



Fifty Forward

Recreation, Information and Services for ages 50+

A publication of the Troy Recreation Department

Jan/Feb 2014

Healthcare Enrollment Assistance

Thursday, January 16, 9 am - 5 pm

Troy Community Center Room 503

Volunteer Certified Application Counselors from the Oakland Livingston Human Service Agency will help uninsured persons under age 65 navigate the healthcare marketplace and enroll in a plan. Appointments are required - call 248.524.3484. Please allow two hours for your appointment. All ages less than 65 are welcome to participate. **See page 11 for a list of information you must bring to this appointment.**

If you are unable to make it on this date in Troy, ongoing appointments are available at the Oakland Livingston Human Service Agency in Pontiac. Call 248.209.2657.

Keeping the Keys

Thursday, Feb. 20, 10-11:30 am

Troy Community Center Room 305

At AAA's Keeping the Keys workshop learn about how to:

- Adjust to natural changes in driving ability.
- Keep driving skills sharp.
- Take full advantage of AAA's resources for senior drivers.
- Drive safer longer.
- Keep your independence.

The presenters are Sue Falletich, Manager, Michigan Driver Training Programs and Sandra Maxwell, Director, Driver Training Programs for Auto Club Group for an eleven state region. Reservations are not required for this free program.

How To Stay Fit and Enjoy Life

Thursdays, Jan 16-Feb. 13 (5 weeks), 1-2:30 pm

Troy Community Center Room 304

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



Ask A Nurse

2nd THURSDAY, 10-11 am, Room 404

A registered nurse from Crittenton Home Care will be at the Community Center from 10-11 am on the second Thursday of each month to host *Ask a Nurse*. She will offer free routine blood pressure screenings plus a question and answer time. Appointments are not required.

AARP Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will continue to help low to moderate income seniors prepare IRS and State taxes in the Troy Community Center each Friday, starting February 7 thru April 11, 2014. Appointments must be made at the Friends of Troy Seniors desk or by calling the office at 248.526.2608, starting January 6, 2014.

See page 11 for a list of things to bring to your appointment.

2014 Spring Senior Expo

Tuesday, March 18, 10 am - 2 pm

at the Troy Community Center

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.

Potential vendors can access information and registration form at: www.troymi.gov/2014SeniorExpoRegistration. Volunteers are needed to help the day of the event. Call Elaine T. at 248.524.3484 to volunteer.

Do You Need To Talk?

Counseling Service Returns to 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.

Free English Skills Workshop

See page 2 for details.

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Recreation Dept. Hours
Mon-Fri, 8 am-8 pm
Sat, 8:30 am-12:30 pm

Fax
248.689.6497

Medi-Go Plus Transportation
248.457.1100

SMART Transportation
866.962.5515

Emerald Kitchens
(Meals on Wheels)
248.689.0001

Weather Hotline
(Cancellations due to weather)
248.689.9756

Friends of Troy Seniors
248.526.2608

SHARP Home Repair
248.528.2929

Creative Endeavors
248.526.5145

City Hall
248.524.3300

City Web Site
www.troymi.gov

**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

Aquatic Exercise with a Personal Trainer

People with arthritis or other disabilities who can't perform land exercise can use water to improve fitness and range of motion and to relieve pain and stiffness. Water cushions stiff and painful joints or fragile bones that might be injured by the impact of land exercises. 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 with Personal Trainer Susan O'Connor. 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. This session can be broken down into three 20 minute sessions (or two 30 minute sessions). After your desired number of private sessions, you can continue your routine on your own at the therapy pool by purchasing a pass. (\$19/month for Troy residents age 60 and older or \$16.75 for a matinee pass.)

To schedule a session, contact Susan O'Connor at 248.526.2657, Ext. 4. She will help you find a safe, effective and fun exercise routine that will set you on your way to greater mobility and better health.

Mouth Organ Grinders Performance Monday, February 10, 10:30 am

Stop by the Community Center lobby at 10:30 am to enjoy a free one-hour harmonica performance presented by the Troy Mouth Organ Grinders. For information about joining this group, see page 9.

Beginning Harmonica Lessons

Learn the basics during this six week class.

A \$20 materials fee which includes a book, CD, DVD and harmonica is due to the instructor at the first class. Instructor Jerry Coval directs the Troy harmonica band. Adults of all ages welcome.

Act#	Day	Dates	Time	Fee	Non Res
145002C	Mon	1/13-2/17	11 am-Noon	\$48	\$58

Coming Soon!!! Ballroom Dance Lessons for All Age Adults

Begining Fri., March 7 6-6:50pm 6 wk sessions \$65 Res \$75 NR

Look for more details in the March/April Fifty Forward Newsletter or the Spring Troy Today.

English Skills Workshop

Tuesdays, January 14 – March 18 (10 weeks); 1-3 pm

Troy Community Center Room 305; Cost: Free

Are you lonely because of your English skills? Are you shy and afraid to go out because your English is not good? Improve your English and learn more about American history and culture during this fun class.

The workshop will focus on speaking, reading and comprehending English. Exercises will be conducted in English and the workshop is open to all ethnic groups. There will be no homework and no tests! Students will be grouped by ability. This workshop is especially for ages 50 and older although adults of all ages may attend.

Workshop leader Ed Lee has designed and taught educational programs for colleges and universities for over 30 years. He has experience working with people from diverse ethnic backgrounds. For more information, call Mr. Lee at 248.926.2288.

Pre-registration is required. Please call 248.524.3484 and register for **Act. 145938A**.



- **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.
- Individuals that need personal care must be accompanied by an adult to assist with their special needs.

