



Fifty Forward

Recreation, Information and Services for Ages 50+

A publication of the Troy Recreation Department

Jan. 2017

NEW
Powerful Tools for Caregivers
Mondays, Jan 23-Feb. 27, 10-11:30 am
Troy Community Center Room 504

Fee: \$15 suggested donation

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

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

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

Shall We Dance Drop-In Ballroom Dances
2nd Thursday of Every Month! Jan. 12, Feb. 9 7-9:30 pm
Troy Community Center Room 304/305
Fee: \$6 Res; \$7 NR; Pay at door

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

2017 Spring Senior Expo
Tuesday, March 21, 10 am - 2 pm
Troy Community Center

Vendors are encouraged to register early for the best location for the next Senior Expo. We plan on having 80+ vendors again in 2017 and annually have approximately 300-500 visitors for this event. The cover letter and registration form can be accessed on the City of Troy website at: <http://www.troymi.gov/PlayHere/SpecialEvents>. **Online registration is available this year.** Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 or email at E.Torvinen@troymi.gov to volunteer.



*January
Basket Weaving
Class
See pg 6.*

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 3 thru April 14, 2017. Appointments must be made at the Friends of Troy Seniors desk or by calling the office at **248.526.2608**, starting January 3. Office hours are 10am - 1pm, Monday through Friday, unless otherwise posted. See page 13 for a list of things to bring to your appointment.

Brain & Body Health Presentations

Thursdays, Feb. 9, 16 and 23, 1-2 pm

Troy Community Center Room 302

Presented by Fitness Trainer and educator Kathy Housey and sponsored by Brookdale Assisted Living. Pre-registration is required. There is no charge.

Feb. 9: Brain Health It's All Good News: Blasting Myths About Cognitive Decline. Register for Act. 8005A

Discover the latest findings on the aging brain. Dispel past theories about genetic predisposition to cognitive decline and Alzheimer's. Includes specially designed brain drills demonstrating how to enhance and encourage healthy brain function. Informative and fun!

Feb. 16: Exercise=Cognitive Candy, Neurons Fire Together and Work Together. Register for Act. 8005B

Study the latest findings on "neuroplasticity," that vital connection between exercise and increased brain capacity. "Use it or lose it"! Brains and Balance After Sixty exercises also are demonstrated with unique brain drills. Challenging, yet fun and educational.

Feb. 23: Mindful Relaxation Medicine for the Mind Register for Act. 8005C

Learn about the positive effects of relaxation and proper sleep for the brain as you practice techniques that take only minutes a day and achieve measurable results in brain growth. Get a better night's sleep and improve the quality of your life with a mindful relaxation session.

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Stonecrest Senior Living Lunch and Learn

Wednesday, Feb. 8, 12-2 pm

Troy Community Center Room 305

Please join Stonecrest Senior Living for a complimentary lunch and learn event on February 8, 2017 from 12-2 pm at the Troy Community Center. Do you have questions about Senior Living, Assisted Living, care options for you or a loved one? Come and get an in depth picture of Assisted Living and other care options for seniors over 60. Stonecrest will also have information available about their beautiful new Senior Living community opening up across the street from the Troy Community Center. Please R.S.V.P by Feb. 1 at 248.528.8001.



Ask the Financial/Retirement Advisor

3rd Thursday, 11 am - Noon

Troy Community Center Room 404

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

Shoreline Tours

2017 Travel Meeting

Wed, Jan. 25, 1 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 The Celebration Belle in April, Colonial Williamsburg in May, Cape Cod in June, America's National Parks in August, Canyon Country by Rail in September and more to be announced. See page 3 and/or pick up a brochure at the Community Center for more information on these trips

Manicures at the Troy Community Center

Tue, Jan. 3, 9:30am-3:30pm - Men and Women Welcome

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

One Day Trips

- Register early! TICKETED EVENTS may be cancelled up to 30 days in advance if there are not enough people registered.
- You may bring guests of any age unless noted.
- Board bus at the north entrance of the Community Center.
- Indicate upon registration if you need an ADA accommodation.
- A \$10 service fee is withheld on all patron requested refunds plus costs incurred. Full refunds issued for medical emergencies with doctor letter and notification before trip.

GM Heritage Center

Thu, Feb. 16, 9 - 11:30 am; Act. 148928S \$19; NR: \$24

Back by popular demand! Not open to the public, our group has reservations for this Sterling Heights facility. You will see nearly 200 historic, concept and experimental vehicles plus numerous artifacts that present the significant accomplishments of GM and the role of the automotive industry in America's growth. Cameras welcome. Transportation is by school bus.

Annie at the Fox Theatre

Sat, Feb. 18, 11:15 am - 5:15 pm; Act. 148928K \$108; NR: \$113

Start with lunch at Da Edoardo Foxtown Grille located in the Fox Theatre District where you will have a choice of Chicken Marsala or Cheese Tortellini. Then we have main floor seating for the 2 pm performance of *Annie* at the Fox, a new incarnation of the iconic original Tony Award winning musical. Transportation is by motorcoach for this Bianco tour.

