



Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

May 2016

Community Wide

Garage Sale and Flea Market

Saturday, June 4, 9:30 am - 3 pm

Liberty Center Parking Garage

(Just south of the Troy Community Center)

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

Vendor fee: \$20; NR: \$25

Act. #	Unload Time
128994T	7:30-8 am
128994U	8-8:30 am
128994V	8:30-9 am

**Shoppers:
Admission is \$2.
Under 12 free.**

Shall We Dance Drop-In Ballroom Dances

2nd Thursday of Every Month! May 12, June 9 ...7-9:30 pm

Troy Community Center Room 304/305

Fee: \$6 Res; \$7 NR; HS Students \$3 Pay at door

Brought to you by James Savage, the Friends of Troy Seniors, American House Troy, Senior Meals on Wheels and the Troy Recreation Department. Reservations are not required. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. For more information, contact Elaine Torvinen at 248.524.3484.



Daughterhood Circle

Thursday, May 5, 6:30-8 pm

Troy Community Center Room 504

Join us for the second meeting of Troy's Daughterhood Circle. Hang out, relax, and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. Refreshments will be provided courtesy of the Friends of Troy Seniors. Please preregister for this FREE activity: Act. 148906A.



HOPE Dementia Series

Mondays, May 2-23, 2016

10-11:30 am

at the Troy Community Center

See page 15 for Details!

Presented by HOPE Dementia Ministry, and brought to you in part by a grant from the Friends of Troy Seniors, this four-part series will empower caregivers with the knowledge and skills needed to create a positive journey for their loved one. Judy Petterle-Saylor and her husband Michael Saylor are respected facilitators who have presented all over southeast Michigan. Preregistration required. See page 15. Register by April 25.

Gardens Sites Available at the Troy Farm

Act. 125936F (ground level)

Act. 125937F (raised bed - wait list only)

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



Mouth Organ Grinders Performance

Monday, May 16, 10:30 am; Troy Community Center Lobby

Join us for a free one-hour performance by our harmonica group.

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New Coloring Group - See page 6

Removing the Mysteries of Probate Court

Thursday, April 28, 1 – 3 pm

Troy Community Center Room 303

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

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

To insure seating and materials, register by April 25 for this free program. Call 248.524.3484 or online for Act. 128915G.

Diabetes PATH Workshop

Wednesdays, May 4-June 8 (6 weeks), 1-3:30 pm

Troy Community Center Room 504

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

For people with type 2 diabetes, their family and caregivers. This workshop is facilitated by two trained leaders, one or both having diabetes or another chronic condition. Participants will learn how to: Manage symptoms and fight fatigue, build confidence, monitor blood sugar, communicate effectively with healthcare professionals and more! This workshop is brought to you by the Area Agency on Aging. Light refreshments and \$15 gift card included. Pre-registration is required as space is limited.

A Matter of Balance

Wed and Fri, June 1-24 (4 weeks/8 sessions), 1-3 pm

Troy Community Center Room 302

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

This program will reduce the fear of falling and demonstrate exercises that improve flexibility, range of motion and strength. Enjoy group discussion, problem solving, skill building, and assertiveness training. Receive a \$15 gift card when you complete the program! For more information or to register, call the Area Agency on Aging 1-B at 800.852.7795 or visit AAA1B.com.

Furniture Bank Seeks Donations

The Furniture Bank of Southeastern Michigan collects gently-used beds and other essential furniture for local children and families in need. The Furniture Bank offers a free pickup service with their truck coming right to donors' homes to collect beds, dressers, sofas, and dining/kitchen table-chair sets from the porch or garage at no cost. Or, for a very modest amount that supports the Furniture Bank's mission, trained, professional movers will carefully remove the furniture donated from inside the home. All donations are tax-deductible and donors will receive a receipt when the furniture is picked up. *For more information about how to donate, call 248.332.1300 or visit www.furniture-bank.org.*

One Day Trips

- Register early so trips are not cancelled!
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- Indicate upon registration if you need an ADA accommodation.
- A \$10 service fee is withheld on all patron requested refunds plus costs incurred. Full refunds issued for medical emergencies with doctor letter and notification before trip.

Soaring Eagle Casino - Cubby Checker

Mon, May 9, 8:45 am - 9 pm; Act. 148927P \$43; NR \$48

Enjoy the Chubby Checker performance plus time for gambling at this huge casino. You will receive a \$10 coin coupon and a \$5 food voucher. Transportation is by motorcoach for this Bianco tour.

Riverdance at the Fox Theater

Sun, June 5, 10 am - 4:30 pm; Act. 148927L \$138; NR \$143

Includes lunch at Union Street Station - choose from Mad Anthony beef brisket, Club Woodward sandwich, or J L Hudson Maurice Salad upon registration - and main floor seating for the 20th Anniversary World Tour of Riverdance. Transportation is by motorcoach for this Bianco tour.

Toledo Zoo and Canal Boat Ride

Wed, Jun 22, 8 am - 7 pm; Act. 148927R \$86; NR \$91

Visit the Toledo Zoo followed by lunch (included) at Georgio's Cafe International. After lunch, visit the Ludwig Mill & Heritage Center - the only remaining working mill along Ohio's canals. Then get a sense of what canal travel was like as living history characters narrate your boat tour on an original section of the Miami and Eric Canal. Transportation is by motorcoach for this Bianco tour.

Turkeyville - Shout! Performance

Tue, July 19, 9:15 am - 6:45 pm; Act. 148928A \$78; NR \$83

Cornwell's complete turkey lunch buffet is included with this performance of *Shout! Shout!* will take you back to the music, fashion and freedom of the 60s. Transportation is by motorcoach for this Bianco tour.

