



Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

MAY 2017



Rewired Not Retired with Chuck Gaidica Thursday, May 18, 7 pm Troy Community Center Room 304 Act. 8021A

Chuck Gaidica, WDIV “Live in the D” co-host, has reinvented his life and wants to share with fellow Baby Boomers his story and what some experts call an “encore career.” There is no charge for this presentation, but registration is required as space is limited. Register for Act. 8021A.

This program is co-sponsored by the Friends of Troy Seniors.

Blackthorn Concert

Friday, April 28, 7-9 pm

Troy Community Center Room 304/305

Tickets: \$8 in advance at the Community Center; \$9 at door

Enjoy traditional songs of emigration, sea shanties, lively jigs, reels, and ancient airs along with some of Ireland’s best contemporary songs. Band members play multiple instruments, including wooden flute, accordion, tin whistle, five string banjo, and cittern, bones, complementing the lead vocals of Belfast native Richard McMullan and the band’s four part harmony. Pop and popcorn available for purchase. This concert is co-sponsored by the Friends of Troy Seniors. **All ages invited! Online registration is not available.**



Basic Clothing Repair

Thursday, May 18, 1-3 pm

Troy Community Center Room 401

Act. 8022A, Fee: FREE!

Brought to you by Judy Baker, our quilting group leader and an avid sewer, learn how to sew on a button, repair a hem by hand, and make basic repairs such as fixing a hole in your pocket. She will also discuss sewing aids such as neck-hanging magnifiers and easy-thread needles and make recommendations about the kind of repairs that should be taken to a professional. Bring an item that needs repair if you have one and the correct color thread. Needles will be provided. This is a basic class for repairs that can be done by hand and will not include things such as size alterations, zipper replacement, etc. Pre-registration is required.

Community Wide

Garage Sale and Flea Market

Saturday, June 3, 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\$\$\$.

Flea Market vendors also welcome. Your registration fee gives you two parking spaces in the garage. Concessions and porta-john on site. More than 150 vendors and 1000 shoppers are expected to attend. Register for activity number based on time you wish to unload. This event is cosponsored by the Friends of Troy Seniors.

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

Act. #	Unload Time
8061A	7:30-8 am
8061B	8-8:30 am
8061C	8:30-9 am

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

Shall We Dance Drop-In Ballroom Dances

2nd Thursday of Every Month! 7-9:30 pm

Troy Community Center Room 304/305

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

Thursday, May 11 Mike Wolverton Band and Pizza Served.

Brought to you by James Savage, American House Troy, American House Stone and the Troy Recreation Department. Reservations are not required. The May 11 dance will be extra special with Mike Wolverton Band and pizza provided by American House Stone Rochester Hills. Cookies, coffee and soft drinks served. For more information, contact Elaine Torvinen at 248.524.3484. June dance and beyond will continue with music provided by Jim Laurie.

Purposeful Retirement

second session added - see pg 2.

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Purposeful Retirement

Tuesdays, May 2-23, 7-9 pm - NEW SESSION ADDED

Troy Community Center Room 502

Act. 8006B; Fee: \$15, NR \$20

This four-part series is intended to help individuals considering, preparing for, or already in retirement learn ways of deciding and acting on what will make the rest of their lives meaningful and purposeful. The focus will be on what you have been, who you are now, and what you would like to do to bring more energy and passion to your life. Workshop leaders Dr. Bob Inskeep and Dick Rappleye are skilled in one-to-one coaching and group discussion facilitation. They will use a number of tools and exercises to sharpen self-awareness, clarify your values, and help you build your specific plan for the future. This program is co-sponsored by the Friends of Troy Seniors. Pre-registration is required. Group size limited to 16.

Mouth Organ Grinders Performance

Monday, May 15, 10:30 am; Troy Community Center Lobby

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

Powerful Tools for Caregivers

Mondays, June 19-July 31 (no class July 3), 10-11:30 am

Troy Community Center Room 504

Fee: \$25 suggested donation

This program will provide you with tools and strategies to better handle the unique caregiver challenges you face. The 6-week curriculum has been shown to improve:

- Self-Care Behaviors: (e.g. increased exercise, relaxation and medical check-ups)
- Management of Emotions: (reduced guilt, anger, and depression)
- Self-Efficacy: (increased confidence in coping with caregiving demands)
- Use of Community Resources: (increased utilization of local services)

This workshop is brought to you by the Area Agency on Aging and includes participant book and light refreshments. **For more information or to register, call 248.262.9956 or visit wellnessprograms@aaa1B.com.**

Experience Heartfulness Meditation

Heartfulness practices are simple daily exercises that create an immediate sense of peace and long-term inner balance. Develop a calmness that comes from within leading to better concentration, increased productivity, and greater wellbeing. Use this simple technique alongside any other form of yoga, meditation, or spiritual practice. One does not need to know how to meditate or to believe in a particular system or philosophy. The Heartfulness technique brings our attention towards our heart where we experience that inner presence for ourselves. Bring a mat or simply sit in a chair.

Instructor: Anjani Tiwari

Tues. & Fri. May 9-26 (3 wks) 6-7:30 pm

Act. 7080B Fee: \$5 residents \$6 NR



PAWS to Visit Troy Community Center
Tue, May 16, 12:30pm in the Senior Lunchroom

Stop by on this day to get your Detroit Tigers spirit on!!! PAWS will pay the

center a visit to help get everyone pumped up for the season.