Turkeyville How Great Thou Art Performance

Tue, April 4, 9 am - 7 pm; Act. 148928P \$78; NR: \$83

Cornwell's complete turkey lunch buffet is included with this performance of *How Great Thou Art*. Art is an ordinary man who has seen a lot in his years. Join the journey as he finds the true meaning of giving, with lots of laughs and old time gospel music. Transportation is by motorcoach for this Bianco tour.

Frederik Meijer Gardens & Sculpture Park

Mon, May 8, 7:15 am - 7:30 pm; Act. 148928R \$94; NR: \$99

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

Coming in 2017 . . .

Detroit Days - May

Purple Rose Harvey - August

Turkeyville Ring of Fire - September

Stratford - September

- 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.**

Southwest Explorer - Feb. 22-28, 2017

\$1899 per person double, \$2299 single, \$1779 triple

Includes roundtrip air, 1st class touring motorcoach, 6 nights, 9 meals, Grand Canyon Skywalk, Death Valley National Park, Lake Mead boat cruise, and Las Vegas. Call Shoreline Tours for reservations. **800.265.0818.**

Hawaii by Land & Sea - Feb. 24-March 5, 2017

Rates based on cabin choice - see brochure

Highlights include Honolulu, Pearl Harbor, Maui, Hilo, Kona, and Kauai. Call Group Tours International for reservations. **248.625.3645.**

Cincinnati Flower Show - April 11-13, 2017

\$485 per person double, \$608 single, \$445 triple

Includes roundtrip motorcoach, 2 nights, 4 meals, Riverboat cruise, tour of Cincinnati, Flower Show, Krohn Conservatory and 2nd Street Market. Call Bianco Tours for reservations. **734.946.7021.**

Celebration Belle - April 26-28, 2017

\$499 per person double, \$639 single, \$439 triple

Includes roundtrip motorcoach, 2 nights and 5 meals. Stay at the Isle of Capri Casino Resort in Bettendorf, Iowa. Take a 4-hour Mississippi River Cruise on the Celebration Belle, see *The Music Man* at the Circa 21 Dinner Theatre, and tour Weyerhaeuser House, John Deer Pavilion and the Isabel Bloom Production Studio. Call Shoreline Tours for reservations. **800.265.0818.**

Alaska Cruise - May 9-21, 2017

\$4349 per person double, \$6499 single, inside cabin rate

Includes roundtrip airfare from Detroit, one night in Fairbanks, one night at Denali National Park, one night in Anchorage, and 7-Night cruise. Call Group Tours International for reservations. **248.625.3645.**

Colonial Williamsburg - May 13-18, 2017

\$1259 per person double, \$1699 single, \$1109 triple

Includes roundtrip motorcoach, 5 nights and 8 meals. Visit the American Mountain Theatre, Monticello, Colonial Williamsburg, Jamestown, Yorktown Victory Center, D Day Memorial and Virginia Dare Dinner cruise. Call Shoreline Tours for reservations. **800.265.0818.**

Holland & Saugatuck - June 21-22, 2017

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

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

Cape Cod - June 24-July 1, 2017

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

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

Canadian Rockies & Glacier National Park July 13-20, 2017

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

Includes round trip air and 11 meals. Highlights include Calgary Stampede, Head-Smashed-In Buffalo Jump World Heritage Site, Glacier National Park, "Going to the Sun Road," Banff, Columbia Falls, Icefields Parkway and more. Book by January 13 for a \$100 discount. Call Group Tours International for reservations. **248.625.3645.**

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

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

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

NEW National Parks & Canyon Country Sept. 6-16, 2017

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

Includes motorcoach to Chicago then cross country Amtrak, 8 nights and 13 meals. Highlights include Amtrak's California Zephyr and The Southwest Chief, Zion National Park, Grand Canyon, Sedona Trolley Tour, Rim Rock drive and more. Call Shoreline Tours for reservations. **800.265.0818.**

Iceland's Magical Northern Lights Oct. 10-16, 2017

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

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

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

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

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



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

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

Increase core strength to improve flexibility and stability for daily activities. Students must be able to do floor work. Bring a towel or pillow for your head. **Weeks:** 10 **Fee:** \$49 \$59 NR

Act #	Day	Time	Dates
7101A	Mon	9-9:50 am	Jan 9-Mar 13
7101B	Wed	9-9:50 am	Jan 11-Mar 15
7101C	Fri	9-9:50 am	Jan 13-Mar 17

* Beginning Pilates with Ilene Hill

Improve balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body, mind and spirit functioning as a coordinated whole. **Weeks:** 10 **Fee:** \$49 \$59 NR

Act #	Day	Time	Dates
7111A	Mon	10-10:50 am	Jan 9-Mar 13
7111B	Wed	10-10:50 am	Jan 11-Mar 15

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations using a chair for assistance. Stretch out and reenergize, while building strength and endurance. No need to visit the floor! **Drop in fee:** \$7.50 per class (\$8.50 NR) **Weeks:** 10 **Fee:** \$62 \$72 NR

