



# Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Oct. 2015

## Annual 50+ Craft Show

at the Troy Community Center  
Friday, November 6, 9 am – 3 pm

Act. #148925L Fee: \$15 per 6 ft. table; NR: \$20  
Vendors age 50+ - sign up today! We expect more than 50 vendors and several hundred shoppers to attend this year's craft show. Reservations are required. Specify if electricity is needed. Space is limited to two six-foot tables per household.

### Purse, Tote, Wallet and Scarf Sale Friday, November 6, 10 am - 1 pm

Brought to you by the Friends of Troy Seniors in conjunction with the craft show. The \$2 admission admits you to both sales. **Donations needed.** See page 12 for details. Items can be dropped off at the Community Center front desk through November 2.

### Flu Shot Clinic

Tuesday, Oct. 27, 10 am – 1 pm

Troy Community Center Room 304/305

The Oakland County Health Division will offer flu shots recommended for ages six months and older. Bring picture ID with current address and Medicare/Medicaid card for billing. For those without Medicare/Medicaid, the fee is \$25.

There is no pre-registration for the shots this year. For more information, call the Oakland County Nurse on Call at 1.800.848.5533. This event is co-sponsored by the Friends of Troy Seniors.

### Medicare Prescription Drug Enrollment Days

Fridays, Oct. 30, Nov. 13 and Dec. 4, 10 am - 3 pm

Troy Community Center Computer Lab

The Area Agency on Aging 1B will hold Medicare enrollment days for the Medicare Part D Prescription plans and Medicare Advantage/Supplemental plans. They will navigate through the many plans to help you make an informed decision about which plan to choose. Even if you already have a drug plan, there may be changes that affect how much you pay for your prescriptions and you should review your plan. Bring your current medications with you so they can be sure to get the correct spelling and dosage. Call 1-800-852-7795 to schedule an appointment.

### Document Shredding

Tuesday, Oct. 13, 9-10 am Fee: \$2 per person\*

Troy Community Center – North Parking Lot

An Absolute Shreds truck will be in the north parking lot for ON-SITE SHREDDING between 9 and 10 am. Shredding is limited to private individuals with up to four paper grocery bags of paper documents. No boxes or large plastic garbage bags please. This event is sponsored by the Friends of Troy Seniors.

\*If you would like to join this non-profit group and pay only \$1 for your shredding, stop at the FOTS office in Room 402B at the Troy Community Center between the hours of 10 am & 1 pm, Monday through Friday. A card will be issued to you for your free membership that will entitle you to the \$1 shredding fee when you show your card to the parking lot attendant. If you have any questions about the shredding, call 248.526.2608.

### Birch Tree Mosaic Class

Monday, Oct. 19, 6:30-9 pm

Troy Community Center Room 401

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 "Birch Tree" mosaic. The fee includes all supplies.

Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Troy Community Center front desk. Registration is required. Register for Act. 135902B; \$36; NR \$41.

### Shall We Dance Drop-In Ballroom Dances

2nd Thursday of Every Month!!! Oct 8, Nov 12, Dec 10 ...

7-9:30 pm; Troy Community Center Room 304/305

Fee: \$6; \$7 NR; High School Students: \$3; Pay at door

Brought to you by James Savage, the Friends of Troy Seniors, American House Troy, Emerald Foods and the Troy Recreation Department. Reservations are not required. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie. For more information, contact Elaine Torvinen at 248.524.3483.

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**Troy Recreation  
Department**

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248.524.3484**

**50+ Program Staff**

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**Recreation Dept. Hours**

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

**Fax**

248.689.6497

**Medi-Go Plus Transportation**

248.457.1100

**SMART Transportation**

866.962.5515

**Emerald Kitchens**

(Meals on Wheels)  
248.689.0001

**Weather Hotline**

(Cancellations due to weather)  
248.689.9756

**Friends of Troy Seniors**

248.526.2608

**SHARP Home Repair**

248.528.2929

**Creative Endeavors**

248.526.5145

**City Hall**

248.524.3300

**City Web Site**

[www.troymi.gov](http://www.troymi.gov)

**This newsletter is available  
online at**

[troymi.gov/SeniorNewsletter](http://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**

**AARP Smart Driver Class**

Thursday and Friday, Oct. 8 and 9 - 12:30-4:30 pm

Troy Community Center Room 303 (Room 301 on 10/9)

**AARP Members: Act. 115931H: \$18; Non-AARP Members: Act. 115931J: \$23**

This eight hour classroom refresher course is designed for ages 50+, and some insurance companies offer incentives for completing the course. Pre-registration is required. Fee includes \$3 Recreation Department fee. Visit AARP's web site ([AARP.org](http://AARP.org)) for details on what is covered in the course.

**A Matter of Balance**

Tuesdays and Thursdays, Oct. 6 - 29 (4 weeks/8 sessions), 1-3 pm

Troy Community Center Room 503

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

This program is designed to reduce the fear of falling and increase the activity levels of older adults who have concerns about falls. The interactive workshops include group discussion and problem solving, skill building, assertiveness training and exercise to increase flexibility, range of motion and strength. This program is brought to you by the Area Agency on Aging 1-B. Call 1.800.852.7795 to register. Class size is limited.

**Mouth Organ Grinders Performance**

Monday, October 5, 10:30 am - Troy Community Center Lobby

Enjoy a free harmonica performance in honor of Columbus Day. Reservations not required.

