



Troy Recreation Department

Friendship Club

For persons 13 and up unless otherwise specified.

Activities are held at the Troy Community Center, 3179 Livernois, Troy MI 48083, (248) 524-3484, unless otherwise noted. Staff will try their best to meet everyone's needs but you may be asked to provide an aide or to withdraw from the activity.



January/February 2015

Hope your holidays were merry and filled with time spent with friends and family. Just as a reminder for those that attend our daytime program, make sure you bring along gym shoes as we will not allow boots into the gym. Don't forget to sign up for Winter **Basketball**. Register for Activity #135315B. Fee is \$60 for Residents and \$70 for Non-Residents. See information on Page 2.

My Chance to Dance program has moved to the Woodside Church located at 6600 Rochester Rd Troy.

Your membership card expired on Aug. 31, 2014. If you haven't filled out a new membership form for 2014-2016, please do so now. Forms are available at the Community Center front desk or online on the Adaptive page. Drop off or mail form to the CC and we will mail you a new membership card. This card is required for admission to all activities.

There are three ways to receive the Adaptive newsletter which is published six times per year:

- Receive it by mail. Submit the fee and registration form in this newsletter. Troy residents pay \$5 for two years (12 issues). Subscriptions begin with the Sept/Oct issue of even numbered years and are prorated biannually. Pay \$5 on or before 2/28/15, \$3.75 between 3/1/15 and 8/31/15, \$2.50 between 9/1/15 and 2/28/16, and \$1.25 after 3/1/16. Non-residents pay \$7 per year, prorated as above. Sign up for Act. #135320C.
- Pick up a free copy at the Community Center Front Desk.
- Receive the newsletter free via e-mail. Visit the City web site: www.troymi.gov and click on SUBSCRIBE in the upper center of page. Enter your e-mail address and click on SAVE. Then select Adaptive News & Updates and click save.



Save some CASH and purchase a punch card to attend the Monday night activities (Movie & Pizza, Karaoke, Bingo) and Friday Frolic Dances. Punch cards are \$47 Troy Residents and \$57 Non Residents. This is a savings of \$13 for residents and \$3 for non-residents over paying at the door. This punch card is good for ten admissions to only the Monday nights or Friday Frolics. **Drop-in fees for these events are \$6 at the door.** There is no refund for lost or stolen cards, so be careful not to lose your punch card. Write your name and phone number on the back in case you misplace it. If you've experienced problems with your Friendship Club member losing their punch card, we have a new suggestion: Put the punch card on a lanyard and have them wear it to the events. For homes with multiple Friendship Club participants, put the cards on a card ring (found in office supplies) and carry them all together. This card can be purchased with cash, check or credit card (MasterCard or Visa) at the front desk at the Community Center.



BASKETBALL

Register now for the 10-week winter basketball sessions. Participants will be divided into four teams. Join Coach Courtney Dalley for a fun season! The four teams will practice together for the first few weeks and then play against each other and have playoffs. On the first day of basketball, a more detailed letter will be passed out.

Act. #	Day	Time	Location	Fee	Begins	Ends
135315B	Tuesday	6:30-8:30 pm	Community Center	\$60R \$70NR	Jan. 13	Mar. 17



MOVIE AND PIZZA Monday, Jan. 12 & Feb. 9

2nd Monday Time: 6:30-8:30 pm Location: Troy Community Center

Cost: Punch card or \$6 at the door. (Includes movie, drink, and a pizza snack).

No registration is required.

Aides may purchase pizza \$1/slice. Please place your order when you check in.

Monday, January 12 "Dolphin Tale 2"

Monday, February 9 "Earth to Echo"



FRIDAY FROLIC DANCE Friday, Jan. 9 & Feb. 13

2nd Friday of each month except July and August. Dancing with a DJ and refreshments.

Time: 7 - 9:00 pm **Location:** Troy Community Center **Cost:** Punch card or \$6 at the door.

No registration is required.



KARAOKE

Monday, Jan. 19 & Feb. 16

3rd Monday - Have fun while singing along with the latest and greatest artists. Feel free to bring your own CD with which to sing and dance along. Pop and chips will be served.