Act. #	Day	Time	Date
7121B	Tue	11-11:45 am	Jan 10-Mar 14

Gentle Aquatic Exercise Rachel 9am/Bec 10am

Gentle-to-your-joints water exercise. Enter pool at zero depth edge. Water temperature is 82-84 degrees. HAP sponsors the winter session of this class. Simply come to the front desk, sign the Rec. Dept. waiver and get a number to attend class. 50 numbers available each day for each class. **Weeks:** 10 **Fee:** FREE!!! HAP Sponsored

Day	Time	Dates
T & Th	9-9:50 am	Jan 10-Mar 16
T & Th	10-10:50 am	Jan 10-Mar 16

* 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:** 10 **Fee:** \$49 \$59 NR

Act #	Day	Time	Dates
7141A	Tue	10-10:50 am	Jan 10-Mar 14
7141B	Thu	10-10:50 am	Jan 12-Mar 16

Tai Chi with Keith, Marci and Kim

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility, and improve balance. Wear loose clothing and flat shoes. Instructor approval for Adv. Beg or Int. **Weeks:** 10 **Fee:** \$49 \$59 NR

Act #	Day	Level	Time	Dates
7153A	Mon	Beg	2-3 pm	Jan 9-Mar 13
7154A	Mon	Adv. Beg	3-4 pm	Jan 9-Mar 13
7155A	Mon	Int	3-4 pm	Jan 9-Mar 13

Women on Weights by Fitness RX

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

Act #	Day	Time	Dates
7160C	Tue	6 - 7 pm	Jan 10-Mar 14
7160D	Thu	6 - 7 pm	Jan 12-Mar 16

Yoga/Pilates with Rachel

Combining moves from both disciplines, improve extension, balance, alignment and range of motion. Mats, chairs, barres and various other equipment will be used to achieve an energizing and rejuvenating experience. Various modifications and progressions will be used throughout the session making it an individual process in a group setting. **Weeks:** 10 **Fee:** \$49 \$59 NR

Act #	Day	Time	Dates
7171A	Tue	11-11:50 am	Jan 10-Mar 14
7171B	Thu	11-11:50 am	Jan 12-Mar 16

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:** \$49 \$59 NR

Act. #	Day	Time	Date
7181A	Mon	11-12:05 pm	Jan 9-Mar 13
7181B	Wed	11-12:05 pm	Jan 11-Mar 15

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

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

Drop-In Exercise Classes

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

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

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

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

Indoor Drop-In Pickleball

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

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

Adult Pickleball Doubles Ladder Play

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. Call 248.524.3483 to add your name to sub list. Indicate which ladder you want to sub for and your skill level. Leave cell phone and email address. Questions contact Elaine T. at 248.524.3484. E.Torvinen@troy.mi.gov. **Registration began Nov 15. Tuesday ladder for ages 50+ only, Friday Ladder for 3.0 and above, no beginners.. (* No play Sunday 2/5/17 or 4/16/17, Tue. 2/21/17 or 4/18/17 and Fri. 2/24 & 4/7)**

Sundays, 6:15-8:15 pm 2/8 week sessions 32 players

Act.7221A* Jan 8 - Mar 5 Res. \$47 Non-Res \$57 FULL
Act.7222A* Mar 12-May 7 Res. \$47 Non-Res \$57

Tuesdays (50+ only), 1-2:30 pm 2/8 wk sessions 32 players

Act.7231A* Jan 10 - Mar 7 Res. \$28 Non-Res \$38
Act.7232A* Mar 14-May 9 Res. \$28 Non-Res \$38

Fridays, 6-8 pm 2/8 wk sessions 16 players**3.0 and above only. No beginners**

Act.7241A* Jan 6 - Mar 3 Res. \$36 Non-Res \$46 FULL
Act.7242A* Mar 10-May. 5 Res. \$36 Non-Res \$46

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

Drop-in volleyball at the Troy Community Center held through mid June. Free for Fitness Center pass holders. All others: Day pass fee applies. For information about joining Troy's volleyball team that plays in the Tuesday morning Oakland County league, contact Dave Mattis at 248.649.1898.

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

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

Zumba Gold Dance Exercise**Wed 7-8 pm, Fri 10-10:50 am; \$6, NR \$7 at door**

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

2017 Troy 50+ Golf Leagues**Registration fee: Monday: \$43 (NR \$48), Wednesday: \$48 (NR \$53)**

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. Greens fees are paid to league officers in the spring. If you take extended vacations, please sign up as a sub only.

New Players: Indicate your average for nine holes. If the league is full, add your name to the wait list. If you want to sub only, place your name on the sub list. If you want to sub in the event that you are not called for a permanent spot, place your name on the sub list in addition to the wait list.

