



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Nov/Dec 2013

Annual 50+ Craft Show

at the Troy Community Center
Friday, November 15 - 9 am –3 pm

Compliment your holiday shopping with unique handmade items. There will be over 50 vendors on hand. A \$2 admission fee is requested. Proceeds benefit the Troy Senior Program.

Vendors: Register for Act. 148925J; \$15/6 ft. table NR \$20

Purse, Tote and Wallet Sale
Friday, November 15 - 9 am - 1 pm
at the Troy Community Center

This event is offered in conjunction with the craft show. The \$2 admission admits you to both sales. Donate gently used purses, totes and wallets for this sale. Proceeds benefit the Troy Senior Program. Items can be dropped off at the Community Center front desk through November 13.

SHOPPERS: Find gently used purses at bargain prices!

Hands-On Help with Facebook, Skype, Smart Phone and Other New Fangled Programs

9:30 am - Noon Dec. 16, 18, 20, 23, and 27

Troy Community Center Computer Lab

U of M student Saabir Kaskar will take 15 minute appointments in the Computer Lab to help you with these technologies. Multiple times slots may be reserved (up to 3) on the same day. For e-mail help, bring your e-mail address and password with you. Call 248.524.3484 to schedule an appointment. If you want to work with photos, you must bring your laptop with the photos on it, or bring the photos on a flash drive.



Ask A Nurse

2nd Tuesday, 10-11 am, Room 404

Beginning Tuesday, November 12, a registered nurse from Crittenton Home Care will be at the Community Center from 10-11 am to host *Ask a Nurse*. She will offer free routine blood pressure screenings plus a question and answer time. Appointments are not required.

Understanding the Affordable Care Act: What's In It for Seniors?

Thursday, December 5, 10-11:30 am

Troy Community Center Room 305

Are you on Medicare or approaching the Medicare eligibility age? Learn how the health care reform law will affect you. Marjorie Mitchell, executive director of the Michigan Universal Care Access Network and a member of the Board of Directors of Michigan Consumers for Healthcare, will explain provisions of the law in plain language and answer audience questions.

Medicare Prescription Drug Enrollment

A few openings remained at press time for the November 15 assistance day at the Troy Community Center. **Call 1.800.852.7795 to schedule an appointment.** All appointments for Jim Zoellner, our year-round counselor, for November and December are full. Call the Michigan Medicare/Medicaid Assistance Program (MMAP) at **1.800.803.7174** and they may be able to refer you to a nearby site for an appointment or help you over the phone.

Heritage Band Holiday Concert

Wednesday, December 18, 7:30-9 pm

Troy Community Center Room 304/305

The Heritage Concert Band will present a free concert of holiday songs and traditional favorites. Complimentary refreshments will be served **after the one-hour concert** courtesy of the Friends of Troy Seniors. Reservations are not required. All ages are invited.

Drop-in Badminton for Ages 50+

Mondays, 2-3:30 pm through Nov. 25
Troy Community Center gym - \$4 (NR \$5)

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

Fax
248.689.6497

Medi-Go Plus Transportation
248.457.1100

SMART Transportation
866.962.5515

Emerald Kitchens
(Meals on Wheels)
248.689.0001

Weather Hotline
(Cancellations due to weather)
248.689.9756

Friends of Troy Seniors
248.526.2608

SHARP Home Repair
248.528.2929

Creative Endeavors
248.526.5145

City Hall
248.524.3300

City Web Site
www.troymi.gov

**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



Holiday Snowman Clay Project

Tuesdays, December 3 and 10, 12:30-1:30 pm
Troy Community Center Room 402

Fee: \$19; NR \$24

Tap into your creative side to create a one-of-a-kind holiday decoration. Work with clay and glazes to design a cute and colorful 6" tall ceramic snowman during this two week workshop. The fee includes all materials. Our ceramics instructor, Jan Lindell-Meinhard will guide you through the process. Beginners welcome! *A sample is on display at the Community Center front desk.* Pre-registration is required. Register for **Act. 114305M**.

Do You Need To Talk?

Counseling Service Returns to the Troy Community Center

A licensed social worker from Oakland Family Services will meet with you 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.

Confident Retirement Workshop- Hosted by Ameriprise Financial

Tuesday, November 5, 6:30 pm

Troy Community Center Room 302

Attend this complimentary event and learn about the four basic principles of retirement:

1. Covering your essential expenses
2. Ensuring you can live the lifestyle you want
3. Preparing for the unexpected
4. Leaving a legacy behind for family or a special charity

There is no charge for this workshop, but please call Katie Brauer at 248-655-5037 or e-mail katherine.m.brauer@ampf.com to make a reservation. This workshop is presented for educational purposes only and is not to be considered an endorsement by the City of Troy.

Mouth Organ Grinders Performance

Monday, December 9, 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a free one-hour harmonica performance of holiday songs presented by the Troy Mouth Organ Grinders. For information about joining this group, see page 9.

**Troy Medi-Go
Bus Driver Wanted**
Retiree with chauffeurs license to work
2-3 days a week. No weekends or
holidays. Call 248.457.1100.