Troy Community Chorus Spring Concert

Friday, May 5 - 8 pm at Athens High School

A limited number of free senior tickets are available at the Community Center beginning April 26. Tickets are for Troy residents, limit two per person. Additional senior (age 62+) tickets are \$8 in advance or \$15 at the door. Contact Linda at 248.953.6195 to purchase tickets.



American House Stone Breakfast - First Tuesday - May 2
Troy Community Center Room 402; 9 am

American House Stone in Rochester Hills invites you to a free continental breakfast on May 2 in the dining room beginning at 9 am while supplies last. Reservations are not required.

Ask the Financial/Retirement Advisor

3rd Thurs, 11 am-Noon - Troy Community Center Rm 404

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



Troy Garden Club Perennial Plant Exchange

Saturday, May 20, 10 am - Noon
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.

Mah-Jong Groups

Mon, 10 am-12:30 pm (main lobby), Wed, 1-4 pm (Room 502), and Fri., 1-4 pm (lobby) - Troy Community Center

Meet with other Mah-Jong players and enjoy the game with new friends. Bring a current Mah-jong card. Beginners welcome but you must know how to play (Lessons: see page 7). Contact Judy at 248.417.4704 for more information and so she can get your contact information. No fee.

Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The May book is *Big Little Lies* by Liane Moriarity. New members welcome. Meeting are held on the first Wednesday of the month at the Troy Community Center Room 402A. (No meeting in July and August).

Coloring Group

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

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

Please Register for Group Participation

Please register for *each group* you attend. Although there is no charge for room use, some groups may charge dues. Check with the group leader. See page 15 for more information on these groups.

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

Daughterhood Circle

Thursday, May 4, 6:30-8 pm

Windemere Park Assisted Living, 5990 N. Adams, Troy
Join Troy's Daughterhood Circle and help each other navigate caring for aging parents. Make some new Daughterhood friends and share information on the challenges that come with this new phase of life. If you preregister for this **FREE** activity and provide an email address, we will send you an email reminder. **Act. 148906A.**

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 **Mon, May 8 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.

ACBL Bridge Clubs

The Monday club (limited to 500 points) meets at 11 am and Friday club (unlimited points) 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 at the Troy Community Center

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 - 10-11:30 am, Troy Community Center 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.

Group Spotlight



Join the Band!

The Troy Heritage Band practices at the Community Center on the first and third Wednesday of each month at 7:30 pm. No string instruments except string bass. For more information about joining this group, contact Bob Rourke at 248.689.3536.

- 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

* 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: 10 Fee: \$50 \$60 NR**

Act #	Day	Time	Dates	No class 7/3
7103A	Mon	9-9:50 am	Jun 19-Aug 28	No class 7/3
7103B	Wed	9-9:50 am	Jun 21-Aug 23	
7103C	Fri	9-9:50 am	Jun 23-Aug 25	

* 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: 10 Fee: \$50 \$60 NR**

Act #	Day	Time	Dates	No class 7/3
7113A	Mon	10-10:50 am	Jun 19-Aug 28	No class 7/3
7113B	Wed	10-10:50 am	Jun 21-Aug 23	

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: \$62 \$72 NR No summer session offered.

Act. #	Day	Time	Date
7122B	Tue	11-11:45 am	Apr 4-Jun 6

Gentle Aquatic Exercise

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 desk, sign the Rec. Dept. waiver and get a number to attend class. 50 numbers available each day for each class. **Weeks: 10 Fee: FREE!!! HAP Sponsored**

Day	Time	Dates
T & Th	9-9:50 am	Jun 20-Aug 29
T & Th	10-10:50 am	Jun 20-Aug 29

* 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.

Act #	Day	Time	Dates	No class 7/4
7143A	Tue	10-10:50 am	Jun 20-Aug 29	No class 7/4
7143B	Thu	10-10:50 am	Jun 22-Aug 31	

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. Instructor approval for Adv. Beg or Int. **Weeks: 8 Fee: \$42 \$52 NR**

Act #	Day	Level	Time	Dates	No class 7/3
7190A	Mon	Beg	2-3 pm	Jun 19-Aug 14	No class 7/3
7191A	Mon	Adv. Beg	3-4 pm	Jun 19-Aug 14	
7192A	Mon	Int	3-4 pm	Jun 19-Aug 14	

Women on Weights by Fitness RX

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

Act #	Day	Time	Dates	No class 7/4
7160G	Tue	6 - 7 pm	Jun 13-Aug 22	No class 7/4
7160H	Thu	6 - 7 pm	Jun 15-Aug 17	

Yoga/Pilates with Rachel

Combining moves from both disciplines, improve extension, balance, alignment and range of motion. 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: 10 Fee: \$50 \$60 NR**

Act #	Day	Time	Dates	No class 7/4
7173A	Tue	11-11:50 am	Jun 20-Aug 29	No class 7/4
7173B	Thu	11-11:50 am	Jun 22-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: \$42 \$52 NR**

Act. #	Day	Time	Date	No class 7/3
7183A	Mon	11-12:05 pm	Jun 19-Aug 14	No class 7/3
7183B	Wed	11-12:05 pm	Jun 21-Aug 16	No class 7/5

Senior Mixed Fitness Drop In Class with Josh Tue and Fri 11-11:55 am, Studio A - Drop-in fee: \$6 \$7 NR

Warm-up, strengthen muscles, and improve balance and flexibility with walking and other mobility drills, chair exercises, strength training, and floor exercises, incorporating equipment to keep things interesting. Work at a level that challenges you. Pay at door.