Act. 8090A: Mon. League **Act. 8090B:** Mon. sub list
Act. 8091A: Wed. League **Act. 8091B:** Wed. sub list

For more information, please contact:

Mon.: John Ranieri 248.641.8720 johnranieri@sbcglobal.net
Willie Ansley 313.366.7143 ansleyw@sbcglobal.net
Wed.: Judy Pearl 248.641.9346 pearlja8@gmail.com
Tony D'Amico 248.250.6116 bigtee@wideopenwest.com

Sports Leagues**Bocce** - Leagues in summer and fall.**Bowling** - Mondays and Thursdays, 12-2:30 pm. at Troy Lanes 1950 E. Square Lake Rd., Sept. - April, \$5.25 per week. Complimentary coffee while bowling. Call 248.879.8700.**Cornhole** - Leagues in summer and fall.**Golf** - Mon and Wed mornings at Sylvan Glen May - Sept. Registration begins in November.**Pickleball** - Ladder play fall and winter on Friday and Sunday evenings and Tuesday afternoons.**Softball** - Women 50+ Tuesday evenings, Men 50+ Thursday evenings, May - August. Details available in January.**Tennis** - Indoors at the Troy Racquet Club Sept.- May. Call 248.528.3400 for registration information. Outdoors at Boulan Park May-Sept. For information, call Judy Luther at 248. 879.9550.**Drop-In Sports****Badminton** - Times vary - see Community Center calendar for details. Senior special rate of \$4 Mon. and Fri.**Bocce** - Outdoor, seasonal. Equipment provided during Community Center hours.**Pickleball** - Offered at various times throughout the week - see 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 day pass fee applies.

All classes meet at the Troy Community Center

Anyone Can Paint

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

Act #	Date	Time	Subject
7000G	Thu, Jan 12	6-8 pm	Passing Storm
7000H	Thu, Feb 9	6-8 pm	Through the Barn

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:** 9

Act #	Day	Time	Dates	Fee	NR
7070B	Wed	9:30am-12pm	Jan 11-Mar 8	\$125	\$135

Studio Art Class

(For students with prior experience in your medium)

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

Act #	Day	Time	Dates	Fee	NR
7040B	Wed	1-3:30pm	Jan11-Mar 8	\$125	\$135

Troy English Workshop

Tue, Jan 10- Mar 7 (9 weeks); 1-3 pm Act. 8030C

Sat, Jan 14-Mar 11 (9 weeks); 10 am - Noon Act. 8030D

Fee: FREE Class is for adults of all ages - Room 502

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. For more information, call Mr. Lee at 248.926.2288. You must bring a photo ID to the first class. You may attend one day only, not both Tuesday and Saturday.

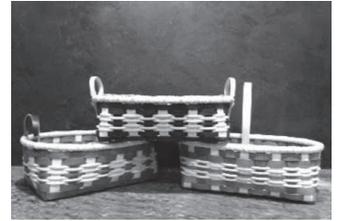
Basket Weaving Class

Thursday, Jan. 19 - Rm 401

Act 8040E - 2-5 pm

Act 8040F - 6-9 pm

Fee: \$28; NR \$33



Make this oak storage basket measuring approximately 12" long by 8" wide by 5" high with choice of color and three different handle styles. All supplies are included in the fee. Beginners welcome! Instructor: Kathy McMinn, owner of The Basket Sampler and instructor with more than 20 years of basket weaving experience.

Acrylic & Oil 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 Feb. 21.**

Act #	Day	Time	Dates	Fee	NR
7010B	Tue	12-3 pm	Jan 10-Mar 7	\$69	\$79

Clay Projects for Seniors (Age 50+)

Participants 50 and older will 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	Res	Non-Res
6175A	1/10-1/17	10:30 am-12 pm	\$20	\$25
6175B	1/31-2/14	10:30 am-12 pm	\$20	\$25

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 **Dates:** Jan 10-Mar 14

Act #	Level	Day	Time	Fee	NR
7062A	Beg.	Tue	1:30-2:30 pm	\$49	\$59
7063A	Int.	Tue	2:30-3:30 pm	\$49	\$59

Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ. A book may be purchased at the first class for \$15. **Instructor:** Lucia **Weeks:** 8 **Fee:** \$39 **NR** \$49

Act#	Level	Day	Time	Dates
7030B	Level 1	Mon	9-9:50 am	Jan 30-Mar 20
7031B	Level 2	Mon	10-10:50 am	Jan 30-Mar 20

Beg/Int. Swing and Ballroom & Int/Adv.**Dance Technique** Friday Evenings: Weeks: 6

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

Beg./Int. Swing: No dance experience required. No partner required. Instruction will focus on the fundamentals of East Coast Swing including: Basic Step, Open Position, Closed Position, Send Out, Inside Turns, Outside Turns, Basic Cuddle, Sweetheart and more. All are welcome.

