



Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

March 2016

2016 Spring Senior Expo

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

This year's expo will feature 75 vendors in the health, housing and financial services areas who will offer you information about their products and services. Many of the vendors will be holding raffles at their tables. Free coffee and water will be available all day. Stop by the senior lunchroom and register for the senior lunch that will be served from 11:45 am - 12:30 pm for a \$3.50 suggested donation (\$6 fee if under age 60). This annual event is attended by 300-500 visitors, providing one stop shopping for information on 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.

Shall We Dance Drop-In Ballroom Dances

2nd Thursday of Every Month!!! Mar 10...(Apr - see below)
7-9:30 pm; Troy Community Center Room 304/305

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

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

April Dinner Dance

Thursday, April 14; Troy Community Center Room 304/305

Doors open at 5:30 pm. Dinner is from 6-7 pm followed by dancing from 7-10 pm. The Tommy James Band will supply the dance music. **Deadline to register is March 31** and will be limited to 112 guests. **Register for:**

Act#128970B	Res. Couple	\$40
Act#128970C	NR Couple	\$44
Act#128970D	Res. Single	\$20
Act#128970E	NR Single	\$22

Mouth Organ Grinders Performance

Monday, March 14, 10:30 am
Troy Community Center Lobby

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

The Restaurant Group is back! See Fifty Forward Dinner Club on page 11 for details.

Blackthorn Concert

Friday, Feb. 26, 7-9 pm
Troy Community Center Room 304/305

Fee: \$7 in advance; \$8 at the door if available.

Tickets were still available at press time. **Purchase tickets at the Community Center. Online registration is not available.**

Shoreline Tours 2016 Trip Meeting

Wednesday, March 9, 11 am - 12:30 pm

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 **Sedona and Las Vegas in April, Historic Cities of the East in May, Colorado in July, Great Canadian West in August, Coast of Maine in September, NYC in October and more.** See page 3 and/or brochures at the Community Center or attached to your e-news update for more information on these trips.

Document Shredding

Tuesday, April 19, 9-11 am

Fee: \$2 - FOTS members \$1*

Troy Community Center North Lot - enter off Town Center Dr

Brought to you by the Friends of Troy Seniors (FOTS), a Shred Corp truck will be in the north parking lot for ON-SITE SHREDDING between 9 and 11 am. Shredding is limited to private individuals with up to four grocery bags of paper documents. **Cardboard boxes or large plastic garbage bags will not be accepted.** *If you would like to join the Friends of Troy Seniors non-profit organization 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 and 1 pm, Monday through Friday. Your free membership card will entitle you to the \$1 shredding fee when you show it to the parking lot attendant. **Questions? Call 248.526.2608.**

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**Troy Recreation
Department**

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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

Senior Meals on Wheels

248.689.0001

Weather Hotline

(Cancellations due to weather)
248.689.9756

Friends of Troy Seniors

248.526.2608

SHARP Home Repair

248.528.2929

Creative Endeavors

248.526.5145

City Hall

248.524.3300

City Web Site

www.troymi.gov

**This newsletter is available
online at**

troymi.gov/SeniorNewsletter

Mission Statement

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

Upcoming Events

248.524.3484

March Madness Mosaic Class

Monday, March 7, 6:30-9 pm; Act. 135902D; \$36 NR \$41

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 "March Madness" mosaic. Design will be a map of Michigan or a heart in the school colors of your choice. Specify school when you register. The fee includes all supplies. Class is for men and women - no experience necessary. Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. A sample of the project is on display at the Troy Community Center front desk. Pre-registration is required.

Elder Abuse Presentation

Wednesday, March 16, 1 pm; Troy Community Center Room 302

Act. 148903B (Please register to ensure adequate handouts)

The Disability Network Oakland & Macomb will offer this FREE awareness presentation regarding elder abuse, neglect, and financial exploitation. Research indicates that one in ten American elders are affected by abuse. Unfortunately, elder abuse can happen in all types of relationships as a result of family dynamics, caregiver interactions, or targeted scams that prey on vulnerability. Learn how to recognize high risk situations and various ways to get assistance.

Caregivers: Learn to Care for the Changing Brain

Dementia brings an array of challenges as caregivers struggle with the ever changing brain. Learn effective ways to approach dementia, to assist with it, and to add everyday quality to your loved one's life. Amy Kaczmarek, certified trainer of Positive Approach to Care can help. Pick between two classes, or take them both. These classes will be presented in a class participation format using discussion and role playing.

