



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Mar/Apr 2013

2013 Spring Senior Expo

Tuesday, March 19, 10 am - 2 pm
Troy Community Center Rooms 301-305

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

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

AARP Driver Safety Class

Wed., April 17 - 9 am - 5:30 pm

Troy Community Center Rm 303

Act. 115931A: \$17*; Act. 115932B: AARP Members \$15*

This eight hour classroom refresher course is designed especially for ages 50+, and some insurance companies offer incentives for completing the course. Pre-registration is required. There will be a 30 minute lunch break. Participants 60 and older can take advantage of senior lunch at the Community Center with a suggested donation of \$3. Those under age 60 can purchase senior lunch for \$6. Or you may bring your lunch. Visit AARP's web site for details on what is covered in the course. *Includes \$3 Recreation Department fee.

Document Shredding

Tuesday, April 16 - 9-10 am; Fee: \$2 per person*

Troy Community Center - North Parking Lot

This event is brought to you by the Friends of Troy Seniors. The Absolute Shreds truck will be in the north parking lot of the Community Center during this one-hour time slot only. This event is limited to private individuals with 3 - 4 boxes per household. Items that can be shredded are any type of paper documents - staples or paper clips do not need to be removed. This service is not for commercial purposes.

*Friends members pay \$1. Members should pick up a membership card if you do not already have one. Want to become a member? Stop by the Friends office in the Troy Community Center and sign up (M-F, 10 am - 2 pm). Membership is free. Volunteers needed to help with this event. Contact the Friends at 248.526.2608 if you would like to help.

Gardens Sites Available

Garden sites are available for ages 50 and older at the Troy Farm at Beach Road and South Blvd. Plots are 20'x20' (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 13.

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

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

New Resident Gardeners - Register beginning Tues, April 2.

Non-Residents: Register beginning Thurs, April 4.

How To Stay Fit and Enjoy Life

Thursdays, March 14 - April 18 (6 weeks), 12:30-2:30 pm

Troy Community Center Room 303

This is a repeat of the program offered in January. Denise Hubbard, RN with Cherrywood Nursing and Living Center, will help you jump start your fitness goals. She will help you track your weight loss and provide healthy snacks, a food scale, and prizes. Topics include portion control, eating out, diabetes risks, healthy meal prep, sodium and blood pressure, and lifestyle changes. Call 248.524.3484 or register online for Act. 115927B to reserve your spot for this FREE program.

Removing the Mysteries of Probate Court

Tues, April 9, 1 - 3 pm; Troy Community Center Room 305

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

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

To insure seating and materials, register by April 4 for this free program. Call 248.524.3484 or register online for Act. 128915D.

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AARP Free Tax-Aide - See Page 13

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Emerald Kitchens
(Meals on Wheels)
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Weather Hotline
(Cancellations due to weather)
248.689.9756

Friends of Troy Seniors
248.526.2608

SHARP Home Repair
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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.*

Upcoming Events

248.524.3484

iPad Workshop

Wednesday, April 10, 1-2:30 pm, Troy Community Center Room 301

Have an iPad and want to make the most of it? Join Phillip Kwik, Assistant Director at the Troy Public Library, to discuss basic operation and what the device can do. Explore some fun apps and learn how to download free ebooks and music from the Library. Bring your iPad for a hands-on experience. There will be plenty of time for questions. There is no charge for this workshop, but please call 248.524.3484 to make a reservation or register online for **Act. #115929B**.

Mouth Organ Grinders Performance

Monday, March 18 - 10:30 am, Troy Community Center Lobby

Enjoy a FREE harmonica performance as the Mouth Organ Grinders harmonica band present their Celtic Revue. All are invited to attend.

Identity Theft Workshop Hosted by Ameriprise Financial

Thursday, April 18 at 6:30 pm; Troy Community Center Room 305

It is more likely that you will be hit with a case of identity theft than your car being stolen. Identity theft has been dramatically on the rise in the United States. During this workshop we will explain identity theft, the latest developments in this rising crime, how you can protect yourself and your financial status, and what to do if you find someone has stolen your identity. There is no charge for this workshop, but please call Katie Brauer at 248.655.5037 or e-mail katherine.m.brauer@ampf.com to make a reservation.

Free Reception and Admission for Seniors to Troy High Musical

Sunday, March 17, 1:30 pm at Troy High School

The free reception and performance of *Oklahoma* is full. Additional tickets for the play only can be purchased. Visit the theater's web site for more information: www.troytheaterensemble.org. Performances do sell out. If you are signed up for this reception and find you are unable to attend, please call 248.524.3484 ASAP to cancel so someone can take your place.

Life Line Screening

Wednesday, May 1; Troy Community Center Room 303

Find out your risk of having a stroke by participating in this Life Line Screening. Through ultrasound, they evaluate the carotid arteries for the buildup of fatty plaque, which is the leading cause of stroke. Register today for the Stroke, Vascular & Heart Rhythm package. Packages range from \$129 - \$159, which includes four screenings: carotid artery, abdominal aortic aneurysm, peripheral arterial disease and atrial fibrillation. Call 888.653.6441 or visit <http://www.lifelinescreening.com/community-partners> to schedule your appointment. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

Shoreline Tours Trip Meeting

Wednesday, March 6 - 12:30 pm; Troy Community Center Room 504

Mike Bondy from Shoreline Tours will be on hand to answer all of your questions about upcoming trips to Williamsburg in May, Branston in June, The Wizard of Oz in Toronto in June, the Canadian Rockies in August, Yosemite National Park in September, Cape Cod in October, and Hawaii in November.

Group Tours International Trip Meeting

Thursday, March 14 - 11 am; Troy Community Center Room 301

Ed McKenna and Darlene Bringard from Colette Tours/Group Tours International will be on hand to answer all of your questions about upcoming trips to the Northern National Parks in June and Alaska in September.