DIA Transportation

Wednesday, Jan. 15, 11 am - 3 pm Act. 148924R \$5; NR \$7

Due to a successful County Art Institute Authority millage, residents benefit with free unlimited general museum admission. Enjoy lunch at the Cafe DIA or Kresge Court (on your own), check out the art, don't worry about traffic or parking and have a nice, relaxing afternoon at the DIA. Bring proof of Oakland/Wayne/Macomb County residency for free admission. Transportation by school bus subsidized by Troy Medi-Go Plus.

Drag Queen Bingo

Friday, Jan. 24, 1-4:30 pm Act. 148924P \$28; NR: \$33

Drag Queen Bingo at Five15 in Royal Oak is an audience-participation adult comedy show with a Drag Queen Entertainer calling numbers and zingers and insulting everyone and everything. Nothing is sacred and no one is safe, but it's all in good fun. Prevail and win hilarious merchandise from Five15 plus the opportunity to have your photo taken with one of their glamorous entertainers. Refreshments sold separately at this coffee shop offering a variety of coffee beverages and smoothies (no alcohol). Transportation is by school bus. We must have a minimum number registered by January 10 for this trip to go.

Firekeepers Casino in Battle Creek

Wed, Feb. 5, 8:30 am-6:30 pm Act. 148924L \$39; NR: \$44

Your casino package includes \$20 in slot credit and \$5 to be used for food, slot play or gift shop. You will be asked your birth date upon registration which is required by the casino. Transportation by motorcoach. Minimum age: 21.

Rediscover Main Street: Clawson, Michigan

Friday, Feb. 14, 10 am-2 pm Act. 148924Q \$23; NR: \$28

We will start at Leon and Lulu's where you will have 45 minutes for shopping. They will also give a brief history of the store, and raffle off two \$25 gift cards. Then it's on to Da Nang Vietnamese Restaurant where you will be served an imperial or spring roll and choice of Pho Tai/Pho Ga, their national dish of thick rice noodle soup topped with beef or chicken or Com Thit Ga Nuong, grilled boneless chicken with rice, vegetables and house sauce. Beverage is also included. After lunch, our step on guide from the Clawson Historical Society will give us a 45 minute guided bus tour with Clawson, focusing on examples of the Sears and Roebuck catalog homes. She will provide a handout, and a guide to catalog listings can also be purchased for \$2. Transportation by school bus subsidized by Troy Medi-Go Plus.

EXTENDED TRIPS

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

As you know, collaboration is the wave of the future. We have teamed up with Shoreline Tours and Group Tours International for extended travel. They offer TOP NOTCH trips and pool several nearby cities so trips are sure to go. Those who have participated cannot say enough good things about the trips. See for yourself by giving one of these trips a try!

Washington, D.C. - April 4-8, 2014

\$949 pp double, \$1319 single, \$859 triple

Includes round trip motorcoach transportation, four nights lodging, seven meals, Cherry Blossom Festival, all day sightseeing tour in Washington, D.C including stops at the World War II Memorial, Vietnam Memorial, Korean War Memorial and Lincoln Memorial, Arlington National Cemetery, Mt. Vernon, Monticello, and the Woodrow Wilson Library and Museum. Call Shoreline Tours for reservations. **800.265.0818.**

Rediscover Cuba – April 27-May 5, 2014

\$4369 per person double, \$4769 single

Round trip transfers from Troy, airfare, 9 days, 17 meals, and extensive sightseeing as outlined in the brochure available at the Community Center. Highlights include Trinidad, Cienfuegos, Havana, the Cuban Fine Arts Museum, and tours where you will learn about Cuban sugar production, cigar making, pottery making and more. Call Group Tours International for reservations. **248.625.3645.**

Portugal and Its Islands – Nov. 7-19, 2014

\$4249 per person double, \$4899 single, \$4219 triple

Round trip transfers from Troy, airfare, 13 days, 18 meals, and extensive sightseeing as outlined in the brochure available at the Community Center. Visit medieval towns, coastal villages, and natural landscapes, and enjoy Portuguese cuisine, regional wines and folkloric entertainment. Highlights include Lisbon, Portuguese Riviera, Sintra, visits to a pineapple and a tea plantation, interactive Azorean cooking class, and much more. Book by May 7 and deduct \$250 from the price listed above. Call Group Tours International for reservations. **248.625.3645.**



New York City - July 14-18

\$929 pp double, \$1249 single, \$849 triple

Round trip motorcoach transportation, two nights in Pennsylvania to/from NYC, two nights in Secaucus, New Jersey (only 5 miles from NYC), two breakfasts, Broadway show "Newsies," all day sightseeing tour of NYC, 9/11 Museum, 9/11 Memorial, Ellis Island and the Statue of Liberty, and the Flight 93 Memorial. Call Shoreline Tours for reservations. **800.265.0818.**

50+ Fall/Winter Volleyball**Mondays and Thursdays 9:30 - 11 am**

Senior volleyball players age 50+ are welcome to drop in and play volleyball on Monday and Thursday mornings. Free for Fitness Center pass holders. Others must purchase a daily drop in pass or purchase a punch card to take part in this open recreation program.