**Fall Health & Wellness Event - Live Pain & Drug Free**

Tuesday, Oct. 20, 10:30-12:30 pm

Troy Community Center Room 305 - Lunch Included

Dr. James Gregg D.C., President and Founder of Gregg Chiropractic Life Centers and Michigan Disc & Spine, a noted local and national speaker on health and wellness issues, will present his 2015 seminar on pain and drug free-non-surgical treatments - along with nutritional plans for a healthier year, followed by a Q and A session addressing your health questions. His team will provide individual painless and non-invasive computerized health screenings that will immediately detail current health issues. Lunch will be provided and gift cards will be raffled off. Register online or call 248.524.3484 and ask for **Act. 145909E** by October 19. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

**Medicare Enrollment Assistance**

Jim Zoellner, certified Medicare/Medicaid counselor, offers enrollment assistance year-round by appointment only at the Troy Community Center. These dates have been revised/expanded during the open enrollment period. Appointments will be available between 10 am - 1 pm on the following dates: **Oct. 16, 20, 23, 27, Nov. 3, 6, 10, 17, 20, 24, Dec. 2.** Get help with selecting insurance, claims, denials of service, and more. Call 248.524.3484 to make an appointment no later than the Wednesday before desired appointment date but these fill fast. For help with Part D enrollment, bring your prescriptions. See page 1 for additional enrollment days.

**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](http://www.troymi.gov). Click on the subscribe box at the top center of the page. Enter your e-mail address and click on SUBMIT. Confirm your e-mail address and click on SUBMIT. Then, in the Parks and Recreation section, select Troy Fifty Forward News & Updates and any other newsletters listed there that you want to receive. Click on SUBMIT.

- **Register early so trips are not cancelled!**
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- 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.

### Ford Piquette Plant - Birthplace of the Model T

Tue, Oct. 6, 9:15 am - 1:30 pm

Act. 148927O \$29; NR: \$34

The Ford Piquette Plant was the birthplace of the Model T and is now a national historic landmark. Tour the factory including Henry Ford's office and the famous experimental room where the automotive revolution was launched. You will also see an award-winning introductory documentary and have time to visit the gift shop. A box lunch is included. Transportation is by school bus.

### King Tut Re-creation

Tue, Oct. 13, 8:15 am - 8:30 pm

Act. 148927D \$87; NR: \$92

See more than 1,000 replicas and state-of-the-art multimedia displays at this amazing exhibit at the Grand Rapids Public Museum. Lunch at the Pearl Street Grill is included with choice of Prime Rib French Dip, Traverse City Salad, California Chicken Wrap, Vegetarian Hoagie, or Taco Salad. Transportation is by motorcoach for this Bianco Tour.

### Detroit Institute of Arts

Wed, Nov. 4, 12:30-5 pm; Act. 148927M FREE!!!

As a result of the millage, the DIA is offering free senior tours, and we have scheduled one on November 4. Spend the first hour with a gallery guide followed by free time at the museum. (The museum cafe closes at 2, so please eat lunch before the trip. You may dine at the Community Center where lunch is served beginning at 11:30 am. Transportation is by motorcoach.

### Shoreline Tours 2015/16 Trip Meeting

Wed, Sept. 30, 10-11:30 am

Troy Community Center Room 301

Mike Bondy from Shoreline Tours will be at the Community Center to answer all of your questions about upcoming trips to **Southern Christmas Extravaganza in November, and for 2016: Florida in January, Sedona, Grand Canyon & Las Vegas in April, Historic Cities of the East in May, Cape May in June, the Great Canadian West in August, the Coast of Maine in September, America's National Parks in September, Niagara Falls in the fall, and New York City in October.** Brochures for all of these trips will be available at the meeting.

### Extended Trips

- 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.**

### Christmas Extravaganza - Nov. 28 - Dec. 3, 2015

**\$1249 per person double, \$1599 single, \$1189 triple**

Includes roundtrip motorcoach, 5 nights, 5 dinners and sightseeing including Callaway Gardens Fantasy in Lights, Lake Lanier Magical Nights of Lights, Smoky Mountain Christmas, and Lexington's Southern Lights. Call Shoreline Tours for reservations. **800.265.0818.**

### Florida Vacation - Jan 21-Feb. 3, 2016

**\$2399 per person double, \$3429 single, \$2199 triple**

Includes roundtrip motorcoach, 13 nights, 9 of which are at the Outrigger Beach Resort in Fort Myers, 15 meals and sightseeing. Call Shoreline Tours for reservations. **800.265.0818.**

### South Pacific - Feb. 23-March 8, 2016

**\$7099 per person double, \$8099 single, \$7049 triple**

Includes airfare, 14 nights, 20 meals and sightseeing in Australia and New Zealand. 3-night Fiji option available. Book by August 24 and take \$400 off the price above. Call Group Tours International for reservations. **248.625.3645.**

### Philadelphia Flower Show - March 9-12, 2016

**\$605 per person double, \$760 single, \$554 triple**

Includes roundtrip motorcoach, 3 nights lodging, 5 meals, guided tour of Philadelphia, admission to the Philadelphia Flower Show - the largest flower show in the world, and more. Call Bianco Tours for reservations. **734.946.7021.**

### Dutch/Belgian River Cruise - April 13 - 21, 2016

**Cost varies based on cabin choice - see brochure for details**

Includes airfare, 9 days, 20 meals and sightseeing in Amsterdam, Volendam, Arnhem, Middelburg, Ghent, Bruges, Antwerp, Kinderdirck Windmills, Keukenhof Gardens. Call Group Tours International for reservations. **248.625.3645.**

### Sedona & Las Vegas - April 15-21, 2016

**\$2299 per person double, \$2999 single, \$2169 triple**

Includes roundtrip air, 6 nights, 9 meals and sightseeing including the Grand Canyon Train. Call Shoreline Tours for reservations. **800.265.0818.**

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

**\$999 per person double, \$TBA single, \$TBA triple**

Includes roundtrip motorcoach, 5 nights, 8 meals, Pennsylvania Amish Country, Sight & Sound Theatre, Baltimore, Gettysburg, and Philadelphia. Call Shoreline Tours for reservations. **800.265.0818.**

### Niagara Falls - Fall, 2016 (Date TBA)

**\$279 per person double, \$369 single, \$259 triple**

Includes roundtrip motorcoach, one night at the Hilton Fallsview, 1 breakfast, African Lion Safari, Journey Behind the Falls, and a visit to Niagara-on-the-Lake. Call Shoreline Tours for reservations. **800.265.0818.**