See page 3 for more details about these trips. Join us to learn more about these fully escorted tours. Single travelers welcome!

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- Board buses at the north entrance of the Community Center.
- If you use a wheelchair or need a special accommodation, please indicate this upon registration.
- **One-Day Trip Refund Policy:** A \$10 service fee is withheld on all patron requested refunds, **plus costs incurred.** Full refunds issued for medical emergencies with doctor letter and notification prior to the trip.

Pawnshop Tour

Thu, Mar. 21, 9 am - 5 pm Act. 148923R \$85; NR \$90
Visit the American Jewelry & Loan, DuMochelle's, two unconventional pawnshops, and during lunch at Vince's Restaurant in Detroit, hear Detective Dan speak on the burglary industry and how thieves fence stolen merchandise. Tour includes: Roundtrip motorcoach, meal, goodie bag, and raffles. Time subject to change based on final pick-up points.

Detroit Zoo

Wed, Apr 24, 10:30 am - 2:30 pm Act. 148923S \$5; NR: \$10*
Admission to the zoo is free for ages 62+ and their caregivers. The Tauber Railroad and tractor tram tours are also free. In addition there will be live music, zookeeper talks and a senior resource area, all free. Purchase lunch at the concession stand or bring a sack lunch. The fee for this trip is for transportation by school bus which is being subsidized by Troy Medi-Go Plus. *Those under age 62 must also purchase a \$14 entry pass at the zoo.

Historic Detroit

Tue, Apr. 30, 8:45 am-3 pm Act. 148923Q \$65; NR: \$70
Visit the recently reopened Detroit Historical Museum and it's five new exhibits. Then enjoy lunch at the Detroit Beer Company. Menu choices are J.L. Hudson Maurice Salad, Detroit Burger or beer battered fish and chips (indicate entree choice upon registration), topped off with a Sander's hot fudge sundae. After lunch, take a guided tour of the opulent First Congregational Church of Detroit. Built in 1891 and known as the "Church of Seven Arches," it is said to rival the great cathedrals of Europe. Transportation is by motorcoach.

Tulip Festival

Wed, May 8, 7:30 am-6:30 pm, Act. 148923T \$70; NR: \$75
This trip includes a docent-led motorcoach tour, a stage performance, shopping and lunch. See how wooden shoes are made and enjoy the parade. Transportation is by motorcoach.

Firekeepers Casino in Battle Creek

Wed, May 15, 8:30 am-6:15 pm Act. 148923U \$39; NR: \$44
Your casino package includes \$20 in slot credit and \$5 to be used for food, slot play or gift shop. You will be asked your birthdate upon registration which is required by the casino. Transportation is by motorcoach. Minimum age: 21.

EXTENDED TRIPS

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

Williamsburg and More - May 11-17, 2013

\$1339 pp double, \$1789 single, \$1189 triple
Includes round trip motorcoach, six nights lodging, ten meals and extensive sightseeing including Colonial Williamsburg, Luray Caverns, Skyline Drive, Monticello, D Day Memorial and more. Call Shoreline Tours for reservations. **800.265.0818.**

Branston, Missouri - June 9-14, 2013

\$1099 pp double, \$1499 single, \$1019 triple
Includes round trip motorcoach transportation, two nights in St. Louis, three nights in Branston, eight meals, FIVE shows and sightseeing in St. Louis and the Ozark Mountains. Call Shoreline Tours for reservations. **800.265.0818.**

Northern National Parks - June 14-21, 2013

\$2099 pp double, \$2599 single, \$2069 triple
Includes round trip air, local motorcoach, seven nights lodging, 11 meals, and sightseeing as detailed in the brochure. Call Group Tours International for reservations. **248.625.3645.**

The Wizard of Oz in Toronto - June 19-20, 2013

\$399 pp double, \$499 single, \$369 triple
Includes round trip motorcoach, one night lodging, two meals, sightseeing tour of Toronto and top price play ticket. Call Shoreline Tours for reservations. **800.265.0818.**

Canadian Rockies - August 13-19, 2013

\$2899 pp double, \$3689 single, \$2689 triple
Includes round trip air, local motorcoach, six nights lodging, ten meals, and extensive sightseeing as detailed in the brochure. Call Shoreline Tours for reservations. **800.265.0818.**

Alaska Cruise - Sept. 14-26, 2013

\$3999-\$4999 double based on cabin. See brochure for rates.
Includes round trip air, seven night cruise, lodging, 22 meals, and sightseeing as detailed in the brochure. Call Group Tours International for reservations. **248.625.3645.**

Grand Hotel - Mackinac Island - Sept. 24-27, 2013

Act. #148918F - \$767 pp double \$983 single \$706 triple
Includes:
Round trip motor coach and baggage handling
Round trip ferry ride and round trip taxi to hotel
Elegant accommodations at Grand Hotel - rooms assigned by luck of the draw. All rooms non-smoking.
Grand Buffet lunch upon arrival and champagne reception.
Five course dinner nightly, full breakfast daily
Horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly to the Grand Hotel Orchestra

A \$200 deposit is due upon registration. Balance due Aug. 12. No refund after Aug. 12 unless a replacement is found. **NON-RESIDENTS:** Add \$10. Under age 50 may attend if rooming with someone 50+.

Pickleball Doubles Ladder Play at the Troy Community Center

Sundays, 6:15-8:15 pm - 8-week session
ADULTS OF ALL AGES WELCOME!!!

Act#118998B Mar 3-Apr 28 \$25 deposit
Balance due Feb 27 once final numbers are in.