English Skills Workshop

Tuesdays, January 14 – March 18 (10 weeks); 1-3 pm
Troy Community Center Room 305; Cost: Free

Are you lonely because of your English skills? Are you shy and afraid to go out because your English is not good? Improve your English and learn more about American history and culture during this fun class.

The workshop will focus on speaking, reading and comprehending English. Exercises will be conducted in English and the workshop is open to all ethnic groups. There will be no homework and no tests! Students will be grouped by ability. This workshop is especially for ages 50 and older although adults of all ages may attend.

Workshop leader Ed Lee has designed and taught educational programs for colleges and universities for over 30 years. He has experience working with people from diverse ethnic backgrounds. For more information, call Mr. Lee at 248-926-2288.

Pre-registration is required. Please call 248.524.3484 and register for **Act. 145938A**.

- **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.

100 Years of Broadway at the Fox Theater

Sun, Nov. 3, 12:15-6:15 pm; Act. 148924H \$80; NR: \$85

Waitlist only! Includes lunch at Traffic Jam & Snug and admission to the 3 pm performance of *100 Years of Broadway* where we have main floor seats. Transportation by motor coach.

Cooking Demonstration and Greenhouse Tour at Henry Ford Hospital

Tue, Dec. 3, 10:45 am-2:30 pm; Act. 148924M \$22; NR: \$27

Our first stop at Henry Ford West Bloomfield will be the Demonstration Kitchen, a 96 seat auditorium with a state of the art kitchen island. The award-winning chef of HF will share "Healthy Twists to Traditional Favorite Recipes" with a cooking demo, which includes a light lunch and food sampling. The chef will show low sodium and low cholesterol recipes. Following the demonstration, tour the 1,500 square-foot Greenhouse where they use Nutrient Film Technique, Dutch buckets and plant towers to grow vegetables, fruits and plants that are used in the preparation of patients' meals and for the food at Henry's Café. You will also receive 15% off at the hospital gift shop. Transportation by school bus which is being subsidized by Troy Medi-Go Plus.

Christmas at the Edsel & Eleanor Ford House

Tue, Dec. 10, 8:30 am-6:30 pm; Act. 148924K \$70; NR: \$75

See a celebration of life as it was almost a century ago at the Edsel & Eleanor Ford House on Lake Shore Drive in Grosse Pointe Shores. The house will be decorated as it was in the 1930s. (No photos may be taken inside the house.) After touring the home, enjoy lunch at the Hotel St. Regis with chicken strudel, wild rice, salad and beverage. We will also take a driving tour of the monuments on Belle Isle. Departure time may vary slightly based on cities attending. You will receive a confirmation of the departure time prior to the trip. Transportation by motor coach.

Firekeepers Casino in Battle Creek

Wed, Feb. 5, 8:30 am-6:30 pm Act. 148924L \$39; NR: \$44

Your casino package includes \$20 in slot credit and \$5 to be used for food, slot play or gift shop. You will be asked your birthdate upon registration which is required by the casino. Transportation by motorcoach. Minimum age: 21.

Coming January 24

Drag Queen Bingo! Details in the Jan/Feb newsletter.

EXTENDED TRIPS

- Register directly with the travel agent except Mackinac Island
- Cancellation insurance is recommended.
- Trips subject to tour company refund policies.
- **Detailed brochures available at the Community Center.**

Niagara Falls Festival of Lights - December 2-3

\$209 pp double, \$269 single, \$189 triple

Includes round trip motorcoach transportation, one night at the Hilton Fallsview with breakfast buffet, sightseeing tour of Niagara Falls, Rockway Winery, and the Festival of Lights. Call Shoreline Tours for reservations. **800-265-0818.**

Washington, D.C. - April 4-8, 2014

\$949 pp double, \$1319 single, \$859 triple

Includes round trip motorcoach transportation, four nights lodging, seven meals, Cherry Blossom Festival, all day sightseeing tour in Washington, D.C including stops at the World War II Memorial, Vietnam Memorial, Korean War Memorial and Lincoln Memorial, Arlington National Cemetery, Mt. Vernon, Monticello, and the Woodrow Wilson Library and Museum. Call Shoreline Tours for reservations. **800-265-0818.**

Rediscover Cuba – April 27-May 5, 2014

\$4369 per person double, \$4769 single

Round trip transfers from Troy, airfare, 9 days, 17 meals, and extensive sightseeing as outlined in the brochure available at the Community Center. Highlights include Trinidad, Cienfuegos, Havana, the Cuban Fine Arts Museum, and tours where you will learn about Cuban sugar production, cigar making, pottery making and more. Call Group Tours International for reservations. **248-625-3645.**

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

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

Round trip transfers from Troy, airfare, 13 days, 18 meals, and extensive sightseeing as outlined in the brochure available at the Community Center. Visit medieval towns, coastal villages, and natural landscapes, and enjoy Portuguese cuisine, regional wines and folkloric entertainment. Highlights include Lisbon, Portuguese Riviera, Sintra, visits to a pineapple and a tea plantation, interactive Azorean cooking class, and much more. Book by May 7 and deduct \$250 from the price listed above. Call Group Tours International for reservations. **248-625-3645.**