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

### 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:** \$10 per class (\$11 NR).

| Act #   | Day | Time   | Dates         | Fee  | NR   |
|---------|-----|--------|---------------|------|------|
| 148981A | Tue | 6-7 pm | Sep 15-Nov 17 | \$61 | \$71 |
| 148981B | Thu | 6-7 pm | Sep 17-Nov 19 | \$61 | \$71 |

### \* Muscle Strengthening with Rachel

This total body workout strengthens and tones muscles using a variety of resistance equipment, including hand weights, tubing and medicine/therapy balls. Functional exercises improve muscle endurance, balance and core strength. Modification and progression cues to most exercises also provided. **Weeks:** 15/14 **No class 11/26**

| Act #   | Day | Time        | Dates         | Fee  | NR   |
|---------|-----|-------------|---------------|------|------|
| 148975C | Tue | 10-10:50 am | Sep 8-Dec 15  | \$68 | \$78 |
| 148975D | Thu | 10-10:50 am | Sep 10-Dec 17 | \$64 | \$74 |

### 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:** 13 **No class 10/7 & 10/12**

| Act. #  | Day | Time        | Date          | Fee  | NR   |
|---------|-----|-------------|---------------|------|------|
| 148977C | Mon | 11-12:10 pm | Sep 14-Dec 14 | \$60 | \$70 |
| 148977D | Wed | 11-12:10 pm | Sep 16-Dec 16 | \$60 | \$70 |

### Yoga/Pilates with Rachel

Combining moves from both disciplines, improve extension, balance, alignment and range of motion for most muscles and joints. Mats, chairs, barres and various other equipment will be used to achieve an energizing and rejuvenating experience. Various modifications and progressions will be used throughout the session making it an individual process in a group setting. **Weeks:** 14/13 **No class 11/26.**

| Act #   | Day | Time        | Dates         | Fee  | NR   |
|---------|-----|-------------|---------------|------|------|
| 148979A | Tue | 11-11:50 am | Sep 15-Dec 15 | \$64 | \$74 |
| 148979B | Thu | 11-11:50 am | Sep 17-Dec 17 | \$60 | \$70 |

### 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:** 7

| Act. #  | Day | Time        | Date          | Fee  | NR   |
|---------|-----|-------------|---------------|------|------|
| 148984A | Tue | 11-11:45 am | Sep 15-Oct 27 | \$45 | \$55 |
| 148984B | Tue | 11-11:45 am | Nov 3-Dec 15  | \$45 | \$55 |

### Chair Exercise:

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

Excellent class for those new or just returning to exercise. Incorporates work while seated and some exercises standing holding on to the chair. Uses balls, tubing and hand weights.



The Friends of Troy Seniors have awarded the Recreation Department a grant to lower the price of this class. Punch card price will be \$16 for residents and \$21 for non-residents.

### Tai Chi with Keith and Kim

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

**Weeks:** 14/6/6

| Act #   | Day | Level | Time   | Dates         | Fee  | NR   |
|---------|-----|-------|--------|---------------|------|------|
| 148976D | Mon | Int   | 3-4 pm | Sep 14-Dec 14 | \$64 | \$74 |
| 148976F | Mon | Beg   | 2-3 pm | Sep 14-Oct 19 | \$32 | \$42 |
| 148976G | Mon | Beg   | 2-3 pm | Nov 2-Dec 7   | \$32 | \$42 |

### Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. Returning students changing time slots must register as new.

**Weeks:** 13 **No class 11/24 and 11/26**

| Act #   | Day    | Time        | Dates         | Fee   | NR    |
|---------|--------|-------------|---------------|-------|-------|
| 148978C | T & Th | 9-9:50 am   | Sep 15-Dec 17 | \$124 | \$134 |
| 148978D | T & Th | 10-10:50 am | Sep 15-Dec 17 | \$124 | \$134 |

### \* 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:** 14/15

| Act #   | Day | Time        | Dates         | Fee  | NR   |
|---------|-----|-------------|---------------|------|------|
| 148982A | Mon | 10-10:50 am | Sep 14-Dec 14 | \$64 | \$74 |
| 148982B | Wed | 10-10:50 am | Sep 9-Dec 16  | \$68 | \$78 |

### \* 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:** 14/15/14 **\*No class 11/27.**

| Act #    | Day | Time      | Dates         | Fee  | NR   |
|----------|-----|-----------|---------------|------|------|
| 148983C  | Mon | 9-9:50 am | Sep 14-Dec 14 | \$64 | \$74 |
| 148983D  | Wed | 9-9:50 am | Sep 9-Dec 16  | \$68 | \$78 |
| 148983E* | Fri | 9-9:50 am | Sep 11-Dec 18 | \$64 | \$74 |

### Stretch and Tone w/ Carol Petty

**Mon & Thu, 11-11:50 am.** This class includes standing and floor work and lots of socializing. Bring a mat. **Moved to room 502. Purchase a \$31, 10-punch card at front desk (NR \$41).**

**All classes in progress.  
Drop in passes available.**

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

**Winter 2016 Adult Pickleball Doubles Ladders**

**Winter ladder registration dates will be as follows:**

Online Resident registration begins 8am Monday, Nov. 16.

Walk in Resident registration begins Tuesday, Nov. 17.

Online Non-resident registration begins 8am Friday, Nov. 20.

(\* No play Sun 2/7 & 3/27 Tues 2/16 & 4/5 Fri 4/8)

**Tuesday Ladder for ages 50+ only**

**Sundays, 6:15-8:15pm 8 week session 32 players**  
 Act#118998A\* Jan 3-Feb 28 Res. \$47 Non-Res \$57  
 Act#119998B\* Mar 6-May 1 Res. \$47 Non-Res \$57

**Tuesdays, 1-2:30pm 8 week session 32 players**  
 Act#118998C\* Jan 5-Mar 1 Res. \$28 Non-Res. \$38  
 Act#118998D\* Mar 8-May 3 Res. \$28 Non-Res. \$38

**Fridays, 6-8pm, 8 week session 16 players**  
 Act#118998L Jan 8-Feb 26 Res. \$36 Non-Res. \$46  
 Act#118998M\* Mar 4-Apr 29 Res. \$36 Non-Res. \$46

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. E.Torvinen@troymi.gov. Equipment is provided.

