



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

March 2015

2015 Spring Senior Expo

Tuesday, March 17, 10 a.m. - 2 p.m. at the Troy Community Center - FREE admission

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

Vendors: Register for Act. #128996C. Access registration form at www.troymi.gov/2015SeniorExpoRegistration. Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 to volunteer.

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 federal and Michigan taxes at the Troy Community Center each Friday, starting February 6 thru April 10, 2015. Appointments must be made at the Friends of Troy Seniors desk or by calling the office at 248.526.2608, starting January 5, 2015. Office hours are 10 a.m. - 1 p.m., Monday through Friday, unless otherwise posted.

See page 13 for a list of things to bring to your appointment.

Shall We Dance Drop-In Ballroom Dances

Second Thursday of every month!!! March 12, (April 9 - see below) May 14, June 11, July 9, Aug 13, Sept 10.....

7-9:30 p.m.; Troy Community Center Room 304/305

Fee: \$6; \$7 NR; High School Students: \$3; Pay at door
Brought to you through the efforts of James Savage, the Friends of Troy Seniors, American House Troy, Emerald Foods and the Troy Recreation Department. Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. Music provided by Jim Laurie.

April 9 Dinner Dance Special Event

Commemorating City of Troy 60th Birthday!!!

Troy Community Center Room 304/305
Doors open at 5:30 p.m. Dinner is from 6-7 p.m. followed by dancing from 7-10 p.m. The Tommy James Band will supply the music for dancing and Jim Laurie will provide dinner music. There will be a door prize raffle as well! **Deadline to register is March 27** and will be limited to 112 guests. **Register for Activity#128970A. Fee: \$20; \$24 NR.**

Birthday Party Bingo and Free Breakfast

Saturday, March 7, 10 -11:30 a.m. (Doors open at 9:30 a.m.)
Troy Community Center Room 402
Co-sponsored by 920 on the Park, Emerald Food Service and the Friends of Troy Seniors, enjoy 9 games of bingo (Admission card \$1, extra cards \$.25) plus a \$100 jackpot (total for 1st and 2nd bingo) for the 10th game courtesy of 920 on the Park. There will also be a free continental breakfast. Registration is required as space is limited. Register for **Act. 115902A**.

For more birthday party activities on March 7, see page 15.



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

New Resident Gardeners - Register beginning Wed., April 1.

Non-Residents: Register beginning Fri, April 3.

Colette Tours 2015 Trip Meeting

Wednesday, March 18, 9:30 a.m.

Troy Community Center Room 302
Representatives from Colette Tours will be at the Community Center to answer all of your questions about upcoming trips to **Switzerland, Austria and Bavaria** in May, **Italian Lakes, Greek Islands and Venice** in September, and **Ireland** offered on a choice of dates. They can also discuss other destinations of your choosing at this meeting. See page 3 for more information on these trips.

Inside . . .

Computer Learning Center	9
Classes.....	6
Fitness	4
Friends of Troy Seniors.....	12
Group News	11
Ongoing Activities	10
Services	14
Sports	5
Trips	3

**Troy Recreation
Department**

**3179 Livernois
Troy, MI 48083
248.524.3484**

50+ Program Staff

Carla Vaughan
Senior Program Director
vaughancs@troymi.gov

Elaine Torvinen

Recreation Supervisor
E.Torvinen@troymi.gov

Recreation Dept. Hours

Mon-Fri, 8 a.m. - 8 p.m.
Sat, 8:30 a.m.-12:30 p.m.

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

**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

Fall Prevention Series

Wednesdays, March 11 - April 15,
Troy Community Center Room 301
Act. 125930Q - 1-2 p.m.
Act. 125930R - 2:15-3:15 p.m.
Fee: \$12 (NR \$17)

Concerned about falling? Now older adults and caregivers can learn and practice various balance and strengthening strategies in this empowering class proven to reduce the risk of falling. The techniques taught are fun and easily integrated into daily living. This six-week series is taught by Fall Prevention Master Trainer Sharon Claye and is based on Dr. Betty Perkins-Carpenter's Six-Step Balance system. Sharon is an A.C.E. Certified Personal Trainer and holds a certification in Post Rehab Conditioning. The fee is available at this reduced rate through a grant from the Friends of Troy Seniors. Pre-registration required. Class size is limited to 20 students. \$15 materials fee payable directly to instructor first day of class.

Free Introductory Session

Wed., March 4, 1-2:30 p.m.

Troy Community Center Room 301

Reservations not required.

How to Download E-Books

Wednesday, March 4, 1 p.m.; Troy Community Center Computer Lab

A librarian from Troy Public Library will demonstrate how to download e-books from the library. Do not bring devices to this workshop. Reservations are not required for this free program.

Brain Neurobics

2nd Thursday, March 12, April 9 and May 14, 12:30-1:30 p.m.

Troy Community Center Room 301; Act. #115901A, Cost: FREE

Give your brain a work-out with Brain Neurobics! Join us and learn simple mental exercises, fun crafts, puzzles, and word games you can do to strengthen connections between both halves of your brain. Improve coordination and creativity and stimulate memory. This program is brought to you by Waltonwood at University Assisted Living. The presenters were trained in Dr. Lawrence Katz's program at Wayne State University. If interest is sufficient, the program will be extended additional months. Pre-registration is required. Space is limited.

Mouth Organ Grinders Performance

Monday, March 16, 10:30 a.m.; Troy Community Center Lobby

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

Chronic Pain? Need Instant Relief? No Side Effects!

Thursday, March 12, 10:30-11:30 a.m.

Troy Community Center Room 302 - Lunch provided

Get out of pain! Join us to learn about compounded pain creams and what they can do for you. Valerie Clark, regional manager from Custom Meds Compounding Pharmacy will present information about this alternative to traditional medicine. The transdermal creams are non-invasive, non-addictive, they do not toxify your organs or interact with other medications. They are made from scratch and customized for each individual's needs. Lunch will be provided and gifts will be raffled off. Please email or call to register. valerie@custommeds.com or call Valerie at 248.210.4796. This program is offered for educational purposes only and is not to be considered an endorsement by the City of Troy.

AARP Smart Driver Class

Thursday and Friday, April 16 and 17 - 12:30-4:30 p.m.; Troy Community Center Room 303

AARP Members: Act. 115931F: \$18; Non-AARP Members: Act. 115931G: \$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. Visit AARP's web site (AARP.org) for details on what is covered in the course. Fee includes \$3 Recreation Department fee.

- **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.