Normal Aging/Not Normal Aging

Act. 148992C Wed. Mar. 9 & 16 7-9 pm Fee: \$35, \$45 NR

The workshop helps learner understand and recognize the difference in what is normal aging and what isn't. The workshop emphasizes matching helping behaviors to the person's needs and retained abilities. You will learn to promote a sense of patient control, self-direction, and address typical issues that occur throughout the progression of dementia.

Positive Physical Approach and Hand Under Hand

Act. 148992E Wed., Mar. 23 & 30 7-9 pm Fee: \$35, \$45 NR

The workshop focuses on the Positive Approach to Care partnering techniques, including Positive Physical Approach (PPA) and Hand Under Hand (HUH). The newly learned skills enable care partners to shift from simply "dealing with the behaviors" to creating a positive and caring environment.

Diabetes PATH Workshop

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

Troy Community Center Room 504

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

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

AARP Tax Aide - See page 13 for details

- **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.

FREE DIA Trip with Art-Making Project

Thu, Mar 17, 12-4 pm; Act. 148927U Free!

This program, which is free as a result of the milage, has been restructured and our trip will include an art-making project. Use a variety of materials to create a one-of-a-kind tic-tac-toe game board. If you choose not to participate, docents will be available for tours or you may experience the museum on your own. Transportation is by motorcoach.

Calendar Girls at Meadow Brook Theatre

Wed, April 6, 11:15 am - 5 pm; Act. 148927S \$84; NR \$89

Start the day with lunch at Loccino Italian Grill in Troy where you will enjoy a family-style dinner with salad, chicken piccata and pasta platters and mini-sweets for dessert. Then see the professional production of *Calendar Girls* at Meadow Brook. Based on the true story of 11 women who posed nude for a calendar to raise money for the Leukemia Research Fund, *Calendar Girls* is a hilarious, yet beautifully touching play. Transportation is by motorcoach for this Bianco tour.

Inside Detroit

Thu, April 21, 9:15 am - 5:30 pm; Act. 148927T \$77; NR \$82

Includes a behind-the-scenes guided tour of the Fox Theater, lunch at Da Edoardo Foxtown Grille, and a guided tour of the Motown Historical Museum. Extensive walking and some steps involved on this trip. Transportation is by motorcoach for this Bianco tour.

Soaring Eagle Casino

Featuring Cubby Checker

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

Chubby Checker exploded on the music scene with his number one hit *The Twist*, which led to the dance craze of the same name. He followed with many more Top 40 hits. Enjoy the Chubby Checker performance plus time for gambling at this huge casino. You will receive a \$10 coin coupon and a \$5 food voucher. Transportation is by motorcoach for this Bianco tour.



Mackinac Island
October 10-13, 2016

See page 15 for details

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.**

Pittsburgh - April 13-15, 2016

\$500 per person double, \$630 single, \$465 triple

Includes roundtrip motorcoach, 2 nights lodging, 2 meals, ticket to Tigers vs. Pirates game, tour of Pittsburgh and more. Call Bianco Tours for reservations. 734.946.7021.

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

Cost varies by cabin choice - see brochure for details

Includes airfare, 9 days, 7-night river cruise, 20 meals and sightseeing in Amsterdam, Volendam, Arnhem, Middelbury, Ghent, Bruges, Antwerp, Kinderdirk Windmills, and Keukenhof Gardens - the world's largest flower garden! 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, \$1299 single, \$929 triple

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

Southern Charm - May 15-20, 2016

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

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

Colorado - July 24 - Aug. 2, 2016

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

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

Great Canadian West - Aug. 14-20, 2016

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

Includes roundtrip air, 6 nights lodging, 10 meals, and sightseeing in Victoria, BC, Vancouver and much more. Call Shoreline Tours for reservations. 800.265.0818.

New York City - Oct. 9-14, 2016

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

Includes roundtrip motorcoach, 5 nights and 6 meals. Midtown luxury hotel near Times Square, sightseeing at 9/11 Memorial, Apollo Theater, Statue of Liberty with Pedestal Pass, Ellis Island, Saturday Night Live Museum and more. 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: Balance and Stretch, Beginning Pilates, Gentle Aquatic Exercise, Muscle Strengthening, Tai Chi, Yoga/Pilates w Rachel and Yoga w/ Marie, \$60/\$70 NR
- * = Fitness Passport class. Details at the Community Center.