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

Beg./Int. Ballroom Fundamentals: No dance experience required. No partner required. Instruction will focus on acquiring the skills necessary to enjoy social ballroom dancing. Each 6 week session will introduce students to a traditional style of ballroom dance including Waltz, Foxtrot, Tango, Rumba and Cha Cha. Emphasis will be placed on proper posture, dance positions, leading and following techniques and footwork. **No class Jan 20 & Feb 17. Spring session begins March 3 through April 14.** **Instructor:** Jim Berg

Act #	Style	Time	Dates
7050C	Swing	7-7:50 pm	Jan 6-Feb 24
7051C	Ballroom	8-8:50 pm	Jan 6-Feb 24
7052C	Adv. Swing	9-9:50 pm	Jan 6-Feb 24

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	No class	Wednesdays
Dec	Quickstep	12/19, 26 & 28	American Tango
Jan	Waltz	1/4	EC Swing

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 248.566.3026 with any questions. Caller Walt Zatorski.

American Mah-Jong Lessons**Wednesdays, Jan. 18-Feb. 15 (5 weeks), 1-4 pm, Rm. 402A****Act. 8020B; Fee: \$29, NR \$39**

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 16. 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.**

Knitting Classes

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

Beg. Knit: 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: You know how to knit and purl and have made simple items. Now make a vest or sweater that fits in this class. Bring a pattern, yarn and needles for a project you choose.

Intermediate: A continuation of Beg. II.

Cable: Cables are a wonderful way to add pizzazz to afghans, baby blankets, sweaters, pillow covers and more. Learn how to knit a different cable stitch each week, and make a cable scarf. Please bring to the first class some worsted weight yarn, a pair of #8 needles and a cable needle.

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

Act.	Class	Day	Time	Dates
8010B	Int. Knit	Tue	1-3 pm	1/10-1/31
8010C	Beg. Knit	Wed	1-3 pm	1/11-2/1
8010D	Cable	Tue	1-3 pm	2/14-3/7
8010E	Beg. II	Wed	1-3 pm	2/15-3/8

Spring Mosaic Class**Act. 8050D; Mon, March 6, 6:30-9 pm, Rm. 401****Fee: \$36 Res, \$41 NR**

Since ancient times, artists have used small, colored pieces of glass, stone, tile and more to create beautiful mosaic masterpieces. Follow in their footsteps and fashion your own 6 x 6 inch tile. Class is for men and women - no experience necessary. Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. The subject of the March tile will be announced in the February newsletter and a sample of the project will be on display at the Community Center front desk in February. Pre-registration is required.

Computer Classes - See page 9

January

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Center Closed Happy New Year!! Fitness area open</p>	<p style="text-align: right;">3</p> <p>9:30-3:30 Manicures - pg 2 11:45 Mostaccli</p>	<p style="text-align: right;">4</p> <p>10:00 Book Club 11:45 Hamburger Gravy</p>	<p style="text-align: right;">5</p> <p>11:45 Oven Fried Chicken 12:30 Birthday Party 6:30 Daughterhood Circle - pg 11</p>	<p style="text-align: right;">6</p> <p>11:45 Macaroni Casserole 1:00 Bingo</p>
<p style="text-align: right;">9</p> <p>11:45 BBQ Meatballs</p>	<p style="text-align: right;">10</p> <p>11:45 Meatloaf 1:00 Red Hat</p>	<p style="text-align: right;">11</p> <p>11:45 Ginger Baked Chicken</p>	<p style="text-align: right;">12</p> <p>10-11:30 Caregiver Support 11:45 Potato Crunch Fish 6:00 Anyone Can Paint - pg 6 7:00 Monthly Ballroom Dance</p>	<p style="text-align: right;">13</p> <p>10-12 Hearing Screening 11:45 Cheeseburger 1:00 Bingo</p>
<p style="text-align: right;">16</p> <p>11:45 NO LUNCH</p>	<p style="text-align: right;">17</p> <p>11:45 Beef Hot Dog</p>	<p style="text-align: right;">18</p> <p>9:30 Bucket List Speaker - pg 20 10-12 Disk Erasure 11:45 Spaghetti</p>	<p style="text-align: right;">19</p> <p>11:45 Baked Chicken 2:00 and 6:00 Basket Workshop - pg 6</p>	<p style="text-align: right;">20</p> <p>9:30 Bridge Card Assistance - pg 13 10-12 Blood Pressure 11:45 Shepherd's Pie 1:00 Bingo</p>
<p style="text-align: right;">23</p> <p>11:45 Chicken Parmesean</p>	<p style="text-align: right;">24</p> <p>11:45 Mac & Cheese</p>	<p style="text-align: right;">25</p> <p>9:30-12 Computer Consultations 11:45 Sausage & Sauerkraut 1:00 Shoreline Travel Meeting - pg 2</p>	<p style="text-align: right;">26</p> <p>11:45 Sloppy Joes 12:30-2 Focus Hope - pg 14</p>	<p style="text-align: right;">27</p> <p>11:45 Chicken Ala King 1:00 Bingo</p>
<p style="text-align: right;">30</p> <p>11:45 Egg Casserole</p>	<p style="text-align: right;">31</p> <p>11:45 Chili</p>			

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

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

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

Computers for Beginners 1

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

Fee: \$42	NR \$52	Wks: 2	Hrs: 8
Act #	Day	Time	Dates
7800E	T & TH	9:30-11:30 am	1/3-1/12
7800F	T & TH	1-3 pm	2/7-2/16

Computers for Beginners 2

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

Fee: \$42	NR \$52	Wks: 2	Hrs: 8
Act #	Day	Time	Date
7810E	T & TH	9:30-11:30 am	1/17-1/26
7810F	M & W	1-3 pm	2/20-3/1

Windows 10

Prerequisite: Computers for Beginners or some computer experience. Learn to use the Windows 10 operating system to create folders and find files, copy and restore files, customize your computer, maintain your hard drive and more!