Indoor Drop-In Pickleball

Fridays 50+ 10:30 am-3 pm. \$3 Senior Special rate extended to 3 pm for Pickleball only. **(Must sign in and pay prior to 1:30 pm to get the \$3 rate)** Fitness Center access ends at 11:30 am as advertised. Free for Fitness Center pass holders. We are asking that players limit play to a maximum of two hours, to help alleviate overcrowding. **Play begins at 11 am on 12/27/13 and 1/3/14.**

Drop-In Pickleball New times for 2014**As of January 2014 Four courts available for play**

Mon. Afternoon	12-2 pm	50+ Only
Tue/Thu. Mornings	5:45-8 am	All Ages
Wed. Evening	6-8:30 pm	All Ages
Fri. Morning	10:30 am-3 pm	Senior Special
Fri. Evening	3-5:30 pm	50+ Only
Fri. Evening	5:30-7:30 pm	All Ages

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. Equipment provided. Fridays 50+ 10:30 am-3 pm. **\$3**

Winter Pickleball Doubles Ladder Play**Sundays, 6:15-8:15 pm (All ages)****32 players -\$47; \$57 NR**

All sessions are full. If you are interested in being a sub e-mail E.Torvinen@troymi.gov with your phone number, e-mail address and skill rating.

Session 1 Act #118998A Dec 29 - Feb 23 (No play 1/19).**Session 2 Act #118998B Mar 2 - Apr 27 (No play Apr 20)****Tuesdays, 1-2:30 pm (50+ only)****Session 1 Act #118998C Jan 7 - Feb 25 Full****Session 2 Act #118998D Mar 4 -Apr 22 Full**

These ladders meet at the Troy Community Center for eight weeks. Registration required. Play three games with three different partners. Ladder competition among individual competitors. Scores will be kept and players will compete against equal skill levels and attempt to move up the ladder. Subs will be needed. If you have questions contact Elaine T. at 248-524-3484. Equipment is provided.

50+ Drop-In Badminton**Mondays, 2-3:30 pm**

Fours courts are available and equipment is provided. Free for Fitness Center pass holders. Others must purchase a daily drop in pass or purchase a punch card to take part in this open recreation program.

2014 Troy Senior Golf Leagues**Registration fee: \$43 Non-Res; \$48 (Refundable thru 4/1)**

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

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

Act. #148986L: Monday League**Act. #148986M:** Monday sub list**Act. #148987L:** Wednesday League**Act. #148987M:** Wednesday sub list

For more information, please call:

Mon. League: John Ranieri 248.641.8720

Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com

Wed. League: Tony D'Amico 248.588.5425

Louis Sahr 248.828.4264

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 information in the Nov/Dec newsletter.

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

Tennis - Indoors at the Troy Racquet Club Sept.-May. Call **248.528.3400** for registration information. Outdoors at Boulan Park May-Sept. Contact Judy Luther at 248.879.9550 for more information.

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

Volleyball - 55+-Tuesday mornings Oct. - March. Contact Dave Mattis at 248.649.1898 for more information 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 on Friday: \$3 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.
- Drop-in passes are \$6 (Non-Res \$7) unless noted.
- 10 visit drop-in punch cards are available for: Muscle Strengthening, Tai Chi, Pilates, Balance and Stretch, Yoga w/ Marie and Aqua Exercise.

Fitness RX Women on Weights with Barb

Now on TUE and THU. 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 lb.) hand weights.

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

Act #	Day	Time	Dates	Fee	NR
118981A	Tue	6-7 pm	Jan 7-Mar 11	\$61	\$71
118981B	Thu	6-7 pm	Jan 9-Mar 13	\$61	\$71

Fitness RX Barre Plus Class for age 45 and Up

Using low weights/high reps, sculpt your abs, arms, thighs and glutes using weights, tubing, balls and a chair. Your results: increased muscular endurance, and tighter abs, glutes and arms. Bring 2-3 lb weights and a mat. Bands and balls supplied by instructor. This class is designed for ages 45+ or de-conditioned younger students. Weeks: 10 Drop in fee \$10 per class (\$11 Non-Res) **NEW EVENING CLASSES!!!**

Act #	Day	Time	Dates	Fee	Non-Res
118985A	Wed	1:15-2:05 pm	Jan. 8-Mar. 12	\$61	\$71
118985B	Mon	6-6:50 pm	Jan 6-Mar 10	\$61	\$71
118985C	Wed	6-6:50 pm	Jan 8-Mar 12	\$61	\$71

***Muscle Strengthening with Rachel**

A total body workout using hand-held weights, tubing, and medicine balls. Weeks: 11

Act #	Day	Time	Dates	Fee	Non-Res
118975C	Tue	10-10:50 am	Jan 7-Mar 18	\$50	\$60
118975D	Thu	10-10:50 am	Jan 9-Mar 20	\$50	\$60

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

Act #	Day	Time	Dates	Fee	Non-Res
118977C	Mon	11-12:10 pm	Jan 6-Mar 10	\$47	\$57
118977D	Wed	11-12:10 pm	Jan 8-Mar 12	\$47	\$57

Tai Chi Adv & Beg with Kim Cary / Int w/Keith

Enhance balance and body awareness through slow, graceful, precise body movements. Reduce stress, increase muscle tone and flexibility and improve balance. Wear loose clothing and flat shoes. Instructor's permission required for Adv. Fee: \$47; Non-Res \$57 Weeks: 10

Act #	Level	Day	Time	Dates
118976D	Int	Mon	3-4 pm	Jan 6-Mar 10
118976E	Adv	Wed	1:45-2:45 pm	Jan 8-Mar 12
118976F	Beg	Wed	2:45-3:45 pm	Jan 8-Mar 12

Chair Exercise

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

Stretch and Tone

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



For all ages!!! FRIDAY NIGHT
6:30-7:30 PM \$6 RES \$7 NR

Zumba is one of the fastest-growing, dance-based fitness crazes in the country, with people of all ages falling in love with its infectious, international music and easy-to-follow dance. You'll be so busy strutting your stuff, you'll forget you're actually exercising! Classes coming soon to: Troy Parks & Recreation

Friday Nights at 6:30 pm – 7:30 pm starting January 10, 2014

Class pricing: \$6 RES., \$7 NR (cash only). Pay at the door

For more information contact: terri@ccplusdance.com.

