

FIFTY FORWARD

Recreation, Information and Services for Ages 50+

SUMMER 2021



Art in the Park

Get creative and enjoy the outdoors!

We've got a new line up of Art in the Park classes. Plenty of space and (hopefully) sunshine for you to spread out and create. Weave a dream catcher, make a mosaic tile, draw mandalas, and more. See what's available on pages 8–9.



SUMMER 2021

MAY–AUGUST 2021

REGISTRATION BEGINS WED, MAY 12

LETTER FROM THE 50+ STAFF

Hello, Summer!

It was so nice to see many familiar (masked) faces when we handed out 100 Spring Senior Care Packages in April to Troy residents ages 65 and over. Due to the popularity of the program and positive feedback, our goal is 200 packages for our Summer Senior Care Packages, with priority given to those who missed out last time. See page 10 for details.



At the time of this writing, our 50+ Art in the Park series has begun, despite some chilly weather! With a little help from handwarmers and hot cocoa, the participants made some gorgeous mosaics. Someday we can hopefully laugh at the interesting opportunities for recreation that COVID-19 has given us. See page 8 for more of these safe, socially distant outdoor classes.

As we embrace the warmer, sunnier weather, we hope you'll take part in some of programs we have to offer. Be sure to stop by the Farmer's Market at its new location in the Troy Community Center north parking lot starting June 18. See page 14 for details

Take care,

Nikki McEachern
nikki.mceachern@troymi.gov

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**M
A
Y**

Wed, May 12
Knitting in the Park (p. 8)

Wed, May 19
Weaving a Dreamcatcher in the Park (p.8)

Tue, May 25
Mosaics in the Park (p. 8)

Fri, May 28
Aquatic Center Opening Day (p. 7)

Sat, May 29
Admin Closed

Mon, May 31
Memorial Day, Admin closed

**J
U
N**

Tue, June 8
Summer Fitness Session begins (p. 6)

Wed, June 9
Beaded Wind Chime in the Park (p. 8)

Tue, June 15
Remote Spanish Classes begin (p. 9)

Wed, June 16
Beginning Crochet in the Park (p. 8)

Fri, June 18
Troy Farmers Market begins (p. 14)

Wed, June 30
1st Summer Care Package
deadline (p. 10)

**J
U
L**

Mon, July 5
Independence Day observed, Admin
closed

Thu, July 8
Summer Sensation concert
at Boulan Park (p. 14)

Tue, July 13
Remote Spanish Classes begin (p. 9)

Wed, July 14
2nd Summer Care Package
deadline (p. 10)

Wed, July 21
Drawing Mandalas in the Park (p. 8)

Thu, July 22
Summer Sensation concert
at Boulan Park (p. 14)

**A
U
G**

Thu, Aug 5
Summer Sensation concert
at Boulan Park (p. 14)

Wed, Aug 18
Bracelet & Earring Making
in the Park (p. 9)

Thu, Aug 19
Summer Sensation concert
at Boulan Park (p. 14)

Tue, Aug 31
Mosaics in the Park (p. 8)

WHEN WILL INDOOR 50+ PROGRAMS RESUME?

We plan to resume some indoor 50+ programs starting in Fall 2021 based on several factors, including vaccination rates, facility space, and staffing levels. We will select programs for return based on community need and safety. Considerations will include ability to social distance, ability to track attendance, and program size. Please visit our website for up to date information.

FITNESS CENTER

The Fitness Center is open to **members only** and equipment is spaced 6 ft apart. This allows for contact tracing and helps keep everyone safe. Purchase a membership today! Info on next page.

Pass Options

- **Recreation Pass:** Unlimited access to fitness center, gymnasium, indoor pool, and locker rooms.
- **Matinee Recreation Pass:** Access to fitness center, gymnasium, indoor pool, and locker rooms Monday–Friday, 8 am–3 pm only.
- **Single Month Pass:** Unlimited access to fitness center, gymnasium, indoor pool, and locker rooms for 30 days.

Pass Information

- When purchasing any type of recreation pass for the first time, patrons must complete an application and provide photo ID. A parent or guardian must sign for persons 17 or younger.
- To receive discounted resident rate, a Michigan Driver's License is required for verification or other proof of residency.
- A non-resident employee working for a company physically located in Troy, an employment verification letter on company letterhead, business card with a Troy address, or a company badge, and most recent pay stub are required.
- **Please Note:** The only amenity available to children under 13 at this time is basketball and open swim by reservation only. Children 10 and under must be accompanied by someone age 16+ to play basketball. Must be a member for open swim.