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

Tuesdays, 1-2:30 pm - 8-week session
16 players - AGES 50+ ONLY

Act. #118998D Mar 5-Apr 23 \$29 R \$39 NR
Registration required. Play three games with three different partners. Ladder competition among individual competitors. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs will be needed. If you have questions contact Elaine T. at 248.524.3484. Equipment is provided.

Pickleball Doubles 50+ Drop-In Mixer Fridays, 5-7 pm, through April 26

Fee: \$4 - Non-Res \$5

New players welcome. Equipment provided. Four courts available for drop-in play. When six or more beginners (level 2.0 and below) attend they will be on a separate court from more advanced players to insure players get competitive play. **As of March 1, 2013 we will limit this to the first 22 to arrive.**

Drop-In Pickleball - Fridays 50+ 10:30 am-3 pm. \$3 Senior Special rate extended to 3pm for Pickleball only. Fitness Center access ends at 11:30 am as advertised. Free for Community Center pass-holders. We are asking that players limit play to a maximum of two hours, to help alleviate overcrowding.

50+ Softball

Women - Tuesday evenings, Men - Thursday evenings
Troy teams compete in the Northwest Softball league with half of the games in Troy and half in various other Oakland County cities. If you are interested in playing on a women's team on Tuesday evenings May through August, call 248.524.3484 and register for Act. #125938A. If interest is sufficient, a new team will be formed. If we do not get enough players for a new team, you name will be passed on to existing teams who may need players. There are currently no openings for men's teams, but if you are interested in playing, please call 248.524.3484 and ask for Act. #125938B. Your name will be placed on the list in case an opening occurs for a new team or it will be passed on to existing teams who may need players **Please call by March 15.**

Returning Teams: Registration is by team only. Contact your manager for more information.



50+ Drop-In Basketball

Mondays, 11:15 am - 12:45 pm

Troy Community Center Gym - North Court

Time to hoop it up! This time slot is designated for pick-up games for ages 50+. Free to Community Center members. Others may purchase a daily pass (\$7/NR\$10 or \$5/NR \$8 with 10-visit punch card).

2013 Troy 50+ Golf Leagues

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

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

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

Act. #148986J: Mon. League Act. #148986K: Mon. sub list
Act. #148987J: Wed. League Act. #148987K: Wed. sub list

For more information, please call:

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

Sports Leagues

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

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

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

Tennis - Indoors at the Troy Racquet Club Sept.-May. Call **248-528-3400** for registration information. Outdoors at Boulan Park May-Sept. Contact Judy Luther at 248.879.9550 for more information.

Pickleball - Ladder play Fall & Winter Sundays evenings & Tuesday afternoons. See July/Aug & Nov/Dec Sr. Newsletters.

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

Drop-In Sports

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

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

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

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

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

Fitness RX Fitness Fusion

A fusion of yoga, weight training and Pilates to maximize your fat burning, especially around the waist. Please bring light (5 lb.) hand weights and a mat for floor work.

Weeks: 10 **Drop in fee is \$10 per class (\$11 Non-Res).**

Act #	Day	Time	Dates	Fee	Non-Res
128989B	Tue	5:30-6:30 pm	Apr 2-Jun 4	\$61	\$71

Fitness RX Women on Weights

Increase functional fitness for a better quality of life. Improve bone density, diminish arthritis pain, improve balance and help prevent falls. Bring a mat and light (5 lbs.) hand weights.

Weeks: 10 **Drop in fee is \$10 per class (\$11 Non-Res).**

Act #	Day	Time	Dates	Fee	Non-Res
128981C	Thu	6-7 pm	Apr 4-Jun 6	\$61	\$71

***Muscle Strengthening with Sherry**

A total body workout using hand-held weights, tubing, and medicine balls. **Weeks:** 10.

Act #	Day	Time	Dates	Fee	Non-Res
128975A	Tue	10-10:50 am	Apr 2-Jun 4	\$46	\$56
128975B	Thu	10-10:50 am	Apr 4-Jun 6	\$46	\$56

Zumba Gold Dance Exercise

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

Fee: \$6; Non-Res \$7 payable at door

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

Tai Chi with Kim Cary

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

Day: Mon/Wed **Weeks:** 10 **No class May 27**

Act #	Level	Time	Dates	Fee	Non-Res
128976A	Int	3-4 pm	Apr 1-Jun 10	\$46	\$56 (Mon)
128976B	Adv	1:45-2:45 pm	Apr 3-Jun 5	\$46	\$56 (Wed)
128976C	Beg	2:45-3:45 pm	Apr 3-Jun 5	\$46	\$56 (Wed)

Drop-in passes are available for the winter session which is going on now through March.

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations utilizing a chair for assistance. A creative way to stretch out stress and reenergize, while building strength and endurance. No need to visit the floor!

Weeks: 10 **Drop in fee is \$7.50 (\$8.50 Non-Res)**

Act.#	Day	Time	Dates	Fee	Non-Res
128984C	Tue	11-11:45 am	Apr 2-Jun 4	\$59	\$69

***Beginning Pilates with Ilene Hill**

Improve overall balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body mind and spirit functioning as a coordinated whole. **Weeks:** 10 **No class May 27**

Act #	Day	Time	Dates	Fee	Non-Res
128982A	Mon	10-10:50 am	Apr 1-Jun 10	\$46	\$56
128982B	Wed	10-10:50 am	Apr 3-Jun 5	\$46	\$56

***Balance and Stretch with Ilene Hill**

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 10 **No class May 27**

Act #	Day	Time	Dates	Fee	Non-Res
128983A	Mon	9-9:50 am	Apr 1-Jun 10	\$46	\$56
128983B	Wed	9-9:50 am	Apr 3-Jun 5	\$46	\$56

Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on. **Weeks:** 10 **No class May 27**