Amish Acres Arts & Crafts Festival

Fri Aug 5, 7:15 am - 9:45 pm; Act. 148928B \$73; NR \$78

Includes admission and lunch voucher at the 54th craft festival at Amish Acres in Nappanee, Ind. Lots of walking, and dress for a possible change in the weather. Transportation is by motorcoach for this Bianco tour.

Coming soon . . . Diamond Jack Boat Cruise Aug. 23, Stratford (A Chorus Line) Sept. 14, Tiger Game Sept. 15

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

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

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

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

Southern Charm - May 15-20, 2016

\$1066 per person double, \$1339 single, \$976 triple

Includes roundtrip motorcoach, 5 nights lodging, 9 meals, Smoky Mountains National Park tour, Biltmore House and Gardens, Blue Ridge Parkway drive, and more. Call Bianco Tours for reservations. **734.946.7021.**

Colorado - July 24 - Aug. 2, 2016

\$1999 per person double, \$2899 single, \$1799 triple

Includes roundtrip motorcoach, 9 nights lodging, 14 meals, and sightseeing at Boys Town, Rocky Mountain National Park, Pikes Peak, Royal Gorge and much more. Call Shoreline Tours for reservations. **800.265.0818.**

Cleveland Rocks! - July 30-31, 2016

\$343 per person double, \$430 single, \$315 triple

Includes roundtrip motorcoach, 1 night lodging, admission to the Rock & Roll Hall of Fame, musical tribute to the Beatles at the Music Box Supper Club (dinner included) and narrate luncheon cruise on the Goodtime III. Call Bianco Tours for reservations. **734.946.7021.**

Great Canadian West - Aug. 14-20, 2016

\$2999 per person double, \$3679 single, \$2799 triple

Includes roundtrip air, 6 nights lodging, 10 meals, and sightseeing

in Victoria, BC, Vancouver and much more. Call Shoreline Tours for reservations. **800.265.0818.**

San Francisco - Aug. 15-20, 2016

\$2817 per person double, \$3288 single, \$2661 triple

Includes roundtrip air, 5 nights lodging, 7 meals, and touring in San Francisco, Alcatraz, Yosemite National Park and more. Call Bianco Tours for reservations. **734.946.7021.**

Pacific Northwest & California - Sept. 12-19, 2016

\$3049 per person double, \$3849 single, \$3019 triple

Includes roundtrip air, 7 nights lodging, 10 meals, and sightseeing in Seattle, Mount St. Helens, Portland, Redwood National Park, San Francisco and more! Call Group Tours International for reservations. **248.625.3645.**

Shades of Ireland - Oct. 12-21, 2016

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

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

New York City - Oct. 9-14, 2016

\$1599 per person double, \$2499 single, \$1369 triple

Includes roundtrip motorcoach, 5 nights and 6 meals. Midtown luxury hotel near Times Square, 9/11 Memorial, Apollo Theater, Statue of Liberty Pedestal Pass, Ellis Island, Saturday Night Live Museum and more. Call Shoreline Tours for reservations. **800.265.0818.**

Nashville - Oct. 30-Nov. 2, 2016

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

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

Niagara Falls - Dec. 5-6, 2016

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

Includes roundtrip motorcoach, 1 night and 2 meals. Tour Niagara Falls and Festival of Lights. Call Shoreline Tours for reservations. **800.265.0818.**

**Grand Hotel
Mackinac Island**

October 10-13, 2016

Act. 148918L - \$829 pp double, \$1109 single, \$749 triple

Includes:

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

Drive Up On Your Own Option

A limited number of spaces are available for those who want to drive up on their own and meet the group at the boat dock. The fee is as follows:

Act. 148918M

\$729 pp double, \$1009 single, \$649 triple

NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+. A \$200 deposit is due upon registration. Balance due Aug. 26. No refund after Aug. 26 unless a replacement is found. Trip insurance recommended. Insurance forms are available at the Troy Community Center. Online registration is not available.



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

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

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

Act #	Day	Time	Dates
138983D	Mon	9-9:50 am	Jun 13-Aug 22 (no class 7/4)
138983E	Wed	9-9:50 am	Jun 15-Aug 24
138983F	Fri	9-9:50 am	Jun 17-Aug 26

* Beginning Pilates with Ilene Hill

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

Act #	Day	Time	Dates
138982A	Mon	10-10:50 am	Jun 13-Aug 22 (no class 7/4)
138982B	Wed	10-10:50 am	Jun 15-Aug 24

Fitness RX Women on Weights

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

Act #	Day	Time	Dates
138981C	Tue	6 - 7 pm	Jun 14-Aug 16
138981D	Thu	6 - 7 pm	Jun 16-Aug 18

Gentle Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. HAP sponsors the summer session of this class. Simply come to the front counter and get a number to attend class. 50 numbers available each day for each class. **Weeks:** 10 **Fee:** FREE!!! HAP Sponsored

Act #	Day	Time	Dates
138978C	T & Th	9-9:50 am	Jul 5-Sep 8
138978D	T & Th	10-10:50 am	Jul 5-Sep 8

* Muscle Strengthening with Rachel

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

Act #	Day	Time	Dates
138975C	Tue	10-10:50 am	Jun 14-Aug 23
138975D	Thu	10-10:50 am	Jun 16-Aug 25

Tai Chi with Keith, Marci and Kim

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

Weeks: 8 **Fee:** \$40 \$50 NR (No class 7/4/2016)