PASS TYPE	RESIDENT	NON-RESIDENT EMPLOYEE	NON-RESIDENT
Recreation Pass: Adults (18–59)	Annual: \$264 EFT Monthly: \$24	Annual: \$308 EFT Monthly: \$28	Annual: \$374 EFT Monthly: \$34
Recreation Pass: Youth (3–17)	Annual: \$148.50 EFT Monthly: \$13.50	Annual: \$170.50 EFT Monthly: \$15.50	Annual: \$203.50 EFT Monthly: \$18.50
Recreation Pass: Seniors (60+)	Annual: \$242 EFT Monthly: \$22	Annual: \$308 EFT Monthly: \$28	Annual: \$374 EFT Monthly: \$34
Matinee Pass: M–F, 8 am–3 pm	Annual: \$217.25 EFT Monthly: \$19.75	Annual: \$247.25 EFT Monthly: \$22.50	Annual: \$297 EFT Monthly: \$27
Corporate Member: 10 Pass Minimum	N/A	Annual: \$308 EFT Monthly: \$28	N/A
Single Month: Ages 3–59	\$35	\$46	\$52
Single Month: Ages 60+	\$32	N/A	N/A

Monthly pass option is paid through a monthly EFT payment plan, associated with a checking account or credit card (Visa or Master Card). All fees are subject to change; Children under 3 are free.

Fitness Center Hours

Monday–Friday 5 am–8 pm
Saturday–Sunday 8 am–3 pm

Holiday Hours

May 31, July 4, & Sept 6
Fitness Room/Gym: 8 am–12 pm
Adult Lap/Therapy Pool: 8 am–12 pm
No Open Swim

COVID-19 RULES



We have put the following parameters in place to help prevent the spread of COVID-19:

- Masks are required at all times, except while swimming.
- Fitness Center hours are limited to allow extra time for routine cleaning.
- Machines are spaced 6 feet apart in the fitness room and gymnasium.
- Certain areas of the fitness room are limited to two people at a time.
- Customers are asked to leave a provided towel on their machine after use so staff knows that it is ready to be cleaned for the next customer.
- Hallways and doorways have been labeled as one way or enter/exit only to help limit contact with others.
- Certain shower stalls and lockers have been blocked off in locker rooms to allow for spacing.
- Lap swim, open swim, therapy pool, and gym recreation are reservation only. See details on next page.
- Kids Korner childcare is not available at this time.



We sanitize every machine between use!

FITNESS CENTER

RESERVATIONS REQUIRED FOR ALL GYM/POOL USE

For contact tracing reasons, gym recreation sports and pool use requires a reservation. Masks are required at all times, except while swimming. You must be TCC member to reserve, with the exception of open swim. **See how to make a reservation on the below.**

MAY 2021 SCHEDULE

BASKETBALL 60-minute time slots NEW: 10 people per time slot	BADMINTON 75-minute time slots Doubles or 1-on-1 16 people per time slot for 4 courts	PICKLEBALL 75-minute time slots Doubles or 1-on-1 12 people per time slot for 4 courts	POOL 50-minute time slots Two people per lane, 20 people per time slot for Open Swim
Act #3705: Mon–Fri	Act #3725: Mon–Fri	Act #3711: Mon–Fri	Act #5551: Lap Swim
Act #3706: Sat	Act #3726: Sat	Beginning in June, M/W/F only	Act #5552: Therapy Pool
Act #3707: Sun	Act #3727: Sun		Act #5550: Open Swim

! WE DO NOT PROVIDE SPORTING EQUIPMENT. PLEASE BRING YOUR OWN! !

OPEN GYM RECREATION SCHEDULE				POOL SCHEDULE	
	BASKETBALL	BADMINTON	PICKLEBALL	LAP/THERAPY POOL	OPEN SWIM
MONDAY	8:15–9:15 am 12:45–4:45 pm	5:15–7:55 am, 9:45–11 am, 5:15–7:55 pm	11:15 am–12:30 pm	7:30 am–3:50 pm 4:30–7:20 pm	
TUESDAY	8:15–9:15 am 12:45–4:45 pm	5:15–7:55 am, 9:30–10:45 am, 5:15–7:55 pm	11:15 am–12:30 pm	5:30 am–1:50 pm 4:30–7:20 pm	
WEDNESDAY	8:15–9:15 am 12:45–4:45 pm	5:15–7:55 am, 9:30–10:45 am, 5:15–7:55 pm	11:15 am–12:30 pm	7:30 am–3:50 pm 4:30–6:20 pm	
THURSDAY	8:15–9:15 am 12:45–4:45 pm	5:15–7:55 am, 9:45–11 am, 5:15–7:55 pm	11:15 am–12:30 pm	5:30 am–1:50 pm 4:30 pm–7:20 pm	
FRIDAY	8:15–9:15 am 12:45–4:45 pm	5:15–7:55 am, 9:30–10:45 am, 5:15–7:55 pm	11:15 am–12:30 pm	5:30 am–3:50 pm 4:30–7:20 pm	4:30–7:20 pm
SATURDAY	11 am–3 pm	8:05–10:45 am		8 am–2:50 pm	
SUNDAY	8:15–10:15 am 12:30–2:30 pm	10:50 am–12:05 pm		8 am–2:50 pm	

HOW TO MAKE A RESERVATION

Reservations CANNOT be made over the phone. You must be a fitness member and you must register at least 24 hours in advance.