Fee: \$42	NR \$52	Wks: 2	Hrs: 8
Act. #	Day	Time	Dates
7890H	M & W	6:30-8:30 pm	1/2-1/11
7890J	Sat	10am-12pm	1/7-1/28
7890K	Sat	10am-12pm	2/4-2/25
7890L	M & W	1-3 pm	2/6-2/15

Intro to Word Processing

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

Fee: \$42	NR \$52	Wks: 2	Hrs: 8
Act #	Day	Time	Dates
7840B	M & W	1-3 pm	1/16-1/25

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
7895C	M	1-3 pm	1/30
7895D	W	1-3 pm	2/1

Basic PhotoShop Elements

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

Act #	Day	Time	Dates
7850C	M & W	1-3 pm	3/6-3/22

FREE Hands-On Help with Your Computer, Tablet, and Smart Phone; Troy Community Center Computer Lab Saturdays: Jan. and Feb. from 9-10am

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.

Private Consultations - Meet with a Learning Center instructor on the fourth Wed. of the month. 45 minute appointments available at 9:30, 10:15 & 11 am. Call 248.524.3484 by the Monday before to schedule an appointment. The non-refundable fee of \$5 is payable when you make your appointment. VISA or Mastercard accepted by phone for this program. Please cancel if you cannot keep your appointment.

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

Drop-In Lab - The computer lab is open for FREE drop-in use on Mon., Wed. and Fri. from 9:30 am - noon. **Subject to Lab Monitor availability. No Friday Lab Feb 3-Apr 14 due to Tax Prep.**

Free SHARP In-Home Computer Help - For Troy seniors age 60+ who use any Microsoft Windows Operating System. Support is not available for Apple products. The volunteer labor is free but you must pay for supplies. Tipping is not allowed. For assistance, call SHARP at 248.528.2929. Allow two weeks to hear from SHARP and call 248.528.2929 if you have questions on follow up. This program is made possible by the City of Troy and the North Woodward Community Foundation. Donations to the North Woodward Community Foundation accepted.

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

Special Interest/ Support Groups

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

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

Medicare Counseling

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

Pacific Rim Outreach

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

Red Hat

2nd Tuesday, 1 pm. 248.524.1108.

T.O.P.S.

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

Health Services

Ask A Nurse

Discontinued due to lack of participation.

Blood Pressure Screenings

3rd Friday, 10 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, 1-2:30 pm. .25/card with \$1 admission card. Cash prizes.

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

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

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

Mah-Jong - Mon, 10-12:30, Wed. 1-4 pm and Fri. 1-4 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).

Coloring Group

Wed, 9am and 1 pm. Self directed Free!!!

Swing and Ballroom Lessons

Friday evenings. See page 7 for details.

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

Knitting Lessons - See page 7

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

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

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, 9am-4pm. 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. Subject to monitor availability. **No Drop-In Lab Fridays Feb. 3- Apr. 14 due to AARP Tax Assistance.**

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.

Mah-Jong Group

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

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

Book Club - 1st Wednesday - 10 am

Contact Corrine at 248.528.1508 for more information about this club. The January book is *Woman in Cabin 10* by Ruth Ware. New members welcome. Meeting are held on the first Wednesday of the month with no meeting in July and August.

Coloring Group

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

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

Please Register for Group Participation

Please register for *each group* you attend. Although there is no charge for room use, some groups may charge dues. Check with the group leader. See page 10 for more information on these groups.

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

Daughterhood Circle

Thursday, Jan. 5, 6:30-8 pm

Windemere Park Assisted Living, 5990 N. Adams, Troy

This month, we will meet at the new Windemere Park Assisted Living in Troy and they will provide refreshments, information and a tour prior to our discussion time. Please call Carla at **248.524.3492** and leave your name if you plan to attend on Jan. 5 so they can plan sufficiently.

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

Troy Society of Senior Singles

TSSS is a social senior singles club which holds monthly business and event planning meetings at the Troy Community Center and social functions off site. The next meeting is **Mon., Jan. 9 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

Monday club (limited to 500 points) meets at 12 pm and Friday club (unlimited) meets at 11 am at the Troy Community Center. The fee is \$7. Call Shirley at 586.775.7363 for details.

Red Hat Society - 2nd Tuesday of each month

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

Caregiver's Support Group

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

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

Grandparents Raising Grandchildren

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



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Best Wishes for a Happy New Year

The Friends of Troy Seniors extend a heartfelt thank you to all of you who helped make 2016 a good year and we wish you health and happiness in 2017. If you are not already a volunteer with the Friends, we hope you consider becoming one as we begin the New Year. Stop by our office or call 248.526.2608 for more information.