Act #	Day	Level	Time	Dates
138976A	Mon	Int	3-4 pm	Jun 13-Aug 8
138976B	Mon	Beg	2-3 pm	Jun 13-Aug 8

Chair Yoga with Janeen

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

Weeks: 10 **Fee:** \$61 \$71 NR **No Summer session offered.**

Act. #	Day	Time	Date
128984A	Tue	11-11:45 am	Mar 22-May 24

Yoga/Pilates with Rachel

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

Weeks: 11 **Fee:** \$52 \$62 NR

Act #	Day	Time	Dates
138979C	Tue	11-11:50 am	Jun 14-Aug 22
138979D	Thu	11-11:50 am	Jun 16-Aug 24

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:** 8 **Fee:** \$40 \$50 NR (No class 7/4, 7/18 & 7/20)

Act. #	Day	Time	Date
138977C	Mon	11-12:05 pm	Jun 13-Aug 15
138977D	Wed	11-12:05 pm	Jun 15-Aug 10

Drop-In Exercise Classes

Chair Exercise:

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

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

Stretch and Tone with Carol Petty

Mon & Thu, 11-11:50 am.

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

Indoor Drop-In Pickleball

Mon Daytime	11:30 am - 2 pm	Senior Special
Wed. Evening	6 pm - 8:30 pm	All Ages
Thu. Daytime	11:15 am - 2 pm	All Ages
Fri. Daytime	10:30 am - 2 pm	Senior Special

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

**Cornhole Leagues**

Demo Day Wed. May 18 at 12 pm

Wednesday, May 25—Aug 10 (12 weeks); 12-1:30 pm

North Lawn Troy Community Center

Act. 128986A; Fee: \$15 per person NR \$20

A fun activity similar to horseshoes. Fee is per person - sign up as an individual and designate who your partner is when you register. Don't have a partner? Sign up we'll match you up with a partner. League play begins Wednesday, May 25 - August 10 for those age 50 and over. A match will consist of three games to 21. Play up to three matches each week. Awards for league winners. Questions contact Elaine T at 248.524.3484 or E.Torvinen@troy.mi.gov.

**Bocce Leagues - Demo Days May 10 & 11**

Tuesday May 24-Aug 9 (12 weeks) 12-1:30 pm

Act. 128987A; Fee: \$15 per person NR \$20

Outdoor Bocce Courts on North Side of Troy Community Center

This is a great social game that players of all abilities can enjoy. The league schedule will be determined once number of players registered is determined. Sign up as a two player team, or as an individual and be paired with a partner. Rules of play will be distributed the first week and a practice round played. After that scores will be recorded and league winners will be awarded a prize.

Zumba Gold Toning

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

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

Zumba Gold Dance Exercise

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

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

2016 Troy 50+ Golf Leagues

Registration fee: Mon.: \$43 (NR \$48), Wed.: \$48 (NR \$53)

These nine-hole golf leagues at Sylvan Glen begin around May 1 for 20 weeks (Monday) and 18 weeks (Wednesday), tee off 8 am. Both leagues are full, but add your name to the wait or sub list.

Act. 148986P: Mon. League

Act. 148986Q: Mon. sub list

Act. 148987P: Wed. League

Act. 148987Q: Wed. sub list

For more information, please contact:

Mon.: Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com

Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com

50+ Softball

Women - Tuesday evenings; Men - Thursday evenings

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

Sports Leagues

Bocce - Leagues being organized for this May through Aug.

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

Cornhole - League play being organized for this summer. See details above.

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

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

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

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

Drop-In Sports

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

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

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

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

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

All classes meet at the Troy Community Center

Anyone Can Paint

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

Act #	Date	Time	Subject
145933L	Thu, May 12	6-8 pm	Hillside Farm
145933M	Thu, Jun 9	6-8 pm	Sunflower Outside My Window

Watercolor Painting Lessons

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

Act #	Day	Time	Dates	Fee	NR
128971D	Wed	9:30am-12pm	Apr 20-Jun 15	\$124	\$134
138971B	Wed	9:30am-12pm	Jun22-Aug 17	\$124-\$134	

Oil & Acrylic Painting No summer session offered

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. An extensive supply list available on your receipt or from the front desk. Tuesday afternoons resuming in September.

Tap Lessons No summer session offered

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. Tuesday afternoons resuming in September.

Keyboarding No summer session offered

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

Act#	Level	Day	Time	Dates	Fee	NR
128973F	Beg	Mon	9-9:50 am	Apr 18-Jun 13	\$38	\$48
128973G*	Adv	Mon	10-10:50 am	Apr 18-Jun 13	\$38	\$48

* No Class 5/30



Coloring Group

Wednesdays, 9-10:30 am beginning May 4

Troy Community Center Room 402 (Dining Room)

Adult Coloring is all the Rage!!! An adult coloring group will begin on Wed. May 4 for those interested in this relaxing activity. Register for **Act. #145205U** if you plan to attend. We will provide coloring sheets that can be reproduced and markers and pencils for coloring. This is a self-directed activity and there is no charge.

Teen-Adult Pottery Ages 14 and up

Students will have the opportunity to mold different projects each week, helping to expose the inner-potter in themselves. Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class.

Instructor: Jan Lindell-Meinhard, BA and MA, Wayne State
Materials Fee: \$25 (paid directly to instructor 1st week)
Weeks: 4 **Fee:** \$64; NR \$74

Act#	Day	Dates	Time	Theme
124305F	Wed	5/11-6/1	7-9 pm	Flower

Clay Projects for Seniors (Age 50+)

Participants 50 and older will work with clay and glazes to design beautiful pottery. Under direction of our art instructor you have the opportunity to explore the world of clay.