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

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128983C	Mon	9-9:50 am	Mar 21-Jun 6 - no class 5/30
128983D	Wed	9-9:50 am	Mar 23-Jun 8
128983E	Fri	9-9:50 am	Mar 25-Jun 10

* 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:** 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128982C	Mon	10-10:50 am	Mar 21-Jun 6 - no class 5/30
128982D	Wed	10-10:50 am	Mar 23-Jun 8

Fitness RX Women on Weights

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

Act #	Day	Time	Dates
128981A	Tue	6 - 7 pm	Mar 22-May 24
128981B	Thu	6 - 7 pm	Mar 24-May 26

Gentle Aquatic Exercise Rachel 9am/Katrina 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. Resident online registration began Monday, Feb. 22 at 8 am. Resident walk in registration began Tuesday, Feb. 23. Non-residents online or walk in registration began Friday Feb. 26. Returning students changing time slots must register as new. **Weeks:** 10 **Fee:** \$95 NR \$105

Act #	Day	Time	Dates
128978A	T & Th	9-9:50 am	Mar 22-May 26
128978B	T & Th	10-10:50 am	Mar 22-May 26

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:** 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128975C	Tue	10-10:50 am	Mar 22-Jun 7
128975D	Thu	10-10:50 am	Mar 24-Jun 9

Tai Chi with Keith, Marci and Kim

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

Weeks: 10/5/5 **Fee:** \$48/ \$24 \$58/ \$29 NR

Act #	Day	Level	Time	Dates
128976D	Mon	Int	3-4 pm	Mar 21-May 23
128976E	Mon	Beg	2-3 pm	Mar 21-Apr 18
128976F	Mon	Beg	2-3 pm	Apr 25-May 23

Chair Yoga with Janeen

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

Weeks: 10 **Fee:** \$61 \$71 NR

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

Yoga/Pilates with Rachel

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

Weeks: 12 **Fee:** \$56 \$66 NR

Act #	Day	Time	Dates
128979A	Tue	11-11:50 am	Mar 22-Jun 7
128979B	Thu	11-11:50 am	Mar 24-Jun 9

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 **Fee:** \$48 \$58 NR

Act. #	Day	Time	Date
128977C	Mon	11-12:10 pm	Mar 21-May 23
128977D	Wed	11-12:10 pm	Mar 23-May 25

Drop-In Exercise Classes

Chair Exercise:

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

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

Stretch and Tone with Carol Petty

Mon & Thu, 11-11:50 am.

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

Indoor Drop-In Pickleball

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

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

Spring 2016 Adult Pickleball Doubles Ladders Registration is underway. Act #118998A was full as press time.

Sundays, 6:15-8:15 pm	8 weeks	3 spots left
Act#118998B* Mar 6-May 1	Res. \$47	Non-Res \$57
Tuesdays (50+ only), 1-2:30 pm	8 weeks	12 spots left
Act#118998D* Mar 8-May 3	Res. \$28	Non-Res \$38
Fridays, 6-8 pm FULL	8 weeks	16 players
Act#118998M* Mar 4-Apr 29	Res. \$36	Non-Res. \$46

*No play Sun 3/27 Tue 4/5 & Fri 4/8

Play three games with three different partners. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs needed. If you have questions contact

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

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

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

Outdoor Bocce Courts on North Side of Troy Community Center

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

Zumba Gold Toning

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

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

Zumba Gold Dance Exercise

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

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

2016 Troy 50+ Golf Leagues

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

These nine-hole golf leagues play at Sylvan Glen. Play begins around May 1 for 20 weeks (Monday) and 18 weeks (Wednesday), tee off 8 am. Both leagues are full. Add your name to the wait list or if you want to sub only, place your name on the sub list.

Act. 148986P: Mon. League **Act. 148986Q:** Mon. sub list
Act. 148987P: Wed. League **Act. 148987Q:** Wed. sub list

For more information, please contact:

Mon.: Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com
 Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com

50+ Softball

Women - Tuesday evenings; Men - Thursday evenings

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

Sports Leagues

Bocce - Leagues being organized for this May through Aug.

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

Cornhole - League play being organized for this summer. Look for details in the April Fifty Forward

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

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

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

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

Drop-In Sports

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

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

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

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

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

All classes meet at the Troy Community Center

Anyone Can Paint

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

Act #	Date	Time	Subject
145933J	Thu, Mar 10	6-8 pm	Aloha!
145933K	Thu, Apr 14	6-8 pm	Springtime Birch

Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. An extensive supply list available on your receipt or from the front desk. **Weeks:** 3/9

Act #	Day	Time	Dates	Fee	NR
128971C	Wed	9:30am-12pm	Mar 23-Apr 6	\$47	\$57
128971D	Wed	9:30am-12pm	Apr 13-Jun 8	\$124	\$134

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. An extensive supply list available on your receipt or from the front desk. **Weeks:** 8 No class 3/29.