1. Log in to your account. Find your activity number based on the sport/activity and desired day of the week.
2. Search for your activity number by clicking “Search”, then “Activity Search” in the main menu. Enter the number in the “Activity Number” field.
3. Select the calendar icon (📅) next to your desired time slot. This will open a calendar view.
4. Click on the plus next to your desired date/time slot.
5. Click on “Add to Cart” at the bottom of the screen.
6. You will be prompted to select who the reservation is for. Select the member(s) in your household that plan to use it.
7. Proceed to check out to finalize your reservation.
8. Make sure you receive a receipt. Otherwise, we have not received your reservation.

FITNESS CLASSES

Class Descriptions

Cardio/Strength ●●●

Step aerobics with muscle conditioning. Be prepared to step into an intense cardio and muscle workout.

Essentrics ●●●

This equipment-free, low-impact workout will restore flexibility and range of motion in your joints, strengthen your muscles, improve posture, and help relieve pain.

Pilates ●●

This intensive workout enhances posture, flexibility, endurance and balance while toning your core. Wear comfortable clothing and bring a mat.

Slow Flow Yoga ●

Designed to develop flexibility and strength in the body through the flow of postures linked to the breath. Focus on the body-breath-mind connection can help reduce stress and create greater balance and aliveness. Poses can be adapted for beginners through intermediate levels.

Total Strength ●●●

Challenges every major muscle group using a variety of weight and resistance equipment. Ends with core work and a relaxing stretch and cool down.

Water Aerobics ●●●

Ride the waves as a variety of moves make for a great, low impact workout!

Yoga ●●

Designed to focus on the breath, incorporating stretching, modified postures, and simple meditations. Please bring a mat, a folded blanket to lie on, and water bottle.

Zumba ●●

Latin-inspired, dance fitness class with simple cardio-based moves and rhythms to target the heart and tone the total body.



12 Weeks: \$86 Res, \$96 NR per class
Pass Members: \$25 off each class*

Act#	Class	Day	Dates	Time	Instructor	Location
3774-A3	Slow Flow Yoga	Mon	6/14-8/30	9:15 am	MaryBeth	Studio A
3774-B3	Water Aerobics	Mon	6/14-8/30	10 am	Christine	Indoor Pool
3774-C3	Zumba	Tue	6/8-8/24	9 am	Linda	Studio D
3774-D3	Pilates	Tue	6/8-8/24	10 am	Linda	Studio D
3774-E3	Total Strength	Tue	6/8-8/24	9 am	Barb	Studio A
3774-F3	Water Aerobics	Tue	6/8-8/24	10 am	Barb	Indoor Pool
3774-G3	Cardio/Strength	Wed	6/9-8/25	9 am	Barb	Studio A
3774-H3	Yoga	Wed	6/9-8/25	10 am	Barb	Studio A
3774-I3	Water Aerobics	Wed	6/9-8/25	7 pm	Bec	Indoor Pool
3774-J3	Pilates	Thu	6/10-8/26	9 am	Barb	Studio A
3774-K3	Total Strength	Thu	6/10-8/26	10 am	Barb	Studio A
3774-L3	Gentle Yoga	Thu	6/10-8/26	10 am	Ruth	Studio D
3774-M3	Water Aerobics	Thu	6/10-8/26	10 am	Christine	Indoor Pool
3774-N3	Yoga	Thu	6/10-8/26	6 pm	MaryBeth	Studio D
3774-O3	Zumba	Sat	6/11-8/27	10 am	Dalya	Studio A
3774-P3	Essentrics	Wed	6/9-8/25	10:30 am	Robin	Studio D

***Membership must be active and not on a freeze to receive discount.**

Class Intensity Scale:

- = LOW
- = MILD
- = MODERATE
- = HIGH



Class Sizes Limited
25 per class



Masks Required
at all times



Registration Required
for contact tracing

TROY FAMILY AQUATIC CENTER

We're so excited to welcome you back to Troy Family Aquatic Center this summer! Located at 3425 Town Center Dr, the park is open from Memorial Day weekend through Labor Day every year.



OPENING DAY: FRIDAY, MAY 28

OPENING DAY HOURS: 3–5 PM & 5:30–7:30 PM

COVID-19 PRECAUTIONS

To assist in contact tracing and help keep both staff and guests safe, we are taking the following steps:

- Limited capacity according to current MDHHS orders
- Adjusted hours for additional cleaning
- Reservation system for season pass holders
- Contact tracing for all daily guests

STAY CONNECTED

Our summer plans will be contingent of current MDHHS orders. To stay up to date on facility rules and protocols:

- Visit our website at rec.troymi.gov/tfac
- Follow us on Facebook and Instagram
- Sign up for text or email TFAC alerts at rec.troymi.gov/alerts

KEEPING EVERYONE SAFE

Hours have been adjusted this year to allow for additional cleaning in between groups. As of 4/20/21, masks will be required in the locker rooms and restrooms for guests. Seating areas will be spaced for families and we ask that you social distance from other families in the pool.