Chair Yoga with Janeen

An effortless arrangement of gentle stretches, breathing exercises and meditations utilizing a chair for assistance. A creative way to stretch out stress and reenergize, while building strength and endurance. No need to visit the floor! Weeks: 10 Drop in fee \$7.50 (\$8.50 Non-Res)

Act.#	Day	Time	Dates	Fee	Non-Res
118984B	Tue	11-11:45 am	Jan 7-Mar 11	\$60	\$70
128984A	Tue	11-11:45 am	Mar 25-May 27	\$60	\$70

***Beginning Pilates with Ilene Hill**

Improve overall balance, coordination and flexibility. Great for degenerative conditions that occur as the body ages. Pilates helps your body stay fit and full of vitality, with body mind and spirit functioning as a coordinated whole. Weeks: 11

Act #	Day	Time	Dates	Fee	Non-Res
118982C	Mon	10-10:50 am	Jan 6-Mar 17	\$50	\$60
118982D	Wed	10-10:50 am	Jan 8-Mar 19	\$50	\$60

***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: 11

Act #	Day	Time	Dates	Fee	Non-Res
118983C	Mon	9-9:50 am	Jan 6-Mar 17	\$50	\$60
118983D	Wed	9-9:50 am	Jan 8-Mar 19	\$50	\$60

***Pilates with Fawn (New Passport Class)**

Stand taller, sit straighter and improve stamina, coordination and flexibility by strengthening core muscles with this no-impact workout. Includes floor exercises. Weeks: 11

Act #	Day	Time	Dates	Fee	Non-Res
118979A	T&Th	11-11:50 am	Jan 7-Mar 20	\$96	\$106

Zumba Gold Dance Exercise

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

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

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

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

All classes meet at the Troy Community Center



Anyone Can Paint

ABSOLUTELY anyone can paint! Television artist Steve Wood will have you painting like an artist in one class. An 11 x 14 painting will be completed in class.

Paint, brushes, canvas boards and all other supplies are included in the fee. **Fee:** \$27.50; Non-Res \$37.50 **Ages:** 16 and older

Act #	Date	Time	Subject
145933G	Thu, Jan 9	6-8 pm	Hydrangeas
145933H	Thu, Feb 13	6-8 pm	Lookin' Out My Front Door
145933J	Thu, Mar 13	6-8 pm	Secluded Beach

Watercolor Painting Lessons

For beginners through advanced painters. Noted Bloomfield Hills artist Karen Halpern will guide you in working with the beautiful nature of watercolor. Supply list is available on your receipt.

Weeks: 9 **Fee:** \$123; Non-Res \$133

Act.#	Day	Time	Dates	Wks
118971B	Wed	9:30 am-12 pm	Jan 8-Mar 5	9

Oil & Acrylic Painting

For beginner through advanced painters. Instructor Marat Paransky demonstrates and provides individual instruction. Supply list available on receipt. **Fee:** \$67; Non-Res \$77 **No class Feb. 11 & 18**

Act.#	Day	Time	Dates	Wks
118972B	Tue	12-3 pm	Jan 7-Mar 11	8

Keyboarding

Join the "Play for Fun" group and learn to play and read keyboard, piano, or organ music. Students take turns using an organ in this class. 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: Grace. **Fee:** \$37; Non-Res. \$47 **Weeks:** 10

Act.#	Day	Level	Time	Dates
118973A	Mon	Adv	9-9:50 am	Jan 13-Mar 17
118973B	Mon	Int	10-10:50 am	Jan 13-Mar 17
118973C	Mon	Beg	11-11:50 am	Jan 13-Mar 17

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:** Res \$47 Non-Res \$57

Act.#	Level	Day	Time	Dates
118974C	Beg	Tue	1:30-2:30 pm	Jan 7-Mar 11
118974D	Int	Tue	2:30-3:30 pm	Jan 7-Mar 11

Drop In Ballroom Dance

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

Always wanted to ballroom dance? Join our group classes and learn a different Smooth, Rhythm, or Swing dance each month. Learn tips and techniques that will take you 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.

Mon: Jan. EC Swing begins 1/6; Feb. Foxtrot 3 wks **No class 2/3**

Wed: Jan. Waltz begins 1/8; Feb. Samba 3 wks **No class 2/5**

Line Dance Lessons

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

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

Square Dance Lessons

Mondays, 7-9:30 pm \$5 per person (NR \$6) payable at the door

Join us for beginning square dance lessons. Partners recommended but not required. Experienced dancers will assist. For more information, call Geoff at 248-547-3073.

Friday Night Sq. Dances - Every third Friday, Nov.- May

7:30 to 9:30 pm in the studios upstairs at the Troy Community Center. **Fee:** \$4. Call Janet at 248-952-1466 for details.

NEW!!! Advanced Square Dance Lessons

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

Lessons begin on January 9. Minimum of 3 years Mainstream/Plus level dancing required. Classes led by Caller/Instructor Ray Wiles. 'NEW' Advanced students accepted from 1st class through January 23. 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.

NEW!!! Spring Evening Drop-In Ballroom Dance

Second Thursday of April, May and June 7-9:30 pm

Light refreshments, coffee and soft drinks served. Basic dance step lessons will be provided. This will be for all ages. Drop-in fee of \$6 for residents and \$7 for non-residents will be collected at the door. Look for more details in March April Fifty Forward Newsletter.