Act #	Day	Time	Dates	Fee	Non-Res
128977A	Mon	11-12:10 pm	Apr 1-Jun 10	\$46	\$56
128977B	Wed	11-12:10 pm	Apr 3-Jun 5	\$46	\$56

Pilates with Fawn

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. **Weeks:** 10 **No Class Apr. 2 & 4**

Act #	Day	Time	Dates	Fee	Non-Res
128979B	T&Th	11-11:50 am	Mar 26-Jun 6	\$86	\$96

Chair Exercise

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

Stretch and Tone

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

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

All classes meet at the Troy Community Center



Anyone Can Paint

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like an artist in one class. An 11 x 14 painting will be completed in class. Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$27.50; Non-Res \$37.50 **Ages:** 16 and older

Act #	Date	Time	Subject
145932J	Thu, Mar. 14	6-8 pm	Country Covered Bridge
145932K	Thu, Apr. 11	6-8 pm	Old Farm on the Hill
145932L	Thu, May 9	6-8 pm	Rocky Point Lighthouse

Watercolor Painting Lessons

For beginners through advanced painters. Karen Halpern will guide you in working with watercolor. Supply list is available on receipt. **Fee:** 3 wks \$45 NR \$55/9 wks \$122; Non-Res \$132

Act. #	Day	Time	Dates	Wks
128971A	Wed	9:30 am-12 pm	Mar 20-Apr 3	3
128971B	Wed	9:30 am-12 pm	Apr 10-Jun 5	9

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on receipt. **Fee:** \$66; Non-Res \$76

Act. #	Day	Time	Dates	Wks
128972C	Tue	12-3 pm	Mar 26-May 14	8

Piano Keyboarding

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

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

Act. #	Day	Level	Time	Dates
128973D	Mon	Adv.	9-9:50 am	Apr 8-Jun 17
128973E	Mon	Int.	10-10:50 am	Apr 8-Jun 17
128973F	Mon	Beg.	11-11:50 am	Apr 8-Jun 17

Square Dance Lessons

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

Fee: \$5; Non-Res \$6 payable at the door

Join us on Mondays from 7-9:30 pm for modern square dancing. Partners are recommended but not required.

For more information, call Geoff at 248.547.3073.



Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 pm; Fee: \$6; Non-Res \$7 at door
Always wanted to ballroom dance? Now's your chance! Join our group classes and learn a different Smooth, Rhythm, or Swing dance style each month. Study the steps and learn tips and techniques that will take your dancing to the next level. Instructor Amy Tranchida brings 34 years of experience, a diverse dance background, and a great sense of humor to her classes. Come learn something new! Mondays-Mar. Foxtrot/Apr. Salsa. Wednesdays-Mar. EC Swing/Apr. Waltz.

Tap Lessons

Beginners: No experience necessary! Learn basic steps and work on a nifty routine. Bring your old tap shoes, or come to the first class for suggestions on places to find new or used shoes. **Instructor:** Terry Slater **Fee:** Res \$46 Non-Res \$56

Act #	Level	Day	Time	Dates	Wks
128974A	Beg	Tue	1:30-2:30 pm	Mar 26-May 28	10
128974B	Int	Tue	2:30-3:30 pm	Mar 26-May 28	10

Line Dance Lessons

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

Connie will teach you the basic steps and combine them into a dance. Guys and gals of all levels are welcome. Beginners welcome at any time! No partner needed.

Zumba Gold Dance Exercise

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

Fee: \$6; Non-Res \$7 payable at door

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

Arts and Crafts Tile Making

Class covers each step from design through kiln firing. Learn how to carve a tile and make a plaster mold for multiple reproductions and glazing. Your design piece can be framed, placed on countertops or as trivet. Material fee is separate. Pick-up projects after last class. Weeks: 4 Ages: 14 and up

Instructor: Jan Lindell-Meinhard, MA Wayne State University
Material Fee: \$25 –paid directly to instructor 1st week

Act#	Day	Dates	Time	Res	Non-Res
124305E	Wed	4/10-5/1	7:15-9:15 pm	\$64	\$74
124305F	Wed	5/15-6/5	7:15-9:15 pm	\$64	\$74

Clay Projects for Seniors

Tap into your creative side. This class is designed for adults 50 and older to work with clay and glazes to design beautiful pottery. Under the direction of our art instructor you have the opportunity to explore the world of clay. Three different clay projects. Material fee: \$15 paid to instructor at 1st class.

Act#	Day	Dates	Time	Res	Non-Res
124305G	Tue	4/9-4/30	10:30 am-2 pm	\$48	\$58
124305H	Tue	5/14-6/4	10:30 am-2 pm	\$48	\$58



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP



OAKMONT

Senior Communities

Oakmont Presents

Friends of Troy Seniors and Oakmont Senior Communities host Oakmont Presents, a series of informative and engaging presentations. Programs are held at Troy Community Center, Room 303. Free continental breakfast: Register: 248.526.2608. To get a convenient parking space, arrive 8:30-8:45. We'll have the coffee on.

Wednesday, March 27, 9-10 am

The Gilded Age

Join Meghan Mott of the Lorenzo Cultural Center, as she details the Center's program series The Gilded Age to the Great War: America at the Turn of the Century, which explores the social and cultural issues and events that moved the United States forward into the 20th century. The Lorenzo Cultural Center "offers an unparalleled venue for exploring the influences and experiences; historical as well as current that shape our heritage."

Wednesday, April 24, 9-10 am

Alzheimer Basics

This presentation will be a summary of Alzheimer's disease and other memory loss disorders. Ann Lepkowski, Care Counselor, will discuss how Alzheimer's affects the anatomy and functionality of the brain; causes, risk factors and treatment options. The Alzheimer's Association can also speak on the many services they provide for the community including helpline, support groups and education programs. Come and have all of your questions answered on this important senior topic.