New York City - July TBA

\$899 pp double, \$TBA single, \$TBA triple

Round trip motorcoach transportation, two nights in Pennsylvania to/from NYC, two nights in Secaucus, New Jersey (only 5 miles from NYC), two breakfasts, Broadway show "Newsies," all day sightseeing tour of NYC, 9/11 Museum, 9/11 Memorial, Ellis Island and the Statue of Liberty, and the Flight 93 Memorial. Call Shoreline Tours for reservations. **800-265-0818.**

50+ Fall/Winter Volleyball

Mondays and Thursdays 9:30 - 11 am

Senior volleyball players age 50+ are welcome to drop in and play volleyball on Monday and Thursday mornings. Free for Fitness Center pass holders. Others must purchase a daily drop in pass or purchase a punch card to take part in this open recreation program.

Indoor Drop-In Pickleball

Fridays 50+ 10:30 am-3 pm. \$3 Senior Special rate extended to 3 pm for Pickleball only. (Must sign in and pay prior to 1:30 pm to get the \$3 rate) Fitness Center access ends at 11:30 am as advertised. Free for Fitness Center pass holders. We are asking that players limit play to a maximum of two hours, to help alleviate overcrowding. **Play begins at 11 am on 11/29/13, 12/27/13 and 1/3/14.**

**Drop-In Pickleball All Ages***

Beginning in January 2014. Four courts available for play.

*Tue. & Thu. mornings	5:45-8 am
*Wed. evening	6-8:30 pm
Fri. Morning (50+ only)	10:30 am-3 pm
Fri. Evening (50+ only)	5-7 pm

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. Equipment provided.

Winter Pickleball Doubles Ladder Play**Sundays, 6:15-8:15 pm (All ages)****Session 1 Act #118998A Dec 29 - Feb 23 (No play 1/19).**

Deposit of \$25 due at registration. **Balance due Dec. 20** once number of players is determined.

16 players -\$68; \$78 NR 32 players -\$56; \$66 NR**Session 2 Act #118998B Mar 2 - Apr 27 (No play Apr 20)**

Deposit of \$25 due at registration. **Balance due Feb. 21** once number of players is determined.

16 players -\$68; \$78 NR 32 players -\$56; \$66 NR**Tuesdays, 1-2:30 pm (50+ only)****Session 1 Act #118998C Jan 7 - Feb 25****Session 2 Act #118998D Mar 4 -Apr 22****16 players - \$29; \$39 NR**

These ladders meet at the Troy Community Center for eight weeks. 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.

2014 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 2013 and those who dropped out due to health issues may register now.

New Players: Register beginning Dec. 2, 2013. 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. #148986L: Monday League**Act. #148986M:** Monday sub list**Act. #148987L:** Wednesday League**Act. #148987M:** Wednesday sub list

For more information, please call:

Mon. League: John Ranieri 248.641.8720

Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com

Wed. League: Tony D'Amico 248.588.5425

Louis Sahr 248.828.4264

Sports Leagues

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

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

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

Tennis - Indoors at the Troy Racquet Club Sept.- May. Call **248.528.3400** for registration information. Outdoors at Boulan Park May-Sept. Contact Judy Luther at 248-879-9550 for more information.

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

Volleyball - 55+-Tuesday mornings Oct. - March. Contact Dave Mattis at 248.649.1898 for more information about participating in this league.

Drop-In Sports

Badminton - Fridays, 8-10:15 am, \$3. Free for Fitness Center pass holders. Equipment provided.

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

Pickleball - Fridays 50+ 10:30 am - 3 pm, \$3. Maximum of two hours of play per person. Wednesdays: 7-8:30 pm \$7 (\$5 with punch card). NR \$10/\$8. Free for Fitness Center pass holders.

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

Volleyball - Mondays and Thursdays, 9:30-11 am, Sept. - March. Free for Fitness Center pass holders. All others drop in pass fee apply.

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

Fitness RX Women on Weights with Barb

Now on TUE and THUR. 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 lb.) hand weights. **Weeks: 10 Drop-in fee \$10 per class (\$11 Non-Res)**

Act #	Day	Time	Dates	Fee	NR
118981A	Tue	6-7 pm	Jan 7-Mar 11	\$61	\$ 7 1
118981B	Thu	6-7 pm	Jan 9-Mar 13	\$61	\$ 7 1

Fitness RX Barre Plus Class for age 45 and Up

Using low weights/high reps, sculpt your abs, arms, thighs and glutes using weights, tubing, balls and a chair. Your results: increased muscular endurance, and tighter abs, glutes and arms. Bring 2-3 lb weights and a mat. Bands and balls supplied by instructor. This class is designed for ages 45+ or deconditioned younger students. **Weeks: 10 Drop in fee \$10 per class (\$11 Non-Res)**

Act #	Day	Time	Dates	Fee	Non-Res
118985A	Wed	1:15-2:15 pm	Jan. 8-Mar. 12	\$61	\$71

***Muscle Strengthening with Rachel**

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks: 11**

Act #	Day	Time	Dates	Fee	Non-Res
118975C	Tue	10-10:50 am	Jan 7-Mar 18	\$50	\$60
118975D	Thu	10-10:50 am	Jan 9-Mar 20	\$50	\$60