Teen – Senior Adult Pottery

Join our resident artist Jan Lindell-Meinhard, Master of Arts, to create beautiful pottery. Tools and materials provided. Dress for mess. Pick-up projects after last class. **Material Fee:** \$25 (paid to instructor 1st week) **Weeks:** 4 **Ages:** 14 and up **Fee:** \$64 NR \$74 Session themes are:

Pitcher/Tea Pot– Let your creativity flow while designing this fun project.

Seasonal Tile – Create your own seasonal tile in a four piece design.

Baking Casserole Dish-Try your hand at designing a lasagna dish.

Act#	Themes	Day	Dates	Time
114305F	Pitcher/Tea Pot	Wed	1/15-2/5	7-9:30 pm
114305G	Seasonal Tile	Wed	2/12-3/5	7-9:30 pm
114305H	Lasagna Dish	Wed	3/12-4/2	7-9:30 pm

Clay Projects For Seniors

Tap into your creative side. Work with clay and glazes to design beautiful pottery. Instructor: Jan Lindell-Meinhard, Bachelor of Fine Arts and Masters of Arts Wayne State University **Material Fee:** \$15 (paid to instructor 1st week) **Weeks:** 4 **Ages:** 50+ Themes: Heart Shape Boxes and Pitchers/Tea Pots

Act#	Day	Dates	Time	Res	NR
114305I	Tue	1/14-2/4	10:30am-12pm	\$48	\$58
114305J	Tue	2/25-3/18	10:30am-12pm	\$48	\$58



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.troyclc.org. **To aid in planning your class choices, Intro to Word Processing and Intro to Excel will only be offered three times each year.**

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

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

Computers for Beginners 1

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

Act #	Day	Time	Dates
135951H	T & Th	9:30-11:30 am	1/7-16
135951I	T & Th	1-3 pm	1/28-2/6
135951J	T & Th	9:30-11:30 am	2/25-3/6
135951K	M & W	6:30-8:30 pm	3/10-19

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 web sites, sending e-mails, making CD's and DVD's and much more.

Act #	Day	Time	Dates
135973F	M & W	1-3 pm	1/6-15
135973G	T & Th	9:30-11:30 am	1/28-2/6
135973H	T & Th	1-3 pm	2/25-3/6

Windows 8

Prerequisite: Computers for Beginners or some previous 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
135972E	M & W	6:30-8:30 pm	1/6-15
135972F	T & Th	1-3 pm	3/11-20

Introduction 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
135954B	M & W	1-3 pm	1/20-29

Introduction to Power Point

An introduction to Microsoft's PowerPoint software that can be used for presentations, picture collages, to display your vacation pictures or present any subject.

Act #	Day	Time	D a t e s
135961B	M & W	6:30-8:30 pm	2/10-19

Introduction to Scanning

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

Act #	Day	Time	Dates
135962C	T & Th	9:30-11:30 am	2/18-20

Picture Formats

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

Act #	Day	Time	Dates
135963B	T & Th	9:30-11:30 am	3/11-13

E-Mail

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

Act #	Day	Time	Date
135960K	T	9:30-11:30 am	1/21
135960L	TH	9:30-11:30 am	1/23
135960M	M	1-3 pm	2/3
135960N	W	1-3 pm	2/5
135960O	T	1-3 pm	2/18
135960P	TH	1-3 pm	2/20

Introduction to Excel

Do you keep an address book, a household budget, golf/bowling league averages or any other kind of list or data log. Then you need to try Microsoft Excel, the world's most popular spreadsheet program. And you don't have to be good with numbers to learn. Excel does all the data and number crunching for you. Have fun while you learn its many possible uses: savings, investments, medical data, weight loss, gas mileage, expenses etc. **This class meets for 2 hours, 6 times over 3 weeks. Fee: \$50 Non-Res \$60**

Act #	Day	Time	Dates
135968B	T & Th	1-3 pm	1/7-23

Basic PhotoShop Elements

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

Wks: 4 Fee: \$60; Non-Res: \$70

Act #	Day	Time	Dates
135959B	M & W	1-3 pm	2/17-3/12

Advanced PhotoShop Elements

Don't let the word "Advanced" scare you! With Photoshop's easy-to-use techniques, 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; Non-Res: \$70

Act #	Day	Time	Dates
135970B	M & W	1-3 pm	3/24-4/16

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.

FREE Drop-In Computer Lab

The computer lab is open for drop-in use on Mon. Wed. and Fri. from 9:30 am - noon and Fridays from 1-3 pm subject to monitor availability. No Fri afternoon Dec-Apr 11 due to Tax Aide.

Monday	Tuesday	Wednesday	Thursday	Friday
Jan.		Center Closed ¹ Happy New Year!	11:45 NO LUNCH ² 12:30 Birthday Party	11:45 NO LUNCH ³ 1:00 Bingo
11:45 Mac & Cheese ⁶	11:45 Sweet & Sour Chicken ⁷	11:45 Sausage & Sauerkraut ⁸	10-11:30 Caregiver Support ⁹ 10-11 Ask A Nurse 11:45 Chef's Choice	11:45 Hamburger ¹⁰ 1:00 Bingo
11:45 BBQ Meatballs ¹³	11:45 Hamburger Stroganoff ¹⁴ 1:00 Red Hat	10-12 Disk Erasure ¹⁵ 11:00 DIA 11:45 Lemon Chicken	9-5 Healthcare Enrollment ¹⁶ 11:45 Beef Hot Dog	10-12 Blood Pressure ¹⁷ 11:45 NO LUNCH 1:00 Bingo
11:30 Pizza Lunch & Learn - see pg. 11 ²⁰	11:45 Chili Macaroni ²¹	11:45 Meatloaf ²²	11:45 Chef's Selection ²³	11:45 Lemon Baked Fish ²⁴ 1:00 Bingo 1:00 Drag Queen Bingo Trip
11:45 Chicken Fried Beef ²⁷	11:45 Ginger BBQ Chicken ²⁸ 1-3 Focus Hope	9:30-12 Computer Consultations ²⁹ 11:45 Spaghetti	11:45 Chicken & Noodles ³⁰	11:45 Roast Pork Loin ³¹ 1:00 Bingo