AARP Tax Aide

In cooperation with the AARP Tax Aide Program, the Friends of Troy Seniors office will take tax appointments for low and moderate income taxpayers, especially for those ages 60 and over. Call us at 248.526.2608 or stop at our office between the hours of 10am and 1pm, Monday through Friday beginning on Tuesday, January 3, to set up your tax appointment. Taxes will be prepared on Fridays from February 3 through April 14 at the Troy Community Center. Please remember that you must make your appointment in advance.

Thank You

We wish to thank the Friends of Troy Seniors volunteers who ran the Gently Used Art Sale in November. A team of volunteers worked for many weeks in advance of the event sorting and pricing items and then additional volunteers teamed up with them on the day of the sale. We also extend a thank you to those who donated items, to the Administration Desk for accepting all of the items and to the shoppers who supported this event.

Brunch and Learn - pg. 20

Monthly Membership Meeting

Thursday, January 19, 1 pm in Room 301

The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1pm in Room 301 at the Troy Community Center unless noted. The next meeting is Thursday, January 19, 2017. Everyone is invited to attend. Your comments and suggestions are important.

Hearing Screenings

Mark your calendar. Belson Hearing Center (formerly HearUSA) will begin hearing screenings as a community service on Friday, January 13 between 10am and noon in the reading room which is located inside of the senior lunchroom. If you have any questions about these screenings, please call 248.619.0680.

Senior Resource Center

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

Friends of Troy Seniors

3179 Livernois Troy, MI 48083; **248.526.2608**

E-Mail: fots@wowway.com

Website: www.friendsoftroyseniors.org

Hours: Mon-Fri 10 am-1 pm (closed 12/19/16 – 1/02/17)

Mission Statement

The Friends of Troy Seniors is dedicated to providing individuals 50 years and older with a sense of purpose and community through maintaining and enhancing senior programs, events and education in Troy and the surrounding area.

Employment Referral List

If you are an individual who wants to provide home care for senior citizens, pick up an application at the Friends of Troy Seniors (FOTS) Office at the Troy Community Center or call 248.526.2608 to have one mailed to you. Your name will be placed on a referral list and prospective employers will contact you. FOTS is acting as a clearinghouse only, not as an employer.

To hire a senior companion, call 248.526.2608 to obtain a copy of the list. To further assist you in this process, we suggest you refer to the **Hiring Paid Caregivers for In-Home Services** guide prepared by the Michigan Office of Services to the Aging. Guides are available at the Friends Office or at the Community Center front desk.

E-News Updates

If you get the **Fifty Forward** newsletter via e-mail, then you automatically get e-news updates on most Wednesdays. If you would like to receive these updates (and also receive the newsletter via email), here's how to sign up: Go to the home page of the City web site at www.troymi.gov. Click on the subscribe box at the top center of the page. Enter your e-mail address and click on SUBMIT. Confirm your e-mail address and click on SUBMIT. Then, in the Parks and Recreation section, select Troy Fifty Forward News & Updates and any other newsletters listed there that you want to receive.

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 3 thru April 14, 2017. Appointments must be made at the Friends of Troy Seniors (FOTS) desk or by calling the FOTS office at **248.526.2608**, starting January 3. Hours: 10am - 1pm, 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 2015.
- All forms received for the 2016 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 2016.
- Your bill for 2016 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.

Bridge Card Enrollment Assistance Friday, Jan. 20; Troy Community Center Room 404

Get help applying for a Bridge Card (formally known as food stamps) by appointment on the third Friday of the month at 9:30 am, 11 am or 12:30 pm. To schedule an appointment, call 248.524.3484 no later than the Wednesday before. Bring proof of identity, social security card, proof of immigration status, proof of income (job and other income such as assets and unemployment benefits) to your appointment. Lynn Davey offers private, one-on-one appointments to do a pre-screening and if eligible, help you complete the application on line. All services are FREE. To qualify, gross monthly income must not exceed \$1,276 for a one person household (\$1,726 for two people, each additional person: add \$451)

Thank you Medicare Volunteers!

Almost 300 people received Medicare Enrollment Assistance at the Troy Community Center this year! Thank you to the Area Agency on Aging and to our volunteer Medicare counselors Julianna Lord, Ken Ochs and Jim Zoellner for providing this important service!

Senior Mondays and Fridays at the Troy Community Center Fitness Area

Seniors (50+) can access the fitness center, pool and gym from 5:30 am-3 pm for a special rate of just \$4. **Drop-in Pickleball is included and is offered on Mondays from 11:30 am - 2 pm and on Fridays from 10:30 am - 2 pm.**

Operation Medicine Cabinet Prescription Pill Disposal

Citizens can bring unwanted prescription drugs to the Troy Police Department lobby located at 500 W Big Beaver between the hours of 7 am - 10 pm Monday through Friday and 8 am - 4 pm on Saturday for disposal. (No medical offices or commercial disposal allowed for Operation Medicine Cabinet). Only dry pills will be accepted, no liquids, sharps or packaging material.