Instructor: Jan Lindell-Meinhard, BA and MA, Wayne State.
Material fee: \$5 per session (paid directly to instructor 1st week)
Day: Tuesdays **Weeks:** 2 **Fee:** \$20 **NR:** \$25

Act#	Dates	Time	Theme
124305H	5/3-5/10	10:30 am-12 pm	Celebration Plate

Check out our Parent and Tot classes and consider attending with a grandchild. See the Spring or Summer Troy Today.

Knitting and Crocheting Classes

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

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

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

Int. Knit: A continuation of Knit II.

Beg. Crocheting: Use alone to make wonderful garments or accessories or with your knitting to put those finishing handmade touches to your garments. Learn how to do a single crochet, double crochet, half double crochet and triple crochet. You will have a choice of making a washcloth or scarf. Bring a skein of worsted weight wool and a size H crochet hook to the first class. Returning this summer.

Crocheting II: You know the basic crochet stitches and want to take it a step further. Build on the stitches you already know and learn how to do the crab stitch, picot stitch and the shell stitch. Discover how you can use these stitches on their own or to enhance your knitting. You will make a crochet scarf or any other piece of your own choosing.

Int. Crocheting: A continuation of Crocheting II.

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

Act.	Class	Day	Time	Dates
125934O	Crocheting II	Tue	1-3 pm	May 3-24
125934P	Knitting II	Wed	1-3 pm	May 4-25
125934Q	Int. Crocheting	Tue	1-3 pm	Jun 7-28
125934R	Int. Knitting	Wed	1-3 pm	Jun 8-29

Beg. Swing and Ballroom & Adv. Swing

Friday Evenings: Weeks: 6

Fee: \$59 NR \$69; Any Two Classes: \$98 NR \$118

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

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

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

Instructor: Jim Berg

Act #	Style	Time	Dates
128980N	Swing	7-7:50 pm	May 13 - Jun 24
128980P	Ballroom	8-8:50 pm	May 13 - Jun 24
128980Q	Adv. Swing	9-9:50 pm	May 13 - Jun 24
128980R	Any 2 classes		May 13 - Jun 24

No class 5/27.

Summer session Jul 8-Aug. 12 See June Fifty Forward

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm; Fee: \$6; NR \$7 at door

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

Month	Mondays	Wednesdays
May	West Coast Swing	Argentine Tango
June	Rumba	Beg. Viennese Waltz

Square Dance Lessons

Mondays, 7-9:30 pm

Fee: \$5; NR \$6 at door - FIRST CLASS FREE!

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

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

Friday Night Square Dances

Every third Friday, Nov. - May, 7:30-9:30 pm

Fee: \$5 per person

Dances are held in the studios upstairs at the Troy Community Center. Partners not required. Contact Veronica at 248.566.3026 with any questions. Caller Walt Zatorski.

American Mah-Jong Lessons

Wednesdays, May 4 - June 8 (6 weeks), 1-3:30 pm

Troy Community Center Room 402A

Act. 135901D; Fee: \$29, NR \$39

Instructor Judy Shell teaches this class for beginners and those who want a review. Learn the rules of the game, how to "make a hand" and how to play. Mah-Jong games to use during class will be provided. Class size is limited to 12. Class meets in room 402A - enter through the dining room (Room 402). **Materials fee of \$9 is payable to the instructor at the first class if you need a current Mah-Jong card.**

Market Basket Weaving Class

Wed., June 8, 12:30-4:30 pm

Troy Community Center Rm 401

Act. 135903C; \$28 Res, \$33 NR

Make a market basket for all your shopping needs. It starts on a D handle with an open weave base. With some easy stop and start rows up the sides and choice of color the



sides go up quickly. Put a sturdy rim on the basket and you are ready to hit the farmers market. All supplies are included in the fee. Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.

American Flag Mosaic Class

Tuesday, June 14, 6:30-9 pm

Troy Community Center Room 401

Act. 135902E; \$36 Res, \$41 NR

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create beautiful mosaic masterpieces. Follow in their footsteps and fashion your own "American Flag" mosaic. Class is for men and women - no experience necessary. Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Community Center front desk. Pre-registration is required.

Troy English Skills Workshop will return in the fall

Computer Classes - See page 9

May

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Chicken Ala King ²	11:45 Chef's Salad ³	9:00 Coloring Group Begins - pg 6 10:00 Book Club - pg 11 11:45 Baked Chicken ⁴	10-11 Ask A Nurse ⁵ 11:45 Birthday Buffet 12:30 Birthday Party 6:30 Daughterhood Circle - pg 1	11:45 Beef Hot Dog ⁶ 1:00 Bingo
8:45 Soaring Eagle - pg 2 11:45 Sweet & Sour Meatballs ⁹	11:45 Hamburger/Gravy ¹⁰ 1:00 Red Hat	11:45 Roast Pork ¹¹	10-11:30 Caregiver Support ¹² 11:45 Oven Fried Chicken 7:00 Ballroom Dance	10-12 Hearing Screening ¹³ 11:45 Potato Crunch Fish 1:00 Bingo
10:30 Harmonica Concert - pg 1 11:45 Fishwich ¹⁶	11:45 Meatloaf ¹⁷	9:30 Container Gardening Speaker - pg 20 10-12 Disk Erasure 11:45 Chillimac ¹⁸	11:45 Ginger Baked Chicken ¹⁹	10-12 Blood Pressure ²⁰ 11:45 Spaghetti 1:00 Bingo
11:45 Sausage & Sauerkraut ²³	11:45 Mac & Cheese ²⁴	9:30-12 Computer Consultations 11:45 Chili w/Rice ²⁵	11:45 Tuna Salad ²⁶ 12:30-2 Focus Hope - pg 14	11:45 Cheeseburger ²⁷ 1:00 Bingo
Center Closed Memorial Day Fitness area open 7 am - 2 pm ³⁰	11:45 Chef's Selection ³¹			

