

# The Messenger

Programs for Active Adults 50 & Better

## **COSTICK CENTER - CENTER FOR ACTIVE ADULTS**

City of Farmington Hills, 28600 Eleven Mile Road  
Farmington Hills, MI 48336  
General Information: 248-473-1830  
Front Desk Hours 9:00 a.m. - 4:00 p.m. Monday - Friday



### **Wishing you health & happiness this holiday season!**

*The Costick Center will be closed Dec. 24, 25, & Dec 31, Jan 1 for the holidays.*

Our service desk is located at the desk by door A and is open 9:00 a.m. - 4:00 p.m. Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road. Everyone needs an Adult 50 & Better membership card. Scan your card and check off your name on the roster or sign-in on the activity form. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$20.00.



The Nutrition program is serving lunch in the Costick Café, however you must call one day in advance by 11 am to order Monday - Friday. 248-473-1830. The suggested donation age 60+ \$3.50, under 60 \$6.00. We hope you come and dine with us.

Medical appointments are still our top priority for the Farmington Hills Senior Transportation. We provide Kroger grocery shopping service on Tuesdays along with Walmart and Meijer shopping on alternating Thursdays. Please call 248-473-1864 to sign up for an appointment.

### **WEATHER POLICY**

When the Farmington Public Schools are closed due to inclement weather The Center for Active Adults at the Costick Center daytime programs will be closed and Transportation will be limited. Listen to local news school closing list for Farmington Public Schools. Evening programs will run weather permitting. Call 248-473-1830 for information.

### **CANCELLATIONS DUE TO UNFORSEEN CIRCUMSTANCES**

On occasion, the City of Farmington Hills may need to cancel an individual class or event due to unforeseen circumstances beyond our control such as, but not limited to, inclement weather, power outages, instructor illness, etc. The City will make true effort to contact all registered participants. Prorated refunds will not be issued, but every effort will be made to reschedule.

## **DEPARTMENT OF SPECIAL SERVICES ADULTS 50 & BETTER**

**General Information - 248-473-1830**

**Program Supervisor - Marsha Koet 248-473-1821    Nutrition Coordinator - Teresa Bryant 248-473-1825**

**Programmer/Planning - Anna Durham 248-473-1822    Programmer/Planning - Stephen Dowhan 248-473-1823**

**Nutrition/Center - 248-473-1867    Meals-On-Wheels Assessor - Andrea Ali 248-473-1827**

**Outreach - Teresa Jergovich 248-473-1826    Focus Hope - 248-473-1826**

**Farmington Hills Adult Day Program - Julie Altschul- 248-473-1872**

**Transportation Appointments - 248-473-1864**

11/25/2024

# **The Future of the Costick Center Listening Sessions**



**The Farmington Area Commission on Aging (FACOA) invites you to a Listening Session on the future of the Costick Center.**

**The Costick Center is not closing but City Council is reviewing the services and programs provided at the Costick Center and evaluating the current, aged building.**

**The Commission has been advocating to the Farmington Hills Mayor and City Council for the continuation of programs and services that are currently offered at Costick Center.**

**The Listening Sessions are opportunities to discuss concerns and wishes for the Costick Center.**

**The Commission will meet with Costick Center users and interested residents on December 3, 2024 @ 11am-Noon and 1pm-2pm at the Costick Center. The Commission will forward wishes and concerns to the City Council.**

**If you wish to be on the Commission's email list for updates about the future of the Costick Center, please email the Commission at: [FarmingtonArea-CommissionAging@gmail.com](mailto:FarmingtonArea-CommissionAging@gmail.com).**

**We hope you can join us!**

**WHEN: Tuesday, December 3, 2024 @ 11am-Noon and 1pm-2pm**

**SOLD OUT**

# Holiday Extravaganza

Come celebrate the holidays at our Holiday Extravaganza! Dress in your holiday best and enjoy entertainment by the Mercyaires a scrumptious meal, prizes, and live music and dancing with Mark Harrington!

**Friday | 12/6 | 11:00 am - 1:30 pm #CS1202-01 | R/NR Fee: \$12/\$15**

---

## OPEN MIC MONDAY

**Monday | December 9 | 11:00 am - 2:00 pm | No Fee**

Come shake off the Monday Blues, the second Monday of the month, at our Open Mic Monday. Sit back and relax to American Standards, Folk Blues, and Jazz favorites. John Telford will be your host. Bring your instrument if you want to join in, no charge to enjoy the music. Beverages will be available for purchase. Order lunch from Costick Café by 11:00 am December 6 and eat in Shannon while you enjoy the music.