Act #	Day	Time	Dates	Fee	NR
128972A	Tue	12-3 pm	Mar 22-May 24	\$68	\$78

Tap Lessons

Beginners: No experience necessary! Learn basic steps and work on a nifty routine. Bring your old tap shoes, or come to the first class for suggestions on places to find new or used shoes.

Instructor: Terry Slater **Weeks:** 10

Act #	Day	Time	Dates	Fee	NR
128974C	Tue	1:30-2:30 pm	Mar 29-May 31	\$48	\$58
128974D	Tue	2:30-3:30 pm	Mar 29-May 31	\$48	\$58

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
128973F	Beg	Mon	9-9:50 am	Apr 18-Jun 13	\$38	\$48
128973G	Adv	Mon	10-10:50 am	Apr 18-Jun 13	\$38	\$48

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. Join the fun! **Weeks:** 8

Act#	Day	Time	Dates	Fee	NR
145919D	Wed	9:30-11:30 am	Apr 13-Jun 1	\$52	\$62

Teen-Adult Pottery Ages 14 and up

Join our resident artist, Jan Lindell-Meinhard, as we create beautiful pottery. Students will have the opportunity to mold different projects each week, helping to expose the inner-potter in themselves. Tools and materials provided by instructor. Dress for mess. Pick-up projects after last class.

Instructor: Jan Lindell-Meinhard, BA and MA, Wayne State
Materials Fee: \$25 /*\$20 for H (paid directly to instructor 1st week)
Location: Troy Comm. Ctr **Weeks:** 4 (*H 3 wks) **Fee:** \$64; NR \$74

Act#	Day	Dates	Time	Theme
114305H*	Wed	3/16-3/30	7-9 pm	Mystery Project
124305E	Wed	4/13-5/4	7-9 pm	Birdhouse

Clay Projects for Seniors (age 50+)

Participants 50 and older can 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, BA and MA, Wayne State.

Material fee: \$5 per session (paid directly to instructor 1st week)
Day: Tuesdays **Weeks:** 2 **Fee:** \$20 **NR:** \$25

Act#	Dates	Time	Theme
114305J	2/23-3/1	10:30 am-12 pm	Bread Basket
124305G	4/19-4/26	10:30 am-12 pm	Flower Vase

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

Knitting and Crocheting Classes

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

Beginning: 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: This class is a continuation of the Beg. class.

NEW Crocheting: Crocheting can be used alone to make wonderful garments or accessories or with your knitting to put those finishing handmade touches to your garments. Learn how to do a single crochet, double crochet, half double crochet and triple crochet. You will have a choice of making a washcloth or scarf. Please bring to the first class a skein of worsted weight wool and a size H crochet hook.

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

Act.	Class	Day	Time	Dates
125934K	Intermediate	Tue	1-3 pm	Mar 8-29
125934L	Beginning	Wed	1-3 pm	Mar 9-30
125934M	Crocheting	Tue	1-3 pm	Apr 5-26

AARP Driver Class

See page 20!

Beg. Swing and Ballroom & Adv. Swing

Friday Evenings: Weeks: 6

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

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

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

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

Instructor: Jim Berg

Act #	Style	Time	Dates
128980A	Swing	7-7:50 pm	Mar 4 - Apr 29
128980B	Ballroom	8-8:50 pm	Mar 4 - Apr 29
128980C	Adv. Swing	9-9:50 pm	Mar 4 - Apr 29
128980D	Any 2 classes		Mar 4 - Apr 29

No class 3/18 & 4/15.

Drop In Ballroom Dance

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

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

Month	Mondays	Wednesdays
Mar	EC Swing	American Tango
Apr	Salsa	Waltz

Square Dance Lessons

Mondays, 7-9:30 pm

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

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

Singles and Couples welcome. No partner required.

Experienced dancers will assist. For more information, call Carrie at 248.632.4288. Caller Walt Zatorski.

Friday Night Square Dances

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

Fee: \$5 per person

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

American Mah-Jong Lessons

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

Act. #	Day	Time	Dates	Wks	Fee	NR
135901D	Wed	1-3:30 pm	April 6-May 11	6	\$29	\$39

How To Stay Fit and Enjoy Life

Thursdays, March 3 - 31 (5 weeks), 1-2:30 pm

Troy Community Center Room 301

Act. 115927N 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.