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

Senior Mondays and Fridays at the Community Center Fitness Area - Ages 50+ can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of \$4. **Drop-in Pickleball is included and is offered on Mondays from 11:30 am - 2 pm and on Fridays from 10:30 am - 2 pm.**

At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit www.troyclic.org. **As of April 18 all computers will be using Windows 10.**

Computers for Beginners 1

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

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

Act #	Day	Time	Dates
135951J	T & TH	1-3 pm	5/3-5/12
135951K	M & W	1-3 pm	6/6-6/15

Computers for Beginners 2

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

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

Act #	Day	Time	Date
135973I	T & TH	9:30-11:30 am	4/19-4/28
135973J	T & TH	1-3 pm	5/17-5/26
135973K	M & W	1-3 pm	6/20-6/29

Intro to Word Processing

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

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

Act #	Day	Time	Dates
135954C	T & TH	1-3 pm	6/7-6/16

Windows 10

Prerequisite: Computers for Beginners or some computer experience. Learn to use the Windows 10 operating system to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more!

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

Act. #	Day	Time	Dates
135972H	M & W	6:30-8:30 pm	5/9-5/18 FULL
135972I	M & W	1-3 pm	5/2-5/11
135972J	M & W	6:30-8:30 pm	6/6-6/15

Introduction to Power Point

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

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

Act #	Day	Time	Dates
135961C	T & Th	9:30-11:30 am	6/21-6/30

Scanning

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

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

Act #	Day	Time	Dates
135962C	T & TH	9:30-11:30 am	6/7-6/9

Basic PhotoShop Elements

If you own a digital camera or a scanner, you'll appreciate this class! Use Photoshop's tools to download, organize and edit your digital images. Learn how to fix color, brightness and contrast. Develop skills to print beautiful pictures, restore old photos and create special projects like photo books and calendars. **Wks: 2 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
135959B	M/W/F	1-3 pm	4/18-4/29

Advanced PhotoShop Elements

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

Act #	Day	Time	Dates
135970C	M/W/F	1-3 pm	5/16-5/27

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

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

Drop-In Lab - The computer lab is open for FREE drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. **Subject to Lab Monitor availability.**

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

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

Special Interest/ Support Groups

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

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

Medicare Counseling

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

Pacific Rim Outreach

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

Red Hat

2nd Tuesday, 1 pm. 248.524.1108.

T.O.P.S.

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

Health Services

Ask A Nurse

1st Thursday, 11am -12 pm. Room 404. Drop-in. Free. Sponsored by Crittenton Home Care.

Blood Pressure Screenings

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

Emotional Counseling

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

Hearing Screenings

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

Cards & Games

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

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

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

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

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

Pinochle - Mondays, 12:30-3 pm. Call 248.528.0379 for details. Beg. Pinochle (less experience needed) Thursday, 12:30-3 pm. 248.376.5556.

Creative Arts

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

Coloring Group Starts May 4 Wed, 9-10:30 am Self directed Free!!!

Swing and Ballroom Lessons Friday evenings. See page 7 for details.

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

Knitting Lessons: See page 6

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

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

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

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

Painting Lessons - see page 6

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

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

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

Massage Therapy

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

Other Activities

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

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

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

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

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

Sports & Fitness

See pages 4 & 5.

Creative Endeavors Gift Shop

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

Fifty Forward Dinner Club

Carpool/Uber from the Troy Community Center or meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. No decision has been made about a June event yet. To receive the information when it becomes available, please email forwarddinner@yahoo.com to be added to the list. You do not need to be a Troy resident.

Fifty Forward Lunch Club

Daytime outings to cool places...Please respond thumbs up or down if you would be inclined to hit the road with us! forwarddinner@yahoo.com or 248.840.5303. Thank you...and your ideas matter, let me hear them!



Daughterhood Circle

Thursday, May 5, 6:30-8 pm

Troy Community Center Room 504

Join us for the second meeting of Troy's Daughterhood Circle. Hang out, relax, and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. Refreshments will be provided courtesy of the Friends of Troy Seniors. Please preregister for this FREE activity: **Act. 148906A.**

Please Register for Group Participation

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

- 145205A Book Club
- 145205B Bridge–Thu. Party
- 145205C Bridge–Tue. Duplicate
- 145205D Cribbage
- 145205E Euchre
- 145205F Harmonica Club
- 145205G Heritage Band
- 145205H Line Dance
- 145205I Mah-Jong Group
- 145205J Needlework Club
- 145205K Pacific Rim
- 145205L Painting Club
- 145205M Pinochle - Beg.
- 145205N Pinochle - Monday
- 145205O Quilting Group
- 145205P Red Hat Society
- 145205Q Sewing Group
- 145205R Society of Single Seniors
- 145205S TOPS
- 145205T Woodcarving
- 145205U Coloring Group

Mah-Jong Group

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

Troy Community Center Lobby

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

Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The May book will be *Euphoria* by Lily King. The June book is *Down River* by John Hart. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meeting is **Tuesday, May 10 at 4 pm** at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. Bring your ideas for events and activities. Newcomers welcome! Call 248.689.8070 for information or dinner reservations.