---

## HOLIDAY KARAOKE

**Friday | 12/13 | 1:00 - 3:00 pm #CS1100-03 | R/NR Fee: \$3/\$3**

Come join us for some singing fun with Zack Entertainment! Sing your favorite classics of the past or today's newest hits. Or just come for the entertainment!

Light refreshments will be served.

---

## HOLIDAY HUSTLE

**Monday | 12/16 | 12:00 - 3:00 pm | #CS1207-01 | R/NR \$12/\$15**

Join us for a hustle workshop and a delicious lunch to celebrate the holidays! The afternoon will start out with dancing, a break for lunch and more dancing. Register online or at the Costick Center front desk by December 6.

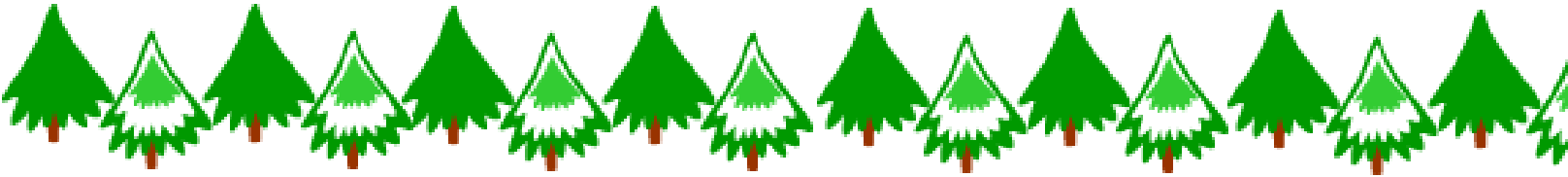
---

## SENIOR HOLIDAY PACKAGES

We will be collecting the following item to be distributed in our Senior's holiday packages. If you would like to donate, there will be a drop box in Shannon Hall at the Costick Center. All items need to be in by Friday December 6.

### Items needed :

- Holiday print paper napkins & plates
- Dish towels (various colors and prints)
- Dish soap (small bottles)
- Dishwasher soap
- Laundry soap (small bottles)
- Paper towels
- Single boxes of tissues
- Toilet paper (pkg. of 4)
- Hand sanitizer
- Renuzit air fresheners
- AA , C, and 9 volt batteries



## Friday Film

Enjoy a recently released film on select Fridays.  
Must register by 11:00 am Friday the week before.  
Call 248-473-1830 or register at the  
Costick Center front desk.  
Space is Limited.

### December 20 - The Holdovers

**#CS4001-12**

**Register by December 13 by 11:00 am**

**12:00 - 3:00 pm**

**R/NR Fee: \$7/\$9 includes lunch**

A curmudgeonly instructor at a New England prep school remains on campus during Christmas break to babysit a handful of students with nowhere to go. He soon forms an unlikely bond with a brainy but damaged troublemaker, and with the school's head cook, a woman who just lost a son in the Vietnam War.

**TUESDAY, DECEMBER 10, 10 AM - 12 PM**



# Senior Shredding for Safety Day

**PROTECT YOUR IDENTITY, de-clutter your home, and recycle!**

**RESIDENTS 50 & BETTER can bring up to 4 paper grocery bags of documents** to be shredded.

**Drive up only. No magazines, junk mail or trash, please. NO FEE.**

**Sponsored by:** Resource Recovery and Recycling Authority of Southwest Oakland County.

**COSTICK CENTER PARKING LOT  
28600 ELEVEN MILE ROAD, FARMINGTON HILLS**

*Provided by:* ShredCorp.



## QUILTING SHOW

On December 5<sup>th</sup> from 2:00-8:00pm at the Farmington Hills library, there will be a display of Round Robin quilts and quilt tops created by local quilters, four of whom are from Farmington Hills. The display will be held in the Farmington Hills Library Auditorium Room at 32737 W. 12 Mile Rd. The public is welcome to participate.