Lunch and Learn "Common Eye Diseases"

Monday, April 1 at 11:30 am

Troy Community Center Senior Dining Room (Room 402)

Fee: \$3 per person for lunch paid at the door. Note:

There will be no federally funded lunch on this date.

This event is cosponsored by Akler Eye Center and the Friends of Troy Seniors. Enjoy a pizza lunch with salad, dessert and beverage while learning about "Common Eye Diseases." Akler Eye Center will present an interactive talk featuring common and serious eye diseases that affect seniors. They will review treatable causes of visual loss including cataracts, macular degeneration, glaucoma and diabetic eye disease. Dry eyes and other causes of eye irritation will also be reviewed. Reservations are required no later than Wednesday, March 27. Call 248.526.2608 or stop in at the Friends of Troy Seniors office to register.

Audiology Screenings Available For Seniors

As a service to seniors, HearUSA conducts audiology screenings on the 2nd Friday of each month from 10 am until 12 pm in the Senior Reading Room located inside the Senior Dining Room (Room 402). They will administer free hearing tests and also clean and make suggestions on any repairs or adjustments which may need to be made to your hearing aid if you already wear one. Batteries can be purchased for \$7 for eight batteries.

Monthly Membership Meeting of the Friends of Troy Seniors

Our next two meetings are scheduled for Thursday, March 21 and Thursday, April 18. Both meetings will be held at the Community Center and start at 1 pm. We continue to seek new members for our nonprofit group and invite everyone to attend these meetings to actively participate in our discussions.

Thank You Sponsors and Volunteers

The Friends of Troy Seniors would like to thank the following sponsors for their support of recent events.

- Evola Music who provided wonderful music at the holiday buffet in December
- Home Instead Senior Care who cosponsored the lunch and learn program in January
- Thomas Hill, CPA, who presented changes in tax law at the lunch and learn program
- Dolly's Pizza at Rochester Rd. and Wattles for their pizzas served at the lunch and learn program
- Crittenton Home Care who cosponsored the lunch and learn program in February
- Michigan Disability Rights Coalition who made the presentation at the lunch and learn program
- Lukich's Family Restaurant on Rochester Rd. south of Wattles for their pasta served at the lunch and learn program

We would also like to thank our dedicated group of volunteers who helped with both the January and February lunch and learn programs as well as with the Blackthorn Concert.

Document Shredding - see page 1

FRIENDS OF TROY SENIORS

3179 Livernois Troy, MI 48083

248.526.2608

fots@wowway.com

www.friendsoftroyseniors.org

Hours – Mon-Fri 10 am - 2 pm

March

				11:30 Cheese Lasagna Rollup 1:00 Bingo
11:45 Pork Choppette ⁴	11:45 Sweet & Sour Beef ⁵	11:45 Lemon Pepper Chicken 12:30 Travel Meeting ⁶	11:45 Chef's Choice 12:30 Birthday Party ⁷	11:30 Fish Creole 1:00 Bingo ⁸
11:45 Sausage & Sauerkraut 12:30 Wii Play ¹¹	11:45 Ginger BBQ Chicken 1:00 Red Hat ¹²	10:00 Book Club ¹³ 11:45 Chef's Selection	10-11:30 Caregiver Support 11:00 Travel Meeting 11:45 Roast Pork ¹⁴	10-12 Blood Pressure ¹⁵ 11:30 Breaded Fish 1:00 Bingo
10:30 Organ Grinders ¹⁸ 11:45 Oven Fry Chicken	10-2 Senior Expo ¹⁹ 11:45 Spaghetti	10-12 Disk Erasure ²⁰ 11:45 Baked Chicken Leg	9:00 Pawnshop Tour ²¹ 11:45 Pork with Dijon Apple Relish	11:30 Baked Fish ²² 1:00 Bingo
11:45 Veal Picata ²⁵	11:45 Beef Pepper Patty 1-3 Focus Hope ²⁶	9:00 Gilded Age Speaker ²⁷ 9:30-12 Computer Consultations 11:45 Chicken/Noodles	11:45 Hamburger ²⁸	Good Friday Center Closed ²⁹

11:45 Pizza Lunch & Learn - see pg. 7 ¹	11:45 Oven Fried Chicken ²	11:45 Pork Chop ³	11:45 Chef's Choice 12:30 Birthday Party ⁴	11:45 Beef Hot Dog 1:00 Bingo ⁵
11:45 Lemon Pepper Chicken ⁸	11:45 Spicy Pork Chopette 1:00 Red Hat 1:00 Probate Court Program ⁹	10:00 Book Club ¹⁰ 11:45 Sweet & Sour Meatballs 1:00 iPad Workshop	10-11:30 Caregiver Support 11:45 Meatloaf ¹¹	11:45 Fish Creole 1:00 Bingo ¹²
11:45 Roast Pork ¹⁵	9-10 Document Shredding 1:45 Veal ¹⁶	9:00 Defensive Driving ¹⁷ 10-12 Disk Erasure 11:45 Ginger BBQ Chicken	11:45 Breaded Fish 6:30 Identity Theft ¹⁸	10-12 Blood Pressure ¹⁹ 11:45 Chef's Selection 1:00 Bingo
11:45 Spaghetti ²²	11:45 Baked Chicken Breast 1-3 Focus Hope ²³	9:00 Alzheimer Speaker ²⁴ 9:30-12 Computer Consultations 10:30 Zoo Trip 11:45 Baked Fish	11:45 Pork Loin with Apple Dijon Relish ²⁵	11:45 Roast Chicken 1:00 Bingo ²⁶
11:45 Veal Picata ²⁹	8:45 Detroit Tour 11:45 Chicken/Noodles ³⁰			

April

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

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

**SPECIAL INTEREST/
SUPPORT GROUPS**

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

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

Medicare Enrollment Assistance

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

Pacific Rim Outreach

Wednesdays, 12:30-3:30 pm. Information and social activities. Call 248-312-0179 for details.**

Counseling with a Social Worker

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

T.O.P.S.