Drop-In Exercise Classes

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

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

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

Instructor Carol Petty 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
Fri. Daytime	10:30 am - 2 pm	Senior Special

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

**Outdoor Play at Troy Redwood Park**

Sundays 5-8 pm beginning June 4 Weather permitting. Sunday night mixer for all skill levels. Play round robin

games with three other players and switch players on the courts every fifteen minutes. Pam Mackowski will organize play weekly. No pre-registration required. Sixteen players will fill all the courts. Additional players will require some players to sit out each round.

Monday and Friday drop in play 10 am-2 pm Weather permitting.

No leader to organize play, simply show up and play games against other players. Players should limit themselves to two consecutive games if players are waiting. Four to eight players waiting two come off each time a game finishes. More than eight waiting all four come off at the end of a game. Please be considerate of others waiting to play.

Signs will be posted noting that these times are reserved for Troy Recreation activities. Questions contact Elaine Torvinen at E.Torvinen@troymi.gov or 248.524.3484.

Bocce Leagues Tues. 10-11:30am

May 23-Aug 8 12 weeks Bocce courts on North side of Troy Community Center

Activity# 7201A Fee: \$15 \$20 NR

Cornhole Leagues Wed. 10:00-11:30 am

May 24-Aug 9 12 weeks, Lawn on north side of Community Center

Activity# 7211A Fee: \$15 Res \$20 NR

For details see the Spring Troy Recreation Guide page 47.

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 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!!!

2017 Troy 50+ Golf Leagues

Registration fee: Monday: \$43 (NR \$48), Wednesday: \$48 (NR \$53)

The Monday league has a few openings and we are still taking names for the sub list for both leagues. For more information, contact:

Mon.: Willie Ansley 313.366.7143 ansleyw@sbcglobal.net
Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com

Act. 8090A: Mon.

Act. 8090B: Mon. sub list

Act. 8091A: Wed. wait list

Act. 8091B: Wed. sub list

50+ Softball - Women - Tue evening; Men - Thu evenings

Troy teams compete in Oakland County softball leagues with half of the games in Troy and half in other cities beginning in mid-May. 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. 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 in summer and fall.

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

Cornhole - Leagues in summer and fall.

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

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

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

Tennis - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulan Park May-Sept. For information, call Judy Luther at 248.879.9550.

Drop-In Sports

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

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

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

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

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

All classes meet at the Troy Community Center

Anyone Can Paint

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

Act #	Date	Time	Subject
7000L	Thu, May 11	6-8pm	Love Letters
7000M	Thu, June 8	6-8 pm	The Creek at Dusk

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: 6 **Fee:** \$84 Res, \$94 NR

Act #	Day	Time	Dates
7070D	Wed	9:30 am-noon	6/21-7/26

Studio Art Class

(For students with prior experience in your medium)

This class provides the opportunity for students with painting experience to develop projects of your own choosing regarding subject, style, and medium. Follow your own subject ideas, work on a more advanced level, develop work you've begun previously or pieces you want to begin in class. Bring your own project, and artist/instructor Karen Halpern will assist you in developing your ideas in the 2-dimensional medium in which you choose to work, e.g. watercolor, oils, acrylics, collage, pen and ink. Karen will guide critical thinking, expose each student to work by famous artists working with similar style and thinking, as applicable, and offer direction for advancement. Bring needed supplies. **Weeks:** 9

Act #	Day	Time	Dates	Fee	NR
7040D	Wed	1-3:30pm	Jun 21-Aug 16	\$125	\$135

Basket Weaving Class

Thursday, April 27 - Rm 401

Act 8040I - 2-5 pm

Act 8040J - 6-9 pm

Fee: \$29; NR \$34

Make this oak tote basket with strap handles measuring approximately 9" long by 8" wide by 7" high (not including handle) with choice of accent color. All supplies are included in the fee. Beginners welcome! Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.

Next class: Wall Basket June 22. Details in the June newsletter.



Peony Mosaic Class

Act. 8050E; Mon, April 24

Act. 8050F; Tue, April 25

6:30-9 pm, Rm. 401; Fee: \$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 6 x 6 inch tile. Class is for men and women - no experience necessary. Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. The subject of the April tile is Peony and a sample of the project is on display at the Community Center front desk. Pre-registration is required.



The next tile class will meet on August 21 and will be a repeat of the Dragonfly tile class. You may register now.

Dragonfly Mosaic Class

Act. 8050G;

Mon, August 21, 6:30-9 pm, Rm. 401

Fee: \$36 Res, \$41 NR



Knitting and Crocheting Classes

Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher.

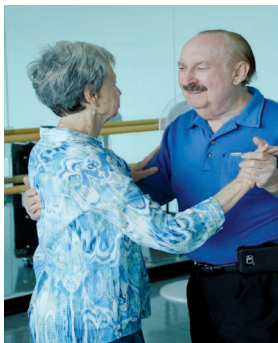
Mermaid or Dragon Blanket Crochet Class: Learn how to crochet one of the hottest new trends. What little girl doesn't want to be a mermaid and what little boy doesn't want to be a dragon? Must know how to crochet a chain and the double crochet stitch. For a mermaid blanket bring a size H crochet hook, 1000 yds. of worsted weight (#4) variegated yarn in the color you would like the body to be and 150 yds. of a solid coordinating color for the tail. For a dragon blanket, bring 1000 yds. of variegated worsted weight (#4) yarn in the color that you would like the body to be made in and 325 yds. for the wings and tail.

Intermediate Knitting: A continuation of Beg. II. You must know how to knit and purl. Bring a pattern, yarn and needles for a project you choose.