2021 HOURS

	LAP SWIM & KIDDIE AREA*	FULL PARK*	
MAY 29-31	9–11 am	11:30 am–1:30 pm 2–4 pm 4:30–6:30 pm	
JUNE 1-16	9–11 am	Mon–Fri: 3–5 pm 5:30–7:30 pm	Sat–Sun: 11:30 am–1:30 pm 2–4 pm 4:30–6:30 pm
JUNE 17-AUG 23	9–11 am 4:30–6:30 pm	Sun–Thu: 11:30–1:30 pm 2–4 pm	Fri–Sat: 11:30 am–1:30 pm 2–4 pm 4:30–6:30 pm
AUG 24-SEPT 5	9–11 am	Mon–Fri: 3–5 pm 5:30–7:30 pm	Sat–Sun: 11:30 am–1:30 pm 2–4 pm 4:30–6:30 pm
SEPT 6	9–11 am	11:30 am–1:30 pm 2–4 pm 4:30–6:30 pm	

*At the time of printing (4/30/21), slides and splash pad are not deemed safe for opening based on current MDHHS orders. Please check the website for up to date information closer to opening day.

ENRICHMENT

50+ ART IN THE PARK

Learn something new in small, socially distant classes outside in Troy's beautiful green space! Masks required. Please note rain dates in case of inclement weather.



MOSAICS

1 SESSION **FEE:** \$36 Res, \$41 NR
LOCATION: Civic Center Shelter

Using small, colored pieces of glass, stone, tile and more, fashion your own 6x6 inch tile. No experience necessary. Instructor: Mary Gilhuly, Art Director/Co-Founder of Song & Spirit Institute for Peace. Supplies included.

Act #	Day	Date	Time	Tile
8050-B2	Tue	5/25*	6:30-9 pm	American Flag
8050-A3	Tue	8/31**	6:30-9 pm	Michigan

*Rain date: Thu, 5/27 **Rain date: Thu, 9/2



WEAVING A DREAMCATCHER

1 SESSION **FEE:** \$36 Res, \$41 NR
LOCATION: Civic Center Shelter

Learn to weave an 8-inch dream catcher with the Art Experience. Traditionally dream catchers were used to protect us from bad dreams while we slumber. We will use fabric, feathers, beads, and floral accents to create a unique piece. Supplies included.

Act #	Day	Date	Time
8035-B2	Wed	5/19*	5:30-7 pm

*Rain date: Wed, 5/26, Open for registration now

BEGINNING CROCHET

1 SESSION **FEE:** \$15 Res, \$20 NR
LOCATION: Civic Center Shelter
MATERIAL FEE: \$15 paid to instructor

Instructor Naomi Frenkel has a teaching degree from MSU and is an avid lifelong knitter and experienced knitting teacher. These are not classes for brand new knitters.

Have you always wanted to learn how to crochet? It can be used alone to make wonderful garments or accessories or with your knitting to put those finishing handmade touches to your knitted garments. This class will teach you how to do a chain stitch single crochet, and double crochet. After learning all these stitches, you will start a hat.

Act #	Day	Date	Time
8010-A3	Wed	6/16*	1-3 pm

*Rain date: Wed, 6/23

BEADED WIND CHIME

1 SESSION **FEE:** \$36 Res, \$41 NR
LOCATION: Civic Center Shelter

Using a variety of materials including wood, wire and beads, you will create a whimsical wind chime with the Art Experience. These beautiful decorations can create pleasing sounds in the wind. Supplies included.

Act #	Day	Date	Time
8035-A3	Wed	6/9*	5:30-7 pm

*Rain date: Wed, 6/16

DRAWING MANDALAS

1 SESSION **FEE:** \$36 Res, \$41 NR
LOCATION: Civic Center Shelter

Learn about practicing the mindful, guided process of making mandalas with the Art Experience. This step by step process will help you to create your own beautiful hand drawn mandala. Supplies included.

Act #	Day	Date	Time
8035-B3	Wed	7/21*	5:30-7 pm

*Rain date: Wed, 7/28





BRACELET & EARRING MAKING

1 SESSION

FEE: \$36 Res, \$41 NR

LOCATION: Civic Center Shelter

Learn the basics of beading with the Art Experience! Each participant will create their own bracelet and pair of earrings using beads, wire, and tools. Supplies included.

Act #	Day	Date	Time
8035-C3	Wed	8/18*	5:30-7 pm

*Rain date: Wed, 8/25

Remote SPANISH Classes

All ages

LANGUAGE IN ACTION, INC. REMOTE SPANISH CLASSES

4 WEEKS

FEE: \$50 Res, \$60 NR

Classes taught live by a Language in Action, Inc. instructor. Zoom login information will be emailed to participants before the first class.

Zoom Spanish for Adults

Learn Spanish from the safety and comfort of your own home via the interactive Zoom platform! In this class you will learn conversational Spanish that you can immediately begin using. The class will be tailored to the needs of the students enrolled.

Act #	Age	Day	Dates	Time
4610-A3	Adult	Tue	6/15-7/6	11 am-12 pm
4610-B3	Adult	Wed	6/16-7/7	7-8 pm
4610-C3	Adult	Tue	7/13-8/3	11 am-12 pm
4610-D3	Adult	Wed	7/14-8/4	7-8 pm

Q: I am a Creative Endeavors store vendor. How can I get my products out of the store?