11:45 Corn Dog ³	11:45 Chicken Parmesan ⁴	8:30 Firekeepers ⁵ 10:00 Book Club 11:45 Sausage & Sauerkraut	11:45 Chef's Choice ⁶ 12:30 Birthday Party	11:45 Hamburger ⁷ 1:00 Bingo
10:30 Harmonica Concert ¹⁰ 11:45 Baked Chicken	11:45 Chili with Rice ¹¹ 1:00 Red Hat	11:45 Sloppy Joes ¹²	10-11 Ask a Nurse ¹³ 10-11:30 Caregiver Support 11:45 Spaghetti	10:00 Clawson Trip ¹⁴ 11:45 NO LUNCH 1:00 Bingo
11:30 Pizza Lunch & Learn - see pg. 11 ¹⁷	11:45 Ginger BBQ Chicken ¹⁸	10-12 Disk Erasure ¹⁹ 11:45 Chili Macaroni	10:00 Keeping the Keys ²⁰ 11:45 Chef's Selection	10-12 Blood Pressure ²¹ 11:45 Chicken & Noodles 1:00 Bingo
11:45 Shepperd's Pie ²⁴	11:45 Oven Fried Chicken ²⁵ 12:30-2 Focus Hope	9:30-12 Computer Consultations ²⁶ 11:45 Hamburger Stroganoff	11:45 Sweet & Sour Meatballs ²⁷	11:45 Lemon Baked Chicken ²⁸ 1:00 Bingo

Feb.

Lunch is served from 11:45am-12:30pm Monday -Thursday and from 11:30am-12:15pm on Friday.
Suggested donation: \$3.50. Under age 60 must pay \$6.

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

**SPECIAL INTEREST/
SUPPORT GROUP**

Ask the Attorney

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

Caregiver's Support Group

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

Friends of Troy Seniors

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

Medicare Enrollment Assistance

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

Pacific Rim Outreach

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

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

Blood Pressure Screenings

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

Hearing Screenings

2nd Friday, 10 am - Noon. Room 402. 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 (248.307.9644)**, ACBL: Mondays 12-3:30 pm and Fridays 11 am-2:30 pm, \$6 at door (586.775.7363).

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

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

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

CREATIVE ARTS

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

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

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

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

Harmonica Club (Mouth Organ Grinders) - Mondays, 10-11 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

For ongoing sports and fitness activities, 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. No Fri afternoon Dec-Apr 11 due to Tax Aide.

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 2014. Prorated monthly. (Act. #145202)

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

*\$12 annual participation fee; Non-Res: \$17.

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

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

OR

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



FRIENDS OF TROY SENIORS

SERVING SENIORS THROUGH COMMUNITY PARTNERSHIP

Greetings and Best Wishes to Everyone for a Healthy and Happy 2014

We at the Friends of Troy Seniors look forward to another year of providing support and advocacy for senior programs and services for the greater Troy area residents ages 50 and older. Volunteer opportunities are available. Try something new in 2014 and join us. To inquire about these opportunities, please call 248.526.2608 or stop by our office window.

Lunch & Learn – What You Need to Know About the New Tax Laws

Mon, Jan 20, 11:30 am (check in required between 11 and 11:30 am), Troy Community Center, Room 402

Fee: \$1 per person for lunch paid at check in.

Note: There will be no federally funded lunch on this date. Guest speaker, Thomas Hill, CPA, will speak about the changes in the tax laws and tax benefits for senior citizens. This lunch is made possible through a grant from the North Woodward Community Foundation and will be co-sponsored by Home Instead Senior Care. A pizza lunch with salad, dessert and beverage will be served at this event. Reservations are required and you must register no later than Thursday, January 16. Call 248.526.2608 or stop by our Friends of Troy Seniors window to register.

Lunch & Learn – What to Expect Following Knee or Hip Replacement Surgery

Mon, Feb 17, 11:30 am (check in required between 11 and 11:30 am), Troy Community Center, Room 402

Fee: \$1 per person for lunch paid at check in.

Note: There will be no federally funded lunch of this date. Guest speakers from Heartland-Oakland will speak about what to expect when you leave the hospital after surgery and what you must do in the months after that to maintain mobility in the new joint. This lunch is made possible through a grant from the North Woodward Community Foundation and will be co-sponsored by Heartland Health Care Center – Oakland. A pizza lunch with salad, dessert and beverage will be served at this event. Reservations are required and you must register no later than Thursday, February 13. Call 248.526.2608 or stop by our Friends of Troy Seniors window to register.

AARP Tax Aide Program

In cooperation with the AARP Tax Aide Program, the Friends of Troy Seniors office will set up your tax appointment so that you can have your 2013 taxes prepared by one of the AARP volunteers. You may call 248.526.2608 or stop by our office between the hours of 10 am – 1 pm, Monday through Friday, to set up your appointment on or after January 6. Taxes will be prepared for lower and median income seniors each Friday from February 7 through April 11 by appointment only. See page 11 for a list of what to bring to your appointment.

Monthly Membership Meetings

The Friends of Troy Seniors meetings are held on the 3rd Thursday of the month at 1 pm in the Troy Community Center unless otherwise announced. Our next two meetings will be held on January 16 and February 20.