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

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

Act.	Class	Day	Time	Dates
8010H	Crochet Blanket	Tue	1-3 pm	5/2-5/23
8010I	Int. Knit	Wed	1-3 pm	5/3-5/24
8010J	Sock Class	Tue	1-3 pm	6/6-6/27
8010K	Int Knit	Wed	1-3 pm	6/7-6/28



Beg/Int. Swing and Ballroom & Int/Adv. Dance Technique
Friday Evenings
Weeks: 6
Fee: \$59 NR \$69
Any Two Classes: \$98 NR \$118

Beg./Int. 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, Sweetheart and more. All are welcome.

Beg./Int. Ballroom: No dance experience required. No partner required. Instruction will focus on acquiring the skills necessary to enjoy social ballroom dancing. Each 6 week session will introduce students to a traditional style of ballroom dance including Waltz, Foxtrot, Tango, Rumba and Cha Cha. Emphasis will be placed on proper posture, dance positions, leading and following techniques and footwork.

Int/Adv. Dance Technique: This class is designed for students desiring to improve upon their dancing technique. Instruction will focus on the topics of dance frame, elements of good posture, quality of movement, turning, dance positions and alignments. Explore a variety of intermediate and advanced ballroom figures while incorporating the techniques necessary to improve quality of movement. Familiarity with basic dance patterns is encouraged. No partner required.

Instructor: Jim Berg **No class May 26**

Act #	Style	Time	Dates
7050E	Swing	7-7:50 pm	Apr 28-Jun 9
7051E	Ballroom	8-8:50 pm	Apr 28-Jun 9
7052E	AdvSwing	9-9:50 pm	Apr 28-Jun 9

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 This program returns in the fall.

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.

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: \$49 \$59 NR**

Act #	Level	Day	Time	Dates
7064A	Beg.	Tue	1:30-2:30 pm	*
7065A	Int.	Tue	2:30-3:30 pm	*

*No summer session. Resumes in the fall.

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	Waltz No class 5/29
June	American Tango	Rumba No class 6/19, 21, 26 & 28
July	No classes	No classes

Acrylic & Oil Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and gives individual instruction. An extensive supply list available on your receipt or from the front desk. **Weeks: 8**

Act #	Day	Time	Dates	Fee	NR
7010C	Tue	12-3 pm	*	\$69	\$79

*No summer session. Resumes in the fall.

Clay Projects for Seniors (Age 50+)

Participants 50 and older will work with clay and glazes to design beautiful pottery. **Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State.

Material fee: \$5** per session \$10* (4 wk class) (paid directly to instructor 1st week)

Day: Tuesdays **Weeks:** 4/3 **Fee:** \$20 NR: \$25

Act#	Dates	Time
6275A*	4/25-5/16	10:30am-12pm
6275B**	5/30-6/13(3wks)	10:30am-12pm

Powerful Tools for Caregivers

See page 2

Computer Classes - See page 9

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

Computers for Beginners 1

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

Fee: \$42	NR \$52	Wks: 2	Hrs: 8
Act #	Day	Time	Dates
7800J	T & TH	9:30-11:30 am	5/16-5/25

Computers for Beginners 2

This course continues where Beginners 1 left off. Go beyond the basics with hands-on exercises to operate programs, work with files and folders, and explore the Internet. Become comfortable changing your computer settings, visiting websites, sending emails, download a program from the Internet and install it on the computer and much more.

Fee: \$42	NR \$52	Wks: 2	Hrs: 8
Act #	Day	Time	Dates
7810J	M & W	1-3 pm	6/19-6/28
7810A	T & Th	1-3 pm	8/1-8/10

Introduction to Power Point

Ever see one of those cool slideshows 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
7830C	T & TH	9:30-11:30 am	6/6-6/15

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
7840C	M & W	1-3 pm	5/1-5/10

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
7890P	M & W	1-3 pm	5/15-5/24
7890R	T & Th	1-3 pm	6/6-6/15

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
7880D	T & TH	9:30-11:30 am	5/2-5/4

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: 3 Fee: \$50; NR \$60**

Act #	Day	Time	Dates
7850D-	M/W/F	1-3 pm	6/5-6/16

Advanced PhotoShop Elements

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

Wks: 2 Fee: \$50; NR \$60

Act #	Day	Time	Dates
7860B	M/W/F	1-3 pm	4/17-4/28
7860A	M/W/F	1-3 pm	7/17-7/28

FREE Hands-On Help with Your Computer, Tablet, and Smart Phone; Troy Computer Lab Sat. 9am-12pm

Get help using Facebook, Skype, Email, Instagram and other new fangled programs. Volunteer Chidi Njoku has 10 plus years of experience with computers. He will take 30 minute appointments and 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, bring your laptop with the photos on it, or bring the photos on a flash drive. Contact Elaine Torvinen at E.Torvinen@troy.mi.gov or 248.524.3483 for more information.

