

EVENT PRESS RELEASE

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TROY COMMUNITY FOUNDATION FUNDS TROY HISTORICAL SOCIETY'S WALKING AND YOGA PROGRAMS

Troy, Michigan – The Troy Historical Society (THS) is excited to announce it has received a grant from the Troy Community Foundation to help support THS's Thursday Walking Group and Museum Yoga programs this summer.

The Thursday Walking Group has met weekly year-round since fall of 2018. Led by Troy Historic Village Programs Director Stephanie Arwady, walkers of all ages and fitness levels meet on Thursday evenings in different locations in or near Troy to explore a variety of parks and trails.

"Each month has a different theme," said Arwady. "In March, we met at local libraries each week since March is Reading Month. In April we walked through nature preserves and in May the walks all took place on local rail trails. We're celebrating Troy Community Foundation's support in June with a 'Tour de Troy'-themed schedule of weekly walks."

Walks typically cover 1-3 miles. The program is free, and registration is not required, although participants are encouraged to sign up for weekly emails to receive additional information about meeting locations, parking and routes.

Held outdoors on select Tuesday evenings at the Troy Historic Village (60 W. Wattles Rd., Troy), Museum Yoga classes are led by certified instructors from Explore Yoga (Troy). All levels of experience are welcome, from beginner to advanced. Participants should bring a mat and water. A donation of \$10/class is suggested to support the non-profit Troy Historical Society. Registration is recommended, as these classes fill quickly, especially at the beginning of the season.

"While these aren't traditional museum programs, our Thursday Walking Group and Summer Yoga program foster a healthy community which is something the Troy Historic Village is committed to. We're thrilled to get support from the Troy Community Foundation this year to help us with that goal," says Troy Historic Village Executive Director Jen Peters.

For more information, visit www.TroyHistoricVillage.org or call 248-524-3570.

About Troy Historic Village

Troy Historic Village is located at 60 West Wattles Rd., Troy MI. The Village is open year-round and showcases eleven historic structures in a charming five-acre complex. Visitors of all ages can explore Michigan history by witnessing and sharing the lifestyles of the pioneers who established homes and farms in rural Troy Township during the 1800s. Offering a wide variety of activities for children, field trip opportunities, and a diverse range of lectures and events for adults, the Village aims to enrich lives as they connect visitors' experiences to the past and to each other. They use the buildings and artifacts as tools to preserve the stories of our past and create meaningful experiences through educational and community programs.