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

SPORTS AND FITNESS

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

CARDS AND GAMES

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

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

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

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

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

CREATIVE ARTS

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

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

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

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

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

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

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

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

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

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

Massage Therapy

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

OTHER ACTIVITIES

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

Book Club - 2nd Wednesday, 10 am. No reservation required. Call Corrine at 248.528.1508 for more information.*

Computer Lab - Free!!! Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30am - 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. (Under age 60 must pay \$6.) Call 248.689.0001 for more information.

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

****Participation Fee****

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

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

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

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

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

OR

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

Troy Restaurant Group

Wednesday, April 3 - 6 pm at Penny Black Grill & Tap
Dine out with others every other month. Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next Restaurant Group event is Wednesday, April 3 at Penny Black Grill & Tap, 124 W. Fourth Street, Rochester, 48307 (the old Rochester Post Office). Please RSVP to JoAnn Thompson 248.879.2637 or Jat61@wowway.com by March 31. The group will have separate checks.



Caregiver's Support Group
2nd Thursday of each month - 10-11:30 am
This group is co-sponsored 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.

Line Dance Group

Wednesdays, 8-9:30 pm Studio C
Drop-in fee is \$3.50; Non-Res: \$4 **First visit FREE!**
This group of experienced dancers welcomes anyone interested in line dancing. No partner needed. Dances are led by experienced members. Those with some line dance experience would be most comfortable in this group but beginners are welcome to attend. In addition to the drop-in rate, an annual rate is available. Ask the leader for details.

Annual Group Participation Fee

There is an annual participation fee for groups that meet at the Community Center. This fee covers the time period of September 1, 2012 - August 31, 2013 and is prorated monthly for those who join later in the year. Newcomers may attend their first meeting free.

- \$15 annual fee (\$20 NR) - Act. #145201**
- | | |
|-------------|-------------------|
| A Book Club | D Red Hat Society |
|-------------|-------------------|
- \$36 annual fee (\$46 NR) - Act. #145201**
- | | |
|--------------------------|-------------------|
| E Bridge-Tues. Duplicate | M Needlework Club |
| F Bridge-Thur. Party | N Pacific Rim |
| H Cribbage | O Painting Club |
| I Euchre | P Pinochle Monday |
| J Harmonica Club | Q Pinochle - Beg. |
| K Heritage Concert Band | R Quilting Group* |
| L Line Dance | S TOPS |
| | T Woodcarving |

*This group pays multiple group fee due to extended hours.
W Multiple Groups - pay an annual fee of \$60 (\$70 NR) to participate in as many of the above groups as you wish.
Drop in fee option: \$1.50 per meeting (\$2 non-residents) payable to the group leader at the door. (Double for quilting group due to extended hours.)

ACBL Bridge Clubs

A Monday club meets at noon and a Friday club meets at 11 am at the Troy Community Center. The fee is \$6 at the door. Call George Stankovich at 586.775.7363 for details.

Book Club - 2nd Wednesday of each month - 10 am

Contact Corrine at 248-528-1508 for more information about the books to be discussed. New members welcome. Annual participation fee: \$15. Non- Res \$20. Register for Act. #145201A or \$1.50 at the door (NR \$2).

Red Hat Society - 2nd Tuesday of each month

Call Sylvia at 248-524-1108 for more information. Annual participation fee: \$15. Non- Res \$20. Register for Act. #145201D or \$1.50 at the door (NR \$2). In addition, the Red Hats collect annual dues of \$35 per person.

Troy Library Spice of Life Discussion Group

The Spice of Life Study and Discussion Group meets on the first and third Wednesday (and the fifth when it occurs) at the Troy Library from 10-11:30 am. For more information, contact Fay Brown at faybrown2@yahoo.com.

March 6: The Journey of Sacagawea

Little is known about Sacagawea but her story has captivated the nation. This documentary explores her life.

March 20: Seabiscuit

Seabiscuit is the remarkable tale of a thoroughbred racehorse and a down-and-out jockey who together became two of the most celebrated sports figures of the 20th century.

April 3: Craft in America – Family

Family explores the creative environments of four families of craft artists and asks: Is talent inherited? What is it like to live in a household where objects are made by hand?

April 17: In the Name of Their Mothers

This is the story of a group of young Polish women who outwitted the Nazis during World War Two. Together they rescued over 2,500 Jewish children.

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 e-mail), here's how to sign up: Go to the homepage of the City web site at www.troymi.gov. Click on the green box at the top. Enter your e-mail address and click on SUBMIT. Confirm your e-mail address and click on SUBMIT at the bottom. Then, under 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.



Volunteer Management Needed

Creative Endeavors is a shop at the Troy Community Center showcasing the work of local artisans 50 and older who provide unique homemade items for sale. Hours are Monday - Saturday, 10 am - 2 pm and Wednesday and Thursday from 5 - 9 pm.

Lend your expertise to help operate this successful gift shop. If you are available one or two days a week, have computer skills, and ideas to help make the shop more successful, please call Carla at 248.524.3492 to discuss the possibilities.

March is National Nutrition Month

Celebrating 40 YEARS "Eat Right ,Your Way, Every Day" Pick up a "Top It Your Way" tip sheet from the Area Agency on Aging in the senior dining room during the month of March. It includes suggestions for topping foods 40 ways with fresh, whole grain, non-fat, lean, local, herbal, spicy low salt, high fiber, sugar free, low fat, and seasonal toppings. For more tips on eating right, visit www.eatright.org/nmm.