An informal quilting group, called the QuasiQuilters, started out of Farmington Hills in 1999. The group decided to hold a Round Robin in 2023-2024 for those wishing to participate. This involves a quilter (the owner) creating a block and passing that block on to four other sequential participants who can add, alter or subtract as they wish. When the fourth participant's work is complete, the top is returned to the original owner.

In addition to displaying the results of the 12 Round Robin quilts/quilt tops, a slide show will illustrate the process for each quilt top's construction as outlined in the journals that accompanied the quilts through the process.



# Continental Club

*You won't want to miss this NEW SERIES to get your day off to a great start! Enjoy a continental breakfast while you mingle with friends in one of our new spaces at the Costick Center from 10:00 – 10:30 am Then make your way into the chapel for an hour of enlightening experiences.*

***Walk in's welcome, please stop at the Costick front desk to register.***

## Music of the 40's & 50's with Kelly Miller

Vocalist, Kelly Miller will perform an hour show featuring classic, songs from the 40's & 50's. Kelly is an amazing performer that will make you want to dance in your chair!

**Presenter: Kelly Miller**

**Tuesday | 1/14 | 10:00 - 11:30 am CS2300-01| R/NR \$8/\$10**

## Secret Service Agent Radford Jones

Radford Jones retired from the U.S. Secret Service as a Special Agent in Charge of the Michigan Division and during his career had assignments in field operations and presidential protection. He was involved in security planning for political conventions, presidential inaugurations and security advance activities worldwide including the protection of six Presidents and a number of visiting foreign heads of state. His presentation will provide a brief history of the U.S. Secret Service and his experiences while protecting six Presidents, Foreign Heads of State, and incidents during presidential campaigns. Archived photographs will be shown during his PowerPoint presentation.

**Presenter: Radford Jones**

**Friday | 2/7 | 10:00 - 11:30 am CS2301-01| R/NR \$8/\$10**

## Frany & FrankyG

Join us for this dynamic duo with Frany's amazing, sweet vocals and FrankyG's masterful guitar playing and rich vocals. They will perform all the music you love from a variety of musical genera's.

**Presenter: Frank Gregoire & Francine Rhoté-Vaney**

**Wednesday | 3/26 | 10:00 - 11:30 am CS2302-01| R/NR \$8/\$10**

**Location: Costick Activities Center**

**28600 Eleven Mile Rd., Farmington Hills, MI 48336**

 **REGISTER ONLINE**  
<https://recreg.fhgov.com>



**adults 50 & better**

**FARMINGTON HILLS**  
SPECIAL SERVICES *Michigan*

# Dine & Discover

*Join our Dine and Discover series as we learn about some new, local and interesting topics while enjoying a delicious lunch! All participants must register in advance either online or at the Costick Center front desk. Limited Space available.*

## **Detroit-Area Catholic History**

The architectural landscape of Detroit and southeastern Michigan was shaped, in many ways, by the Catholic Church. You don't have to go to Europe to see examples of grand, ecclesiastical architecture. With in-laws who designed multiple historic downtown churches, Patricia will present a slideshow about the area's Catholic history and its architectural landmarks.

**Presenter: Patricia Montemurri**

**Wednesday | 12/11 | 11:30 am - 1:30 pm CS1302-01 | R/NR \$12/\$15**

Register by December 3, space is limited.

## **Abraham Lincoln: A New Birth of Freedom**

Abraham Lincoln, portrayed by renowned re-enactor Kevin Wood, relates the history of the USA during his time, from his childhood on the frontier to the turbulent years from 1854 to 1865 which nearly destroyed our young nation but instead eventually resulted in a "new birth of freedom". Mr. Lincoln quotes from his best-known speeches and writings and brings history to life. Mr. Wood is a professional Lincoln presenter who bears a remarkable resemblance to "the Great Emancipator" and is extremely knowledgeable about his life and times. He has performed as Lincoln over 2,200 times in 33 states and two foreign countries.

**Presenter: Kevin Wood**

**Wednesday | 1/29 | 11:30 am - 1:30 pm CS2003-01 | R/NR \$12/\$15**

Register by January 21, space is limited.

## **Detroit 67: Looking Back to Move Forward**

Events that took place in the summer of 1967 had a significant impact on the people of Detroit and southeast Michigan. This presentation looks at the events of 1967 in their historical context and discusses how an extensive community engagement project was developed to address this important anniversary, and includes an award-winning and exhibition and publication, successful oral history project, and over 180 partner programs.