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., Wed. and Fri. from 9:30 am - noon. **Subject to Lab Monitor availability..**

Thank You! Senior Program Volunteers

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

Creative Endeavors

July Crossley
Marie Dolmage
Joann Dreger
Louise McCormick Glazier
Nan Hassan
Pat Kulka
Linda Latsko
Diana Lavoy
Christine Lecoutre
Donna MacGowan
Evelyn Manceor
Ruth Mapes
Mariane Martz
Art Mason
Virginia Sinko
Ron Sztumerski
Cindy Swears
Qudsia Taqi
Marjorie Wagner
Carol Zwahlen

Program Leaders

Cornie 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
Bob Rourke - Band
Beverly Seidel - Painting Club
Judy Shell - Mah-Jong
Mary Valente-Pacific Rim
Cynthia Wilsher - Quilting
Nancy Yockey - Cribbage

Computer Lab

Chris Adams
Bob Berk
Mike Brady
Pam Brady

Curtis Brown
Russell Cicchelli
Randall Fournier
Tina Franco
Darnell Hargrave
Zora Hargrave
Jim Harris
David Kaminski
Kathy Kerwin
Rick Knight
Richard Kucejko
Christal Lewandowski
Lynn McLean
Manu Naik
Chidi Njoku
James Sauter
Frank Searight
Heena Shah
Bob Treharne
Suzanna Wong
Bob Zimmerman

SHARP

Kirk Bagg
Jeff Benton
Tom Bernard
Mike Brady
Karl Chase
Brian Childs
Phil Ciesliga
Jim Cyrulewski
Tommy Desmond
Cele Dilley
Walt Feifer
Steven Grieg
Robert Hegel
Steven James
Susan Joslin
Don Liana
Charlie Lobbestael
Tony Macintosh
Keith Meadows
Patrick Murray
David Nagengast
Bob Radke
Tom Rowley
Bill Rundell
Doug Slattery
Larry Sporer
Mindy Sporer
Karen StahlKen Stress
John Sunne
David Taylor

Bruce Turnage
Todd Vince
Susan Voytal
Dan Watson
RonWatts
Jerry Whitefoot
Sharron Wilson
Artur Xhindoli

Taxes

C.V. Abraham
Zeynep Aydin
Guy Belleau
Hyo Chang
Lixia Chen
Jeanne Chow
Jim Collins
Kim Czasnojc
Bill Drake
Bronni Fogg
Tina Franco
Sharon Grieser
Tom Hill
Mike Holcomb
Mary Lou Jacobiec
Pete Keating
Hema Krishnan
Richard Kucejko
Carmen Milia
Kaj Ostergaard
Susan Plomin
Bill Rhodes
James Sauter
Joe Schulenberg
Tim Toland
Cathy Tran
Ellen Waller
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
Ed Murphy - Expo
Ken Ochs - Medicare
Dorothy Pietron - Various
Pauline Potrzuski -Expo
James Savage - Dances
Tony Sciuлло - Expo
Joy Stockcamp - Expo
Nancy Thoenes -Trips
Jim Werpetinski - Expo
Robert Winter - Gardens
Jim Zoellner - Medicare

Bingo

Carol D'Andrea
Paul Capton
Mary Craft
Sandra Jones
Paula Kulesza
Lonnie Lance
Juliana Lord
Joyce Manke
Fay McCormick
Richard Pickens
Marlene Przybycien
Rod Rzendzean
Melvina Scott
Joanne Stephenson
Adnan Tameesh

Friends of Troy Seniors

Millie Ahonen
Diane Alati
Fred Alati
Elna Alciatore
Christine Austin
Mary Jo Belter
Daniel Bennis
Linda Bennis
Marty Bieganowski
Judy Bruehl
Joe Cadovich
Lixia Chen
Sandra Clark
Freda Cochran
Jim Collins
Elaine Cook
Renee Courtney
Schultz Craig
Pat Daniels

Gloria Dixon
Katherine Downie
Tom Downie
Bill Drake
Maryann Drake
Carolyn Falvey
Jan Fenech
Paula Fleming
Wade Fleming
Wally Gannon
Rajaram Gokhale
Lynnda Gorelick
Sharon Grieser
Sam Gupta
Janet Haigh
Phyllis Hocking
Joanna Horne
Elaine Hotka
Ann Marie Jakobiak
Lauren Jakobiak
Margaret Julian
Bonnie Kalef
Denise Karry
Lakshmi Kodali
Rick Kucejko
Bill LaRue
Joe Laurencelle
Jean Lawrence
Juliana Lord
Betty Louney
Joe Malone
Evelyn Manceor
Kay McFarland
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
Craig Schultz
Margaret Schwartz
Michael Schwartz
Tony Sciuлло
Jim Sheridan
Irene Sidhom
Lucy Stefanowski
Cindy Tanner
Lois Templeman
Liisa Vaara-Lewis
Jim Werpetinski
Jerry Wilds
Linda Wilds

Homebound Meals: The City of Troy and Meals on Wheels also thank **90** volunteers who delivered **33,500** meals to homebound seniors in Troy last year.

One Day Trips

- Register early! TICKETED EVENTS may be cancelled up to 30 days in advance if there are not enough people registered.
- You may bring adult 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.

Frederik Meijer Gardens & Sculpture Park **Mon, May 8, 7:15 am - 7:30 pm; Act. 148928R \$94; NR: \$99**

Meijer Gardens features 132 acres of indoor and outdoor gardens, the Midwest's most significant outdoor sculpture exhibit, and a five story tropical conservatory filled with tropical plants from five continents. Includes tram ride, guided tour of the indoor conservatory, and a \$12 lunch coupon to use at the Meijer Cafe. Transportation is by motorcoach for this Bianco tour.

Firekeepers Casino

Thurs, June 8, 9:45 am - 7 pm; Act. 148928X \$41; NR: \$46

Visit Battle Creek's newest gaming hotspot. This trip includes \$20 in slot credit and \$5 to be used for food, slot play or gift shop. Transportation is by motorcoach for this Bianco tour.

Detroit Days

Mon, June 19, 8 am - 3:30 pm; Act. 148928V \$75; NR: \$80

Includes tour of the Federal Reserve Bank and Comerica Park with lunch at the Roma Cafe. Transportation is by motorcoach for this Bianco tour.