Hopcat Beer Tasting and Lunch

Thu, Mar. 26, 12:15-3:30 p.m.; Act. 148926Z \$39; NR: \$44

Sample six different craft beers and experience Hopcat's famous Crack Fries with your sandwich - choice of Classic Burger, Angry Bird Chicken Sandwich or Turkey Club Wrap - when we visit one of Detroit's newest craft breweries and restaurants. May also choose Spinach Salad or Killer Mac' n Cheese which do not come with fries. Transportation is by school bus.

Solanus Casey Holy Wednesday Pilgrimage

Wed, Apr. 1, 8:45 a.m. - 3:30 p.m.; Act. 148926K \$59; NR: \$64

This Center in Detroit was built in memory of the Catholic priest that started the Capuchin Soup Kitchen. Tour the Center, museum, gardens and gift shop and attend a healing blessing. Lunch is included at the Center. Transportation is by motorcoach for this Bianco tour.

Cirque Ziva at the Fox Theater

Sun, Apr. 26, 11:15 a.m. - 6:45 p.m.; Act. 148926X \$94; NR: \$99

Enjoy brunch at Sindbad's Restaurant on the Detroit River before the 3 p.m. performance of the acclaimed Cirque Ziva international touring troop. Transportation is by motorcoach for this Bianco tour. A \$55 cancellation fee may be levied within 4 weeks of departure. No refunds within 24 hours of departure.

Grand Hotel Mackinac Island - Oct. 6-9, 2015

Act. #148918J - \$804 pp double \$1028 single \$738 triple

Includes:

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

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. #148918K - \$704 pp double \$928 single \$638 triple

A \$200 deposit is due upon registration. Balance due Aug. 11. No refund after Aug. 11 unless a replacement is found. **NON-RESIDENTS:** Add \$10. Under age 50 may attend if rooming with someone 50+. Online registration is not available.

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.**

Elegant Ireland – April 7, 2015

\$2749 per person double

Airfare additional. 10 days, 15 meals, and extensive sightseeing. Highlights include the Ring of Kerry, Ireland's "prettiest village" of Adare, lunch at an Irish farmhouse, two nights at Ashford Castle and much more. Details in brochures available at the Community Center. Call Group Tours International for reservations. **248.625.3645.**

Switzerland, Austria & Bavaria – May 13-22, 2015

\$3699 per person double, \$3999 single, \$3669 triple

Book by Nov. 14 and deduct \$250 from the above rates. Airfare, 10 days, 12 meals. Highlights detailed in brochure. Call Group Tours International for reservations. **248.625.3645.**

Montreal & Quebec City – May 17-23, 2015

\$1699 per person double, \$2439 single, \$1599 triple

Six nights lodging, eight meals, and extensive sightseeing as outlined in brochure. Call Shoreline Tours for reservations. **800.265.0818.**

Titanic the Musical in Toronto – June 16-17, 2015

\$399 per person double, \$499 single, \$369 triple

Roundtrip motorcoach, one night at the Holiday Inn Express downtown, 2 meals, top price main floor seats for Titanic and additional sightseeing. Call Shoreline Tours for reservations. **800.265.0818.**

Oregon Coast and Pacific Northwest

Aug. 8-17, 2015

\$3299 per person double, \$4449 single, \$3179 triple

Roundtrip air, motorcoach touring, nine nights lodging, 13 meals, and extensive sightseeing including Seattle, Timberline Lodge, Redwood National Park, "Avenue of the Giants," and San Francisco. Call Shoreline Tours for reservations. **800.265.0818.**

Italian Lakes, Greek Islands & Venice

Sept. 2-14, 2015; \$4746 per person double, \$6046 single*

Includes a 7-night Eastern Mediterranean cruise. 13 days, 26 meals, and visits to Lago Maggiore, Como, Stresa, Greek Islands, Corfu, Santorini, Mykonos, Olympia, Venice, and Murano Island. Call Group Tours International for reservations. **248.625.3645.**

***Inside cabin rate. Additional fee for outside or balcony cabin. See brochure. Book by March 3 and take \$200 off this rate.**

Vermont-New Hampshire and Finger Lakes

Oct. 10-17, 2015

\$1799 per person double, \$2379 single, \$1659 triple

Roundtrip motorcoach, seven nights lodging, 14 meals, and extensive sightseeing as detailed in brochure. Call Shoreline Tours for reservations. **800.265.0818.**

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

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
128981C	Tue	6-7 pm	Mar 24-May 26	\$61	\$71
128981D	Thu	6-7 pm	Mar 26-May 28	\$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:** 12

Act #	Day	Time	Dates	Fee	NR
128975A	Tue	10-10:50 am	Mar 24-Jun 9	\$55	\$65
128975B	Thu	10-10:50 am	Mar 26-Jun 11	\$55	\$65

Tai Chi with Keith Mon and Kim Wed

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Advanced. **Weeks:** 10 * No class 5/25.

Act #	Day	Level	Time	Dates	Fee	NR
128976A	Mon	Int	3-4 pm	Mar 23-Jun 1*	\$47	\$57
128976B	Wed	Adv	1:45 pm	Mar 25-May 27	\$47	\$57
128976C	Wed	Beg	2:45 pm	Mar 25-May 27	\$47	\$57

Yoga with Marie

Release tension by exercising all muscle groups and emphasizing breathing - ideal for all ages and body types. Wear exercise attire and bring mat or towel to lie on. **Weeks:** 10. No class 5/25.

Act. #	Day	Time	Date	Fee	NR
128977A	Mon	11-12:10 pm	Mar 23-Jun 1	\$47	\$57
128977B	Wed	11-12:10 pm	Mar 25-May 27	\$47	\$57

Aquatic Exercise with Ivy

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. Resident online registration began Monday, Feb. 23 at 8 am. Resident walk in registration began Tuesday, Feb. 24. Non-residents online or walk in registration begins Friday Feb. 27. Returning students changing time slots must register as new. **Weeks:** 11

Act #	Day	Time	Dates	Fee	NR
128978C	T & Th	9-9:50 am	Mar 24-Jun 4	\$105	\$115
128978D	T & Th	10-10:50 am	Mar 24-Jun 4	\$105	\$115



Ivy's Pilates

Have a ball with Ivy's Pilates! In the words of Joseph Pilates, "You are only as strong as your core and as young as your spine is flexible." Join us in the chair or on the ball to strengthen your center, lengthen your limbs, lubricate your joints and improve your balance. You are guaranteed to conclude each class with an enhanced sense of life! Light weights and small balls will be used for muscle strength and endurance. **Weeks:** 12

Act #	Day	Time	Dates	Fee	NR
128979B	Tue	11-11:50 am	Mar 24-Jun 9	\$55	\$65

*** 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 No class 5/25.

Act #	Day	Time	Dates	Fee	NR
128982A	Mon	10-10:50 am	Mar 23-Jun 8	\$55	\$65
128982B	Wed	10-10:50 am	Mar 25-Jun 10	\$55	\$65

*** Balance and Stretch with Ilene Hill**

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 12 No class 5/25.