Troy English Workshop

Tue, Mar 29-May 24 (9 weeks); 1-3 pm Act. 145938N

Sat, Apr 2-May 21 (8 weeks); 10 am - Noon Act. 145938O

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

March

Monday	Tuesday	Wednesday	Thursday	Friday
	11:45 BBQ Meatballs ¹	10:00 Book Club ² 11:45 Macaroni Casserole	11-12 Ask A Nurse ³ 11:45 BBQ Chicken 12:30 Birthday Party	11:45 Hamburger w/gravy ⁴ 1:00 Bingo
11:45 Beef Hot Dog ⁷ 6:30 Mosaic Class - pg 2	11:45 Chilimac ⁸ 1:00 Red Hat	11:00 Trip Meeting - pg 1 ⁹ 11:15 Odd Couple Trip - pg 3 11:45 Baked Chicken 6:00 Spaghetti Dinner - pg 13	10-11:30 Caregiver Support ¹⁰ 11:45 Spanish Rice 7:00 Ballroom Dance	10-12 Hearing Screening ¹¹ 11:45 Potato Crunch Fish 1:00 Bingo
11:45 Mac & Cheese ¹⁴	10-1 Expo - pg 1 ¹⁵ 11:45 Sausage & Sauerkraut	9:30 Tax Speaker - pg 20 ¹⁶ 10-12 Disk Erasure 11:45 Oven Fried Chicken 1:00 Elderabuse Speaker - pg 2	11:45 Meatloaf ¹⁷ 12:00 DIA Trip - pg 3	10-12 Blood Pressure ¹⁸ 11:45 Fishwich 1:00 Bingo 7:30 Square Dance - pg 7
11:45 Shepherd's Pie ²¹	11:45 Chicken Sandwich ²²	9:30-12 Computer Consultations ²³ 11:45 Stuffed Cabbage	11:45 Chili w/Rice ²⁴ 12:30-2 Focus Hope	²⁵ Good Friday Center Closed Fitness Room Open 5:30 am - 8 pm
11:45 Chicken Ala King ²⁸	11:45 Egg Casserole ²⁹	11:45 Ginger Baked Chicken ³⁰	11:45 Chef's Selection ³¹	

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

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

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

Computers for Beginners 1

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

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

Act #	Day	Time	Dates
135951H	M & W	1-3 pm	3/7-3/16
135951I	T & TH	9:30-11:30 am	4/5-4/14

Computers for Beginners 2

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

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

Act #	Day	Time	Date
135973G	T & TH	1-3 pm	2/23-3/3
135973H	M & W	1-3 pm	3/21-3/30
135973I	T & TH	9:30-11:30 am	4/19-4/28

Intro to Word Processing

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

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

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

Windows 8 (As of April 18 Windows 10* taught)

Prerequisite: Computers for Beginners or some 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!

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

Act. #	Day	Time	Dates
135972F	T & TH	1-3 pm	3/8-3/17
135972G*	M & W	6:30-8:30 pm	4/18-4/27

Introduction to Power Point

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

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

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

E-Mail

A two-hour one-on-one session with an Instructor covering the email system you are using or want to use. Help is available for WOW, Comcast, Yahoo, Hotmail, Gmail, Outlook Express/Windows Live mail and AOL. If you have an email account, bring your user ID and password to the class. **Fee: \$21 NR \$26 Wks: 1**

Act #	Day	Time	Dates
135960B	W	1-3 pm	2/24

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
135959B	M/W/F	1-3 pm	4/18-4/29

Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, you can 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
135970C	M/W/F	1-3 pm	5/16-5/27

See page 20 for details on appointments for FREE help with computers, smart phones and tablets.

Private Consultations - Meet with a Learning Center instructor on the fourth Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The non-refundable fee of \$5 is payable when you make your appointment. VISA or Mastercard accepted by phone for this program. Please 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 The computer lab is open for FREE drop-in use on Mon. and Wed. from 9:30 am - noon and Fridays from 9:30 am - noon and 1-3 pm. **Subject to Lab Monitor availability. No Friday lab 2/15-4/15 due to Tax Aide.**

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

Special Interest/ Support Groups

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

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

Medicare Counseling

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

Pacific Rim Outreach

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

Red Hat

2nd Tuesday, 1 pm. 248.524.1108.

T.O.P.S.

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

Health Services

Ask A Nurse

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

Blood Pressure Screenings

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

Emotional Counseling

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

Hearing Screenings

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

Cards & Games

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

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

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

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

Mah-Jong - 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 (less experience needed) Thursday, 12:30-3 pm. 248.376.5556.