Thank You Donors, Sponsors and Volunteers

We would like to thank the following businesses and individuals for their support:

Purse, Tote, Wallet and Scarf Sale – to all of you who generously donated items for this sale; to our volunteers who priced, tagged and sorted every item for sale and set out the items for display and smoothly ran the sale; to the community center employees who went above and beyond to help us; and, to our shoppers who made the sale a success.

Senior Craft Show – to our volunteers who gave of their time on the day of the craft show.

Thanksgiving EFS Holiday Buffet – to Oakmont Senior Communities for providing music by Dan Bryson on the piano while the seniors enjoyed the buffet; and, to the volunteers who assisted at the buffet.

Christmas EFS Holiday Buffet – to Carolyn Darch and Elizabeth Nowicki who both donated their time by playing the piano for the seniors while they enjoyed the buffet and also celebrated the December birthdays; and, to the volunteers who assisted at the buffet and birthday party.

Heritage Band Holiday Concert – Heartland Health Care Center – Oakland for donating Nino Salvaggio cookies for refreshments; to Starbucks Coffee Company at two locations - Big Beaver and Crooks and also Crooks at I-75 for donating coffee and coffee condiments; to the members of the Heritage Concert Band of Troy for performing again; and, to our volunteers who gave of their time during the busy month of December.

FRIENDS OF TROY SENIORS
3179 Livernois Troy, MI 48083
248.526.2608

fots@wowway.com

www.friendsoftroyseniors.org

Hours – Mon-Fri 10 am - 1 pm

Closed Dec. 23-Jan. 1

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

Open Monday - Friday 10 am - 2 pm and
Wednesday and Thursday 5-9 pm

248.526.5145

Visit our Michigan
themed section



Consignment
items are
100% Michigan
made



AARP Tax Aide

AARP Tax-Aide volunteers, trained in cooperation with the IRS, will help low to moderate income seniors prepare IRS and State taxes in the Troy Community Center each Friday, starting February 1 thru April 11, 2014. Appointments must be made at the Friends Of Troy Seniors desk or by calling the office at 248.526.2608, starting January 6, 2014 This will assist those persons who have medical disabilities and those persons who are on a schedule.

Each taxpayer and family member must bring:

- Social Security card and picture ID (driver's license, passport etc.)
- A copy of all prepared tax forms filed for 2012.
- All forms you have received for the 2013 tax year. Examples are: W-2, SSA-1099 Social Security Benefit, Statement, 1099-INT Bank Interest Statement, 1099-DIV Dividend Statements and 1099-B Sale of Securities with original purchase price of sold assets, 1099-R Income from Retirement Plans, IRA Distributions, Pensions, etc., 1099-OID Interest on Original Issue Discount Securities.
- All other income
- Your bill for property taxes or total rent receipts and heating bills
- Receipts for hospitalization insurance you paid including Medicare D (You do not need receipts for medicine or a list of medicines purchased unless you have itemized in the past or will itemize this year. If in doubt stop by and ask.)

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

New Consumer Guides for Managing Someone Else's Money

Millions of Americans are managing money or property for a loved one who is unable to pay bills or make financial decisions. This can be very overwhelming. But, it's also a great opportunity to help someone you care about.

The Consumer Financial Protection Bureau has released several new guides to help financial caregivers understand their roles and protect their loved ones from financial exploitation. The guides help you to be a financial caregiver in three ways:

- They walk you through your duties.
- They tell you how to watch out for scams and financial exploitation, and what to do if your loved one is a victim.
- They tell you where you can go for help.

You can download the guides at <http://www.consumerfinance.gov/blog/managing-someone-elses-money/>

Healthcare Enrollment Assistance Marketplace Application Checklist

See page one for information on scheduling an appointment for healthcare enrollment assistance.

When you apply for coverage in the Health Insurance Marketplace, you'll need to provide the following information:

- Social Security numbers (or document numbers for legal immigrants)
- Employer and income information for every member of your household who needs coverage (for example, from pay stubs or W-2 forms—Wage and Tax Statements)
- Policy numbers for any current health insurance plans covering members of your household
- A completed Employer Coverage Tool for every job-based plan you or someone in your household is eligible for. (even if you aren't enrolled in it.). Your employer should have the form. You can also find a copy of this form by typing in OMB No. 0938-1991 in your search engine. It will be the first thing to come up and is a one-page .pdf file that will ask for information about any health care coverage that you are eligible for through your employer.

For more information about the Marketplace, visit HealthCare.gov.



Transportation Services



Troy Medi-Go Plus

This nonprofit Troy community organization provides door-to-door advanced reservation service for Troy residents age 60 and older and disabled residents 18 and older to:

- Medical Offices
- Hospitals
- Pharmacies
- Nursing Homes
- Troy Community Center
- Shopping

Medi-Go Plus also transports persons with disabilities ages 18 and older to work and school. Wheelchair accessible vehicles are available.

Service Area: For medical appointments, nursing homes, and work and school: Eleven Mile, Mound, Hamlin and Southfield Roads. For shopping: Troy only (plus Meijer in Rochester Hills, Madison Heights and Royal Oak).

Hours of Service: 8:30 am to 4 pm Monday - Friday.

Reservations: Advance reservations required. Call 248.457.1100 Monday through Friday from 9 am - 4 pm. Call up to 14 days in advance for medical appointments. Call up to one week in advance for Community Center trips and two business days in advance for shopping. Standing reservations are accepted for medical appointments, trips to the Community Center and for persons with disabilities to work and school.

Assistance Provided: Door-to-door if needed.

Fare: \$2 per one-way trip. Punch cards are available for \$40 for 20 rides. Call 248.457.1100. Additional donations are accepted. Donations may be sent to Troy Medi-Go Plus, 3179 Livernois, Troy, MI 48099-0392.