Act #	Day	Time	Dates	Fee	NR
128983A	Mon	9-9:50 am	Mar 23-Jun 8	\$55	\$65
128983B	Wed	9-9:50 am	Mar 25-Jun 10	\$55	\$65

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out stress and reenergize, while building strength and endurance. No need to visit the floor! **Weeks:** 10 **Drop in fee:** \$7.50 per class (\$8.50 NR)

Act #	Day	Time	Dates	Fee	NR
128984B	Tue	11-11:45 am	Mar 24 - May 26	\$60	\$70

Zumba Gold Toning

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

Combine the enticing 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 adult as well as 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, Mon & 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!!!

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

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

Purchase a \$31, 10- punch card at front desk (NR \$41) that can be used for either of these classes.

Indoor Drop-In Pickleball

Mon. Daytime	11:30 a.m.-3 p.m.	Senior Special
Wed. Evening	6-8:30 p.m.	All Ages
Fri. Daytime	10:30 a.m.-3 p.m.	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. \$3 Senior Special rate extended to 3 p.m. for Pickleball and Fitness Center access. Equipment provided.

**!!FREE!! 50+ INSTRUCTIONAL
PICKLEBALL SKILLS CLASS**

Monday, March 30, 11:30 a.m.-1 p.m.

Lead Instructor: Chuck Dominick Act#128998A

Looking to take your Pickleball game to the next level? Intermediate players (3.0 and above) will learn the dink, "third shot soft", lob, overhead and soft deep return of serve. The strategy behind these skills will be explained. There will be time to play with the instructors to work on these new skills. These skills will enable you to compete in tournaments and play with advanced players. **Maximum 16 participants. No Drop-in play during this time.** Registration begins online for residents on Mon, Feb 23, resident walk in registration Tues, Feb 24, and non-resident registration begins Fri, Feb 27.

Pickleball Doubles Ladder Play

Registration for remaining 10 spots is ongoing.

Tuesday Ladder for ages 50+ only

Tuesdays, 1-2:30 pm, 8 week session 32 players

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. If you have questions contact Elaine T. at 248.524.3484. No play 4/7.

2015 Troy 50+ Golf Leagues

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

Wait list only! These nine-hole leagues play at Sylvan Glen on Monday and Wednesday. Play begins around May 1 for approximately 20 weeks, teeing off between 7:30-8 a.m. Greens fees are paid directly to the league officers in the spring. To sub only, or if you want to sub in the event that you are not called for a permanent spot, place your name on the sub list.

Act. 148986N: Mon. League; **Act. 148986O:** Mon. sub list

Act. 148987N: Wed. League; **Act. 148987O:** Wed. sub list

For more information, please call:

Mon.:	John Ranieri	248.641.8720	
	Bill Bimbi	248.318.0365	bill.bimbi@yahoo.com
Wed.:	Tony D'Amico	248.250.6116	tonygolf362@gmail.com
	Judy Pearl	248.641.9346	pearlja8@gmail.com

50+ Softball

Women - Tuesday evenings

Men - Thursday evenings

Troy teams compete in Oakland County area softball leagues with half of the games in Troy and half in various other Oakland County cities. If you are an individual 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. Please call by March 15.

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

50+ Volleyball

Monday and Thursday, 9:30 - 11 a.m.

Join other seniors for drop-in volleyball at the Community Center on Mondays and Thursdays from 9:30-11 a.m. Sept. - March. 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. Games are held on Tuesday mornings from October through March.

Sports Leagues

Bowling - Mondays and Thursdays, 12-2:30 pm. at Thunderbird Lanes, Sept. - April. Points for beating own average. \$5 per week. Call 248.362.1660.

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

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

Tennis - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulan Park May-Sept. Contact Judy Luther at 248.879.9550 for more information. **New volunteer coordinator needed. Call Elaine T at 248.524.3484 if interested.**

Pickleball - Ladder play fall and winter on Friday & Sundays evenings and Tuesday afternoons. See July/Aug & Nov/Dec newsletters.

Volleyball - 55+-Tuesday mornings Oct. - March. Contact Dave Mattis at 248.649.1898 about participating in this league.

Drop-In Sports

Badminton - Fridays, 8-10:15 am, \$3. Mondays, 2-3:30 pm. Free for Fitness Center pass holders. All others drop in fees apply. Equipment provided.

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

Pickleball - Offered at various times throughout the week - see the Community Center calendar for details. Senior special \$3 on Mondays 11:30 am-3 pm & Friday from 10:30 am - 3 pm.

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

Volleyball - Mondays and Thursdays, 9:30-11 am, Sept. - March. Free for Fitness Center pass holders. All others drop in fees apply.

All classes meet at the Troy Community Center



Anyone Can Paint

New Lower Price!!!! 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 completed painting will be accomplished 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
145932J	Thu, Mar 12	6-8 pm	Deep Forest Falls
145932K	Thu, Apr 9	6-8 pm	Misty Morning

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. **Day:** Wed

Act #	Wks	Time	Dates	Fee	NR
128971A	3	9:30 am-12 pm	Mar 18-Apr 1	\$46	\$56
128971B	9	9:30 am-12 pm	Apr 8-June 3	\$123	\$133

Oil & Acrylic Painting

For beginner through advanced painters. Instructor demonstrations and individual instruction. Supply list available on your receipt. Instructor: Marat Paransky **Weeks:** 8 **No class Apr 7**

Act #	Day	Time	Dates	Fee	NR
128972B	Tue	12-3 pm	Mar 24-May 19	\$67	\$77

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

Act#	Day	Dates	Time	Theme
114305H	Wed	3/18-4/1	7-9 pm	Mystery Project

Clay Projects for Seniors (Age 50+)

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

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

Act#	Day	Dates	Time	Theme
124305G	Tue	4/21-4/28	10:30 am-12 pm	Flower Vase



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: \$15 for beginners and \$15 for intermediate.