**Presenter: Billy Wall-Winkel, Detroit Historical Society**

**Wednesday | 2/19 | 11:30 am - 1:30 pm CS2004-01 | R/NR \$12/\$15**

**Location: Costick Activities Center**

**28600 Eleven Mile Rd., Farmington Hills, MI 48336**



**REGISTER ONLINE**  
<https://recreg.fhgov.com>



**adults 50  
& better**

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*

# Line Dance & Lunch

Kick up your heels, learn some new line dances, plus enjoy a delicious lunch. This line dance workshop and lunch is for anyone who wants to try to this popular class and see which level of dance fits you best! The classes are super fun and good exercise too!

**Instructor: Christine Stewart**

**Friday | 1/31 | 11:30 am - 2:00 pm #CS2205-01 | R/NR Fee: \$12/\$15**

Register by Thursday January 23, space is limited.

---

## Music Bingo

Enjoy a special lunch with friends and spend an entertaining afternoon with MUSIC BINGO furnished with an array of prizes. You will play 3 rounds of Bingo and a coverall, only it will be with songs instead of numbers. It's easy and fun for everyone! Register online or at the Costick Center front desk. No walk-ins.

**Tuesday | 2/13 | 12:00 - 3:00 pm #CS2200-01 | R/NR Fee: \$12/\$15**

Register by Monday February 5, space is limited.

---

## St. Patrick's Day Party

Join us for a festive St. Patrick's Day gathering filled with fun, laughter, and lots of luck! Whether you're Irish or just Irish at heart, this is the place to be on. Get decked out in your best green attire and enjoy a traditional Irish lunch, followed by live music. Register by Friday, March 7th online or at the Costick Center front desk. Space is limited. No walk-ins.

**Monday | 3/17 | 11:30 - 1:30 pm #CS2201-01 | R/NR Fee: \$12/\$15**

Register by Friday March 7, space is limited.

**Location: Costick Activities Center**

**28600 Eleven Mile Rd., Farmington Hills, MI 48336**



**REGISTER ONLINE**  
<https://recreg.fhgov.com>



**adults 50  
& better**

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*



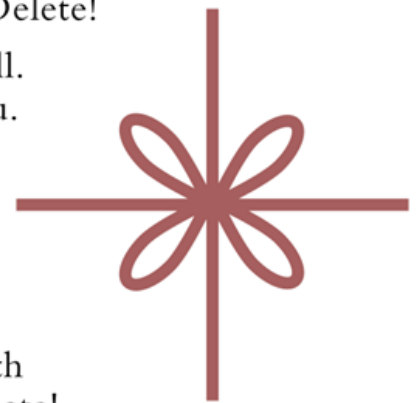
## Farmington Area Commission on Aging on Holiday Scams

The Farmington Area Commission on Aging continues their monthly series on Scams, Fraud, and Financial Exploitation. This is part of a greater effort to ensure that adults 50 years and older, in our community, can learn to recognize scams and financial fraud before it happens and have resources to help should they become victims.

This month we explore Holidays Scams. The holidays are a time to celebrate. Please be on high alert for possible holiday scams so that you do not fall prey to one.

### HOLIDAY SEASON SCAMS

- **Card Declined Scams** – Email/text says, “your transaction did not go through.” Seeking your financial information. Delete!
- **Charity Scams** – Scammers depend on Holiday goodwill. Give to charities you choose not those that come to you.
- **Online Shopping Scams** – Fake posts and ads promote fake products. Go to websites you can verify.
- **Gift Card Scams** – Best to buy gift cards from behind the counter or directly from a retailer.
- **Delivery Scams** – Email/text says, “there’s a problem with your delivery.” Seeking your personal information. Delete!



*Source: AARP*

AARP says that scammers take advantage of the hustle and bustle of the season by targeting us when we are distracted. Be skeptical of emails, texts, and phone calls that are out of the ordinary and ask for personal or financial information. Slow down, talk to a friend or family member, and be wary of giving information, especially financial information, to those who have contacted you.

Take time to learn about scams and fraud. The Commission would welcome the opportunity to present their program on this topic to Farmington area groups, clubs, and organizations. For more information or to request a presentation, please call 248-473-1821.