Troy Library Spice of Life Discussion Group

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

ACBL Bridge Clubs

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

Red Hat Society - 2nd Tuesday of each month

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

Caregiver's Support Group

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

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

Grandparents Raising Grandchildren

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



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Volunteer Opportunities Available with FOTS

Become a volunteer with the Friends of Troy Seniors. You will find it a rewarding experience and you will also make new friends along the way. Contact our office at 248.526.2608 or stop in from 10 AM to 1 PM, Monday through Friday, to learn about these opportunities.

• Project Leaders

We have a great group of volunteers and are seeking individuals to lead these volunteers at various events. A project leader would set up the event with assistance from our Event Coordinator and oversee all aspects of the event through to its completion.

• Webmaster

We are looking for someone with experience as a webmaster to manage our website. This would be a very part-time volunteer position for a senior or for a younger person who likes to work from home.

Garage Sale and Flea Market Volunteers Needed Saturday, June 4, 9:30 am – 3 pm, Liberty Center Parking Garage

If you are interested in helping out this year, please contact the Friends of Troy Seniors office at 248.526.2608 or stop in at the office between 10 am and 1 pm, Mon – Fri, to sign up to volunteer. There will also be a FOTS table at the sale to sell overstock from our Purse Sale last November. We need volunteers at this table as well.

Election of Advisory Board Members

At the annual meeting of the Friends of Troy Seniors on May 19, we are required to hold an election for all seven of our board positions listed as follows: Chairperson, Planning & Development Coordinator, Event Coordinator, Fund Raising Coordinator, Membership Coordinator, Volunteer Coordinator and Board Secretary. Those elected will serve a two-year term beginning after the meeting. If you are interested in having your name placed on the ballot, please call 248.526.2608 and ask to leave a message for the Nominating Committee. We urge members to attend this meeting to cast their votes.

Brunch and Learn - page 20

Monthly Membership Meetings

FOTS meetings are held on the 3rd Thursday of the month at 1 pm in Room 301 at the Troy Community Center unless otherwise announced. Our next meeting is Thursday, May 19. Everyone is invited to attend. If you are not yet a member, please attend to find out more about us.

Thank You!

Thank you to the FOTS volunteers who assisted at the 2016 Senior Expo and to the volunteers who worked at the FOTS table. Thank you also to Phyllis Hocking for making up the lovely gift basket which was raffled off at the table. Anne Halash was the lucky winner.

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: fots@wowway.com

Website: www.friendsoftroyseniors.org

Hours: Mon-Fri 10 am-1 pm (closed May 27-30)

Mission Statement

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

Employment Referral List

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

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

E-News Updates

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

Thank You Senior Program Volunteers!

Creative Endeavors

Marie Dolmage
Joann Dreger
Pat Kulka
Linda Latsko
Diana Lavoy
Christine Lecoutre
Donna MacGowan
Ambareen Malik
Evelyn Manceor
Ruth Mapes
Cindy Swears
Oudsia Taqi
Marjorie Wagner

Program Leaders

Corine Alonzo - Book Club
Judy Baker - Quilting
Veronica Iversen -Sq Dance
Michael Burnett -Woodcarving
Jerry Coval - Harmonica
Sylvia Furman - Red Hat
Zora Hargrave - Pinochle
Jackie Gregorich Needlework
Chris Hampton - Euchre
John Hodgson - Thu. Bridge
Judy Humphrey - TSSS
Karen Keller - Crafty Sewers
Ed Lee - English Skills
Judy Luther - Tennis
Pam Mackowski Pickleball
Carol Ann Marsh - TOPS
Dave Mattis - Volleyball
Lynn McLean - Beg Pinochle
Marion Medler-T Bridge
Judy Pearl - Line Dance
Darlene Pokley -
Restaurant Group
Bob Rourke - Band
Beverly Seidel - Painting Club
Judy Shell - Mah-Jong
Cindy Swears -
Daughterhood Group
Mary Valente-Pacific Rim
Cynthia Wilsher - Quilting
Nancy Yockey - Cribbage

Computer Learning Center

Chris Adams
Bob Berk
Mike Brady
Pam Brady
Curtis Brown

Fred DeNio
Mary Ellen Durkee
Randall Fournier
Tina Franco
Darnell Hargrave
Zora Hargrave
Jim Harris
Patty Huffer
Don Johnson
David Kaminski
Kathy Kerwin
Rick Knight
Richard Kucejko
Christal Lewandowski

Lynn McLean
Kathy Michalski
Manu Naik
James Sauter
Frank Searight
Heena Shah
Bob Treharne
Suzanna Wong
Bob Zimmerman

SHARP

Jeff Benton
Tom Bernard
Mike Brady
Karl Chase
Phil Ciesliga
Jim Cyrulewski
Tommy Desmond
Cele Dilley
Walt Feifer
Bruce Gates
Steven James
Susan Joslin
Tom Kaszubski
Dagoberto Krambeck
Charlie Lobbstaal
Milton Martinez
Keith Meadows
David Nagengast
Bill Rundell
Doug Slattery
Larry Sporer
Mindy Sporer
Ken Stress
John Sunne
David Taylor
Bruce Turnage
Susan Voytal

Jerry Whitefoot
Sharron Wilson
UBS Financial
Artur Xhindoli

Taxes

C.V. Abraham
K.L. Asija
Theresa Bieniek
Lixia Chen
Jim Collins
Sandra Dong
Tina Franco
Sharon Galliker
Sharon Grieser
Kathleen Hoppe
Mary Lou Jacubiec
Taube Karpov
Pete Keating
Richard Kucejko
Carmen Milia
Manu Niak
Kaj Ostergaard
Donna Pezeshki
Bill Rhodes
Joe Sartorius
James Sauter
Richard Schmitt
Tim Toland
Cathy Tran
Jerry Watson
Ron Watts