Creative Arts

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

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

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

Knitting Lessons: See page 6

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

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

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

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

Painting Lessons - see page 6

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

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

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

Massage Therapy

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

Other Activities

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

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

Computer Lab - Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 am - noon and Friday from 1-3 pm. Subject to monitor availability. **No Fri. lab 2/5-4/15.**

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

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

Sports & Fitness

See pages 4 & 5.

Creative Endeavors Gift Shop

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

Fifty Forward Dinner Club

Wednesday, April 6 - 6 pm at Sy Thai

Carpool/Uber from the Troy Community Center or meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next event is at Sy Thai, 459 E. Big Beaver. Attire: Asian Inspired! Please RSVP to forwarddinner@yahoo.com or 248.840.5303. All are welcome. You do not need to be a Troy resident.

It's New!

Fifty Forward Lunch Club

Daytime outings to cool places...

- The "D" !!!
- Summer in Gross Pointe...ahhh our Lake
- We'll be going North and South and in between
- to Plymouth, Novi, East to West
- Will we ever choose which is Best!

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

Daughterhood Circle

Coming April 7 at 6:30 pm, the first meeting of Troy's Daughterhood Circle. Join us at the Troy Community Center to hang out, relax, and help each other navigate caring for aging parents. Make some new Daughterhood friends and help each other meet the challenges that come with this new phase of life. Mark your calendar and look for more information in the April newsletter. Refreshments will be served.

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. Fee applies - call 248.641.9346 for details.

Card Groups

See page 10 for more information on the bridge, cribbage, euchre and pinochle groups that meet at the Troy Community Center. These are drop-in groups. Partners not required except for bridge. Please call the bridge leader ahead of time if you would like them to find a partner for you. Phone numbers available on page 10.

Mah-Jong Group

Mon, 10 am - 12 pm 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 - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The March book is *Boys in the Boat* by James Brown. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meeting is **Tuesday, March 8 at 4 pm** at the Troy Community Center Room 402A (the Reading Room off the cafeteria), followed by dinner at a nearby restaurant. Bring your ideas for events and activities. Newcomers welcome! Call 248.689.8070 for information or dinner reservations.

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 12 pm 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 Liasg@olhsa.org for more information.



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Volunteer Opportunities Available with the Friends of Troy Seniors

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

• Project Leaders

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

• Webmaster

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

Senior Expo – Friends of Troy Seniors Table in the Non Profit Room

Tuesday, March 15, 10 am – 2 pm

Stop by at the Friends of Troy Seniors table while attending the Senior Expo for a chance to win a gift. We will hold a drawing at the end of the event and the winner will be notified.

AARP Tax Aide

In cooperation with the AARP Tax Aide Program, the Friends of Troy Seniors is taking tax appointments for low and moderate income taxpayers, especially those age 60 and over. Call 248.526.2608 or stop at our office between 10 am – 1 pm, Monday through Friday, to make an appointment. Taxes will be prepared each Friday through April 15 at the Troy Community Center by appointment only.

See page 13 for details about what to bring to your tax appointment.

Blackthorn Concert - see page 1
Shredding - See page 1
Tax Assistance - See page 13

Monthly Membership Meetings

FOTS meetings are held on the 3rd Thursday of the month at 1 pm in Room 301 at the Troy Community Center unless otherwise announced. Our next meeting is Thursday, March 17. Everyone is invited to attend. If you are not yet a member, please attend to find out more about us.

Senior Resource Center

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

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; 248.526.2608

E-Mail: fots@wowway.com

Website: www.friendsoftroyseniors.org

Hours: Mon-Fri 10 am - 1 pm (unless noted)

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

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.

Garage Sale and Flea Market

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

Liberty Center Parking Garage

(Just south of the Troy Community Center)

Clean out your closets and garage and turn your discards into cash!. Flea Market vendors also welcome. Your registration fee gives you two parking spaces in the garage. Concessions and porta-john on site. Over 150 vendors and 1500 shoppers are expected to attend. Choose activity number based on time you wish to unload. This event is cosponsored by the Friends of Troy Seniors.

Act. #	Unload Time	Fee	Non-Res
128994T	7:30-8 am	\$20	\$25
128994U	8-8:30 am	\$20	\$25
128994V	8:30-9 am	\$20	\$25

Free SHARP In-Home Computer Assistance

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

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

AARP Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income taxpayers, especially those 60 and older, to prepare IRS and Michigan taxes in the Troy Community Center each Friday thru April 15, 2016. Appointments must be made at the Friends of Troy Seniors (FOTS) desk or by calling the FOTS office at **248.526.2608**. Hours: 10 am - 1 pm, Monday through Friday. When you make your appointment, please let us know if you need special assistance.