The address of the new FACOA website is: <https://www.facoa.org>

# Farmington Hills

# Adult Day Program

**A Day Program for Older Adults with Memory Loss**

**Enriching participants' lives through:**

- ◆ **Mind and Group Activities**
- ◆ **Physical Exercise**
- ◆ **Current Events**
- ◆ **Social and Recreational Activities**
- ◆ **Discussion/Reminiscence**
- ◆ **Music, Singing & Arts**
- ◆ **Holiday Parties**

**Includes: Door-to-door transportation, nutritionally balanced breakfast, lunch and snack as well as caregiver support .**

**For more information or to schedule a visit,  
call (248)473-1872 or email [jaltschul@fhgov.com](mailto:jaltschul@fhgov.com)**

**Location: Center for Active Adults at the Costick Center**

**28600 W. 11 Mile Rd, Farmington Hills, MI 48336**



**adults50  
&better**



## LIVING WITH DIABETES

Keeping your blood sugar levels within the range recommended by your doctor can be challenging. That's because many things make your blood sugar levels change, sometimes unexpectedly. Following are some factors that can affect your blood sugar levels.

### Food

Healthy eating is a cornerstone of healthy living — with or without diabetes. But if you have diabetes, you need to know how foods affect your blood sugar levels. It's not only the type of food you eat, but also how much you eat and the combinations of food types you eat.

What to do:

**Learn about carbohydrate counting and portion sizes.** A key to many diabetes management plans is learning how to count carbohydrates. Carbohydrates often have the biggest impact on your blood sugar levels. For people taking mealtime insulin, it's important to know the amount of carbohydrates in your food, so you get the proper insulin dose.

Learn what portion size is appropriate for each food type. Simplify your meal planning by writing down portions for foods you eat often. Use measuring cups or a scale to ensure proper portion size and an accurate carbohydrate count.

**Make every meal well balanced.** As much as possible, plan for every meal to have a good mix of starches, fruits and vegetables, proteins, and fats. Pay attention to the types of carbohydrates you choose.

Some carbohydrates, such as fruits, vegetables, and whole grains, are better for you than others. These foods are low in carbohydrates and have fiber that helps keep your blood sugar levels more stable. Talk to your doctor, nurse or dietitian about the best food choices and the appropriate balance of food types.

**Coordinate your meals and medications.** Too little food in proportion to your diabetes medications — especially insulin — may result in dangerously low blood sugar (hypoglycemia). Too much food may cause your blood sugar level to climb too high (hyperglycemia). Talk to your diabetes health care team about how to best coordinate meal and medication schedules.

**Avoid sugar-sweetened beverages.** Sugar-sweetened beverages tend to be high in calories and offer little nutrition. And because they cause blood sugar to rise quickly, it's best to avoid these types of drinks if you have diabetes.

## **COSTICK CAFE DINE-IN MEAL PROGRAM**

Our Congregate Dining program is located in Shannon Hall with full-service dining in returning (all meals must be eaten on the premises). Some key points:

You need to preregister by 11 a.m. the day before to reserve your meal. No walk ins.

Service will be from 12 – 12:30 p.m.

Meals must be reserved at least one day in advance by 11 a.m. (ex. If you would like a meal on Monday December 9 you need to reserve by Friday, December 6 at 11 a.m.)

Save a phone call. Order all your meals for several days or the month in advance.

**All meals must be reserved in advance.**

### **Reserve your meal by calling 248-473-1830.**

- Meals are available **only from 12 – 12:30 p.m. in Shannon Hall**
- No exceptions to posted meal.
- Donation age 60+ \$3.50, under 60 \$6.00.

#### **Procedure upon arriving at the Costick Center:**

- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, proceed to Shannon Hall.
- Sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- **The congregate meal is plated for you to eat in Shannon Hall. No carry-out.**
- **No lunch service December 6, 24, 25, 31.**
- **Lunch will be served in Casey on December 11 & 16.**

Nutrition services are funded through Title III, Older Americans Act Funds & distributed through the AgeWay Nonprofit Senior Services and the Office of Aging and Adult Services Agency. Complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employee program.



We have some interest in putting together a Costick Choir group that would meet once or twice a week to learn songs, practice and perform at various Adult 50 & Better events. Day and time is still under consideration.