Time: 7 - 8:30 pm

Cost: Punch card or \$6 at the door. No registration required. Aides may purchase pop and chips for \$1.



BINGO NIGHT

Monday, Jan. 26 & Feb. 23

4th Monday - Prizes will be given to the winners and we will break for refreshments.

Time: 7-8:30 pm **Location:** Troy Community Center **Cost:** Punch card or \$6 at the door.

No registration required. Aides may purchase pop and chips for \$1.



MY CHANCE TO DANCE

Dance/Exercise for Children and Adults with Developmental Disabilities

Thursdays 7:00-8:00 pm. **NEW LOCATION: Woodside Church 6600 Rochester Rd Troy, MI**

Enter at South west door and go down stairs or use the elevator. First class FREE for new students! \$40 for 8 classes, drop-in: \$6/class.

Troy Recreation provides the room and staff for the above events, so all persons in attendance must pay the entire fee. (Exception: One to one aides who must pay for food if they partake.)



Daytime Friendship Club Tuesdays and Thursdays 10am-3pm

ALL PARTICIPANTS MUST REGISTER PRIOR TO ATTENDING

There are 49 sessions planned for both Tuesdays and Thursdays. The fee is the same amount each month whether the month has 3, 4 or 5 Tuesdays or Thursdays in a month. This averages out to 4 days a month over the entire year.

This program for ages 18 and older meets every Tuesday and Thursday from 10 am to 3 pm (except holidays as noted) at the Troy Community Center. The program has access to the gym, swimming pool, outdoor resources and a wide variety of fun things to do in their camp room. The monthly calendar outlines which days the clients bring lunches and which days the meals are provided. They can also purchase meals in the senior dining area for a reasonable price. Participants have input in developing the monthly schedule. Staff are retired special education professionals who have extensive experience with our population of clients.

The fee is \$76 (\$86 NR) per month for one day a week or \$152(\$172NR) for both days. Pre-registration is required and you must register for the entire month. Contact Elaine Torvinen at the Community Center 248-524-3484 or email E.Torvinen@troymi.gov. for more information. **Register early!!! Space is limited. If you wait until the first day of the month to register the program may be filled.**

We ask that **new participants** attend with a family member or aide on a Tuesday or Thursday prior to registering to be introduced to the program and meet staff. This will also give ample time for all necessary paperwork to be completed before enrolling. Thank you for your cooperation.

A 25% subsidy is available to low-income Troy residents who meet the following guidelines: 1 person household – annual income of \$24,450 or less; 2 person household – annual income of \$27,950 or less; 3 person household – annual income of \$31,450 or less. Please call 248-524-3484 for information on larger household sizes. Applicants must fill out a confidential application and submit it at the time of registration. Please call 248-524-3484 and we will mail an application to you.

Transportation for Troy residents may be available through Troy Medi-Go Plus. Call 248-457-1100 for information. For residents in surrounding communities, we encourage you to check with the public transportation resources in your area of residence.

The activity numbers for the months through June 2015 are as follows:

Tuesdays

Jan	135305G	Feb	135305H
Mar	135305J	Apr	135305K
May	135305L	June	135305M

Thursdays

Jan	135306G	Feb	135306H
Mar	135306J	Apr	135306K
May	135306L	June	135306M



ON GOING EVENTS

Basketball: Tuesday evenings fall and winter at the Troy Community Center for persons with developmental disabilities. Registration is required. Minimum age: 16 years old unless otherwise noted.

Bowling: Saturdays (except holiday weekends and July and August) from **10 am - 12 pm** at Troy Lanes (Square Lake west of John R). **\$7 per week includes shoes and three games.** Drop-in.

My Chance to Dance: Thursday evenings from 7:00-8:00 pm at the Woodside Church 6600 Rochester Rd Troy, MI. September – April Minimum age 13. Please contact Peggy DiMercurio at mdimercurio@wowway.com or 586-801-4902, with any questions.

Performing Arts Club: For teens and young adults with developmental disabilities. **Tuesdays 7-9 pm** at the Big Beaver United Methodist Church 3753 John R. Sponsored by the Italian Study Group of Troy. For more information, call Denise at 248-703-7303. Minimum age: 16.