**2016 Golf League Registration Begins Nov. 2**

Players returning to these Monday and Wednesday morning leagues may register beginning November 2. New players may register beginning December 1. Look for details in the November newsletter.

**Sports Leagues**

**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.

**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 more information, call Judy Luther at 248.879.9550.

**Zumba Gold Toning**

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

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

**Zumba Gold Dance Exercise**

**Fri 10-10:50 am, Wed 7-8 pm; \$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!!!

**Senior Mondays and Fridays****At the Troy Community Center**

Seniors (50+) can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of just \$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**

**50+ Volleyball - Monday and Thursday, 9:30 - 11 am**

Join other seniors for drop-in volleyball at the Troy Community Center on Mondays and Thursdays from 9:30-11 am Sept through mid June. Free for Fitness Center pass holders. All others: Drop-in fee applies.

For more information about joining Troy's 55+ volleyball team that plays in the Oakland County league, contact Dave Mattis at 248.649.1898. These league games are held on Tuesday mornings from October through March.

**Women Volleyball Players Needed**

Women are invited to play volleyball on Thursdays from 7:30-9 pm location TBD. For more information, call Peggy at 248.689.6092. This is not a Recreation Department sponsored group.

**Drop-In Sports**

**Badminton** - Offered at various times throughout the week - see Community Center calendar for details. Senior special rate of \$4 Mon. and Fri.

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

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

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

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

All classes meet at the Troy Community Center

### Anyone Can Paint

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

| Act #   | Date        | Time   | Subject      |
|---------|-------------|--------|--------------|
| 145933D | Thu, Oct 8  | 6-8 pm | Fall Creek   |
| 145933E | Thu, Nov 12 | 6-8 pm | Wild Wyoming |

### Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. Supply list is available on your receipt. **Weeks:** 9/3 **No class 9/23**

| Act #   | Day | Time        | Dates       | Fee   | NR    |
|---------|-----|-------------|-------------|-------|-------|
| 148971C | Wed | 9:30am-12pm | Sep16-Nov18 | \$124 | \$134 |
| 148971D | Wed | 9:30am-12pm | Dec 2-Dec16 | \$47  | \$57  |

### Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on your receipt. **Weeks:** 8

| Act #   | Day | Time    | Dates         | Fee  | NR   |
|---------|-----|---------|---------------|------|------|
| 148972A | Tue | 12-3 pm | Sep 22-Nov 10 | \$68 | \$78 |

### Teen-Adult Pottery

Join our resident artist to create beautiful pottery. For participants ages 14 and older, Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class. **Instructor:** Jan Lindell-Meinhard, BA and MA, Wayne State **Materials Fee:** \$25 (paid directly to instructor 1st week) **Location:** Troy Community Center **Weeks:** 4 **Fee:** \$64; NR \$74

| Act#    | Day | Dates       | Time      | Theme  |
|---------|-----|-------------|-----------|--------|
| 144305E | Wed | 10/21-11/11 | 7:15-9 pm | Leaves |

### Keyboarding

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

| Act#    | Level | Day | Time        | Dates        | Fee  | NR   |
|---------|-------|-----|-------------|--------------|------|------|
| 148973F | Beg   | Mon | 9-9:50 am   | Sep 21-Nov 9 | \$38 | \$48 |
| 148973G | Adv   | Mon | 10-10:50 am | Sep 21-Nov 9 | \$38 | \$48 |

### 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:** 12

| Act #   | Day | Time         | Dates        | Fee  | NR   |
|---------|-----|--------------|--------------|------|------|
| 148974C | Tue | 1:30-2:30 pm | Sep 22-Dec 8 | \$56 | \$66 |
| 148974D | Tue | 2:30-3:30 pm | Sep 22-Dec 8 | \$56 | \$66 |

### Clay Projects for Seniors

Tap into your creative side. Work with clay and glazes to design beautiful pottery. Under direction of our art instructor you have the opportunity to explore the world of clay.

**Instructor:** Jan Lindell-Meinhard

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

**Day:** Tuesdays

**Weeks:** 2

**Ages:** 50 and up

**Fee:** \$20 **NR:** \$25

| Act#    | Dates       | Time           | Theme          |
|---------|-------------|----------------|----------------|
| 144305J | 10/13-10/20 | 10:30 am-12 pm | Jack-O-Lantern |
| 144305K | 11/10-11/17 | 10:30 am-12 pm | Leaf Bowl      |

**Check out our Parent and Tot classes and consider attending with a grandchild. See the fall Troy Today for more details.**

### Knitting Classes

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

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

**Intermediate:** You know how to knit and purl. You've made scarves, washcloths, blankets and now you want to move your skills up a notch. This class that will help you do that. Make a vest or sweater that fits. Bring a pattern, yarn and needles for a project you choose to the first class.

**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 1 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.

**Double Knitting:** Learn to knit both sides of a garment at one time while using two different colors. One side of the garment will be the mirror image of the other. Also learn to use the appropriate long tail cast on, a complimentary edge stitch and an appropriate bind off. You will need two colors of contrasting worsted weight yarn, a #3 circular needle, scissors, and a tapestry needle. You must know how to knit and purl for this class.

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

| Act.    | Class           | Day | Time   | Dates         |
|---------|-----------------|-----|--------|---------------|
| 125934C | Sock Class      | Tue | 1-3 pm | Sep 29-Oct 20 |
| 125934D | Beginning       | Wed | 1-3 pm | Sep 30-Oct 21 |
| 125934E | Double Knitting | Tue | 1-3 pm | Nov 3-Dec 1*  |
| 125934F | Intermediate    | Wed | 1-3 pm | Nov 4-Dec 2*  |

\*No class Nov. 24 and 25.