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
118977C	Mon	11-12:10 pm	Jan 6-Mar 10	\$47	\$57
118977D	Wed	11-12:10 pm	Jan 8-Mar 12	\$47	\$57

Tai Chi Adv & Beg with Kim Cary / Int w/Keith

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

Fee: \$47; Non-Res \$57 **Weeks:** 10

Act #	Level	Day	Time	Dates
118976D	Int	Mon	3-4 pm	Jan 6-Mar 10
118976E	Adv	Wed	1:45-2:45 pm	Jan 8-Mar 12
118976F	Beg	Wed	2:45-3:45 pm	Jan 8-Mar 12

Chair Exercise

Monday, Wednesday and Friday, 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 at front desk (NR \$41)

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 Mon, 11/25. New residents may register online or in person Tue, 11/26. Non-residents may register online or in person Mon, 12/2.** Returning students changing time slots must register as new. **Weeks: 10 Fee: FREE!!! HAP sponsored**

Act #	Day	Time	Dates
118978A	T & Th	9-9:50 am	Jan 7-Mar 13
118978B	T & Th	10-10:50 am	Jan 7-Mar 13

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 (\$8.50 Non-Res)**

Act.#	Day	Time	Dates	Fee	Non-Res
118984B	Tue	11-11:45 am	Jan 7-Mar 11	\$60	\$70

***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: 11**

Act #	Day	Time	Dates	Fee	Non-Res
118982C	Mon	10-10:50 am	Jan 6-Mar 17	\$50	\$60
118982D	Wed	10-10:50 am	Jan 8-Mar 19	\$50	\$60

***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: 11**

Act #	Day	Time	Dates	Fee	Non-Res
118983C	Mon	9-9:50 am	Jan 6-Mar 17	\$50	\$60
118983D	Wed	9-9:50 am	Jan 8-Mar 19	\$50	\$60

*** 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: 11**

Act #	Day	Time	Dates	Fee	Non-Res
118979A	T&Th	11-11:50 am	Jan 7-Mar 13	\$96	\$106

Zumba Gold Dance Exercise

Tue and Fri 10-10:50 am, Mon & Wed 7-8 pm
Fee: \$6; Non-Res \$7 payable at door

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

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

All classes meet at the Troy Community Center



Anyone Can Paint

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like a 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
145933E	Thu, Nov 14	6-8 pm	"Chillin at the Beach"
145933F	Thu, Dec 12	6-8 pm	"Waiting for Christmas"
145933G	Thu, Jan 9	6-8 pm	"Hydrangeas"

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 **Fee:** \$123; Non-Res \$133

Act. #	Day	Time	Dates	Wks
118971B	Wed	9:30 am-12 pm	Jan 8-Mar 5	9

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on receipt. **Fee:** \$67; Non-Res \$77 **No class Feb. 4 & 18**

Act. #	Day	Time	Dates	Wks
118972B	Tue	12-3 pm	Jan 7-Mar 11	8

Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. A organ is used in this class and students take turns using it. If you have a portable keyboard feel free to bring it to class. 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
118973A	Mon	Adv	9-9:50 am	Jan 13-Mar 17
118973B	Mon	Int	10-10:50 am	Jan 13-Mar 17
118973C	Mon	Beg	11-11:50 am	Jan 13-Mar 17

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:** Res \$47 Non-Res \$57

Act. #	Level	Day	Time	Dates
118974C	Beg	Tue	1:30-2:30 pm	Jan 7-Mar 11
118974D	Int	Tue	2:30-3:30 pm	Jan 7-Mar 11

Line Dance Lessons

Mon and Wed, 12:30-2 pm; **Fee:** \$6; Non-Res \$7 at door
Connie will teach you the basic steps and combine them into a dance. Guys and gals of all levels are welcome. Beginners welcome at any time! No partner needed.

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm; **Fee:** \$6; Non-Res \$7 at door
Always wanted to ballroom dance? Join our group classes and learn a different Smooth, Rhythm, or Swing dance each month. Study the steps and learn tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes. **No class Dec. 25.**

Mon: Nov. Foxtrot/Salsa 2 wks each; Dec. Hustle 3 wks Samba 2 wks

Wed: Nov. EC Swing/Merengue 2 wks ea; Dec. Waltz, Foxtrot 3 wks

Beginning Harmonica Lessons

Learn the basics during this 8 week class. A \$20 materials fee which includes a book with CD and DVD and a harmonica is due to the instructor at the first class. Instructor Jerry Coval directs the Troy harmonica band. Adults of all ages welcome.

Act#	Day	Dates	Time	Fee	Non Res
145002C	Mon	1/13-3/3	11 am-Noon	\$48	\$58

Square Dance Lessons

Mondays, 7-9:30 pm \$5 per person (NR \$6) payable at the door

Join us for beginning square dance lessons. Partners recommended but not required. Experienced dancers will assist. For more information, call Geoff at 248-547-3073.

Friday Night Sq. Dances - Every third Friday, November

- May 7:30 to 9:30 pm in the studios upstairs at the Troy Community Center. **Fee:** \$4. Call Janet at 248-952-1466 for details.