A: Call 248.524.3484 or email us at parksandreconline@troymi.gov with your name and vendor number. Someone will coordinate a pick up time with you.

REGISTRATION BEGINS:

Wed, May 12 for Residents

Fri, May 14 for Non-Residents

Learn how to register on page 15!



STAY UP TO DATE

Wondering what's going on at Troy Rec in between Rec Guides and Fifty Forwards?

The Fifty Forward email is sent every other Wednesday. Sign up at:

rec.troymi.gov/fiftyforwardemail

The Recreation newsletter is sent every Monday.

Sign up at:

rec.troymi.gov/newsletter



FREE! Summer Senior Care Packages

This past year has been tough, and we miss you! Troy Recreation has put together care packages for Troy residents ages 65 and over. Packages include an adult coloring book, hand sanitizer, mini first aid kit, healthy snacks, face masks, and more goodies! Sign up based on curbside pickup date. Limit 1 per Household. Deadline to register is 1 week before. Register early, limited quantities. **PLEASE NOTE: When registering online, make sure to add to cart AND proceed to check out. You must be fully registered, quantities are limited.**

Act #	Day	Pick up	Time	Register By
8905-A3	Wed	7/7	9–11 am	6/30
8905-B3	Wed	7/21	9–11 am	7/14

Thank you to our sponsors:

- Oakmont Communities
- PACE
- Humana
- Aetna
- Care Patrol of Oakland County

PLEASE NOTE !

Because supplies are limited, we are prioritizing new participants who did not receive a Spring Senior Care Package. New participants may register starting 8 am, May 12. If you are returning participant who received a Spring Care Package, you may register starting 8 am, June 16 pending availability.



Troy is home to two golf courses: Sanctuary Lake Golf Course and Sylvan Glen Golf Course.

Book your 2021 golf outing or league today! Call the golf shops at the above numbers or email info@golftroy.com for further inquiries. As a reminder, the golf courses are open all year, pending weather and playing conditions. Tee times can be reserved at golftroy.com.

Sanctuary Lake Golf Course

1450 E South Blvd | 248.619.7600

Sanctuary Lake offers one of the most unique golf experiences in all of Oakland County. A par 71 links-style setting offers four sets of tees ranging from 4,750 to 6,555 yards. Sanctuary Lake is built on 190 acres of rolling landscape with 80 strategically placed bunkers and small undulating bent grass greens.

Sylvan Glen Golf Course

5725 Rochester Rd | 248.619.7674

Sylvan Glen is a traditional tree-lined golf course offering four sets of tees, ranging from 5,000 to 6,700 yards, with a natural setting where you're likely to see a variety of wildlife. Perfect for both experienced golfers and beginners.

50+ GOLF AT SYLVAN GLEN

18–20 WEEKS STARTING MAY

FEE: \$10 Res, \$15 NR

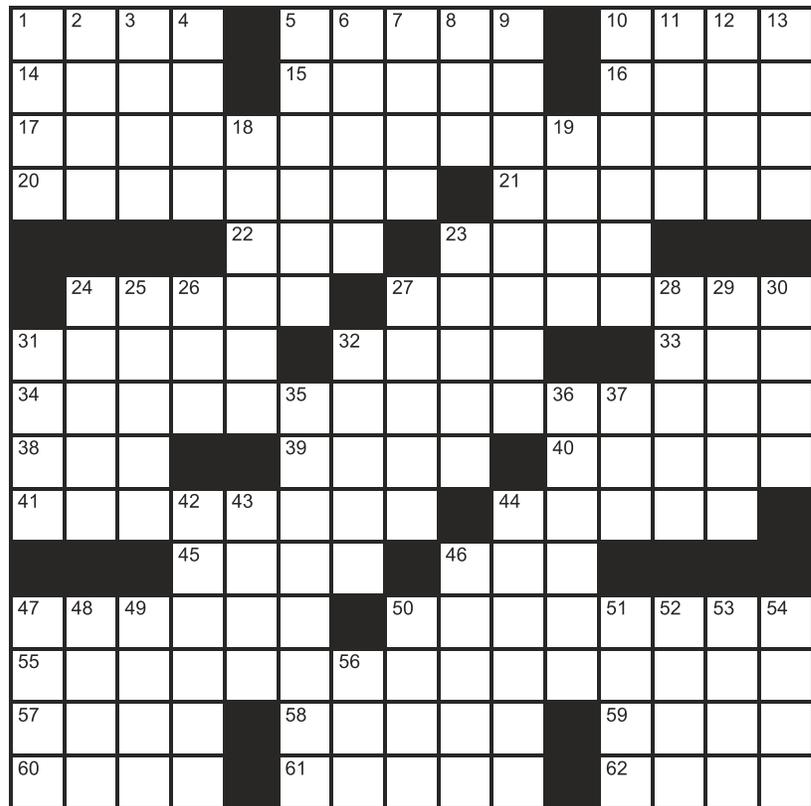
Golfers play nine holes, starting in the morning with a shotgun format. Golfers are divided into flights based on average score for nine holes. All skill levels are welcome. The season begins the last week of April or first week in May. Administration and greens fees are paid to league officers in the spring. Subs play as needed, when available, and pay only greens/cart fees.