Softball: A Thursday evening league for teens and adults with developmental disabilities plays against other cities in Oakland County May through August. Practices are held on Thursday evenings in May. Minimum age: 16.

Special Events: Countywide special events are offered by Oakland County Parks for people with cognitive and physical impairments. Call (248) 858-7596 to receive the Oakland County Parks newsletter.

Special Olympics: Team Troy Special Olympics participates in swimming, track and field, and golf. Minimum age: 8. Call 248-370-0922 www.somi.org for more information.

Weight Watchers: Tuesdays, meets at 5:30 pm and again at 6:00 pm at the Big Beaver United Methodist Church 3753 John R, Troy. The fee is .50 cents per week. Braille is available. Persons accompanying a program participant may participant for the same fee. Co-sponsored by The Arc of Oakland County. Call Allison Murowany at 248-816-1900 for details. Minimum age 13.

MAIL-IN REGISTRATION FORM

All patron requested refunds are subject to a \$10 cancellation fee.

RELEASE OF LIABILITY: 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, my child and other family members while participating, watching and traveling to or from this activity.

Name of Participant _____

Contact Person _____

Activity # _____ Fee _____

Address _____

Activity #: _____ Fee _____

City _____ Zip _____

Activity #: _____ Fee _____

Phone _____

TOTAL DUE: _____

Signed: _____

Date: _____

ENCLOSE REGISTRATION FEE (checks payable to: City of Troy) along with this waiver form and mail to: Troy Parks and Recreation, 3179 Livernois, Troy, MI 48083.

To register online, go to www.troymi.gov/RecreationRegistration. Click on the Play Here Box on top of page then click on Online Registration in the column on the left side of screen. Existing user? Click to log in. Enter your household number for username (find this number near the top left side of previous receipt or call 248-524-3484) and the last name of head of household (in all caps) for password. On the next screen, search by activity number or by type or keyword. You can only register people in your own household.

January 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 NO Bowling
4	5	6 Friendship Club 10 am-3 pm Weight Watchers 5:30 & 6 pm Performing Arts 7:00 pm	7	8 Friendship Club 10 am-3 pm My Chance to Dance 7-8 pm	9 Friday Frolic 7-9:00 pm	10 Bowling 10 am-12 pm Troy Lanes
11	12 Movie & Pizza 6:30- 8:30 pm	13 Friendship Club 10 am-3 pm Weight Watchers 5:30 & 6 pm Performing Arts 7:00 pm Basketball 6:30-8:30pm	14	15 Friendship Club 10 am-3 pm My Chance to Dance 7-8 pm	16	17 Bowling 10 am-12 pm Troy Lanes
18	19 Karaoke and Dancing 7-8:30 pm	20 Friendship Club 10 am-3 pm Weight Watchers 5:30 & 6 pm Performing Arts 7:00 pm Basketball 6:30-8:30pm	21	22 Friendship Club 10 am-3 pm My Chance to Dance 7-8 pm	23	24 Bowling 10 am-12 pm Troy Lanes
25	26 Bingo 7-8:30 pm	27 Friendship Club 10 am-3 pm Weight Watchers 5:30 & 6 pm Performing Arts 7:00 pm Basketball 6:30-8:30pm	28	29 Friendship Club 10 am-3 pm My Chance to Dance 7-8 pm	30	31 Bowling 10 am-12 pm Troy Lanes

February 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 Friendship Club 10 am-3 pm Weight Watchers 5:30 & 6pm Performing Arts 7:00 pm Basketball 6:30-8:30pm	4	5 Friendship Club 10 am-3 pm My Chance to Dance 7-8 pm	6	7 Bowling 10 am-12 pm Troy Lanes
8	9 Movie & Pizza 6:30- 8:30 pm	10 Friendship Club 10 am-3 pm Weight Watchers 5:30 & 6pm Performing Arts 7:00 pm Basketball 6:30-8:30pm	11	12 Friendship Club 10 am-3 pm My Chance to Dance 7-8 pm	13 Friday Frolic 7-9:00 pm 	14 Bowling 10 am-12 pm Troy Lanes
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22	23 Bingo 7-8:30 pm	24 Weight. Watchers 5:30 & 6 pm Performing Arts 7:00 pm Basketball 6:30-8:30pm	25	26 Friendship Club 10 am-3 pm My Chance to Dance 7-8 pm	27	28 Bowling 10 am-12 pm Troy Lanes

MAIL-IN REGISTRATION FORM

All patron requested refunds are subject to a \$10 cancellation fee.