Instructor: Lucia

Fee: \$37; NR \$47 **Weeks:** 8

Act. #	Day	Level	Time	Dates
128973D	Mon	Beg	9-9:50 am	Mar 30-May 18
128973E	Mon	Adv	10-10:50 am	Mar 30-May 18

Knitting Classes

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

Beginning Knitting II: Improve your basic techniques and learn how to do ribbing and seed stitch, how to read a label on a skein of yarn and how to read a pattern. Basic knitting knowledge required for this class.

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 for this class.

Location: Troy Comm. Center **Wks:** 4 **Fee:** \$45; NR \$55

Act.	Class	Day	Time	Dates
115934Q	Intermediate	Tue	1-3 pm	Mar 10-31
115934R	Beginning II	Wed	1-3 pm	Mar 11-Apr 1
115934S	Beginning	Wed	6:30-8:30 pm	Mar 11-Apr 1
115934T	Intermediate	Tue	1-3 pm	Apr 7-28
115934U	Beginning II	Wed	1-3 pm	Apr 8-29
115934V	Beginning II	Wed	6:30-8:30 pm	Apr 8-29
115934W	Sock Class	Tue	1-3 pm	May 5-Jun 9*
115934X	Beginning II	Wed	1-3 pm	May 6-Jun 3
115934Y	Beginning II	Wed	6:30-8:30 pm	May 6-Jun 3

*No class June 2

Computer Classes - See page 9

Tap Lessons

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

Instructor: Terry Slater **Weeks:** 10 **Fee:** \$47 NR \$57

Act. #	Level	Day	Time	Dates
128974A	Beg	Tue	1:30-2:30 pm	Mar 24-May 26
128974B	Int	Tue	2:30-3:30 pm	Mar 24-May 26

How To Stay Fit and Enjoy Life

Thursdays, Apr 16-May 14 (5 weeks), 1-2:30 p.m.

Troy Community Center Room 503

Act. 115927L 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.



English Skills Workshop

Tue, March 24-May 19 (9 weeks); 1-3 p.m. Act. 145938G

Sat, March 28-May 30 (8 weeks); 10 a.m. - Noon Act. 145938H

No class April 4 and May 23

Troy Community Center room 502 Fee: FREE

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.

Beginning/Intermediate Swing & Ballroom Dance - Friday Evenings

Wks: 6 Fee: \$59; NR \$69

Swing: No dance experience 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. No partner required.

Ballroom: No dance experience 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. No partner required.

Instructors: Jim & Donna Berg Sign up for both classes in a session and pay \$10 less for each class!!!

Act #	Style	Time	Dates
128980E	Swing	7-7:50 pm	Mar 6-May 1
128980F	Ballroom	8-8:50 pm	Mar 6-May 1
128980G	Both classes	Res. \$98 NR \$118	

* No class 3/20, 4/3 & 4/17

Square Dance Lessons

Mondays, 7-9:30 p.m.

\$5 per person; NR \$6 payable at the door

Join us for beginning square dance lessons from 7-8 p.m. Partners recommended but not required. Experienced dancers will assist. From 8-9:30 will be Plus level dancing. For more information, call Carrie at 248.632.4288.

Friday Night Square Dances

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

Fee: \$5

Dances are held in the studios upstairs at the Troy Community Center. Call Veronica at 248.689.8843 for details.

Advanced Square Dance Lessons

Thursdays, 7-9 p.m. \$5 per person (NR \$6) payable at the door

Minimum of three years Mainstream/Plus level dancing required. Classes led by Caller/Instructor Ray Wiles. 'NEW' Experienced Advanced level dancers are welcome and invited to attend any of our classes. Classes will progress through the A1 and into the A2 dance programs. Dress is casual attire and requires soft soled non-marking shoes.

Drop In Ballroom Dance

Mondays & Wednesdays, 1-2 p.m.

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

Always wanted to ballroom dance? Join our classes 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
March	Argentine Tango	American Tango
April	Foxtrot	Cha-Cha

March

Monday	Tuesday	Wednesday	Thursday	Friday
11:45 Lemon Pepper Chicken 4:00 Single Singles 2	11:45 Debbie's Egg Casserole 3	10:00 Book Club 11:45 Spaghetti 1:00 E-Reader Program 1:00 Falls Prevention Introduction 4	11:45 Pulled Pork Sandwich 12:30 Birthday Party 5	11:45 Mac and Cheese 1:00 Bingo 6 <hr/> Sat. 7 10:00 Birthday Bingo
11:45 Beef Hot Dog 9	11:45 Meatloaf and Gravy 1:00 Red Hat 6:00 Pain Support Group Meeting 10	11:45 Chili with Rice 1:00 Falls Prevention Begins 11	9:30 Yakety Yak 10-11 Ask A Nurse 10-11:30 Caregiver Support 10:30 Pain Seminar 11:45 Ginger Chicken 12:30 Brain Neurobics 7:00 Ballroom Dance 12	10-12 Hearing Screening 11:45 Cheeseburger 1:00 Bingo 13
10:30 Harmonica Concert 11:45 Stuffed Cabbage 16	10-2 Expo 11:45 Shepherd's Pie 17	9:30 Trip Meeting 10-12 Disk Erasure 11:45 Potato Crunch Fish 18	11:45 Oven Fried Chicken 19	10-12 Blood Pressure 11:45 Roast Pork 1:00 Bingo 7:30 Square Dance 20
11:45 Chicken Sandwich 23	11:45 Sausage & Sauerkraut 12:30-2 Focus Hope 24	9:30-12 Computer Consultations 11:45 Chicken Burrito 25	11:45 Veg. Lasagna 12:15 Hopcat Trip 26	11:45 Pot Roast 1:00 Bingo 27
11:30 Pickleball Workshop 11:45 Karen's Chicken Ala King 30	11:45 Cheeseburger 1-4 Computer Open House 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 a.m. - 12:30 p.m. \$.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.troycllc.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
Each session is 2 hours/meets 4 times/2
wks.**

Computers for Beginners 1

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

Act #	Day	Time	Dates
145951G	T & Th	6:30-8:30 pm	3/17-26
145951H	T & Th	9:30-11:30 am	4/28-5/7

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
145973G	M & W	6:30-8:30 pm	4/13-4/22

Computer Security/Internet Scams

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

Act #	Day	Time	Dates
145967C	T & Th	6:30-8:30 pm	4/28-5/7

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
145972H	M & W	6:30-8:30 pm	3/2-3/11
145972I	M&W	1-3 pm	3/23-4/1

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
145954C	T & Th	1-3 pm	4/14-4/23

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.