Act #	Day	Type	Contact
8090-A1	Mon	League	Gloria Nastas 248.528.8479 gnastas@wideopenwest.com
8090-B1	Mon	Sub List	Bill Bimbi 248.318.0365 bill.bimbi@yahoo.com
8091-A1	Wed	League	Jim Fantin 248.761.4678 jfantin@comcast.net
8091-B1	Wed	Sub List	Doug Slattery 248.561.3063 slatted@wowway.com

PUZZLES

Across

1. Legal prefix
5. Absolute
10. Bundle of nerves
14. x, y or z
15. Nary a soul
16. Eye layer
17. Dizzy feeling
20. Lingerie item
21. Delicate
22. Ashes holder
23. Quick trip
24. Display
27. Left out
31. Development sites
32. Above
33. Directly
34. Myopia
38. ___-tac-toe
39. Delight
40. Microwave's purpose
41. Funny bit
44. Cereal servings
45. "Don't bet ___!"
46. ___ el Amarna, Egypt
47. Maximum
50. Acquire
55. A level of high acclaim
57. Yorkshire river
58. Milky gems
59. Elliptical
60. Approach
61. Lasso loop



62. Adopted son of Claudius

Down

1. Lobster's feeler
2. Leaf-to-branch angle
3. Baltic capital
4. Far from ruddy
5. O.K., in a way
6. Wheel alignment
7. Exactly
8. Armageddon
9. Organ part
10. Encounters
11. 20-20, e.g.
12. Makeup, e.g.
13. "No problem!"

18. Trouble, in Yiddish

19. Honoree's spot

23. Struck hard

24. Draft holder

25. Tranquility

26. Bobby of hockey

27. Additional

28. Archetype

29. Boots

30. 1987 Costner role

31. "Do ___ others as..."

32. Lace tip

35. Starting process

36. Wild dogs of Asia

37. "What's ___?"

42. Not as tight

43. Acad.

44. Addle

46. Hammer and wrench

47. "Once ___ a time..."

48. "How ___!"

49. ___ Verde National Park

50. "Bye now"

51. Knowing, as a secret

52. Actress Campbell

53. Bygone autocrat

54. Christiania, now

56. Mail place: Abbr.

EASY

	2		3			7		6
9			4				1	
		7	1			8		
2	9		7					
		6				2		
					6		3	5
		9			2	3		
	3				8			7
4		2			1		6	

MEDIUM

		6		7	3	9		8
1		7			5		3	
9						1		
			5	2	4			1
7			9	3	1			
		2						6
	9		3			7		2
6		1	4	5		8		

HARD

	1			2		7		
9				5		4		
	2		8				3	
		2				1	5	
	5	1		7		2	6	
	8	9				3		
	3				9		4	
		5		4				3
		4		6			1	

ANSWERS

4	7	2	5	3	1	9	6	8
6	3	5	9	4	8	1	2	7
8	1	9	6	7	2	3	5	4
7	8	1	2	9	6	4	3	5
5	4	6	8	1	3	2	7	9
2	9	3	7	5	4	6	8	1
3	5	7	1	6	9	8	4	2
9	6	8	4	2	7	5	1	3
1	2	4	3	8	5	7	9	6

EASY

2	9	4	3	6	5	8	1	7
8	6	5	7	4	1	9	2	3
1	3	7	2	8	9	6	4	5
6	8	9	5	1	2	3	7	4
3	5	1	9	7	4	2	6	8
7	4	2	6	3	8	1	5	9
4	2	6	8	9	7	5	3	1
9	7	3	1	5	6	4	8	2
5	1	8	4	2	3	7	9	6

HARD

6	7	1	4	5	2	8	9	3
5	9	8	3	1	6	7	4	2
4	3	2	7	8	9	5	1	6
7	2	4	9	3	1	6	8	5
3	1	5	8	6	7	4	2	9
8	6	9	5	2	4	3	7	1
9	5	3	2	4	8	1	6	7
1	8	7	6	9	5	2	3	4
2	4	6	1	7	3	9	5	8

MEDIUM

CITY NEWS



It's Farmers Market Season!

Troy Farmers Market

Opening Day! June 18th
FREE Tote Bag to first 250 Customers (one per family)

SPONSORED BY:
SMART Flex
GENISYS CREDIT UNION
Beaumont

Fr Fridays
12-5 pm
June 18 - October 1
NEW LOCATION!
Community Center
North Parking Lot

VISIT
troymi.gov/farmersmarket
for a full list of vendors, food trucks, & entertainment.

FOLLOW US






Concerts in the Park are Back!