Troy People Concerned

Volunteers provide transportation to medical and social service agencies for Troy residents of all ages who need door-to-door assistance and cannot use SMART or Medi-Go Plus. Wheelchair accessible vehicles are not available. A minimum of 48 hours notice is required. There is no charge for this service. Call 248.528.9199.

SMART Connector Service

For travel throughout Troy and to surrounding communities, SMART Connector curb-to-curb small bus service may be available. All SMART Connector buses are wheelchair accessible.

Service Area: Troy and surrounding communities, except Rochester and Rochester Hills

Service Hours: Monday - Friday, 6 am to 6 pm.

Reservations: Call SMART Customer Service at 866.962.5515 from 7 am to 4 pm, Monday through Friday, except for major holidays. All reservations must be received by 4 pm one day before the service is needed. General rides for shopping, school or work can be made one to two days in advance. Medical trip reservations may be made up to six days in advance. A pick up window of 30 minutes will be given.

SMART Fixed Route Buses

Public fixed route bus service is available to many destinations in Wayne, Oakland, and Macomb Counties and several of these fixed routes enter Troy. All vehicles are wheelchair accessible.

For Information and Schedules: For a current schedule, call 866.962.5515 (TDD 866.223.2305) Monday - Friday, 6:30 am - 6 pm or visit SMART's website at smartbus.org.

Service Area and Hours: Wayne, Oakland, and Macomb Counties. Hours vary by route.

Fare: Flat fare \$2; \$.50 for ages 65+ and persons with disabilities with SMART identification card. Park and Ride \$2.50; \$1 for ages 65+ and persons with disabilities with SMART identification card.

myride2

If Medi-Go and/or the SMART Connector are unable to meet your transportation needs, help may be available through myride2. This service helps seniors and adults with disabilities find transportation options. They will work with you and local transportation providers to find the best options for you. The myride2 referral service is free but charges for the service they help you arrange will apply. Call 855.697.4332 or visit them online at www.myride2.com.

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. No Fri PM Lab due to Tax Aide in Dec - Apr. 11.

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

Focus Hope Food is distributed on the 4th Tuesday (except Dec.) from 12:30-2 pm. You must be 60 or older with a household income of \$1,245 per month or less (\$1,681 or less for a two person household – both can receive food). Apply at the Community Center front desk by the 15th to get that month's distribution. Bring income information and ID. Family or friends can pick up the food for you.

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

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

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

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

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

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

Community Center Passes

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

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

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

SHARP Home Repair Program

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

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



Transportation

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



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

Creative Endeavors

Handmade Gifts and More

at the Troy Community Center
inside the north entrance

**Open Monday - Saturday
10 am - 2 pm and Wednesday
and Thursday 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.

Suggestion Box

Program Suggestions: _____

Comments: _____

Name: _____ Phone: _____

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



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

Registration Information

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

Refund Policy: There is a \$10 cancellation fee for all patron requested refunds, and no refund if amount due is less than \$10. Refunds take three weeks to process if paid by cash or check. Credit card refunds take 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. Trip cancellations are subject to a \$10 cancellation fee plus costs incurred. Extended trips are subject to the refund policy on trip flyer.

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

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

Low Income Scholarships: Troy residents 50+ with an annual household income of \$24,850 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 six 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. #135000K.**

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

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 club at the Troy Community Center? The senior rate (age 60 and older) for the Recreation Pass Unlimited is \$19 per month for residents. Non-residents pay \$31 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 (not just for seniors) available for \$16.75 per month for residents (non-residents pay \$24) 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 \$26 per month. Non-residents pay \$38.

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

For those without a pass, the daily resident rate is \$7 or \$5 with a 10-visit punch card. Seniors receive a special daily rate on Friday mornings: \$3 for use of the pool from 8-10 am, the fitness room and gym from 8-11:30 am and pickleball from 10:30 am -3 pm in the gym.

New Groups Proposed

Kitchen Bridge, Mah-Jong, and Single Seniors

See page 10 for details and then be sure and let us know if you are interested.

Office: 248.680.8400
www.curtishuntmd.com

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

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Troy, MI 48085

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Medicare Participating Provider

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Senior Olympics Winter Games

Michigan Senior Olympics winter games are scheduled for Feb. 8-13, 2014 in Oakland County for ages 50+. Bocce, badminton, billiards, bowling, hockey, pickleball, powerlifting racquetball, table tennis and dance sport are the events that will be offered. Visit www.michiganseniorolympics.org or call 800.400.8161 for a complete list of events and to register. **The registration deadline is January 6. Late registration (\$8 late fee) continues until January 22.**

Oakland County Veterans' Services

Oakland County Veterans' Services helps veterans and their families obtain and maintain all veterans related benefits from federal, state, and local government agencies. There is no charge for their services and appointments are not required. Visit their office at 1151 Crooks Road, Troy, MI 48084. For more information, call 248.655.1250 or visit their website at www.oakgov.com/veterans.

The Heart of the Hills Senior Players Present Plaza Suite

Thursday, March 6 at 2 pm (Act. #145911V)

Friday, March 7 at 7 pm (Act. #145911W)

Troy Community Center Room 304/305

Plaza Suite is a Neil Simon comedy, first produced in 1968 and just as fresh today as it was nearly 50 years ago. Admission is \$12 in advance or \$14 at the door; \$10 for groups of 10 or more in advance. **Tickets go on sale February 3 at the Community Center front desk.** Online registration is not available.

- For subscription information, see page 15.
- Newsletter information must be submitted by the 10th of the month prior to publication.
- To advertise in this newsletter, contact Carla Vaughan at vaughancs@troymi.gov.