Greektown Casino/Sinbads/Diamond Jack

Thurs, July 6, 9 am - 6:45 pm; Act. 8080D \$81; NR: \$86

After three hours at the Greektown Casino, have lunch at Sinbad's on the Detroit River with choice of three entrees. Then enjoy a 2-hour narrated cruise of the Detroit River aboard the Diamond Jack. Transportation is by motorcoach for this Bianco tour.

Huron Lady II

Tue., Aug. 8, 9:30 am - 6:15 pm; Act. 8080E \$85; NR: \$90

Start with lunch at The Voyager - indicate menu choice of baked chicken or baked cod upon registration. Then take a narrated cruise from downtown Port Huron. Stop on the way home as Sweet Tooth of Marine City (\$2 gift card included.) Transportation is by motorcoach for this Bianco tour.

Harvey at the Purple Rose

Wed., Aug. 16, 11 am - 6:15 pm; Act. 8080B \$93; NR: \$98

Start with lunch at the Common Grill in Chelsea where you will have several farm to table entree choices (menu changes daily). Then enjoy a performance of Harvey at the Purple Rose. Elwood Dowd insists on including his friend Harvey at all of his sister Veta's gatherings. Trouble is, Harvey is a 6.5 ft. tall imaginary rabbit.

Coming Soon . . .

Turkeyville Ring of Fire - September 17

Stratford Guys and Dolls - September 19

Grand Hotel Mackinac Island

October 9-12, 2017

Act. 148918N - \$849 pp double, \$1139 single, \$769 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 meet the group at the boat dock. The fee is as follows:

Act. 148918O - \$759 pp double, \$1049 single, \$679 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. 25. No refund after Aug. 25 unless a replacement is found. Trip insurance recommended. Insurance forms are available at the Troy Community Center. Online registration is not available.

- 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.**

Mackinac Island Lilac Festival

June 8-10, 2017

\$573 per person double, \$751 single, \$524 triple

Includes roundtrip motorcoach and ferry, 2 nights at the Lake View Hotel on Mackinac Island's Main Street, 4 meals (including Grand Buffet at the Grand Hotel, and carriage tour. Call Bianco Tours for reservations. **734.946.7021.**

Holland & Saugatuck - June 21-22, 2017

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

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

Cape Cod - June 24-July 1, 2017

\$1799 per person double, \$2499 single, \$1659 triple

Includes roundtrip motorcoach, 7 nights and 11 meals. Highlights include Whale Watch Cruise, sightseeing tour of Martha's Vineyard, guided tour of Nantucket, Plimoth Plantation and more. Call Shoreline Tours for reservations. **800.265.0818.**

Canadian Rockies & Glacier National Park

July 13-20, 2017

\$3799 per person double, \$4799 single, \$3749 triple

Includes round trip air and 11 meals. Highlights include Calgary Stampede, Head-Smashed-In Buffalo Jump World Heritage Site, Glacier National Park, "Going to the Sun Road," Banff, Columbia Falls, Icefields Parkway and more. Call Group Tours International for reservations. **248.625.3645.**

America's National Parks - Aug. 6-13, 2017

\$2999 per person double, \$4099 single, \$2799 triple

Includes roundtrip air, 7 nights and 16 meals. Highlights include Waterton Lakes Boat Cruise, Glacier National Park Jammer Tour, sightseeing tour of Yellowstone Old Faithful, Grand Teton boat cruise, and more. Call Shoreline Tours for reservations. **800.265.0818.**

Mackinac Bridge Walk - Sept. 3-4, 2017

\$242 per person double, \$301 single, \$223 triple

Includes roundtrip motorcoach, 1 night at the Holiday Inn Express in Sault Ste. Marie, 1 breakfast and 1 dinner at the Sault Ste. Marie Country Club, the 60th Anniversary Mackinac Bridge Walk and shopping time in Mackinaw City. Call Bianco Tours for reservations. **734.946.7021.**

National Parks/Canyon Country - Sept. 6-16, 2017

\$2899 per person double, \$3839 single, \$2699 triple

Includes motorcoach to Chicago then cross country Amtrak, 8 nights and 13 meals. Highlights include Amtrak's California Zephyr and

The Southwest Chief, Zion National Park, Grand Canyon, Sedona Trolley Tour, Rim Rock drive and more. Call Shoreline Tours for reservations. **800.265.0818.**

Nashville & Memphis - Sept. 15-20, 2017

\$1251 per person double, \$1595 single, \$1156 triple

Includes roundtrip motorcoach, 5 nights, 7 meals. Highlights include guided tour of Ryman Auditorium, Grand Ole Opry performance, General Jackson Showboat, guided tour of Memphis, tour of Graceland and two nights lodging at Guest House at Graceland. Call Bianco Tours for reservations. **734.946.7021.**

Agawa Canyon - Oct. 3-5, 2017

\$599 per person double, \$799 single, \$529 triple

Includes roundtrip motorcoach, 2 nights, 4 meals, one of which is the Soo Locks Dinner Cruise, Agawa Canyon Train Excursion and Canadian Bushplane Heritage Center. Call Shoreline Tours for reservations. **800.265.0818.**

Iceland - Oct. 10-16, 2017

\$3599 per person double, \$3999 single, \$3569 triple

Includes round trip air, 5 breakfasts and 5 dinners featuring one dinner of gourmet Icelandic cuisine. Highlights include northern lights cruise, Jokulsarion glacial lagoon, Skogar Folk Museum, Eyjafjallajokull Volcano Visitor Centre, and a dip in the mineral-rich waters of the Blue Lagoon. Book by April 11 for a \$100 discount. Call Group Tours International for reservations. **248.625.3645.**