**Bridge Lessons** Improve your bidding, response and defense in this class. Bridge is a great way to stimulate the mind and make new friends! Instructor Reva Gornbein has a Master's Degree in Education and more than 25 years of teaching experience. **Weeks:** 8 **Next session:** April 2016.

| Act #   | Day | Time          | Dates        | Fee  | NR   |
|---------|-----|---------------|--------------|------|------|
| 145919C | Wed | 9:30-11:30 am | Sep 16-Nov 4 | \$52 | \$62 |

**Beg./Int. Swing and Ballroom & Adv. Swing**

**Fridays Weeks: 6 Fee: \$59 NR \$69**

**Any Two Classes Res. \$98 NR \$118**

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

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

**Instructor:** Jim Berg

| Act #   | Style      | Time      | Dates           |
|---------|------------|-----------|-----------------|
| 148980J | Swing      | 7-7:50 pm | Oct 23 - Dec 11 |
| 148980K | Ballroom   | 8-8:50 pm | Oct 23 - Dec 11 |
| 148980M | Adv. Swing | 9-9:50 pm | Oct 23 - Dec 11 |
| 148980L | Any 2      |           | Oct 23 - Dec 11 |

**No class 11/20 & 11/27.**

**Square Dance Lessons**

**Mondays, 7-9:30 pm**

**Fee: \$5 per person; 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; NR \$6 at door**

Dances are held in the studios upstairs at the Troy Community Center. Partners not required. Contact Veronica at 248-689-8843 with any questions. Caller Walt Zatorski.

**Drop In Ballroom Dance**

**Mondays & Wednesdays, 1-2 pm; Fee: \$6 per person; 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            |
|-------|------------------|-----------------------|
| Oct   | E.C. Swing/Waltz | Hustle/Samba          |
| Nov   | Fox Trot/Tango   | E.C. Swing/W.C. Swing |

**How To Stay Fit and Enjoy Life**

**Thursdays, Sept. 24 - Oct. 22 (5 weeks), 1-2:30 pm**

**Troy Community Center Room 301**

**Act. 115927M Fee: Free (Pre-registration required)**

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.

**American Mah-Jong Lessons**

Instructor Judy Shell teaches this class for absolute beginners. Learn the rules of the game, how to "make a hand" and how to play. The fee includes \$9 Mah-Jong card. The instructor will bring your Mah-Jong card to the first class and will provide the Mah-Jong games to use during class. Class size is limited to 12. Class meets in room 402A - enter through the dining room (Room 402). **Weeks: 6**

| Act. #  | Day | Time      | Dates          | Fee  | NR   |
|---------|-----|-----------|----------------|------|------|
| 135901B | Wed | 1-3:30 pm | Oct. 7-Nov. 11 | \$29 | \$34 |

**Troy English Workshop**

**Tue, Sept. 15-Nov. 10 (9 weeks); 1-3 pm Act. 145938J**

**Sat, Sept. 19-Nov. 14 (9 weeks); 10 am - Noon Act. 145938K**

**Troy Community Center Room 502**

**Fee: FREE Class is for adults of all ages**

Are you shy and afraid to talk to an American because your English is not very good? Improve your English, talk like an American, think like an American, and be part of the American dream. We do not teach ESL, English grammar, or boring rules. We focus on conversational American English. We speak only English in our workshops, which are open to all ethnic groups. Our volunteers are all American born and speak American English. Taking the workshop, you will be able to speak with Americans without being shy or afraid of your poor English. We want to help you become an all-American. For more information, call Mr. Lee at 248.926.2288. You must bring a photo ID to the first class.

**Computer Classes - See page 9**

# Oct.

Monday

Tuesday

Wednesday

Thursday

Friday

|   |    |  |  |  |    |   |    |   |    |
|---|----|--|--|--|----|---|----|---|----|
|   |    |  | 11:45 Hot Lunch<br>12:30 <b>Birthday Party</b> | 1<br>11:45 Hot Lunch<br>1:00 Bingo   | 2  |   |    |   |    |
| 10:30 <b>Harmonica Concert</b><br>11:45 Hot Lunch<br>4:00 <b>TSSS - pg 11</b> | 5  | 9:15 <b>Model T Trip - pg 3</b><br>11:45 Hot Lunch   | 6  | 10:00 <b>Book Club - pg. 11</b><br>11:45 Hot Lunch<br>6:00 <b>Restaurant Group - pg 11</b> | 7  | 10-11 Ask A Nurse<br>10-11:30 Caregiver Support<br>11:45 Hot Lunch<br>12:30 <b>AARP Driver Class - pg 2</b><br>7:00 <b>Ballroom Dance</b> | 8  | 10-12 Hearing Screening<br>11:45 Hot Lunch<br>12:30 <b>AARP Driver Class - pg 2</b><br>1:00 Bingo | 9  |
| 11:45 Hot Lunch   | 12 | 8:15 <b>King Tut Trip - pg 3</b><br>9-10 <b>Document Shredding - pg 1</b><br>11:45 Hot Lunch<br>1:00 Red Hat | 13   | 11:45 Hot Lunch  | 14 | 11:45 Hot Lunch   | 15 | 10-12 Blood Pressure<br>11:45 Hot Lunch<br>1:00 Bingo   | 16 |
| 11:45 Hot Lunch<br>6:30 <b>Mosaic Class - pg 1</b>                            | 19 | 10:30 <b>Pain Speaker - pg 2</b><br>11:45 Hot Lunch  | 20   | 9:30 <b>Medicare Speaker - pg 20</b><br>10-12 <b>Disk Erasure</b><br>11:45 Hot Lunch       | 21 | 11:45 Hot Lunch<br>12:30-2 <b>Focus Hope</b>  | 22 | 11:45 Hot Lunch<br>1:00 Bingo   | 23 |
| 11:45 Hot Lunch   | 26 | 10-1 <b>Flu Shots - pg 1</b><br>11:45 Hot Lunch  | 27   | 9:30-12 <b>Computer Consultations</b><br>11:45 Hot Lunch                                   | 28 | 11:45 Hot Lunch   | 29 | 10-3 <b>Medicare Enrollment - pg 1</b><br>11:45 Hot Lunch<br>1:00 Bingo                           | 30 |

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.