Anyone interested in joining this choir group, please stop by the Costick front desk to pick up a form. The group is also looking for someone that plays piano & could volunteer their time.



## ***Join one of our support groups for a meeting:***

### **Living On**

This support group meets the 2nd and 4th Wednesday each month at 1:30 pm. The focus of the Living On support group is to express feelings and experiences related to the loss of a loved one in a supportive, caring, and non-judgmental environment. Grief and loss topics are addressed as they arise, depending on the interests of those attending the group. Facilitated by Cindy Palmer, Grief Counselor with Hospice of Michigan. Contact Cindy Palmer to register at 248-334-1323 or email [cpalmer@hom.org](mailto:cpalmer@hom.org)

### **Farmington Hills Parkinson's Support Group**

Join us the 1st Wednesday of the month starting at 2:00 pm. The Michigan Parkinson Foundation is dedicated to offering valuable support and encouraging connections among individuals affected by Parkinson's disease, and their caregivers. By nurturing social connections and fostering a sense of community, we can create a supportive network that empowers individuals and caregivers on their Parkinson's journey.

### **Navigating Change and Loss Coffee Hour**

Group currently full. Contact Lisa Gardner, Bereavement Coordinator at [ligardner@interimhealthcare.com](mailto:ligardner@interimhealthcare.com) to be added to the waitlist, or for alternative grief resources. Join us the 2nd Wednesday of the month. Next meeting is October 9 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced in the recent past, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitated by Lisa Gardner, Interim Hospice of Oakland County Bereavement and Volunteer Coordinator.

### **Alzheimer's Association Caregiver Support Group**

Support group for anyone who is caring for someone with dementia. Open discussion format provides education, support & understanding. Meets every Monday by zoom except holidays and in person at the Costick Center every 2nd Monday of the month 6:00 - 7:30 pm. Group Leader: John Robertson, Call or email Treena Horton: [thorton@alz.org](mailto:thorton@alz.org) 248-996-1058 to register and the zoom link will be sent to you by email.

### **Brain Injury Support Group**

The Brain Injury Association of Michigan aims to provide information, resources, and support for all brain injury survivors and families with a new support group offered 2nd Thursday of the month, 6:30 - 8:00 pm at the Costick Center. Call 248-974-2554 for more information. Hosted by Steve Copley.

### **Caregivers**

Share encouragement, support and learn with others who are caring for someone the 1st & 3rd Wednesday each month at 1 pm. Topics of discussion cover financial and legal considerations, emotional needs, and practical solutions.

### **First Step Stroke**

All stroke survivors, their caregivers, and family members are invited the second Tuesday of the month from 1-3 pm, for socialization, activities, encouragement, and support. Most 1st Tuesdays each month the group meets at a local restaurant for lunch. Please call 248-473-1822 to verify the group is meeting each month.

### **Vision Support Group**

This group meets the 1st Wednesday each month at 12:30pm to provide information, socialization, speakers, and support to those with low vision. New facilitator, Ashley Livshiz, Coordinator Support Groups with Detroit Institute of Ophthalmology and Henry Ford Health.

**Join one of the following clubs or groups. Please sign in at the table in the main lobby.**

## **BINGO**

Do you love to meet new friends and play BINGO? You are in luck, the BINGO group meets each Tuesday and Thursday at 1:00 pm. 10 cents per card.

## **Book Discussion (No meeting in December)**

Join an informal book discussion group in cooperation with the Farmington Community Library on the 1st Thursday each month at 1 pm at Costick Center. Greg Harrison will lead the discussion.

Registration will be required to attend book discussion at Costick, people will need to register through the library calendar on the Farmington Library website for each meeting. The website is easy to use - go to [www.Farmlib.org](http://www.Farmlib.org), then select Events, then the Event Calendar. Once you locate the program you are looking for, it will allow you to register. If participants want to receive a reminder email about the book discussion, you will need to sign up through the library event calendar and choose the email reminder option.

**January:** *Lady Tan's Circle of Women*, by Lisa See.

## **Euchre**

Drop-in and play euchre every Monday with old friends and new, 1:00 - 3:00 pm. 50 cents.

## **Duplicate Bridge**

The group meets every Monday at 12:00 pm and play is from 12:30 - 4:00 pm. You must bring your own partner and have a current membership card. \$2.00 per person.