A Taste of Northern MI - Oct. 16-19, 2017

\$623 per person double, \$823 single, \$556 triple

Includes roundtrip motorcoach, 3 nights, 7 meals. Highlights include guided tours of Petoskey and Charlevoix including the Gnome Homes, Tunnel of Trees, Castle Farms & Gardens, Petoskey Farms Vineyard & Winery with dinner and wine paring, and Gaylord Elk Park viewing. Call Bianco Tours for reservations. **734.946.7021.**

Tropical Costa Rica Oct. 28-Nov. 5, 2017

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

Highlights include San Jose, coffee plantation, hanging bridges tour and more Book by April 28 for a \$100 discount. Call Group Tours International for reservations. **248.625.3645.**



Niagra Festival of Lights - Nov. 19-20, 2017

\$279 per person double, \$3499 single, \$249 triple

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



A Capitol Christmas - Dec. 7-10, 2017

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

Includes roundtrip motorcoach, 3 nights in downtown D.C, 5 meals, sightseeing tour of Washington, evening Illumination Tour, "A Christmas Carol" at the Ford Theatre, White House Visitor Center and more. Call Shoreline Tours for reservations. **800.265.0818.**



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Garage Sale and Flea Market

Saturday, June 3, 9:30 am – 3 pm

Liberty Center Parking Garage

Volunteers are needed for this annual event. If you are interested in helping out, please contact the Friends of Troy Seniors office at 248.526.2608 or stop in at the office between the hours of 10 am and 1 pm, Mon – Fri, to sign up to volunteer. There will also be a Friends of Troy Seniors table at the sale to sell overstock from our Gently Used Art Sale last November.

Thank You

Thank You to the FOTS volunteers who assisted at the 2017 Senior Expo and to the volunteers who worked at the FOTS table. Thank you also to Phyllis Hocking for again making up the lovely gift basket which was raffled off at the FOTS table. Ken Thweat was the lucky winner of that theater and popcorn gift basket.

Thank You to the FOTS volunteers who assisted at the recent Birthday Party Bingo event and also thank you to those volunteers who have been decorating the lunch room for various celebrations such as Valentine’s Day, St. Patrick’s Day and now Easter to make the room look festive and also for providing special treats to those who were having lunch.

Volunteer Opportunities Available

Become a volunteer with us. You will find it a rewarding experience and you will also make new friends along the way. Stop in at our office between 10 am and 1 pm, Monday through Friday, to learn about the available opportunities. One volunteer opportunity in particular would be to become our Webmaster. We are looking for someone with experience in this area and the individual could maintain our website from home.

Blackthorn Concert - page 1
Brunch and Learn - page 20

Monthly Membership Meeting

Thursday, May 18, 1 pm in Room 301

The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1pm in Room 301 at the Troy Community Center unless noted. The next meeting is Thursday, April 20. Everyone is invited to attend. Your comments and suggestions are important.

Senior Resource Center

Check out our resource center brochure rack for information from businesses with products and services for older adults. If you are a business owner and would like to display your brochures, the fee is \$15 per month or \$150 per year. Call 248.526.2608 for an application.

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: fots@wowway.com

Website: www.friendsoftroyseniors.org

Hours: Mon-Fri 10 am-1 pm (closed May 26-29)

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.

May

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Sloppy Joes ¹	9:00 American House Breakfast - pg 2 9:30-3:30 Manicures - pg 15 11:45 Oven Fried ²	10:00 Book Club - pg 3 11:45 Chef's Salad ³	11:45 Birthday Buffet ⁴ 12:30 Birthday Party 6:30 Daughtershood Circle - pg 3	11:45 Mexican Lasagna ⁵ 1:00 Bingo
7:15 Meijer Gardens - pg 10 11:45 Spaghetti ⁸	11:45 Baked Chicken ⁹ 1:00 Red Hat	11:45 Mexican Casserole ¹⁰	10-11:30 Caregiver Support ¹¹ 11:45 Cheeseburger 6:00 Anyone Can Paint - pg 6 7:00 Ballroom Dance Mike Wolvewrton Band / Pizza served.	10-12 Hearing Screening ¹² 11:45 Tuna Salad 1:00 Bingo
10:30 Harmonica Concert - pg 2 ¹⁵ 11:45 Egg Casserole	11:45 White Chicken Chili ¹⁶ 12:30 Paws Visit - pg 2	9:30 Brunch & Learn - pg 20 ¹⁷ 10-12 Disk Erasure 11:45 Antipasto Salad	11:45 Baked Mostacolli ¹⁸ 1:00 Clothing Repair - pg 1 7:00 Chuck Gaidica - pg 1	10-12 Blood Pressure ¹⁹ 11:45 Fishwich 1:00 Bingo
11:45 Chili with Rice ²²	11:45 Mac & Cheese ²³	9:30-12 Computer Consultations - pg 9 ²⁴ 11:45 Chicken Parmesean	11:45 Taco Salad ²⁵ 12:30-2 Focus Hope	11:45 Senior McMuffin ²⁶ 1:00 Bingo
²⁹ Center Closed Memorial Day Fitness area open	11:45 Macaroni Casserole ³⁰	11:45 Egg Salad ³¹		

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

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

Captioned Telephone - A demonstration phone is available at the Friends of Troy Seniors desk.