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.troycljc.org](http://www.troycljc.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 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.

| Act #   | Day    | Time          | Dates      |
|---------|--------|---------------|------------|
| 135951C | T & Th | 9:30-11:30 am | 9/22-10/1  |
| 135951D | T & Th | 9:30-11:30 am | 10/27-11/5 |

### Computers for Beginners 2

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

| Act #   | Day    | Time          | Dates       |
|---------|--------|---------------|-------------|
| 135973C | T & Th | 1-3 pm        | 10/13-10/22 |
| 135973D | T & Th | 9:30-11:30 am | 11/10-11/19 |

### 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.

| Act #   | Day    | Time   | Dates      |
|---------|--------|--------|------------|
| 135954A | T & Th | 1-3 pm | 10/27-11/5 |

### Introduction to Power Point

Ever see one of those cool slide shows from the Internet with beautiful photos and lovely music? It was probably made with PowerPoint. Learn how to make the same kind of slide show with your pictures. And learn 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      |
|---------|--------|---------------|------------|
| 135961A | T & TH | 9:30-11:30 am | 10/6-10/15 |

### Windows 8

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

| Act. #  | Day  | Time         | Dates       |
|---------|------|--------------|-------------|
| 135972B | M& W | 1-3 pm       | 9/21-9/30   |
| 135972C | M& W | 6:30-8:30 pm | 10/19-10/28 |

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

**Fee for classes below: \$21 Non-Res: \$26. Each session is 2 hours/meets 2 times in 1 wk.**

### 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       |
|---------|--------|---------------|-------------|
| 135962A | T & Th | 9:30-11:30 am | 10/20-10/22 |

### Introduction to Excel

Do you keep an address book, budget, golf/bowling league averages or another list or data log? Then you need to try Microsoft Excel, the world's most popular spreadsheet program. And you don't have to be good with numbers. Excel does all the number crunching for you. Learn its many possible uses: savings, investments, medical data, weight loss, gas mileage, expenses etc. This class meets for 2 hours, 6 times over 3 weeks. **Fee: \$50; NR \$60**

| Act #   | Day    | Time   | Dates     |
|---------|--------|--------|-----------|
| 135968A | T & TH | 1-3 pm | 9/22-10/8 |

### Basic PhotoShop Elements

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

| Act #   | Day   | Time   | Dates      |
|---------|-------|--------|------------|
| 135959A | M/W/F | 1-3 pm | 10/5-10/16 |

### 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      |
|---------|-------|--------|------------|
| 135970B | M/W/F | 1-3 pm | 11/2-11/13 |

**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.

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 for details.

#### **Red Hat**

2nd Tuesday, 1 pm. Call 248.524.1108.

#### **T.O.P.S.**

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

### **Health Services**

#### **Ask A Nurse**

2nd Thursday, 10-11 am. Room 404. Drop-in. Free. Sponsored by Crittenton Home Care.

#### **Blood Pressure Screenings**

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

#### **Emotional Counseling**

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

#### **Hearing Screenings**

2nd Friday, 10-12. 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 12-3:30 pm and Fridays 11 am-2:30 pm, \$7 (586.775.7363).

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

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

**Mah-Jong** - Mondays 10 am-12 pm and Thursdays 6:30-9:30 pm. 248.641.8412.

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

**Swing and Ballroom lessons** Friday evenings. See page 7 for details.

**Band** - Practices on the 1st and 3rd Wednesday from 7:30-9:30 pm. Call 248.689.3536 for details.

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

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

**Needlework Club** - Tuesdays, 10-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.

**Sewing Group** - Mondays, 12-5 pm. Call 248.877.9252 for details.

**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 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. No reservation required. Call Corrine at 248.528.1508 for more information.

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

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

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

### **Sports & Fitness**

See pages 4 & 5.

#### **Creative Endeavors Gift Shop**

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

### Troy Restaurant Group

**Wednesday, Oct. 7 - 6 pm at Macy's at Oakland Mall**

Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next event is at Macy's at Oakland Mall. Please RSVP to Marlene at 248.879.9214 or [Marlene850@live.com](mailto:Marlene850@live.com). You do not need to be a Troy resident.



### Crafty Sewers

**Mondays, 12-5 pm, Room 502**

Crafty Sewers is a group of sewaholics that get together once a week to sew, share ideas, and enjoy their craft together. Bring your own materials and equipment. Irons and boards will be available for your use. Enjoy creating clothing, quilts, and home decor items. Bring your projects and join them for some peaceful sewing time. Call Karen at 248.877.9252 for details.

### Line Dance Group

**Wednesdays, 8-9:30 pm Studio C**

These experienced dancers welcome anyone interested in line dancing. No partner needed. Those with some line dance experience would be most comfortable in this group but beginners are welcome. Group fee applies - call 248.641.9346 for details.

### New Policy Regarding Group Fees

Beginning September 1, new and existing senior groups can use the following rooms free of charge: 402A (Reading Room), 502, 503 and 504 for a maximum of four hours per use. This policy includes the following groups:

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

Existing groups that cannot be accommodated in one of the above rooms will be grandfathered into their current meeting room. Participants are still required to register for *each group* they attend. Although there is no charge for room use, some groups may charge dues. Check with the group leader. See page 10 for more information on these groups.

### Mah-Jong Group

**Mon, 10 am - noon and Thu, 6:30-9:30 pm**

**Troy Community Center Lobby**

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

### Book Club - Wed, Oct. 7 - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The book for October was not available at press time. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

### Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meetings are Mon, Oct. 5 and Tuesday, Nov. 3 at 4 pm at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. Bring your ideas for events and activities. Newcomers welcome! Call 248.689.8070 for information or dinner reservations.

### Troy Library Spice of Life Discussion Group

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

### ACBL Bridge Clubs

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

### Red Hat Society - 2nd Tuesday of each month

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

### Caregiver's Support Group

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

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

### Grandparents Raising Grandchildren

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

Monday, Oct. 19 - OLHSA - Pontiac Office, 9:30 am - noon.



# FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

## Purse, Tote, Wallet and Scarf Sale Friday, November 6

This event is brought to you by the Friends of Troy Seniors in conjunction with the Senior Craft Show also being held on Nov 6. The \$2 admission admits you to both events. If you would like to donate gently used purses, totes, wallets and scarves for this sale, you can drop items off at the Community Center front desk or at the Friends office in the Troy Community Center through Mon, Nov 2, in support of this non-profit group. Call 248.526.2608 if you have questions.



**Shoppers:** Find gently used items at bargain prices!

## Blood Pressure Screenings

The Friends of Troy Seniors welcome Mary Jo Belter, RN who has volunteered to do Blood Pressure Screenings from 10 am until noon on the third Friday of the month in the Senior Dining Room alcove as a free service to seniors. Mark your calendar with the following Friday dates for the remainder of 2015 – Oct 16, Nov 20 and Dec 18. Thank you, Mary Jo, for stepping up to assist with this important screening program.

## Thank you – Ice Cream Social & Heritage Band Concert

The Friends of Troy Seniors wish to thank the Oakmont Senior Communities for their donation of the ice cream and multiple toppings that allowed us to serve about 255 sundaes at the event. We also want to thank the band members from the Heritage Concert Band for their great performance again this year. Finally, we want to thank all of the wonderful volunteers and the terrific staff at the Troy Community Center who all worked together to make the event a big success.

Brunch & Learn - See page 20  
Document Shredding - See page 1  
Flu Shots - See page 1

## Monthly Membership Meetings

The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1 pm in Room 301 at the Troy Community Center unless otherwise announced. Our next meeting is scheduled for Thursday, October 15. Everyone is invited to attend. Your comments and suggestions are important to us at these meetings.

## 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](mailto:fots@wowway.com)

Website: [www.friendsoftroyseniors.org](http://www.friendsoftroyseniors.org)

**Hours:** Mon-Fri 10 am - 1 pm

### 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.

## Adult Caregiver Relief Program Seeks Volunteers and Participants

Free short-term care is available at the Troy Community Center for seniors whom the caregiver feels uncomfortable leaving home alone. A caring volunteer will socialize with your loved one while you attend an activity or workout at the Community Center.

**Volunteers Needed:** Do you have an hour or two a week that you could spend socializing with a senior at the Troy Community Center? If so, please call Carla at 248.524.3492.

**Caregivers:** If you would like to use this service (available M-F from 8:45-3), contact Carla at 248.524.3492 or [vaughancs@troymi.gov](mailto:vaughancs@troymi.gov) to receive a registration form. Please note: This service is for periods of a couple of hours or less and caregivers must remain in the building at all times.

## **SHARP Home Computer Assistance for Seniors and Persons with Disabilities**

This program assists seniors (age 60+), physically challenged individuals, and military families who are Troy residents with in-home help with their Windows PC running any Microsoft Windows Operating System. Support is not available at this time for Apple products (iPad, Mac, etc.).

The 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. If you need computer assistance, call SHARP at 248.528.2929. A consultant will contact you to set up a date and time for 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.

## **Tax Aide Volunteers Needed**

The Tax-Aide Program is a cooperative effort between the AARP Foundation and the IRS in partnership with community senior programs. Tax-Aide volunteers are being recruited now to provide free tax preparation services to low and moderate income seniors. Taxes will be prepared each Friday at Troy Community Center from February 5 through April 15, 2016. Volunteers will receive free training in tax law and form preparation. In addition, there will be IRS tax software computer training classes on Fridays for four weeks in January. Volunteers are required to volunteer a minimum of one day each week. Training will start in the first week of January.

To volunteer, please contact Jim Sauter at 248.828.8186 or via e-mail at [D15Taxaide@gmail.com](mailto:D15Taxaide@gmail.com) by December

## **Troy Medi-Go Fare Discount Available for Low Income Riders**

Through a grant from the Troy Rotary Club and the Friends of Troy Seniors, punch cards for Troy Medi-Go Plus are available at a 75% discount while funds last. A \$20 punch card (good for 10 one-way rides) will be available for \$5. Applicants must be Troy residents and have an annual income of \$24,850 or less to qualify for the discount. Apply at the Troy Community Center front desk. You must bring proof of income (last year's tax return or SSI verification). Please call Carla at 248.524.3492 if you have any questions.

## **Tea at Two at the Troy Historic Village**

### **Thu, Oct. 29: Fashion and the Automobile: Through the Decades**

Sip a cup of tea while enjoying a slice of history. Presentations begin in Old Troy Church at 2 pm and last one hour. Bring your own china cup and saucer if preferred. Price: \$7 per Tea ticket. Includes entry into teacup prize drawing. Register in advance at 248.524.3570 as space is limited. No refunds, no exchanges.

Victoria Mobley, Lynn Anderson and Elaine Vermeersch are "Fashion & The Automobile". Join them for a journey down memory lane with an entertaining look into the way fashion at the dawn of the automobile was influenced by function, environment, lifestyle, and world events. Features a live show with fashions from the Victorian era to 1950s that would have been popular in this area. Pay attention to the "U-turns" as "what's old is new again."

## **Constitution Cafés at the Troy Historic Village**

### **Second Sunday of Each Month, 2 pm, FREE**

Sponsored by the Oakland County Bar Foundation and the Kresge Foundation. Thomas Jefferson believed that Americans should rewrite the U.S. Constitution every two decades! If you could redraft the text, what would you change? Utilizing the Socratic Method of inquiry and discussion, engage in civil discourse to 'create' a new Constitution. Advance registration recommended. Call 248.524.3570 to register.

### **October 11: Taxation and the General Welfare**

The Taxing and Spending Clause of the Constitution authorizes Congress to levy taxes, for two purposes only: to repay national debts and to provide for the general welfare. But what does "general welfare" mean? Does this clause restrict or broaden the government's power of taxation?

## **Artisan Arts at the Troy Historic Village**

Join our experienced artisans using old time trades and crafts to make unique pieces of art. Explore different mediums and try your hand at skills from long ago. No experience necessary. Advanced registration required. Call 248.524.3570 to register.