Act #	Day	Time	Dates
145961B	T & TH	9:30-11:30 am	3/3-3/12

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

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.

Act #	Day	Time	Dates
145960I	T	1-3 pm	3/10
145960J	M	6:30 pm	4/6

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. **4/27-5/13 Fee: \$50 NR \$60**

Act #	Day	Time
145968C	M & W	6:30-8:30 pm

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: 4 Fee: \$60; NR \$70**

Act #	Day	Time	Dates
145970C	M & W	1-3 pm	4/6-4/29

Private Consultations

Meet with a Learning Center instructor on the fourth Wednesday when 45 minute appointments are 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. These appointments are to help you with your personal computer, not for business purposes. Please call to cancel if you cannot keep your appointment. No refunds.

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 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 monitor availability. **There is no charge.**

**Spring Mini Computer
Open House**
March 31 and April 2
See back page for details!!!

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, certified Medicare/Medicaid counselor, offers 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 Wednesday before desired appointment date. For help with Part D enrollment, bring your prescriptions.

Pacific Rim Outreach

Wednesdays, 12:30-3:30 pm. Information and social activities. Call Mary Valente at 248.312.0179 for details.**

Red Hat

2nd Tuesday, 1 pm. Call 248.524.1108 for details

T.O.P.S.

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

HEALTH SCREENINGS

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.

Hearing Screenings

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

CARDS AND GAMES

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

Bridge - Duplicate -Tuesdays 12:30-3:30 pm (248.546.4335)**; Party -Thursdays 12:30-3 pm (248.588-7409)**; ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$6 (586.775.7363).

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

Euchre - Tuesdays, 12:30-3 pm. 248-740-3292.**

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 more details.

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

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. \$60 (\$70 NR)

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

SPORTS AND FITNESS

See pages 4 and 5.

Massage Therapy

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

OTHER ACTIVITIES

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

Book Club - 1st Wednesday, 10 am. No reservation required. Call Corrine at 248.528.1508 for more information.

Computer Lab - Free!!! Drop-in computer lab with Internet access is available Mon. Wed. and Fri. from 9:30 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.

****Participation Fee****

Annual fee for Sept. 1 - Aug. 31 2015 Prorated monthly. (Act. #145204)

Want to try it out? **First visit is free!**

*\$12 annual fee; NR: \$17.

**\$36 annual fee; NR: \$46.

\$60 annual fee to participate in as many groups as you want; NR: \$70

OR

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

Group News

Troy Restaurant Group

Wednesday, April 1 - 6 p.m. at Dave's BBQ

Meet at the restaurant, order from the menu, and enjoy a delicious meal with friends old and new. The next event is Wednesday, April 1 at Dave's BBQ (Auburn and Rochester Roads). Please RSVP to Marlene at 248.879.9214 or Marlene850@live.com. You do not need to be a Troy resident to attend.

Caregiver's Support Group

2nd Thursday of each month - 10-11:30 a.m.

This group is cosponsored 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.

Book Club - 1st Wednesday of each month - 10 a.m.

Contact Corrine at 248.528.1508 for more information about the books to be discussed. The book for March is *Years of Wonder* by Geraldine Brooks. The book for April is *The Art Forger* by B. Shapiro.

Red Hat Society - 2nd Tuesday of each month

Call Sylvia at 248.524.1108 for more information. Annual participation fee: \$12. Non-Res \$17. Register for Act. #145204A or \$1.50 at the door (NR \$2). In addition, the Red Hats collect annual dues of \$35 per person.

Annual Group Participation Fee

There is an annual participation fee for groups meeting at the Community Center. This fee covers the time period of September 1, 2014 - August 31, 2015, prorated monthly for those who join later in the year. Your first meeting is free.

\$12 annual fee (\$17 NR) - Act. #145204 - Meets Monthly

A Red Hat Society B Society of Single Seniors

\$18 annual fee (\$23 NR) - Act. #145204 - Meets Bi-Monthly

C Heritage Band

\$36 annual fee (\$46 NR) - Act. #145204 - Meets Weekly

D Bridge-Tues. Duplicate	J Pacific Rim
E Bridge-Thur. Party	K Painting Club
F Euchre	L Quilting Group*
G Harmonica Club	M TOPS
H Line Dance	N Woodcarving
I Needlework Club	

*This group pays multiple group fee due to extended hours.

S. **Multiple Groups** - pay an annual fee of \$60 (\$70 NR) to participate in as many of the above groups as you wish.

Drop in option: \$1.50 per meeting (\$2 non-residents) payable to the group leader at the door. (Double for quilting group due to extended hours.)

No Fee - Meets in Reading Room - Registration Still Required

O. Book Club	Q. Cribbage
P. Pinochle - Beg.	R. Pinochle - Monday



Pain Support Group Interest Assessment Meeting

Tuesday, March 10, 6 p.m., Troy Community Center Rm 402A

Chronic Pain? Need a Remedy? This Chronic Pain Support Group will focus on people dealing with chronic pain, providing ways to cope. We will begin each session with a short relaxation exercise, followed by introductions and time for members to express their issues. Medical experts, along with other professionals will be invited to offer insight on relief. **The March meeting will highlight Romina Profeta, a Senior Physical Therapist from the DMC. Mrs. Profeta will address common pain ailments and demonstrate techniques to get relief.** We will meet one-two times a month. Food provided. Free to all! Please email valerie@custommeds.com or call Valerie at 248.210.4796 to register. Future dates TBA.

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 \$6. Call Shirley Flett at 586.775.7363 for details.

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., March 2 and Tue., April 7 at 4 p.m. 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.

If you have an idea for a new club or group, please call Carla at 248.524.3492 to discuss the possibilities.

Troy Library Spice of Life Discussion Group

The Spice of Life Discussion Group meets every Wednesday from 10-11:30 a.m. 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. There is no cost; this is offered by the Troy Library for anyone who would like to attend. History, nature, science, music or poetry -- all are a possibility every Wednesday. All seniors are invited to attend.