Each taxpayer must bring the following (We may not be able to do your taxes if these are missing):

- A Social Security card for all persons on the tax return (including deceased spouse pensioners)
- Picture ID (driver's license, passport etc.) for taxpayer and spouse
- A copy of all prepared tax returns filed for 2014.
- All forms you have received for the 2015 tax year. Examples are: W-2, SSA-1099 Social Security Benefit, 1099-INT Bank Interest, 1099-DIV Dividends, 1099-B Sale of Securities (with original purchase price of sold assets), 1099-R Income from Retirement Plans, IRA Distributions, Pensions, etc., 1099-OID and any 1095-B or 1095-C Affordable Care Act Marketplace forms.
- All other income statements: 1099-MISC, 1099-G, W-2G, etc.
- Any letters from the IRS or State of Michigan Treasury that you received in 2015
- Your bill for 2015 property taxes or total rent receipts and heating bills for your residence
- Receipts for hospitalization insurance you paid including Medicare D (You do not need receipts for medicines or lists of medicines purchased unless you itemized previously or will itemize this year.)

Telephone assistance is NOT available. If you are homebound have someone bring your files in. In all cases, you and your spouse must be available to sign the forms.

Free Senior Admission to Troy High Musical Sunday, March 6, 3 pm at Troy High School

Act. 125998B - Registration and Voucher Required

The Troy High Theatre Ensemble is presenting their spring musical *Shrek*, and invite 50 seniors to attend the play free of charge (seating is in a designated section on the side) preceded by a reception at 1:30 pm. Vouchers are available at the Community Center (limit two per person, Troy residents only. Online registration is not available). If you do not want to sit in the designated section, you must purchase a ticket. The senior rate is \$10. Visit the theater's web site for more information about additional tickets: www.ttensemble.weebly.com.

Athens High Spaghetti Dinner and Show

Wednesday, March 9 - 6 pm at Athens High School

Act. 125999K - Registration Required

The Athens High School National Honor Society and Theatre Company invites seniors to a spaghetti dinner and musical at Athens High School. Come at 6 pm to the cafeteria for the meal and then enjoy the dress rehearsal of *Oliver* at 7 pm. Dinner seating is limited to 100, and reservations are required. Sign up at the Community Center for yourself and a maximum of one other person, Troy residents only. PLEASE cancel if you decide not to go so someone can take your place. Additional seating is available for the play, and you do not need a reservation for the play only. Athens High School is located on John R just north of Wattles.

Troy High Annual Senior Citizen Prom

Tuesday, April 26, 6-9 pm

Troy High School Auxiliary Gym (use athletic entrance)

FREE ADMISSION!!!!

Featuring the music of the Tommy James Band and free refreshments served. Formal attire is optional. Troy High School is located at 4777 Northfield Parkway off Long Lake Rd (18 Mile), 1/2 mile west of Crooks. Questions call James Savage at 248.689.7259 or Friends of Troy Seniors at 248.526.2608.

E-News Updates

If you get the *Fifty Forward* newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the home page of the City web site at www.troy.mi.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.

Assistive Listening Devices

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

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

Computer Lab - FREE- Drop-in computer lab with Internet access is available Mon., Wed. and Fri. from 9:30 am - noon based on volunteer monitor availability. **No Fri. lab 2/5-4/15.**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SHARP Home Computer Assistance - See page 13



Transportation

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



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

Grand Hotel Mackinac Island

October 10-13, 2016

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

Includes:

Round trip motor coach and baggage handling
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Elegant accommodations at Grand Hotel - rooms assigned by luck of the draw. All rooms non-smoking.
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Horse drawn carriage tour, lectures, movies, games, bingo, contests and dancing nightly and MORE!.