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At the Troy 50+ Computer Learning Center, students 50 + learn to use a computer in a friendly environment. In small, hands-on classes, students use a computer with Windows 7 with course materials included in the fee. For detailed course outlines, visit www.troy clic.org. To aid in planning your class choices, **Intro to Word Processing and Intro to Excel** will only be offered three times each year.

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

Computers for Beginners 1

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

Act #	Day	Time	Dates
145951L	M & W	6:30-8:30 pm	3/4-13
145951M	M & W	1-3 pm	4/8-17
145951N	T & Th	9:30-11:30 am	5/7-16

Computers for Beginners 2

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

Act #	Day	Time	Dates
145973I	M & W	6:30-8:30 pm	3/18-27
145973J	T & Th	1-3 pm	4/23-5/2

Intermediate Computer Skills

If you're comfortable using your mouse and keyboard, then this class will take you to the next level of fun with computers! Building on the Beg. 1 and 2 classes you will get a hands-on introduction to Windows, file management, word processing, Internet, E-mail, spreadsheets, and other exciting exercises.

Act #	Day	Time	Dates
145952G	T & Th	9:30-11:30 am	3/19-28
145952H	T & Th	1-3 pm	5/7-16

Windows

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

Act. #	Day	Time	Dates
145972D	T & Th	1-3 pm	4/2-11

Introduction to Word 2007

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.

Act #	Day	Time	Dates
145954C	M & W	1-3 pm	3/4-13

Introduction to Power Point

Those cool slide shows on the Internet with beautiful photos and lovely music were probably made with PowerPoint. Learn how to make the same kind of slide show with your pictures. Also learn about the many other uses of PowerPoint for presentations, collages, posters and how to customize your work with pictures, animation, audio and video.

Act #	Day	Time	Dates
145961B	T & Th	9:30-11:30 am	3/5-14

Introduction to Excel

Do you keep an address book, a household budget, golf/bowling league averages or any other kind of list or data log? Then you need to try Microsoft Excel, the world's most popular spreadsheet program. Excel does all the data and number crunching for you. Have fun while you learn its many possible uses: savings, investments, medical data, weight loss, gas mileage, expenses, etc.

Act #	Day	Time	Dates
145968B	T & Th	1-3 pm	3/12-21

Computer Security and Internet Scams

Worried about viruses, spam or identity theft? Then this class is for you. It's a hands-on course to show you how to protect your computer and personal data. Learn powerful methods to back up your files and protect yourself from viruses, scams, spyware and other computer problems.

Act. #	Day	Time	Dates
145967C	M & W	6:30-8:30 pm	4/8-17

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

Picture Formats

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

Act #	Day	Time	Dates
145963D	T & Th	9:30-11:30 am	4/9-11

Introduction to Scanning

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

Act #	Day	Time	Dates
145962D	T & Th	9:30-11:30 am	4/2-4

E-Mail

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

Act #	Day	Time	Dates
145960P	Tue	1-3 pm	3/26
145960Q	Mon	1-3 pm	4/1
145960R	Wed	1-3 pm	4/3
145960S	Tue	9:30-11:30 am	4/16
145960T	Thu	9:30-11:30 am	4/18

Basic Photo Shop Elements

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

Wk: 4 Dates 4/29-5/22

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

Act #	Day	Time
145959C	M & W	1-3pm

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 fee is \$5 payable at the Community Center desk before your appointment. Please call to cancel if you cannot keep your appointment.

Hard Drive Erasure

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

Drop-In Computer Lab Now

FREE!!! The computer lab is open for drop-in use on Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm. subject to monitor availability.

Free Smartphone Education Classes

Offered by Staples Office Supply in Clawson

Act. 128985A Tuesday, April 2 5-6 pm

Act. 128985B Tuesday, April 23 5-6 pm

Staples at 1129 W. 14 Mile Rd Clawson MI offers free classes in making the most of your Smartphone. These free classes will cover the following topics: Setting up and managing e-mail, phone settings, WiFi and Bluetooth, phone customization and various apps markets. This class will deal with the following cell service providers: Verizon, AT&T, and T-Mobile. Bring your Smartphone with you or consider purchasing one after attending this class. Classes limited to 15 participants. Sign up for either Tuesday April 2 or 23 from 5 to 6 pm. Register by calling 248.524.3484 and asking for Activity # listed above.



Recycled Greeting Cards Needed

We're collecting used greeting cards during the month of March to be used to make bookmarks. Please bring any cards you want to donate to the Community Center front desk through March 28. **No Christmas cards please.** And watch for a free bookmark making class to be held in May.

Tips for Better Online Medical Advice

Searching for medical advice online can never replace a visit to a living, breathing doctor, but there are ways to wade through the clutter and get reliable advice. Medical experts say you can't trust any single site to always have the best or most up-to-date information on any condition, but some sites are more likely to be helpful than others.

Many doctors recommend MedlinePlus, a web site sponsored by the National Institutes of Health and managed by the U.S. National Library of Medicine: www.nlm.nih.gov/medlineplus/

Another place to check is the Centers for Disease Control and Prevention web site: CDC.gov.

Web sites affiliated with hospitals can also be a good source. One to try is www.mayoclinic.com/

Also, the Medical Library Association has put together a User's Guide to Finding and Evaluating Health Information on the Web: <http://www.mlanet.org/resources/userguide.html>.

If you come across a web site with lots of advertising, take the information with a grain of salt. Some sites tailor the information to please their advertisers.

-Adapted from the Los Angeles Times

Senior Expo March 19 - see page 1

AARP Free Tax-Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will prepare income tax returns or answer tax questions at the Troy Community Center, for persons of low to moderate income with special attention to senior citizens. The program is available on Fridays from February 1 to April 12, 2013 (closed March 29 Good Friday) from 9 am to 2 pm.