Special Events and Programs

Diane Alati - Various
Fred Alati - Various
Elna Alciatore - Expo
Su Chaudhyri - Various
Katherine Downie - Expo
Aggi Erlandsan - Various
Wally Gannon - Various
Tony Grabowski - Expo
Phyllis Hocking - Various
Lil Karamanian - Trips
Sharon King - Expo
Betty Louney - Expo/
Monthly dances
Ken Ochs - Medicare
Dorothy Pietron - Various
Pauline Potrzuski -Expo
James Savage - Dances

Volunteers
gave more than 19,000 hours
to the senior program

Tony Sciuлло - Expo
Nancy Thoenes -Trips
Jim Werpetinski - Expo
Robert Winter - Gardens
Jim Zoellner - Medicare

Bingo

Carol D'Andrea
Paul Capton
Mary Craft
Ruth Koontz
Lonnie Lance
Joyce Manke
Fay McCormick
Richard Pickens
Marlene Przybycien
Rod Rzendzean
Howard Schillinger
Melvina Scott
Joanne Stephenson
Adnan Tameesh

Friends of Troy Seniors

C.V. Abraham
Diane Alati
Fred Alati
Elna Alciatore
Christine Austin
Mary Jo Belter
Daniel Bennis
Joe Cadovich
Lixia Chen
Sandra Clark
Freda Cochran
Elaine Cook
Renee Courtney
Pat Daniels
Carolyn Darch
Gloria Dixon
Katherine Downie
Tom Downie
Bill Drake
Maryann Drake
Caroline Dunleavy
Jim Dunleavy
Aggie Erlandson
Carolyn Falvey
Jan Fenech
Paula Fleming
Wade Fleming
Tina Franco
Wally Gannon
Rajaram Gokhale
Sharon Grieser
Corinne Growney
Cindy Guo
Janet Haigh
Phyllis Hocking
Joanna Horne
Frank Howrylak
Veronica Iversen
Margaret Julian
Renee Kachigian
Bruce Karry
Denise Karry
Lakshmi Kodali
Rick Kucejko
Bill LaRue
Jean Lawrence
Juliana Lord
Betty Louney
Nikki Main
Joe Malone
Evelyn Manceor
Pat Mannering
Tom Mannering
Ruth Mapes
Kay McFarland
Doris McMillen
Jim McMillen
Sharon McPharlin
Cindy Morley
Dick Mosey
Bonnie Moulik
Manu Naik
Donna Pezeshki
Pauline Potrzuski
Marlene Przybycien
Bill Rhodes
Elizabeth Rhodes
Emily Rhodes
Pat Rhodes
Shirley Roberts
Val Roberts
Margaret Schwartz
Tony Sciuлло
Irene Sidhom
Lucy Stefanowski
Joanne Stephenson
Martha Teller
Lois Templeman
Liisa Vaara-Lewis
Shikha Vaishy
Mike Vlajkov
Jim Werpetinski

Homebound Meals: The City of Troy and Meals on Wheels also thank **91** volunteers who delivered **30,298** meals to homebound seniors in Troy last year.

Assistive Listening Devices

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

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

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

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

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

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

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

Hospital Equipment Loan Closet Borrow wheelchairs, walkers, canes, crutches, ramps, toilet chairs and shower chairs at the Community Center. For wheelchairs, ramps and shower chairs only: call to confirm availability. **Donations accepted.** Please call 248.524.3484 to see if we are currently accepting items.

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

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

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

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

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

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

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

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

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

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

SHARP Home Computer Assistance - See page 13



Transportation

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



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



HOPE Dementia Series

Mondays, May 2-23, 10-11:30 am
Troy Community Center Room 302
Act. 148905A; Fee: \$38 NR \$48
Pre-Registration Required by April 25

Presented by HOPE Dementia Ministry, this four-part series will empower caregivers with the knowledge and skills needed to create a positive journey for their loved one. Judy Petterle-Saylor and her husband Michael Saylor are respected facilitators who have presented all over southeast Michigan. Brought to you in part by a grant from the Friends of Troy Seniors.

Monday, May 2: Dementia Basics

Dementia is not a disease but a group of symptoms that include memory issues, decline in logic and reasoning, and confusion and disorientation even in familiar places. In this session you will learn about the five most prevalent forms of dementia with Alzheimer's being #1, why memory issues are at the forefront of this issue, and how memory disappears over time. Learn that dementia is not normal aging, what the symptoms and warning signs are, and when to consult a neurologist. You will also see that there is much life to be lived after the initial diagnosis of dementia.

Monday, May 9: Aging in Place

Discuss what aging in place means and changes that can make a home more senior friendly. We will also look at the challenges of staying in your home as you age, the impact that dementia has on staying in your own home, and residential care options for persons living with dementia.

Monday, May 16: Quality Interaction

Learn how to interact with your loved one as his/her cognitive abilities decline. In this session, explore ways to make your visits more meaningful. Isolation can escalate the dementia, depression and the turning inward. Learn how simple activities can make a big difference in someone's mood and demeanor.

Monday, May 23: Music, Touch and Spirituality

Personal and meaningful music can reach even those with late-stage dementias because the place in the brain where music is stored is the last to be touched by the disease. Another way to reach people is through touch, the first sense we develop and the last one we lose. Spirituality – whether experienced through religion or in nature, art, music or relationships is also fundamental. This session will use powerful video clips to demonstrate these connections.



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Adult Day Health Services... Helping The Caregiver and Their Loved One

Adult Day Health Services (ADHS) is a program of Catholic Charities of Southeast Michigan (CCSEM) with locations in Macomb and Oakland County.