Teen – Senior Adult Pottery

Join our resident artist Jan Lindell-Meinhard, Master of Arts, to create beautiful pottery. Tools and materials provided. Dress for mess. Pick-up projects after last class.

Free Form – Allow your creativity to flow while designing various clay projects. Each week learn new techniques and explore new methods. Each session focuses on different themes.

Tiles and Mold – Create your own architectural tile from mold through glazing using "Arts and Craft" tile styles.

Material Fee: \$25 (paid to instructor 1st week)
Weeks: 4 **Ages:** 14 and up **Fee:** \$64 NR \$74

Act#	Themes	Day	Dates	Time
144305F	Free Form*	Wed	11/20-12/18	7-9 pm

Clay Projects For Seniors

Tap into your creative side. Work with clay and glazes to design beautiful pottery. Three different clay projects! Instructor: Jan Lindell-Meinhard, Bachelor of Fine Arts and Masters of Arts Wayne State University **Material Fee:** \$15 (paid to instructor 1st week) **Weeks:** 4 **Ages:** 50+

Act#	Day	Dates	Time	Res	NR
144305L	Tue	11/19-12/10	10:30am-12pm	\$48	\$58



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

You Are Invited to Become a Member of Our Non-Profit Group

The Friends of Troy Seniors needs you to become a member of our group so that we can continue to maintain and enhance senior programs in Troy. Your becoming a member would help us continue to provide you with senior picnics, ice cream socials, lunch and learn events, concerts, speakers on important topics, and other social and informative programs. In most cases, we provide these programs at no charge.

You can only win by joining the Friends of Troy Seniors! There is no cost and no obligation. When you give us an e-mail address we will only use it to inform you of senior events and volunteer opportunities. By joining, you increase our membership count to attract more sponsors and to have a louder voice in the community.

To join us, stop by the Friends of Troy Seniors office at the Troy Community Center between 10 am and 1 pm weekdays, come to one of our events or call 248-526-2608. Give us your support so we can do more for you.

Donations Needed for Purse, Tote, Wallet and Scarf Sale

The Friends would appreciate donations of gently used purses, totes, wallets and scarves for this sale to be held on Friday, November 15 from 9 am - 1 pm at the Troy Community Center. Please keep us in mind when you clean out closets and drawers. Items can be dropped off at the Community Center front desk through November 12.



OAKMONT

Senior Communities

Oakmont Presents

Thank you to everyone who has attended Oakmont Presents. We have enjoyed offering you a variety of monthly programs

for one and one-half years. Oakmont Senior Communities and Friends of Troy Seniors look forward to continuing successful partnership in other formats in 2014.

Sincerely, Martha Teller-Oakmont Senior Communities and Kay McFarland-Friends of Troy Seniors

Monthly Membership Meetings

Friends meetings are held on the 3rd Thursday of the month at 1 pm in the Troy Community Center unless otherwise announced. The November meeting will be held on Thursday, November 21 at 1:30 pm (30 minutes later due to the Thanksgiving Buffet given by Emerald Food Service the same day). There will be no meeting in December.

Volunteer Opportunities

Webmaster – to assist with the continual maintenance and updating of our web site.

Chairman – to provide leadership and direction to our membership and preside over the advisory board.

Event Coordinator – to plan events and supervise the event/project leaders. This position could accommodate Co-Event Coordinators.

Fund Raising Coordinator – to secure funding for events with sponsors and area businesses.

Event/Project Leaders – to work with the Event Coordinator to see the event/project through to completion.

If you possess skills to fill the above voluntary positions in our organization, please call 248.526.2608 to set up an appointment for an interview.

Thank You Donors, Sponsors and Volunteers

We would like to thank the following businesses and individuals for their support:

Blackthorn Concert – to American House of Troy for their support with refreshments; to our volunteers who gave of their time to help make this event a success; and, to the employees of the Troy Community Center who helped us bring it all together.

Document Shredding – to our volunteers for their early morning arrival to collect fees, to direct traffic and to assist the seniors in getting their documents to the truck for shredding.

Flu Shot Clinic – to the Oakland County Health Division and staff who administered the flu shots again this year; to Emerald Food Service for providing coffee and water service and also for providing a delicious buffet lunch prepared by Kirt; to our great crew of volunteers who kept the clinic moving smoothly throughout the event; and, to the employees of the Troy Community Center who work with us to bring this big event together.

Lunch & Learn on Health Care Reform and How It Impacts You – to the Oakmont Senior Communities for co-sponsoring this event; to the North Woodward Community Foundation who made the lunch possible through a grant; to Donna Craig for sharing her expertise on this subject; and, to our volunteers who come back each time to help prepare and serve the lunch.

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

248.526.2608

fots@wowway.com

www.friendsofroyseniors.org

Hours – Mon-Fri 10 am - 1 pm

Closed Nov. 27-Dec. 1 and Dec. 23-Jan. 1

Nov.