RELEASE OF LIABILITY: 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, my child and other family members while participating, watching and traveling to or from this activity.

Name of Participant _____

Contact Person _____

Activity # _____ Fee _____

Address _____

Activity #: _____ Fee _____

City _____ Zip _____

Activity #: _____ Fee _____

Phone _____

TOTAL DUE: _____

Signed: _____

Date: _____

ENCLOSE REGISTRATION FEE (checks payable to: City of Troy) along with this waiver form and mail to: Troy Parks and Recreation, 3179 Livernois, Troy, MI 48083.

To register online, go to www.troymi.gov/RecreationRegistration. Click on the Play Here Box on top of page then click on Online Registration in the column on the left side of screen. Existing user? Click to log in. Enter your household number for username (find this number near the top left side of previous receipt or call 248-524-3484) and the last name of head of household (in all caps) for password. On the next screen, search by activity number or by type or keyword. You can only register people in your own household.

Troy Adaptive Recreation Registration/Medical Form **Date:** _____ **Activity #115300 B**

Name: _____ Age _____ Birthdate _____ Phone _____
(Last) (First)

Address: _____
(Number/Street) (City) (Zip)

Name of Parent/Guardian: _____

Address if different from above: _____

Phone(h): _____ Phone(w): _____ Cell/pager: _____

Other emergency contact: _____ Relationship: _____ Phone: _____

Doctor: _____ Phone: _____ Hospital: _____

Type of Insurance: _____ Policy Number: _____

List any medications you are taking: _____

List any medications you are allergic to:- _____

Date of last tetanus shot: _____ Primary disability: _____

Communication barriers: _____

Please indicate YES or NO and explain if necessary:

Seizure: _____ If so explain: _____

Allergies: _____ If so explain: _____

Developmental disability: _____ If so explain: _____

Physical limitations: _____ If so explain: _____

Behavioral Problems: _____ If so explain: _____

Respiratory problems: _____ If so explain: _____

Urinary problems: _____ If so explain: _____

Any other activity restrictions or behavior characteristics we should be aware of: _____

I have listed all known medical conditions and will advise the Parks and Recreation Department of any changes. I hereby voluntarily release and hold harmless the City of Troy from all liability for all types of damages or injuries, foreseeable or not, sustained by my child, myself and other family members while participating, watching, and traveling to or from all Troy Parks and Recreation activities.

Signature of parent/guardian: _____ **Date:** _____

Code of Conduct

For the safety and the enjoyment of all, participants are required to adhere to the following code of conduct.

- Keep hands, feet and other objects to yourself at all times.
- Swearing, other abusive language, and inappropriate hand gestures are not allowed.
- Disruptive behavior such as yelling, harassing others and destruction of property is not allowed.
- No smoking or drinking is allowed, even if you are of age.
- Participants must stay with their group or chaperone as directed.
- Participants must follow directions of staff at all times.
- We recommend that participants be escorted in and picked up by their parent/guardian at all events.

Failure to comply with any of these rules will result in discipline as follows:

1. Oral warning: an official warning that the conduct is unacceptable.
2. Oral warning and the parent/guardian will be called to pick participant up.
3. Suspension from programs: parent/guardian will be called to pick participant up, and you will not be allowed back for a specified period of time.
4. Participant may be no longer be allowed to attend the program or may be allowed to attend only with an escort.

Discipline may be started at a higher level depending on the severity of the incident.

Please sign below indicating that you have read the code of conduct.

Signature _____ Date: _____

Staff Use Only

Date of Discipline	Reason	Action Taken (1, 2, 3 or 4 above and time period if #3)