Summer Sensation
concert series

JULY 8	<i>Devon Scillian & Arizona Son</i>
JULY 22	<i>Brushes with Broadway Tom Butwin & Musical Guests</i>
AUG 5	<i>Detroit Soul Revue</i>
AUG 19	<i>Thornetta Davis</i>

Bring a lawn chair or blanket for a socially distanced evening out.
Schedule is weather dependent.
Visit troymi.gov for musician and food truck info.

Select Thursdays at Boulan Park | 6:30-8:30 pm | Food Truck On-Site at 5:30 pm

These resources may be particularly helpful during the COVID-19 crisis. Visit rec.troy.mi.gov/seniorresources for more.

Supplemental Nutritional Assistance Program (SNAP)

SNAP helps low-income individuals and families buy the food they need to stay healthy. The National Kidney Foundation of Michigan (NKFM) can help Michigan seniors aged 60+ apply and enroll in SNAP benefits. Call 313.259.1574 ex. 3160 or email SNAP@NKFM.org to apply. NKFM offers SNAP application assistance in English, if other languages are needed. MIBridges offers free Language Assistance Services available at (517)-241-2112.

Troy R.Y.D.E.

Contact for reservation: 248.457.1100. Boundaries: North: Auburn Road including Barclay Circle; South: 12 Mile Road; East: Mound Road; West: Southfield Road, Adams Road. This is a free service.

Oakland Meals on Wheels

Provides homebound seniors with daily delivery of hot nutritious food delivered by a caring person interested in their safety and well being. Call 248.689.0001 or visit <https://oaklandmow.org/receive-a-meal/>

Oakland Livingston Human Service Agency (OLHSA)

Largest private nonprofit agency delivering human services to Oakland and Livingston Counties. Below are current programs during the pandemic.

- Water Residential Assistance Program: Call 313.386.9727
- Grandparents Raising Grandchildren: Call 248.209.2721
- Emergency Utility Assistance: Call 248.479.6516
- Weatherization: Call 248.479.6516
- Burial benefits, hygiene kits, 1-time food box or rental/mortgage assistance needs due to COVID-19: Call 248. 209.2600

Lakeshore Legal Aid

Lakeshore Legal Aid is a not-for-profit law firm providing a wide range of free civil legal services to low income people and seniors in our communities. Their services are available for any senior in Oakland County regardless of income. Call their Southfield office for a free phone consultation regarding your legal issue or to just ask a legal question. Lakeshore Legal Aid: 1.888.783.8190

Oakland County COVID-19 Vaccine News & Information

oaklandcountyvaccine.com

Nurse on Call: 1.800.848.5533 or noc@oakgov.com

Help Hotline: 248.858.100 or hotline@oakgov.com

Stay up to date with Oakland County's Covid-19 vaccine distribution plan. Sign up for their newsletter at the above website, or text OAKGOV COVID to 468311. Call the Nurse on Call for information on health and related services. Call the Help Hotline for non-medical information, resources, and local community assistance referrals.

Well-Being Calls for Adults and Seniors

The pandemic can leave many feeling isolated. We're here to help. Volunteers or staff can make a reassurance call to seniors or people with disabilities who may not have much contact with others. Must be a Troy resident. Free! Sign up at surveymonkey.com/r/troywellcall or call 248.524.3484 to request a call. Please leave a voicemail if necessary and staff will return your call.

Focus Hope Food Boxes

Select Thursdays, 12:30–2 pm

Boxes of shelf stable food are distributed monthly to those in need. You must be 60 or older with a household monthly income of \$1,354 or less (\$1,832 or less for a two person household—both can receive food). Request an application for a box at surveymonkey.com/r/troyfocushope or call 248.524.3484. Please leave a voicemail if necessary and staff will return your call. Must apply in advance.

Medicare Medicaid Assistance

Area Agency on Aging 1-B counselors can help you understand your Medicare and Medicaid options, compare drug coverage, review supplemental insurance needs, identify scams, and much more. We counsel all year. Services are 100% free of charge. For an appointment or more info, call 1.800.803.7174. Leave a message if you get voicemail and someone will call you back.

Area Agency on Aging 1-B

1.800.852.7795 | <https://aaa1b.org>

TTY: 1.800.649.3777 (Michigan Relay)

Services and Resources available for Seniors during COVID-19. Programs, resources and services from the AAA 1-B support older adults and help them live safely and comfortably at home. Visit website or call 800.852.7795 for more information.

Michigan.gov

COVID-19 Hotline: 1.888.535.6136, 8 am–5 pm.

The State of Michigan's updated response and resources for dealing with the COVID-19 pandemic. Up-to-date press releases and executive directives. Resources include: help for small business, links for filing for unemployment, food assistance, finding health insurance, locating your school meal pick-up site, and more.