					11:30 Baked Chicken ¹ 1:00 Bingo
11:45 Chicken and Noodles ⁴	11:45 Sweet and Sour Meatballs ⁵	10:00 Book Club ⁶ 11:45 Hamburger Stroganoff	11:45 Chef's Choice ⁷ 12:30 Birthday Party		11:30 NO LUNCH ⁸ 1:00 Bingo
11:45 NO LUNCH ¹¹	10-11 Ask A Nurse ¹² 11:45 Chili 1:00 Red Hat	11:45 Ginger BBQ Chicken ¹³	10-11:30 Caregiver Support ¹⁴ 11:45 Chef's Selection		9-3 Craft Show ¹⁵ 10-12 Blood Pressure 11:30 Chicken Fried Beef 1:00 Bingo
11:45 Sloppy Joes ¹⁸	11:45 Mac and Cheese ¹⁹	10-12 Disk Erasure ²⁰ 11:45 Sausage and Sauerkraut	11:45 Roast Turkey ²¹		11:30 Lemon Baked Fish ²² 1:00 Bingo
11:45 Spaghetti ²⁵	11:45 Lemon Pepper Chicken ²⁶ 12:30-2 Focus Hope	9:30-12 Computer Consultations ²⁷ 11:45 NO LUNCH	Center Closed Happy Thanksgiving (Fitness area open 5:30 am - 8 pm)		

11:45 Cheeseburger ²	10:45 Henry Ford Hospital Tour ³ 11:45 Chicken Parmesan	10:00 Book Club ⁴ 11:45 Hamburger	10:00 Affordable Care Act Speaker ⁵ 11:45 Christmas Buffet 12:30 Birthday Party		11:45 Lemon Baked Fish ⁶ 1:00 Bingo
10:30 Mouth Organ Grinders Concert ⁹ 11:45 Chili Con Carne	8:30 Ford House Tour ¹⁰ 10-11 Ask A Nurse 11:45 Chicken & Noodles 1:00 Red Hat	11:45 Corn Dog ¹¹	10-11:30 Caregiver Support ¹² 11:45 Chili		11:45 Hamburger ¹³ 1:00 Bingo (Computer Lab closed today)
11:45 BBQ Chicken ¹⁶	11:45 Ginger BBQ Chicken ¹⁷	10-12 Disk Erasure ¹⁸ 11:45 Chili Macaroni 7:30 Band Concert	11:45 Meatloaf ¹⁹		10-12 Blood Pressure ²⁰ 11:45 Mac and Cheese 1:00 Bingo
11:45 Mac & Cheese ²³	11:45 Chef's Selection ²⁴ (Fitness area open 7 am - 2 pm)	Center Closed Merry Christmas			11:45 NO LUNCH ²⁶ 1:00 Bingo
11:45 Fried Chicken ³⁰	11:45 Sloppy Joes ³¹ (Fitness area open 7 am - 6 pm)	Jan 1 Center Closed Happy New Year!		<h1>Dec.</h1>	

Lunch is served from 11:45 am - 12:30 pm Monday -Thursday and from 11:30 am - 12:15 pm on Friday.
Suggested donation: \$3.50. Under age 60 must pay \$6.

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

**SPECIAL INTEREST/
SUPPORT GROUP**

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 pg. 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. 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.**

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

Blood Pressure Screenings

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

Hearing Screenings

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

CARDS AND GAMES

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

Bridge - Duplicate -Tuesdays 12:30-3:30 pm Call 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, Call 586.775.7363.

Cribbage - Fridays, 1-3 pm. Beginners welcome. Call 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. Call 248.376.5556.**

CREATIVE ARTS

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

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

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

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

Harmonica Club (Mouth Organ Grinders) - Mondays, 10-11 am. Sept. - May. Beginners welcome. Call 248.689.2499 for details.**

Needlework Club - Tuesdays, 10 - 11:30 am. 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 (\$70 NR)

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

SPORTS AND FITNESS

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

Massage Therapy

Chair or table massage is offered on Mondays and Fridays from 9am - 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. No lab 12/13.

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

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

****Participation Fee****

Annual fee for Sept. 1 - Aug. 31 2014. Prorated monthly. (Act. #145202)

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

*\$12 annual participation fee; Non-Res: \$17.

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

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

OR

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

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

Open Monday - Friday 10 am - 2 pm and
Wednesday and Thursday 5-9 pm

248.526.5145

Visit our Michigan
themed
section



Creative Endeavors Offers Great Holiday Shopping:

Michigan college and pro team jewelry
American Girl and Barbie clothes
Handmade hats and vests
Holiday decor
And much more . . .



Volunteer manager needed. Call Carla at 248.524.3492 for more information.

What the Health Insurance Marketplace Means for Seniors

The Health Insurance Marketplace opened for business on Oct. 1. Individuals without health insurance now can search for and enroll in a plan. But what does it mean for older adults? The answer depends on your situation. Find out what people aged 55+ need to know about this new part of the Affordable Care Act.

For answers to some top questions and information about how to avoid scams, visit the NCOA web site at www.ncoa.org and click on [Seniors in the Marketplace](#) on the homepage.

You can also visit www.healthcare.gov.

Library Offers Help with eReaders and Using Your Library Account from Home

Are you new to laptops, tablets or eReaders? Do you need help getting started? The Troy Public Library's Technology Department can answer many of your most common questions. Just e-mail (techroom@troymi.gov), call (248.524.3542), or drop in with your device and a staff member will be happy to help.