Drive Up On Your Own Option

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

Act. 148918M
\$729 pp double, \$1009 single, \$649 triple

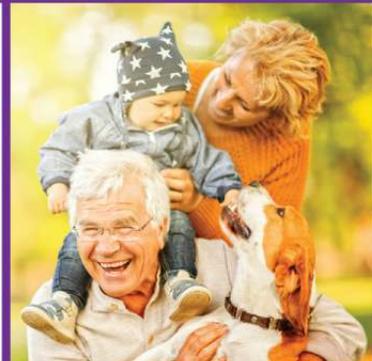


NON-RESIDENTS: Add \$10. Under age 50 may attend if rooming with someone 50+. A \$200 deposit is due upon registration. Balance due Aug. 26. No refund after Aug. 26 unless a replacement is found. Trip insurance recommended. Insurance forms are available at the Troy Community Center. Online registration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



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 • Have dementia • Have cognitive disabilities
 • Require constant supervision
 ADHS is funded through Title III of the Older Americans Act from AAA 1B through Michigan Aging and Adult Services Agency
CATHOLIC CHARITIES of Southeast MICHIGAN
www.ccsem.org
 For more information about ADHS, contact:
Mindy Rubio at (248) 537-3300 ext. 3803 or rubiom@ccsem.org

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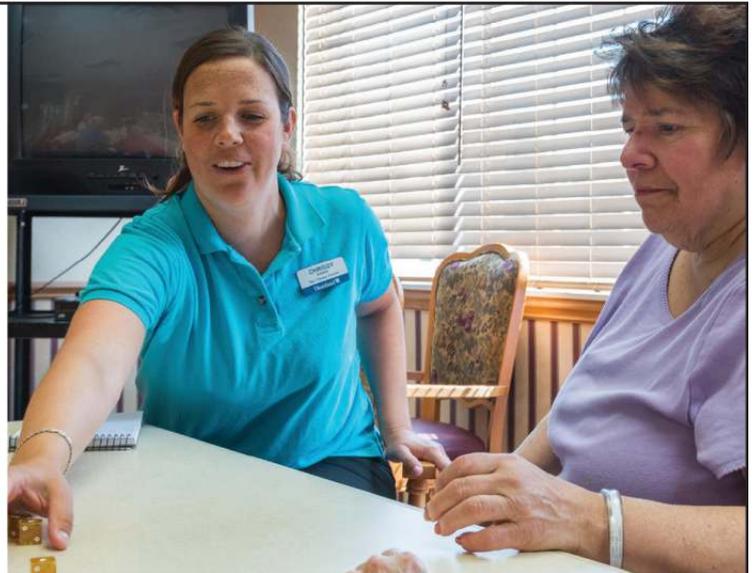
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Suggestion Box

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@troy.mi.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.troy.mi.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.troy.mi.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
What You Need to Know About Income Taxes
Wednesday, Mar 16, 9:30 - 11 am, Room 303

Should I itemize or not itemize? How does the Affordable Care Act affect my tax return? How likely am I to be audited? How do the tax law changes affect my 2015 return? Get answers to these and other questions from longtime CPA and Troy resident, Tom Hill. Mr. Hill will present key information about important tax concepts that will help you prepare your return and minimize your Federal and Michigan tax liability. There will be a special focus on tax situations affecting seniors and time for questions. Mr. Hill has more than 30 years of accounting, finance and income tax experience and has presented tax seminars at several local venues. Join the Friends of Troy Seniors and Tom Hill for an informative and easy to understand presentation.

This series brings you informative topics and is held on the third Wednesday of each month at 9:30 am in Room 303 at the Troy Community Center. Coffee and light refreshments are provided at these free events upon arrival at 9:30 am. This event is made possible through a grant from the North Woodward Community Foundation. Advance registration is required. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 am – 1 pm, Mon - Fri. Reservations will be accepted through Fri, Mar 11. Space is limited.



Gardens Sites Available

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

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

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

New Resident Gardeners - Register beginning Fri., April 1.
Non-Residents: Register beginning Fri, April 8.

FREE Hands-On Help with Your Computer, Tablet, and Smart Phone
Saturdays, 9 am - 12 pm through April 30
Troy Community Center Computer Lab

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

AARP Smart Driver Class
Thursday and Friday, April 21 and 22 - 12:30-4:30 pm
Troy Community Center Room 303 (Room 302 on 4/22)
AARP Members: Act. 115931K: \$18
Non-AARP Members: Act. 115931L: \$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) for details on what is covered in the course.

A Matter of Balance
Wed and Fri, April 6-29 (4 weeks/8 sessions), 1-3 pm
Troy Community Center Room 302
Fee: \$15 payable to the Area Agency on Aging

This program will reduce the fear of falling and demonstrate exercises that improve flexibility, range of motion and strength. Enjoy group discussion, problem solving, skill building, and assertiveness training. Receive a \$15 gift card when you complete the program! For more information or to register, call the Area Agency on Aging 1-B at 800-852-7795 or visit AAA1B.com.

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