Senior Olympics Winter Games

Michigan Senior Olympics winter games are scheduled for Feb. 8-13, 2017 (Dancesport Feb. 19) in Oakland County for ages 50+. Bocce, badminton, billiards, hockey, pickleball, powerlifting racquetball, table tennis and dance sport are among the events that will be offered. Visit www.michiganseniorolympics.org or call 248.608.0250 for a complete list of events and to register. **The registration deadline is January 20.**

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.

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 lab Fridays Feb 3- Apr 14 due to Tax Prep.

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

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

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

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

Magazine and Puzzle Library

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

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 \$8 (NR \$11). Seniors (50+) receive a special rate on Mondays and Fridays: \$4 for use of the pool, fitness room and gym from 5 am -3 pm.

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

Open Monday - Saturday
10 am - 2 pm &
Thursday 5-9 pm

248.526.5145

Vendors: 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 9

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.

Get Fit at the Troy Community Center

Do you have a New Year's resolution to improve your health...lose weight...get fit? Why not join the fitness center at the Troy Community Center? The senior rate (age 60 and older) for the Recreation Pass Unlimited is \$20 per month for residents. Non-residents pay \$32 per month. Pass holders have unlimited use of the fitness area and use of the gym and pool during selected hours. There is also a Matinee Pass (for all ages) available for \$17.75 per month for residents (non-residents pay \$25) that allows you to use the amenities Monday - Friday only from 8 am - 3 pm.

In addition, a Fitness Passport is available that includes all of the above plus you can participate in a select list of fitness classes (list of classes included available at the Community Center). The senior rate for the Fitness Passport is \$27 per month. Non-residents pay \$39.

Additional discounts are available for low-income or permanently disabled residents.

For those without a pass, the daily resident rate is \$7 (\$10 NR) or \$5 with a 10-visit punch card (\$8 NR). Seniors 50+ (residents and non-residents) receive a special daily rate of \$4 on Mondays and Fridays until 3 pm. This includes drop-in pickleball on Mondays from 11:30-2 and Fridays from 10:30-2.



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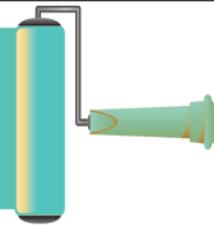
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Weather Cancellations

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

Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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

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

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

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

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

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

Newsletter Subscriptions

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

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

Mail-In Registration Form

Name: _____ Phone: _____

Address _____ City _____ Zip _____

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

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

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

Signature Required: _____ Date: _____

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

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

**Troy Recreation
Department**

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

50+ Program Staff

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

Recreation Dept. Hours

Mon-Fri, 8 am- 8 pm
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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.

Friends of Troy Seniors Brunch & Learn Series

What's On Your Bucket List?

Wed., Jan. 18, 9:30 – 11 am, at the Troy Community Center, Room 302

Do you worry about how your range of motion and balance might interfere with your activities and as a result, keep you from being as active as you would like? Don't put off the activities you love! Dr. Rodney Hulbert, from A Place to Grow Chiropractic in Rochester, will host an insightful program on how you can maintain and improve flexibility and mobility. He will talk about improving your range of motion and balance as well as how to keep your immune system functioning at maximum ability.

Dr. Hulbert is a progressive chiropractor with a cutting-edge practice that crosses traditional healthcare ideologies in order to achieve the best possible patient outcomes. He is recognized as Hour Detroit's "Top Chiropractor" (March 2016); received the Pinnacle Award (2016); and the Rising Star award from the Michigan Association of Chiropractic among other awards in customer service.

This series brings you informative topics and is held on the third Wednesday of each month at 9:30 am in the Troy Community Center. Coffee and light refreshments are provided at these free events upon arrival at 9:30 am. Advance registration is required and space is limited. Contact the Friends at 248.526.2608 or stop in at their office between the hours of 10 am – 1pm, Mon – Fri to reserve a seat. Please note that the office will be closed from Dec 19 through Jan 2. Reservations will be accepted through Friday, Jan 13, if space is still available on this date.

Spring/Summer 2017

Outdoor Pickleball at Redwood Park

Four outdoor pickleball courts have been constructed at Redwood Park. Let us know if you would like ladder or round robin play organized and on what days and times. Volunteers will be needed to facilitate these offerings. Contact Elaine T at E.Torvinen@troymi.gov or 248.524.3484 to volunteer.



Receive Weather Updates Via Text

Receive weather updates for your programs at the Troy Community Center right to your mobile device. Visit troymi.gov and select the green subscribe box at the top. Using the drop down arrow, choose either text or email alert. Enter your phone number or email address and click on SUBMIT. Add password (optional) and click on SUBMIT. On the next screen, select to receive "Recreation Alerts" and you will receive a text when programs at the Troy Community Center are cancelled due to weather.

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