For a brief, informal session on how to use your library account from home, attend a workshop on Wednesday, November 13 from 7-7:30 pm at the Library. To register, call 248.524.3542.

Are you a Samsung Note, S3 or S4 Smartphone or Tablet user?

Attend free classes at the Best Buy Store at 32320 John R, south of 14 Mile Rd on Tuesdays and Saturdays at 12 pm. This is a two part class with the Intro class covering an overview of the pre-installed software on your device as well as set-up, content transfer, and Samsung Hub and Apps info. It also includes a walkthrough of the camera and video features. The Advanced class shows how to customize your screens and settings, multitasking and home convergence, as well as Samsung WatchON and HomeSync. Come back again and again as many times as you would like. This class is not sponsored by the Troy Recreation Department. It is offered by Samsung in cooperation with Best Buy.

Tax Aide Volunteers Needed

The Tax-Aide Program is a cooperative effort between the ARRP Foundation and the IRS in partnership with community senior programs. Tax-Aide volunteers are being recruited now to provide free tax preparation services to low and moderate income seniors. Taxes will be prepared each Friday at Troy Community Center from February 7 through April 11, 2014. Volunteers will receive free training in tax law and form preparation. In addition, there will be IRS tax software computer training classes on Fridays for four weeks in January. Volunteers are required to volunteer a minimum of one day each week. Training will start in the first week of January.

To volunteer, please contact William LaRue at 248-765-6180 by December 1.

Antique Appraisals

Friday, November 8 - 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. Registration in person only at the Troy Community Center. Ask for **Act. #144070**. The fee is \$7 per item. Online registration is not available.



At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit www.troyclic.org. 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 and each session is 2 hours/meets 4 times/2 wks.

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.

Computers for Beginners 1

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

Act #	Day	Time	Dates
135951F	T & Th	9:30-11:30 am	11/12-21
135951G	M & W	1-3 pm	12/2-11

Computers for Beginners 2

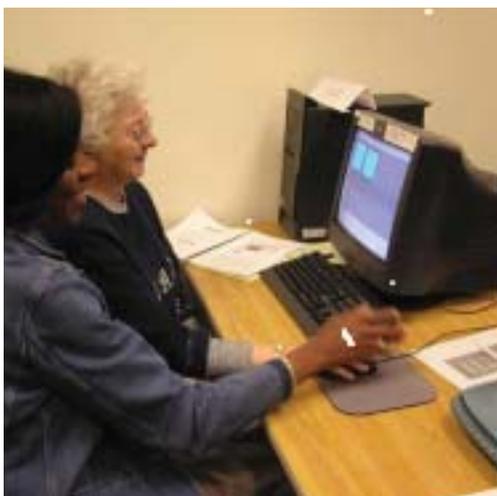
This course continues where Beginners 1 left off. Go beyond the basics with hands-on exercises to operate programs, work with files and folders and explore the Internet. Become comfortable changing your computer settings, visiting web sites, sending e-mails, making CD's and DVD's and much more.

Act #	Day	Time	Dates
135973D	M & W	1-3 pm	10/28-11/6
135973E	T & Th	9:30-11:30 am	12/3-12

Windows 8

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

Act. #	Day	Time	Dates
135972D	M & W	6:30-8:30 pm	12/2-11



Introduction to Scanning

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

Act #	Day	Time	Dates
135962B	T & Th	9:30-11:30 am	10/29-31

Picture Formats

This class explores the amazing world of digital images from how they're made to how to best use them. Classroom photos and scans will demonstrate various digital image file formats and when they are used. Using your own camera you will practice downloading, organizing and preserving techniques that you can apply at home.

Act #	Day	Time	Dates
135963A	T & Th	9:30-11:30 am	11/5-7

E-Mail

This course is a one-on-one two hour session with an instructor who will focus on **your** e-mail system and **your** specific needs. Lessons range from opening a new e-mail account through creating contact lists, adding attachments, sending and receiving pictures, etc. All major e-mail providers (AOL, Gmail, Hotmail, Outlook Express, Windows Live Mail, Yahoo) are covered.

Act #	Day	Time	Date
135960G	Wed	1-3 pm	11/3
135960H	Wed	1-3 pm	11/20
135960I	Tue	1-3 pm	12/3
135960J	Thu	1-3 pm	12/5

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 week to complete the list. In Lesson 2 you will organize, prepare and format the labels and print labels in class. Up to 150 one inch by two and 5/8 inch white labels will be provided free or you can bring your own for printing in class.

Act #	Day	Time	Dates
135974A	Mon	1-3 pm	11/11-18
135974B	Mon	6:30-8:30 pm	11/11-18

Basic PhotoShop Elements

If you own a digital camera or a scanner, you'll appreciate this class! Use Photoshop's tools to download, organize and edit your digital images. Learn how to fix photos with color, brightness or contrast problems. Develop skills to print beautiful pictures, restore old photos and create special projects like photo books and calendars.