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 and to confirm meeting date and location. Upcoming meetings are as follows:

Monday, March 9 - Clarkston Senior Activity Center
Thursday, April 26 - Hazel Park Memorial Library
Tuesday, May 5 - Dublin Community Senior Center



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Jim Werpetski Named as New Executive Director for the Friends of Troy Seniors

We are pleased to announce that Jim Werpetski, a long time resident of Troy and a Friends of Troy Seniors member and volunteer, has been named as our new Executive Director. Jim is well known and respected in our city and has participated in the Troy Futures – Vision 2020 visioning process and also served on the Civic Infrastructure Task Force. Jim has supported Troy elections for many years as an Election Inspector and as Election Precinct Chairman. He is a member of the Troy Community Coalition, the Troy Historical Society, the Troy Nature Society and the Friends of the Troy Public Library. Jim shares a common vision with our organization as well and he will serve as an advocate, consultant and spokesperson for the Friends of Troy Seniors and looks forward to reaching out to the community to further maintain, enhance and create programs that are valuable to seniors.

The City of Troy’s 60th Anniversary

The Friends of Troy Seniors is endeavoring to create a Memory Book in celebration of the City of Troy’s 60th Anniversary. To accomplish this we need your help. We wish to collect your photos, articles, keepsakes and mementos that represent your personal experiences or perhaps those of family members that occurred in Troy. They don’t even have to be from the last sixty years. Older photos, etc. are just as important in putting a keepsake book together. Since we would not be able to return these items, a copy would be acceptable. Please drop off any items you would like placed in the Memory Book at the Friends of Troy Seniors office in the Troy Community Center Mon-Fri, between 10 a.m. - 1 p.m. Don't delay, and in doing so, make them a part of the history of the City of Troy.

We also need volunteer assistance in putting together the actual “BOOK”. So, “scrap bookers”, we need you as well. Our goal is to have a Memory Book ready for presentation to the City of Troy for the city’s celebration on June 20, 2015. Consideration is being given to making the final copy available for purchase.

Volunteer Opportunities Available

To inquire about these opportunities, please call 248.526.2608 or stop in at our office to chat with us. We are open M – F, 10 AM – 1 PM, unless otherwise posted.

AARP Tax Aide Program

The Friends of Troy Seniors office will set up your appointment to have your 2014 taxes prepared by an AARP volunteer. Call 248.526.2608 or stop by our office 10 am – 1 pm, Monday through Friday, to set up your appointment. See page 13 for a list of what to bring to your appointment.

Monthly Membership Meetings

The meetings are held on the 3rd Thursday of each month at 1 p.m. at the Troy Community Center. Our next meetings is March 19. Everyone is welcome to attend.

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.

Visit the FOTS table at the Senior Expo on March 17 at the Community Center and register for a gift drawing.

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 a.m. - 1 p.m.

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 areas.

Community Wide

Garage Sale and Flea Market

Saturday, May 30, 9:30 a.m. - 3 p.m.

Liberty Center Parking Garage

(Just south of the Troy Community Center)

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

Flea Market vendors also welcome. Your registration fee gives you two parking spaces in the garage. Concessions and porta-john on site. Over 150 vendors and 1500 shoppers are expected

to attend. Register for activity number based on time you wish to unload. This event is cosponsored by the Friends of Troy Seniors. Vendor fee: \$20; NR: \$25

Act. #	Unload Time
128994Q	7:30-8 a.m.
128994R	8-8:30 a.m.
128994S	8:30-9 a.m.

Shoppers:

Mark your calendar!

Admission is \$2. Under 12 free.

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, starting February 6 thru April 10, 2015. Appointments must be made at the Friends Of Troy Seniors (FOTS) desk or by calling the FOTS office at 248.526.2608, starting January 6, 2015 between the hours of 10 a.m. and 1 p.m., Monday through Friday, unless otherwise posted. 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)
- A picture ID (driver's license, passport etc.) for the taxpayer and spouse
- A copy of all prepared tax returns filed for 2013.
- All forms you have received for the 2014 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 Interest on Securities and the new 1095-A Affordable Care Act Marketplace Form.
- 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 2014
- Your bill for 2014 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.)
- If in doubt about any of these items, stop by the FOTS desk and ask.

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

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.

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 any supplies needed. Tipping is not allowed. If you need computer assistance, call SHARP at 248.528.2929 and leave a message. 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.

Do You Need To Talk?

Counseling Service Offered at the Troy Community Center

A licensed social worker from Oakland Family Services will schedule meeting times at the Troy Community Center to provide emotional counseling for those struggling with feelings of depression, anxiety or other problems. Services are covered by Medicare and most supplemental insurances. To schedule an appointment, call OFS directly at 248.624.3812, Ext. 206.

Aquatic Exercise with a Personal Trainer

Use water to improve fitness and range of motion and to relieve pain and stiffness. When immersed chest deep, your body bears just 25-35% of its weight. You do not need to know how to swim for these private sessions which are held at the therapy pool at the Troy Community Center. The pool is 4 ft. deep, and the exercises are done in a vertical position (with the bonus of keeping your hair dry!). The water is 88-92 degrees and there is a lift and/or a ramp that can be used to enter the pool. A water wheelchair is also available. You must purchase a minimum of one 60 minute session at a cost of \$60 which can be broken down into two or three shorter sessions. To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4. She will help you find a safe exercise routine that will set you on your way to greater mobility.

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

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 a.m. - 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 8-4:30.

Focus Hope Food is distributed on the 4th Tuesday (December date may vary) from 12:30-2 p.m. 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 313.577.4146 to get your own.

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

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

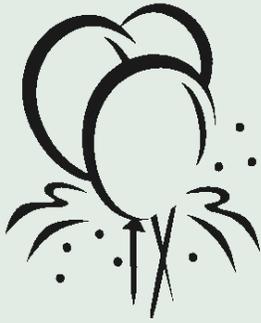
Community Center Passes
 The senior rate (60+) is \$19 per month (NR: \$31). Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. A matinee pass at \$16.75 per month for residents, \$19.50 for non-resident employees and \$24 for non-residents allows you to use the club Monday - Friday from 8 a.m. - 3 p.m. 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: \$3 for use of the pool, fitness room and gym from 5:30 a.m. - 3 p.m.

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, 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 p.m. 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 a.m. - 2 p.m.
248.526.5145
Anniversary Sale
10% off March 7
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.



Troy Community Center Celebration of the
City of Troy's 60th Birthday

Saturday, March 7, 2015
 10 a.m. - 9 p.m.

Activities include:

Senior Bingo (see page 1), Creative Endeavors Sale, Strolling Magician, Face Painting, Open Swim, High School Drum Line, Square Pegz 80's Tribute Band Concert, bounce house, refreshments, door prizes and other family activities.

Pick up a flyer at the Community Center for details.