## **CFAA (Cycling for Active Adults)**

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy lifestyle. \$20.00 for a year membership/volunteer ride leaders membership fee is waived. You can register online with program #CS4613. For more information call 248-473-1822.

## **Computer Forum**

Meeting at the Costick Center each Thursday at 10 am. Hybrid format (live from Costick with members joining from home via zoom). Members share computer skills and information. Each session is a little different, covering operating systems, software applications, or new and favorite websites. If you would like to be added to the zoom invitation list please call 248-473-1830.

## **Farmington Piecemakers**

Quilters for a cause meets the 3rd Tuesday of the Month at 3:00 pm to 8:00 pm. Bring your own sewing machine or sit & sew projects. All skill levels welcome.

## **Fiber Artists**

The Fiber Artists is a social club for artists whose material consists of natural or synthetic fibers. They meet at the Center for Active Adults at the Costick Center the 1st & 3rd Tuesday of the month, 5:30 – 8:30 pm in Shannon Hall. All techniques that involve using your hands with fiber or fiber techniques are welcome including: **Basketry, Beading, Bead Embroidery, Bead Weaving, Kumihimo, Crochet, Doll Making, Embroidery, Felting, Handmade Paper and Book Art, Knitting, Knotting, and Spinning.** The City of Farmington Hills, Adults 50 & Better Division welcomes fiber artists to meet and exchange ideas, encourage each other, inspire, and educate.

***Join one of our clubs or groups:***

### **Mahjong Group**

Mahjong Group is looking for people to join them! The group meets Wednesday mornings, 10:00 am - 12:00 pm. If you have a Mahjong set please bring it with you. .50 cents

### **New Friends Social Club**

Meets 2nd Wed. of each month at 1:00 pm. You're invited to join us to meet fellow seniors and make new friends. Enjoy light snacks, develop meaningful relationships and fellowship with lighthearted conversations. Learn from interesting speakers, share any current challenges that you would like advice from the group.

### **Pinochle Group**

What a great way to spend Monday morning. Play pinochle with some friendly chatter and companionship, 9:30 am to 12:00 pm. 50 cents.

### **Quilters**

Each Friday at 10 am, this informal group gets together to share ideas and techniques about their quilting, knitting, sewing, needlepoint and other fiber projects. Newcomers are always welcome.

### **Red Hat Society Group**

Meets 3rd Wednesday of each month from 11:30 am - 1:00 pm.

### **Sojourn Bears (No Meeting in December)**

The Adults 50 & Better Program sponsors this local chapter of the national program that makes teddy bears for distribution to adult cancer patients and survivors for support and comfort. This group meets to sew, stuff, cut out, and create the bears the 4th Monday each month at 1 pm. Many if the tasks can be taken home to complete. Patterns and instructions provided.

### **Tai Chi 50 cents**

Tai Chi helps reduce stress and increases balance and flexibility. Meet at the Costick Center Tuesday 9 - 10 am, and Thursday 8:30 - 9:30 am. Tai Chi Video, 50 cents each session.

### **The Next Chapter Library Program (No meeting in December)**

Join the Farmington Library's Outreach Specialist on the 4<sup>th</sup> Tuesday of the month from 10:00 – 11:00 am here at the Costick Center to learn about the library and the programs they offer. Large print books will be available to check out. Topics and/or activities vary monthly. Sign up in the Costick Library.

Drop– In Welcome! **January 28, 2025: New Year's Positive Affirmations Craft:** Start off the year 2025 on the right foot! Come create a positive affirmations jar that'll provide you with words of inspiration, kindness, and gratitude you can draw from for the rest of the year. All art supplies will be provided.

### **Wednesday Afternoon Creative Art Group (Painters Group )**

Sponsored by the Farmington Art Foundation, meets every Wednesday form 1-3 pm. No formal instructions are provided. Bring your supplies, no community supplies are provided.

### **Wii Sports (No Wii 12/25)**

Join friends most Monday, Wednesday and Friday from 10:00 am - 12:00 pm to play Wii Sports.



## **New Club Forming – Learn the Witches Dance**

Meets every second Friday each month, 6:30-8:00 pm beginning this December, Costick Center, in Conway Hall. No fee.

The “Witch Dance” is a choreographed dance, first performed in 2016 by the women of Wolfshager Hexenbrut located in Wolfshagen in Harz, Germany. The dance has spread internationally and has become a wonderful way to participate in community entertainment and to promote civic and non-profit events.