### **Woodcarving Workshop: Pumpkin People**

#### **Sat, Oct. 10, 10 am - 2 pm, \$40 per student**

Halloween and pumpkin season are right around the corner. Stack some pumpkins with us, learn the basics of woodcarving & leave with a great decoration, hand-carved by you! Wood provided. A carving knife and safety glove will be required and available for purchase during the class. **Instructor:** Doug Evans, Michigan Metro Carver

### **Mosaic Pumpkin Class**

#### **Tue, Oct. 13, 6-9 pm, \$45 per student**

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create mosaic masterpieces. Fashion your own pumpkin or jack-o-lantern mosaic tile to decorate your home this fall. All supplies included. **Instructor:** Mary Gilhuly, Art Director & Co-Founder of Song & Spirit Institute for Peace

### **Painting for Two**

#### **Thu, Oct. 15, 4:30-6:30 pm, \$40 per couple**

Just in time for Sweetest Day, the Village hosts a romantic evening of painting and wine. Bring your sweetheart for an acrylics workshop, featuring one of our picturesque buildings. No experience necessary. Materials provided. Each student will leave with their own painted canvas. Must be 21 or older. **Instructor:** James Homer Brown, award-winning Co-Founder of the Image & Arts Council of Troy.

**Assistive Listening Devices**

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

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

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

**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 8am-4:30pm.

**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 \$1,265 per month or less (\$1,705 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 313.577.4207 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+) is \$20 per month (NR: \$32). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$17.75 per month for residents, \$20.50 for non-resident employees and \$25 for non-residents allows you to use the club Monday-Friday from 8 am-3 pm. Discounts are available for low-income residents.

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

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

**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.

**Creative Endeavors**  
**Handmade Gifts and More**

at the Troy Community Center  
inside the north entrance

**Open Monday - Saturday**  
**10 am - 2 pm**

**248.526.5145**

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



## New at Creative Endeavors:

Lang 500 piece jigsaw puzzles  
Lang coffee mugs and travel mugs  
Mini wall calendars

## Unique and Handmade at Creative Endeavors:

Cell phone and tablet holders  
Walker carry-alls  
Pottery and painted glass  
Halloween merchandise  
Polished stone pendants

## Check out our Michigan-themed Merchandise

Hello from Troy and Love from Michigan notecards  
Original watercolor paintings and note cards  
Pro sport team and college jewelry  
Troy magnetic postcards  
American Spoon preserves  
MSU and Michigan merchandise  
Great Lakes decals and magnets  
Michigan-themed books  
Michigan coasters  
And more ...



Visit [Creative Endeavors](#)  
for your holiday shopping!

**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](mailto:vaughancs@troymi.gov). Include name and phone for reply.



**Weather Cancellations**

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

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

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

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

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

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

**Newsletter Subscriptions**

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

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

**Mail-In Registration Form**

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Activity #: \_\_\_\_\_ Fee: \_\_\_\_\_ Activity #: \_\_\_\_\_ Fee: \_\_\_\_\_

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

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

Signature Required: \_\_\_\_\_ Date: \_\_\_\_\_

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

**Friends of Troy Seniors Brunch & Learn Series  
Q & A Regarding  
Medicare and Medicare Part D  
Wednesday, October 21, 9:30 - 11 am, Room 303**

Do you have questions or concerns about how and when to enroll in Medicare? Do you need a better understanding on how Part D drug plans work and how to avoid or limit the donut hole? Do you wonder if there are any changes coming to Medicare?? These questions and more can be answered by Barbara Leffel who has been specializing in Medicare Health Plans for over eight years. She is an independent licensed and certified agent with numerous health carriers and is not connected with the Federal Medicare program. "This event is only for educational purposes and no plan-specific benefits or details will be shared." Please join the Friends of Troy Seniors and Barbara Leffel to have your questions answered.

This series brings you informative topics and is held on the third Wednesday of the month at 9:30 am in Room 303 at the Troy Community Center. Light refreshments are provided at these free events prior to the presentation. Advance registration required. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 am-1pm, M-F. Reservations accepted through October 19.

**History of Detroit's Thanksgiving Day Parade  
Monday, Nov. 2, 7-8 pm at the Troy Public Library  
Registration required. Call 248.524.3542.**

Romie Minor, head archivist for The Parade Company in Detroit will present a historic and entertaining look at the second oldest Thanksgiving parade in the United States. Get behind the scenes with historic photographs and anecdotes from Mr. Minor's book, *Detroit's Thanksgiving Day Parade*. (Book available at Barnes and Noble and may be brought to this event to be signed.)

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

**Free Leaf Clean-Up for Low-Income Seniors**

Troy People Concerned is linking low-income Troy seniors age 60+ with community groups volunteering to provide free leaf raking. Seniors on the City's home chore program or with a lawn service may NOT participate. Seniors who have family members able to rake their leaves are also ineligible. Raking takes place in late November when all the leaves are down.



You must provide the bags and clean up dog waste, and make sure your house is numbered! To participate, call 248.528.9199 by October 1 and indicate how many trees you have in your yard.

**Volunteers Needed!** Volunteers wishing to help rake leaves should call Troy People Concerned at 248.528.9199.

**2016 Spring  
Senior Expo**

**Tuesday, March 15, 10 am - 2 pm  
Troy Community Center - FREE admission**

Vendors are encouraged to register early for the best location for the next Senior Expo. We plan on having 80+ vendors again in 2016 and annually have approximately 300-500 visitors for this event. The cover letter and registration form can be accessed on the City of Troy website at : <http://www.troymi.gov/PlayHere/SpecialEvents>.

Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 or e-mail at [E.Torvinen@troymi.gov](mailto:E.Torvinen@troymi.gov) to volunteer.

**Newsletter Subscription Renewal**

It's time to renew your newsletter subscription if you want to receive it in the mail. See page 19 for details on how to renew. If you receive the newsletter via e-mail, you DO NOT need to renew. A third option is to pick up a free copy at the Community Center.

*Please renew now! Thank you!*