Appointments must be made by calling the Friends of Troy Seniors (FOTS), Monday to Friday between 10 am to 2 pm at 248.526.2608 or in person at the FOTS office near the Community Center lunch room.

If you are homebound, please ask a friend or relative to bring in your information for tax preparation. Telephone assistance is NOT available to answer questions.

Bring the following records with you to have your tax return prepared:

- **PHOTO ID (driver's license, state issued ID, passport, employer issued ID badge) and something that documents your complete social security number (social security card, paycheck, Medicare card, military ID, prior year tax return, etc).**
- A copy of all income tax forms filed for 2011 and all 2012 tax forms received by mail.
- Amount of any estimated Federal or Michigan income tax you paid for 2012.
- All income statements for the 2012 tax year. Examples are: W-2, SSA-1099 Social Security Benefit Statement, 1099-INT Bank Interest Statement, 1099-DIV Dividend Statements and 1099-B Sale of Securities (must also provide original purchase date and price of sold assets), 1099-R Income from Retirement Plans, IRA Distributions, Pensions, 1099-OID Interest on Original Issue Discount Securities, 1099-S: Statement for Sale of a Home.
- Your bills for all property taxes paid or billed in 2012, or statement of total amount of rent paid in 2012 (must also have name and address of landlord).
- Receipts for any medical insurance for which you paid premiums.
- If you want to itemize deductions, receipts for medical expenses and prescriptions not covered by Medicare or other insurance, charitable contributions made, mortgage interest paid, car registration fee, etc.
- Heating bills from Nov. 2011-Oct. 2012 you paid.
- All other income or deduction information you want included in your tax return.

If you want a refund deposited directly into a bank account, you must bring your bank routing AND account numbers (both are found on your personal check or can be obtained from your bank).

Assistive Listening Devices

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

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

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

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

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

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

Hospital Equipment Loan Closet

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

Magazine and Puzzle Library

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

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

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

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

Community Center Passes

The senior rate (60 and older) is \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 for non-residents allows you to use the club Monday - Friday from 8 am - 3 pm. Additional discounts are available for low-income persons.

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

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

SHARP Home Repair Program

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

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

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

**Open Monday - Saturday
10 am - 2 pm and Wednesday
and Thursday from 5-9 pm**

248.526.5145

Vendors: Drop off a sample of your handmade work at the Community Center and you will be contacted by the store committee. Sellers pay a 30% commission. From this, the City pays the 6% sales tax and other operating expenses. For more information, call Carla Vaughan at 248.524.3492.



Transportation

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



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

Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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



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

Registration Information

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

Refund Policy: There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process if paid by cash or check. Credit card refunds take about 48 hours. Refunds for computer classes and for activities that meet one time must be requested before the start of the activity. Other refunds must be requested before the second class meeting. Trip cancellations are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

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

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

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

Newsletter Subscriptions

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

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

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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

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

Signature Required: _____ Date: _____

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

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



Ladies Drop-In Volleyball

Ladies 25 and over looking to play some drop in volleyball on Thursday evenings from 7:30-9pm at a Troy location, call Peggy at 248.689.6092 to express interest and get the details.

Troy High Annual Senior Citizen Prom

Thursday, April 25 - 6-9 pm - Troy High Auxiliary Gym
This FREE event will feature the Tommy James Band and light refreshments. Formal attire is optional. Reservations are not required. Troy High School is located at 4777 Northfield Parkway (at the corner of Long Lake). Use the athletic entrance. If you have any questions, please call James at 248.689.7259.

Blood Pressure Screenings

3rd Friday - Mar. 15 and Apr. 19
10 am - Noon, Room 402

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

Wii Play!

Monday, March 11, 12:15-1:30 pm - Act. 115928B
Troy Community Center, Room 502-Teen Scene
Come join the fun! Play a variety of exhilarating games on this unique video game system. Bring your friends and prepare to laugh as we slide through Shuffleboard, role through Skee-ball and even travel to the carnival! This program is FREE but reservations are required. Instructors: Ann and Ali

Office: 248.680.8400
www.curtishuntmd.com

Curtis L. Hunt, MD
Internal Medicine - Adult Primary Care

2888 E. Long Lake Road, Suite 110
Troy, MI 48085

Diplomate, American Board of Internal Medicine
Medicare Participating Provider
Serving the Troy Community for over 15 years

Advertisement

Counseling with a Licensed Social Worker

2nd Thursday - Mar. 14 and Apr. 11 9 am-Noon - Room 403
Feeling down, overly anxious, or worried about the future? Facing challenges related to changes such as moving, the loss of a significant person or relationships with adult children? Speak privately with a licensed Social Worker from Oakland Family Services' older adult counseling program. Call 248.524.3484 to schedule a confidential one-hour appointment. This grant-funded program is FREE.

Home visits and Oakland Family Services office appointments are also available. Grant-funding or Medicare & supplemental insurance coverage may apply. Call 248.858.7766, Ext. 267 to schedule a home or office-based session.

Is Senior Retirement Housing in Your Future?

Friday, March 8, 11:30 am - 2 pm
Oakmont Manor invites you to tour their Independent Living Community at 18 Mile and Dequindre. The Oakmont bus will pick you up at the Troy Community Center on Friday, March 8 at 11:30 am and return you to the center at approximately 2 pm. Their chef will prepare a wonderful lunch for you including a decadent dessert! After dining, work off your lunch with a walking tour of Oakmont Manor. It's a great chance to see first-hand what is offered and have an opportunity to ask residents what they think. Oakmont will provide you with an information package but it is not the time to sell their property! Space is limited for this free event. Contact Dave Weller at 586.726.0603 to reserve a spot. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

2013
Mackinac Island Trip
See page 3

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