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 Civic Center twice a year (spring and fall). Dates are announced in this newsletter.

Employment Referral List See page 12

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 \$1,287 per month or less (\$1,736 or less for a two person household – both can receive food). To apply, bring proof of income and photo ID on the day of the distribution - you will receive food that day if you qualify.

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

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

Meals on Wheels Call 248.689.0001.

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

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. Located in the Senior Reading Room 402A.

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 available that includes the above plus select fitness classes for an additional fee.

For those without a pass, the daily rate is \$8 (NR \$11). Seniors (50+) receive a special rate on Mondays and Fridays: \$4 for use of the pool, fitness room and gym from 5 am -3 pm.

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

Vendors Age 50+: 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.

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

Special Interest/ Support Groups

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

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

Medicare Counseling

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

Pacific Rim Outreach

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

Red Hat

2nd Tuesday, 1 pm. 248.524.1108.

T.O.P.S.

Thursdays, 8:30 - 10:30 am. Non-profit weight loss support group. 586.202.7090.

Health Services

Ask A Nurse

Discontinued due to lack of participation.

Blood Pressure Screenings

3rd Friday, 10:30 am - 12:30 pm. Room 402. Drop-in. Free. Sponsored by FOTS

Emotional Counseling

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

Hearing Screenings

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

Cards & Games

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

Bridge - Duplicate - Tuesdays 12:30-3:30 pm (248.546.4335), Party - Thursdays 12:30-3 pm (248.588.7409), ACBL: Mondays 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 - Mon, 10-12:30, Wed. 1-4 pm and Fri. 1-4 pm. 248.641.8412.

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

Creative Arts

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

Coloring Group

Wed, 9am and 1 pm. 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 7

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. 248.566.3026.

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

Sewing Group - Mondays, 10 am - 3 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.

Manicures at the Troy Community Center

Andrea Weiss, a licensed nail technician, offers complete manicures (no shellac or acrylic) at the Troy Community Center Room 403 on the first Tuesday of the month. Men and women welcome. Fifty-minute appointments will be taken between 9:30 am and 3:30 pm. The cost is \$10, payable directly to the manicurist, cash only. Call 248.524.3484 for an appointment and PLEASE call to cancel if you cannot keep your appointment.

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. 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.

Meals on Wheels - Homebound lunches and liquid meals available Monday - Friday at noon. Call 248.689.0001.

Sports & Fitness

See pages 4 & 5.

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Weather Cancellations

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

Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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

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

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

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

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

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

Newsletter Subscriptions

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

1. Receive it free via e-mail. Visit the City web site – www.troymi.gov/ and click on the subscribe box at the top center of page. Enter your e-mail address and click on SUBMIT. If asked, confirm your e-mail address and then click on SUBMIT. Then select Troy Fifty Forward News & Updates and click SUBMIT. You will also receive weekly e-news updates on most Wednesdays.
2. Pick up a free copy at the Community Center on or after the 20th of every month.
3. Receive it by mail by submitting the fee and the registration form below. Troy residents pay \$7 per year beginning July 1 and prorated quarterly. Pay \$7 on or before 9/1, \$5.25 between 9/1 and 12/31, \$3.50 between 1/1 and 3/31, and \$1.75 after 4/1. Non-residents \$9 per year, prorated as above. **Act. #7090A.**

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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

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

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

Signature Required: _____ Date: _____

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

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

**Troy Recreation
Department**

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

50+ Program Staff

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

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Sat, 8:30 am-12:30 pm

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SMART Transportation

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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

Identity Theft, Scams & Fraud

Wed., May 17, 9:30 – 11 am; Troy Community Center Room 302

Glenn Clark from the Michigan Attorney General's Consumer Protection Division will present this Michigan citizens' initiative program designed to educate the public on consumer scams and frauds. Get valuable information on how to reduce the risk of falling victim to the fastest growing crime in America and what to do if you become a victim.

This series brings you informative topics and is held on the third Wednesday of each month at 9:30 a.m. in the Troy Community Center. Coffee and light refreshments are provided at these free events upon arrival at 9:30 a.m. This event is made possible through a grant from the North Woodward Community Foundation. Advance registration is required and space is limited. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 a.m. and 1 p.m., Mon - Fri. Reservations accepted through Fri, May 12, if space is still available on that date.



Spring/Summer 2017 Outdoor Pickleball at Redwood Park

Sundays 5-8 pm beginning June 4: Sunday night mixer offered for all skill levels. Show up and play round robin style games with three other players and switch players on the courts every fifteen minutes. Pam Mackowski has agreed to organize play weekly. No pre-registration required. Sixteen players will fill all the courts. Additional players will require some players to sit out each round. Weather permitting.

Monday and Friday drop in play 10am-2pm: No leader to organize play, simply show up and play games against other players. Players should limit themselves to two consecutive games if players are waiting. Four to eight players waiting 2 come off each time a game finishes. More than eight waiting all four come off at the end of a game. Weather permitting.

Signs will be posted noting that these times are reserved for Troy Recreation activities.

Free SHARP In-Home Computer Assistance

This program assists seniors age 60+, physically challenged individuals, and military families who are Troy residents with in-home help with their PC running any Microsoft Windows Operating System. Support is not available for Apple products (iPad, Mac, etc.). Work is done by volunteers and usually involves jobs that take an hour or two. Labor is free but you must pay for supplies. Tipping is not allowed. For assistance, call SHARP at 248.528.2929. A consultant will contact you to set up your home visit. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions about the follow up on your job.

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

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