Get Back Home...To What Really Matters!™

*Over 50 Years of Combined Experience in Rehabilitation Services
 Returning Patients Home After a Hospital Stay*



A Pomeroy Living Campus
 3500 W. South Blvd.
 Rochester Hills, MI 48309
To Enjoy a Tour, Please Call:
(248) 852-7800
www.BoulevardSubAcute.com

**Outstanding
 Quality Rated
 Facilities
 by CMS!!**



A Pomeroy Living Campus
 2372 Fifteen Mile Rd.
 Sterling Heights, MI 48310
To Enjoy a Tour, Please Call:
(586) 978-2280
www.CherrywoodNursing.com



CAREGIVER SUPPORT GROUP

When: The 2nd Thursday of Each Month
Where: Troy Community Center Conf Rm 403
Time: 10:00-11:30

Join us in this safe and supportive environment to share and learn. Attendees openly discuss the challenges that caregiver's face and often discover new techniques to handle difficult situations. In addition, professional speakers present and provide valuable information addressing many of the concerns related to caregiving.

To attend please call 248-203-2273



Assured Home Nursing Services, Inc.

ASSURED
HOME NURSING SERVICES, INC.

"Caring For The Community"

- IN-HOME PRIVATE DUTY CARE
 - SERVING OAKLAND, MACOMB AND WAYNE COUNTIES.
- 725 S. Adams, Ste. 258
Birmingham, MI 48009

248-593-8134

Fax 248-593-8247

www.assuredhomenursing.com

assuredhomenurse@aol.com

CLAVENNA VISION INSTITUTE

The Most Trusted Care In Sight

CARL F. CLAVENNA, M.D.

GREGORY B. FITZGERALD, M.D.

CATARACT SURGERY WITH PREMIUM LENS IMPLANTS

FAMILY FRIENDLY OPHTHALMOLOGISTS

600 S. Adams, Birmingham

248-646-3733

www.cvi2020.com



DynaFlex Home Health Care, LLC

Medicare Certified • CHAP Accredited

Romeo M. Trinidad Jr.

4147 Metro Pkwy, Ste 102 • Sterling Heights

(586) 977-3660 office

(248) 635-6673 cell



Services: Nursing, Physical Therapy, Occupational Therapy, Speech Therapy, Medical Social Services, Dietary, Certified Home Health Aide

www.dynaflexhomehealthcare.com

2600 Crooks Road
248-362-2500

The Dignity and Value You Deserve

A.J. DESMOND & SONS

FUNERAL DIRECTORS

www.DesmondFuneralHome.com

Vasu, Rodgers &
Connell Chapel

32515 Woodward Ave.

248-549-0500



ATTENTION ALL CPAP USERS

When was the last time you replaced your CPAP supplies?

Contact us today!

877-753-3764

1280 E. Big Beaver Suite B, Troy, MI 48083

www.sleepsolutionsinc.com

Typical Replacement Schedule

Nasal Pillow/ Cushion	every month
Disposable Filter	every month
Mask	every 3 months
Tubing	every 3 months
Headgear	every 6 months
Chin Strap	every 6 months
Foam Filter	every 6 months
Water Chamber	every 6 months

••most insurances accepted



A MADE IN MICHIGAN COMPANY™

B7

BETHANY VILLA APARTMENTS

Low Income Senior Housing Located in Troy, MI.



Serving those qualified seniors 62 years of age and older and disabled.

- Sprawling park-like setting
- Enhanced residential services

Fully occupied. For information call 248-689-5838

www.bethanyvillatroy.com





TOTALLY CAPTIVATING. INNOVATIVE. ENGAGING. ENLIVENING.

With three exceptional locations, All Seasons is designed to delight every one of the senses... every day! Select a distinctively stylish and luxuriously appointed 1 or 2 bedroom residence and become totally captivated by gracious service, daily calendars offering diverse social, educational and cultural programs and beautiful venues overlooking nature's pageantry.

3
BEAUTIFUL
LOCATIONS



ALL SEASONS OF BIRMINGHAM - 248.430.7826

OPENING SUMMER 2015

111 Elm Street | Birmingham, MI | www.AllSeasonsBirmingham.com

ALL SEASONS OF ROCHESTER HILLS - 248.299.0700

175 E. Nawakwa Road | Rochester Hills | www.AllSeasonsRochesterHills.com

ALL SEASONS OF WEST BLOOMFIELD - 248.430.7826

5600 Drake Road | West Bloomfield | www.AllSeasonsWestBloomfield.com



all seasons

For the joys of independent senior living

Come home to Luxury...
COME HOME TO MAPLE VILLAGE

Maple Village surrounds you with luxury and warmth within our gracious, elegant community. We offer you more than a home; we offer a vibrant, independent lifestyle filled with endless opportunities to enrich your life. Enjoy our many musical and educational programs, themed parties, arts and craft classes, plus visits to the area's museums, theaters and the area's best musical performances. There are endless ways to enhance your life at Maple Village.

Call (248) 723-6275 to schedule your personal visit

6257 Telegraph Road, Bloomfield Hill, MI 48301, (248) 723-6275
www.maplev.org

Parents **CHANGING** Spaces

A FREE senior living referral service.

Providing **FREE** customized, personal and experienced guidance in securing **Elder Care & Senior Living Solutions.**

Senior Living Needs • Elder Law
Home Healthcare & Equipment
Senior Transportation • Senior Remodeling & Moving

CALL NOW: 844-7PARENT
7 2 7 3 6 8

Rochester Hills Manor

A perfect alternative to a Nursing Home in a family environment.

Alzheimers & Dementia Hospice & Respite Care
Diabetes & Wound Care Short Term & Long Term

185 E. South Blvd. • Rochester Hills

(248) 289-6055



Elena

Quality Service is my Top Priority!



Elena Martinovici
248-635-7140

TOWN & COUNTRY E-mail: elenam@wowway.com
The right agent makes a BIG difference!
www.Century21Town-Country.com/elenamartinovici

I pride myself in meeting and exceeding my clients expectations.

Your goal is my goal!

My listings include:

Visual Tour & 25 Photos • 1 Year Home Warranty • 24/7 local and nationwide exposure
24/7 full service real estate agency • Industry leading interactive company website
Relocation services available • **100% Quality Service Guarantee**

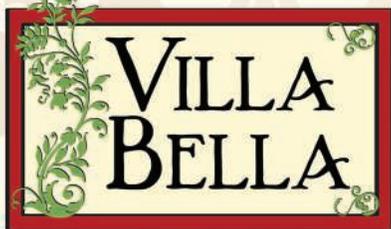
Complimentary market analysis is available....



Top Producer • Centurion • Quality Service Pinnacle Award



Fall In Love with...