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

Act #	Day	Time	Dates
135959B	M & W	1-3 pm	2/17-3/12

Advanced PhotoShop Elements

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

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

Act #	Day	Time	Dates
135970A	T & Th	1-3 pm	10/29-11/21

Private Consultations

Meet with a Learning Center instructor on the fourth Wednesday when 45 minute appointments are available at 9:30, 10:15 & 11 am. Call 248-524-3484 by the Monday before to schedule an appointment. The fee is \$5 payable at the Community Center desk before your appointment. These appointments are to help you with your personal computer, not for business purposes. Please call to cancel if you cannot keep your appointment. No refunds.

Hard Drive Erasure

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

FREE Drop-In Computer Lab

The computer lab is open for drop-in use on Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm subject to monitor availability. **No Friday lab Nov. 15.**



Oppenheimer & Co. Inc. is pleased to invite you to attend a presentation on

How Do You Avoid Moving in With Your Kids? 2020 Investment Vision: Time to Take Stock

Hosted by:

Mark Baniszewski

Senior Director – Investments
Oppenheimer & Co. Inc.

*Oppenheimer is a leading investment bank and
full-service investment firm tracing its roots to 1881.*

Featured Speaker:

Paul Silva

Vice President
Franklin Templeton

Wednesday, November 13, 2013
6:30 – 7:30 PM
Troy Community Center, Room 305

Should you jump in, sit tight or stay away from the stock market?
This presentation will discuss these questions,
provide historical and current perspectives of the market,
and explain why following the crowd can be hazardous to your wealth.

Seating is limited.

Please RSVP by calling (248) 593-3712 or email caitlin.falenski@opco.com.

Oppenheimer & Co. Inc. does not offer legal or tax advice.
Oppenheimer & Co. Inc. Transacts Business on All Principal Exchanges and Member SIPC.

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 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 by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

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

Hospital Equipment Loan Closet

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

Magazine and Puzzle Library

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

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

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

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

Community Center Passes

The senior rate (60 and older) is \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 for non-residents allows you to use the club Monday - Friday from 8 am - 3 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 (NR \$10). Seniors receive a special rate on Fridays: \$3 for use of the pool from 8-10 am and the fitness room and gym from 8 am -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.



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 and Wednesday
and Thursday 5-9 pm

248.526.5145

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

Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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



Weather Cancellations
Call 248.689.9756 for weather cancellation information. Call after 4:30 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/recreationregistration. Click on the Online Registration button and then enter household ID (find this number on a previous receipt or call 248.524.3484) and last name of head of household. On the next screen, enter the activity number you wish to enroll in and add to cart. You can register only your own household online. Registrations are non-transferable.

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

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

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

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

Newsletter Subscriptions

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

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
1. Pick up a free copy at the Community Center on or after the 25th of every other month.
2. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$4 per year beginning in July and prorated quarterly. Pay \$4 on or before 8/1, \$3 between 8/1 and 10/31, \$2 between 11/1 and 2/28, and \$1 after 3/1. Non-residents \$6 per year, prorated as above. **Act. #135000K.**

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
Address Service Requested

PRSRT STD
U.S. Postage Paid
Permit #19
Troy, Michigan

Salvation Army Royal Oak Christmas Dinner

Wednesday, Dec. 11 and Thursday, Dec. 12 - 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. 12. Limit two tickets per person.

Senior Olympics Winter Games

Michigan Senior Olympics winter games are scheduled for Feb. 8-13, 2014 in Oakland County for ages 50+. Bocce, badminton, billiards, bowling, hockey, pickleball, powerlifting racquetball, table tennis and dance sport are the events that will be offered. Visit www.michiganseniorolympics.org or call 800.400.8161 for a complete list of events and to register. **The registration deadline is January 22.**

2014 Spring Senior Expo

**Tuesday, March 18, 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: www.troymi.gov/2014SeniorExpoRegistration. Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 to volunteer.

Bill LaRue Named 2013 Outstanding Troy Recreation Department Senior Volunteer

Bill LaRue is a founding member and the first chairman of the Friends of Troy Seniors. This non-profit organization was formed in 2011 to provide programs, support and advocacy for Senior Citizen services in the City of Troy. Their main emphasis has been on retaining programs and services that were scheduled to be eliminated due to City budget cuts. The Friends would not exist without Bill's hard work and determination. In addition to his work with the Friends, Bill is a long-time volunteer with the AARP Tax Aide program, serving as both the local and district coordinator. Thank you Mr. LaRue! His attendance at the 2013 awards banquet was sponsored by FOTS.

Previous recipients: 1999: JoAnne 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; 2011 (No award); 2012: Jim Harris.

Troy Community Chorus Holiday Concert

Friday, December 13 - 8 pm at Athens High School

The Troy Community Chorus will present *Love and Joy Come to You* and a limited number of free tickets will be available at the Community Center desk beginning Friday, December 6 - limit two per person, Troy residents only. For information about purchasing tickets, call 248.390.1752. Advance tickets are \$10 for ages 6-61, \$8 for seniors over 62 and children under 6 free. Tickets will be \$15 at the door.

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at the Troy Community Center

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- To advertise in this newsletter, contact Carla Vaughan at vaughancs@troymi.gov.