ADHS is a program for adults who:

- Have dementia • Have cognitive disabilities
- Require constant supervision

CATHOLIC CHARITIES of Southeast MICHIGAN

ADHS is funded through Title III of the Older Americans Act from AAA 1B through Michigan Aging and Adult Services Agency

www.ccsem.org

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

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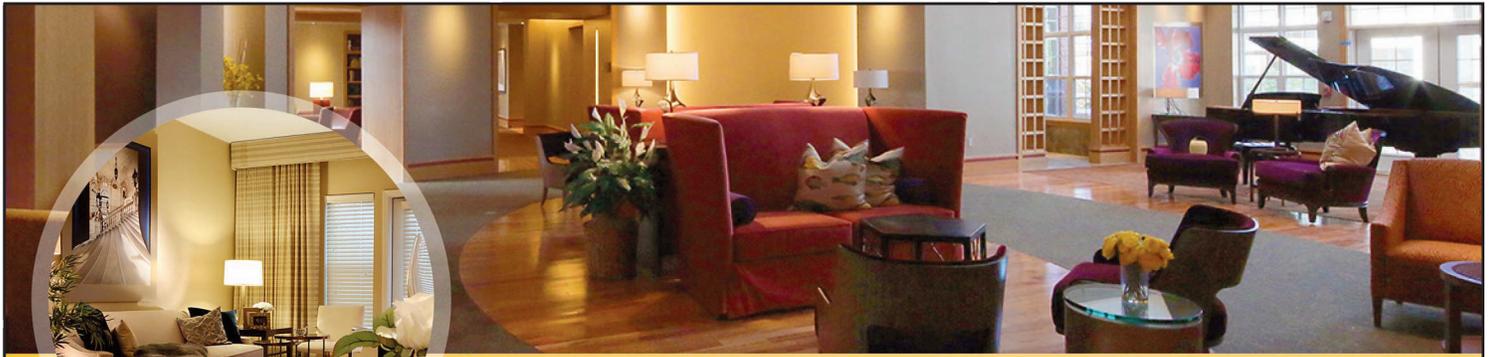
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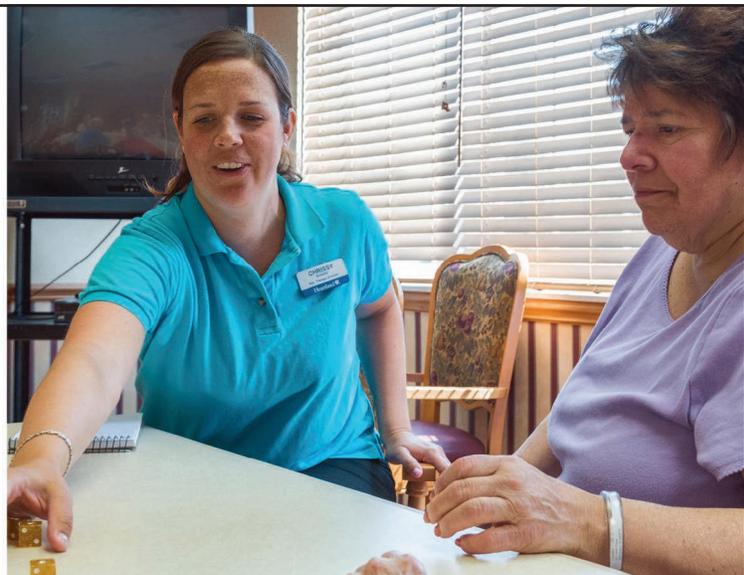
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Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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



Weather Cancellations

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

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

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

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

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

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

Newsletter Subscriptions

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

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

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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

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

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

Signature Required: _____ Date: _____

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

Troy Recreation Department

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

50+ Program Staff

Carla Vaughan

vaughancs@troymi.gov

Elaine Torvinen

E.Torvinen@troymi.gov

Recreation Dept. Hours

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

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248.528.2929

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248.526.5145

City Hall: 248.524.3300

City Web Site: www.troymi.gov

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

Mission Statement

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

Friends of Troy Seniors Brunch & Learn Series

Container Planting - Beyond Spikes and Geraniums

Wednesday, May 18, 9:30 - 11 am, Troy Community Center Room 303

Telly's Greenhouse now includes not only annuals, but perennials, houseplants, tropical plants, succulents and even vegetables in their containers. Join longtime Troy resident, Adult Education teacher, public speaker, and an original Troy Garden Club member Judy Cornellier, for a free lecture and demonstration on container planting. By working at Telly's Greenhouse, Judy has access to a large collection of new and interesting plants from which she will plant a container and also demonstrate different plant combinations. An instruction sheet for planting a container and a list of the many plants to explore will be handed out at the demonstration.

This series brings you informative topics and is held on the third Wednesday of each month. Coffee and light refreshments are provided at these free events upon arrival at 9:30 AM. This event is made possible through a grant from the North Woodward Community Foundation. Advance registration is required. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 AM – 1PM, Mon - Fri. Reservations accepted through Fri, May 13.

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

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



Troy Garden Club Perennial Plant Exchange

Saturday, May 21, 10 am - Noon

NEW LOCATION: Troy Civic Center - parking lot east of 52-4 District Court

Trade your excess plants and increase the variety in your garden. Rain or shine. This event is free and no money will exchange hands. Trading only! Reservations are not required. Please label all plants as to type and color of bloom, if known, and bring only healthy, pest-free plants. You may want to bring a wagon or a buddy to facilitate trading. Master gardeners will be on hand. Call 248.528.2647 for more information.

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