*Luxury
Retirement
Community*



Call For Fabulous Specials!

*Fall in Love with Villa Bella
an Award-Winning Senior Community*

**15894 Nineteen Mile Road • Clinton Township, MI 48038
888-79-BELLA or 586-412-8910 • www.Villa-Bella.net**

- Come home to a community of vibrant, engaging seniors, and a staff committed to making your life easy, comfortable, and fun!
- Invite your friends and family to relax with you in your private apartment home. Play a game of bocce or attend services with you in our beautiful chapel.
- Enjoy chef-inspired dinners, scheduled housekeeping assistance, and our luxury shuttle service to medical appointments or shopping.



Breaking Barriers

REHAB CENTER

16 Mile & Rochester

**Auto Injury? Traumatic Brain Injury?
Physical Injury?**

WE CAN HELP!!!

Treatment to enhance the lives of those affected by brain injury

TWO LOCATIONS:

Breaking Barriers Rehab Center
1059 Owendale Street
Troy, MI 48083
248 526-0110

Thomas Park, M.D. & Associates
(General Psychiatry & Behavioral Health)
23077 Greenfield, #430
Southfield, MI 48075
248 526-0110

SUN VALLEY

The Next Best Place To Home



We offer private rooms with semiprivate bathrooms, home cooked meals, and daily activities and exercises.

Our community can accommodate up to 20 residents and is equipped with a security system.

- Adult Foster Care
- Alzheimer's and Dementia Care
- Hospice Care
- Respite Care

**MOVE-IN SPECIALS!
COME VISIT US**

2316 John R Rd. Troy, MI 48083
(Between Maple Rd. & Big Beaver Rd.)
Ph. (248) 689-7755

**Outstanding service and
footwear for over 61 years.**

Clawson Shoes

SAS, New Balance, Alegria, Trotters,
Dunham, Soft Walk, Propet, Nunn Bush

307 W. 14 Mille • Clawson
248-588-1766 • clawsonshoes.com



The Village of
Oakland Woods

A SENIOR LIVING COMMUNITY

A Mission of Presbyterian Villages of Michigan

Embrace the Possibilities

The Village of Oakland Woods affords you the freedom to pursue an independent living lifestyle while being nestled in a wooded, park-like setting minutes from the conveniences of city life. The entire 80-acre campus includes both garden style apartments (62+), as well as the beautiful two bedroom Heatherwood Cottage homes (55+).

Amenities Include:

- Personal 24-hour emergency call system
- Private entrances
- Library/computer room
- Barrier-free apartments available
- Pet friendly
- Transportation
- On-site security
- Fitness center



Call 248.334.4379 Today
420 South Opdyke Rd.
between South Blvd. & Auburn Rds.



Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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



Weather Cancellations

Call 248.689.9756 for weather cancellation information. Call after 4:30 p.m. for the status of evening programs.

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

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

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

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

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

Newsletter Subscriptions

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

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

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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

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

Signature Required: _____ Date: _____

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

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

City of Troy
Recreation Department
3179 Livernois
Troy, MI 48083
Address Service Requested

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

Friends of Troy Seniors Brunch & Learn Speaker Series.

This series will bring you informative topics and will be held on the third Wednesday of the month at 9:30 AM in Room 303 at the Troy Community Center unless otherwise noted. A light brunch will be provided at these free events.

Wednesday, Mar 18, 9:30 – 11 am, Room 303 **Championing Your Own Healthcare Management**

We are living in a world of highly specialized medical treatments that are increasing our life spans. How do we manage the details of these treatments in order to optimize our wellness? Learn how to manage your health, how to communicate effectively with your physician, and how to become the leader in your own healthcare. Please join the Friends of Troy Seniors and Jennifer Gillette, Lead Oncology Social Worker from Providence Hospital, for an in depth look at how you can be in control and maintain your healthcare information. Those who attend this presentation will receive an informational packet that will assist you in organizing your information. Light brunch provided. Reservations required by March 13. Call 248.526.2608 or stop in at the Friends office at the Troy Community Center (M-F, 10 a.m. – 1 p.m.).

Adult Caregiver Relief Program Seeks Volunteers and Participants

This Adult Caregiver Relief program provides short-term care at the Community Center for seniors whom the caregiver feels uncomfortable leaving home alone. A caring volunteer will socialize with your loved one in a safe, friendly and supportive setting while you attend an activity at the Troy Community Center. Take a break and attend an exercise class or an enrichment class, come to work out, or attend another program at the Troy 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 register for **Act. 148901A** and you will receive more information in the near future.

Caregivers: If you would like to utilize this service, call Carla at 248.524.3492 or e-mail her at vaughancs@troymi.gov to receive a registration form. Please note: This is NOT an extended day care program. It is meant for periods of a couple of hours or less and caregivers must remain in the building at all times.

Free Computer Seminars for all Area Seniors! **Troy Senior Computer Learning Center**

SPRING MINI OPEN HOUSE

March 31 and April 2, 2015

Buying a New Computer

Tuesday, March 31 1-2:30 p.m. Act # 135975E

Windows 8

Tuesday, March 31 2:30-4 p.m. Act # 135975F

So You've Got a Digital Camera, Now What?

Thursday, April 2 1-2:30 p.m. Act # 135975G

Power Point for Seniors

Thursday, April 2 2:30-4 p.m. Act # 135975H

All sessions are free and meet in room 303 at the Troy Community Center. These seminars are designed for those over 50 years old and consist of a one hour lecture followed by Q & A session. Also visit the computer lab and find out more about the spring class schedule. Call 248.524.3484 or register on-line at www.troymi.gov/RecreationRegistration.

Free Senior Admission to Troy High Musical **Sunday, March 22, 3 pm at Troy High School**

The Troy High Theatre Ensemble is presenting their spring musical *South Pacific*, and invite 50 seniors to attend the play free of charge with reception at 1 p.m.. Vouchers are available at the Community Center (limit two per person). Additional tickets can be purchased. Visit the theater's web site for more information about additional tickets: www.ttensemble.weebly.com.

Troy Historical Information Sought

In 2015, Troy will celebrate its 60th anniversary. The Community Affairs Department is collecting historical facts, tidbits, important dates and names of people that you believe might have a story to tell. If you have any information to share, please contact Cindy at 248.524.3599 or cindy.stewart@troymi.gov.

Friends of Troy Seniors also seek Memory Book items. See page 12 for details!

- For subscription information, see page 15.
- Newsletter information must be submitted by the 1st of the month prior to publication.