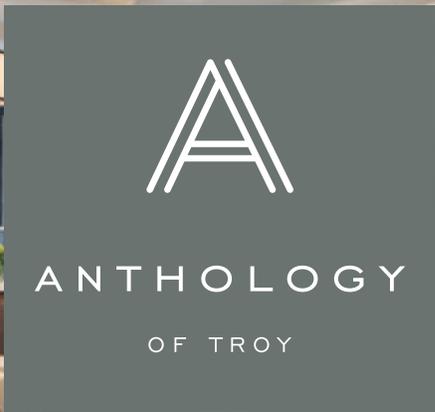
Michigan 2-1-1:

Dial 2-1-1 or 844.875.9211 | <https://www.mi211.org>

Text your zip code to 898211

An all-in-one resource for community help and support within your community. Individuals can find help with food, housing, paying bills, crisis support, education, transportation, employment, childcare, healthcare, and more. Multilingual help available 24/7 via telephone, text, and chat.

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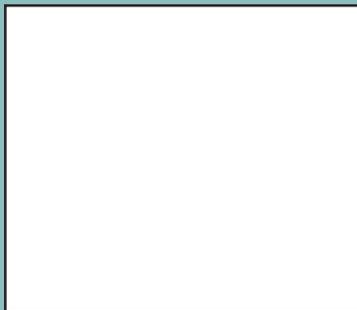


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— Charles

Heartland Health Care Center – Oakland
925 West South Boulevard
Troy, MI 48085
248.729.4400

Heartland 
Oakland



HOW TO REGISTER

REGISTRATION DATES:

Residents • 8 am, Wed, May 12

Non-Residents • 8 am, Fri, May 14

3 WAYS TO REGISTER

1

ONLINE

Visit rec.troymi.gov/registration and log in to an existing account or to learn how to create one.

2

IN PERSON

You can register by completing a registration form at our office. Only available when admin is open.

3

MAIL/DROP OFF

Fill out our registration form (check only) and take to: Troy Recreation Dept
3179 Livernois Rd
Troy, MI 48083

Online registration is our preferred method right now! Please email us at parksandreconline@troymi.gov if you need assistance.

Troy Recreation Department

3179 Livernois Rd, Troy, MI 48083
248.524.3484

Administrative Office Hours

Beginning May 10

Mon–Fri | 8 am–7 pm

Sat | 9 am–12 pm (May and June only)

Reminders

- **Forms of Payment:** Payment is accepted in the form of a check made payable to: City of Troy, or by Master Card or VISA. Cash is accepted only in person.
- **Non-Sufficient Funds Fee:** There is a \$25 fee for all check, charge, and debit transactions returned for non-payment.
- **Falsification of Information:** Participants falsifying information will be dismissed from the program and no refund granted.
- You can only register for family members living in your household.
- **Past due Recreation fees for the household must be paid in full in order to register for additional Recreation programs.**

Equal Access

No participant shall, on the basis of race, sex, creed, national origin, or disability, be denied equal access to programs, activities, services or benefits. We welcome the participation of persons with disabilities in our programs and facilities. Please mark the "Accommodations Box" on your registration form when registering if you or your child needs special accommodations. To allow sufficient time to coordinate program inclusion and make reasonable accommodations, please register at least two weeks prior to the program start date.

Program Cancellations

Programs will be canceled three days prior to the start date if enrollment is insufficient, unless otherwise noted. You will be contacted by email and receive a full refund. Register early!

Online Registration

1. The Troy Community Center welcomes all patrons to create a household using online registration. **Every household created online will receive an automatic designation of non-resident.**
2. In order to receive the resident rate/change, you must provide the Recreation Department with proof of residency such as: Driver's license, lease agreement with your name listed, or utility bills.
3. Upon review of the proof of residency information, the Recreation staff will change the designation.
4. Note: If you sign up for an activity prior to updating your residency, you will still be charged the non-resident rate and NO refunds or pro-rations will be issued.

Still having problems or need household information? Call the Recreation Department at 248.524.3484 or email parksandreconline@troymi.gov.

Refunds/Transfers:

The following applies to all programs unless otherwise noted:

- All refunds will be assessed a \$10 administrative fee.
- Refunds will only be granted if requested at least five business days prior to the start of class, activity, or camp.
- All refunds/transfers requested after the five-day period must be accompanied by a doctor's note.

Refund Policies:

- Refunds are issued to head of household of the person registered for the class.
- Refunds will be returned in the form of the original payment. Credit card refunds are processed in 3–5 business days. Cash or check refunds take three to four weeks to process and will be sent to the address on file.
- We do not process refunds if the amount due after the administrative fee and prorated amount is less than \$10.



Troy Recreation Department
3179 Livernois Rd.
Troy, MI 48083



Elaine Torvinen (center) and Mary DiCaro (right) have both retired from Troy Recreation Department this spring. Elaine had worked for Troy Rec since 2004 and organized our senior fitness programs, adaptive programs, and annual Senior Expo. Mary joined our team in 2018 and coordinated our senior enrichment and technology programs. We thank them for their years of dedication and wish them a wonderful retirement!



We want to thank the wonderful AARP Tax-Aide volunteers for all their hard work assisting seniors with filing their 2020 taxes this year. They adjusted their services to meet social distancing requirements to make it safe for both volunteers and seniors to complete their tax returns. They scheduled 182 appointments and managed to squeeze in an additional 47 appointments, totaling 229 tax returns.