state 1040 or MI Homestead form as proof of income.

Newsletter Subscriptions

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

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ParksRec/ and click on the envelope on the left hand side. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
1. Pick up a free copy at the Community Center on or after the 27th of every other month.
2. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/1, \$3 between 8/1 and 10/31, \$2 between 11/1 and 2/28, and \$1 after 3/1. Non-residents \$6 per year, prorated as above. **Act. #135000J.**

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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

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

Signature Required: _____ Date: _____

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

City of Troy
Recreation Department
3179 Livernois
Troy, MI 48083
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Permit #19
Troy, Michigan

Jim Harris Named 2012 Outstanding Senior Volunteer

Jim Harris is a long time volunteer with the Troy Senior Computer Learning Center at the Troy Community Center. He teaches classes and also does private consultations with the seniors. He has helped to develop manuals for the classes and last year, when the nine computers in the lab needed to be replaced, he donated \$5000 toward the purchase of those computers. More than 2000 students have taken classes at the Troy Senior Learning Center, and Mr. Harris has donated countless hours and valuable resources toward making the program a success. Thank you Mr. Harris! His attendance at the 2012 awards banquet was sponsored by FOTS.

Previous recipients:

1999: Jo-Anne Stein; 2000: Jean Clements; 2001: Emma Ventimiglia; 2002: Justine Fields; 2003: Ernest Brodt; 2004: Joanne Stephenson; 2005: Betty Louney; 2006: SeniorNet Steering Committee, 2007: Art Saunders, 2008: Diane Alati; 2009: David Kaminski; 2010: Keith Meadows.

Troy Community Chorus Holiday Concert

Friday, December 7 - 8 pm at Athens High School

The Troy Community Chorus will present *Welcome Welcome Winter* and a limited number of free tickets will be available at the Community Center desk beginning Monday, Dec. 3 - limit two per person, Troy residents only. For information about purchasing tickets, call 248.689.7134.

Salvation Army Royal Oak Christmas Dinner

Wednesday, Dec. 5 and Thursday, Dec. 6 - 12 Noon
The Salvation Army, 3015 N. Main Street, Royal Oak
248-585-5600

Admission is by ticket only. We will have a limited number of free tickets available at the Troy Community Center front desk beginning Tuesday, Nov. 6. Limit two tickets per person.

Senior Olympics Winter Games

Michigan Senior Olympics winter games are scheduled for Feb. 1-6, 2013 in Oakland County for ages 50+. Bocce, badminton, hockey, pickleball, power lifting and dance sport are the events that will be offered. Visit www.michiganseniorolympics.org or call 248.608.0252 for a complete list of events and to register.

The registration deadline is December 19.

Antique Appraisals

Friday, November 9 - 10 am - 4:30 pm

Ernest DuMouchelle will discuss your item's value and background. Maximum three pieces per person - by appointment only at the Troy Community Center.

Act.#	Date	Time	Fee
144070A-Z	Fri, Nov 9	10-4:30 pm	\$7 per item.

Counseling with a Licensed Social Worker

2nd Thursday - Nov. 8 and Dec. 13 9 am-Noon - Room 403
Speak privately with a licensed Social Worker from Oakland Family Services - Older Adult Division regarding any senior issues you may be experiencing. Call 248.524.3484 to schedule a one-hour appointment. Walk-ins accepted if time allows. There is no charge as this program is grant funded.

Blood Pressure Screenings

3rd Friday - Nov. 16 and Dec. 21 10 am-Noon - Room 402

The Friends of Troy Seniors offer blood pressure screenings on the third Friday of each month from 10 am - noon in the senior dining room (Room 402). This drop-in program is free.

2013 Spring Senior Expo

Tuesday, March 19, 10 am - 2 pm
at the Troy Community Center

This year's expo will feature 80+ vendors who will offer you information about their products and services. This annual event provides one stop shopping for information on health, financial issues, housing, home care and much more.

Potential vendors access informational letter and registration form at : <http://www.troymi.gov/ParksRec/SeniorCitizenProgram/2013ExpoRegistrationForm.pdf>

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

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- Newsletter sponsorships are available. Contact Carla Vaughan at vaughancs@troymi.gov.