If you see “those witches” at Farmer’s Markets, Trunk or Treat events, having fun and kicking up their heels, and maybe you want to be one, this is a great way to start. Bring a broom, and plenty of water. The first meeting will be on Friday, December 13.

---

## **VOLUNTEERS NEEDED**

The Farmington Hills Adults 50 & Better Division of Special Services is looking for volunteers to help with a variety of tasks daily at the Center for Active Adults at the Costick Center along with our outreach programs. Program volunteers can make a difference for seniors by offering to:

**Help as a greeter at the center and daily check-in of participants, and gift shop volunteer.**

**Help as a Bingo Collector on Tuesday and Thursday afternoon, 1 - 3 pm.**

**Meals-on-Wheels Volunteer Driver to Deliver Meals to Homebound Seniors.** Our volunteers deliver meals between 11:00 a.m. and 1:00 p.m., choosing one day per week, Monday through Friday. The routes are all within the Farmington/Farmington Hills area. Substitutes are also welcome for those who cannot commit to one day a week.

**The Home Chore program assists older adults in Farmington & Farmington Hills** who have physical limitations by helping them with minor household chores. Some examples of chores requested are light plumbing and electrical jobs, hanging window treatments or artwork, and other various tasks.

If you are interested in volunteering, please call 248-473-1830 for an application.

---

## **YVONNE TREASURES GIFT SHOP IS OPEN AND STOCKED WITH TREASURES!**

**Most weekdays, Monday - Friday**

**9:30 am - 3:00 pm**

**Located inside the Costick Center**

**28600 Eleven Mile Road, Farmington Hills, MI 48336**

***We are now accepting your collectables, trinkets, & treasures to keep our shelves stocked.***

**Proceeds benefit seniors in need in the Farmington/Farmington Hills area.**

*The Farmington Hills Adults 50 & Better Division of Special Services is looking for a volunteer to help in the Gift Shop. If you are interested please stop at the front desk or call 248-473-1822.*

## **ADULTS 50 & BETTER SERVICES**

### **Outreach Services**

The Outreach Program provides information and access to services and programs available to older adults in the community. Call 248-473-1826 for more information .

### **Home Chore Program**

This program helps Farmington and Farmington Hills residents live independently by providing qualified volunteers to assist with chores around the home. Call 248-473-1851 for more information.

### **Telephone Reassurance**

Do you know anyone living alone and home-bound who would benefit from a daily phone call? The telephone reassurance Program provides daily contact with Farmington area seniors between the hours of 9 am and 10:30 am, Monday through Friday. Call 248-473-1851 for details.

### **Nutrition**

The Home Delivered Meals Program services adults 60 years and better, home bound, and unable to prepare meals. For more information, call 248-473-1825. The Senior Adult Nutrition Program is funded through Age Ways Nonprofit Senior Services.

The Farmington Hills Senior Nutrition Program is funded Nutrition services are funded through Title III, Older Americans Act Funds & distributed through the AgeWay Nonprofit Senior Services and the Office of Aging and Adult Services Agency. Complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employee program. Reasonable accommodation will be provided upon notification or request.

### **Knox Box**

The Knox Box Safety Program gives emergency responders quick access to a home in an emergency when a homeowner is unable to answer the door. It eliminates the need to forced entry for residents who live alone, are disabled or who care for someone unable to open a door. Call 248-473-1826.

### **Transportation Program**

The Transportation Program is available to Farmington and Farmington Hills 55 & Better or with a disability, Monday-Friday, 9:00 am 3:30 pm. Farmington Hills Senior Transportation provides Kroger grocery shopping service on Tuesdays along with Walmart and Meijer shopping service on alternating Thursdays. Please call 248/473-1864 to sign up. A donation of \$2 each way is suggested.

---

## **Nature Education Series for Adults located at the Farmington Hills Nature Center**

To register go to: <https://mifarmingtonhillswb.myvscloud.com/>

**No need to register. Just show up!**

**December 11 - 10:30 am - 12:00 pm - Coffee & Stroll** - Join this active social group every other Wednesday for a naturalist-guided stroll among the trails of Heritage Park. Discover new things each season! Afterwards, relax with a cup of coffee, snacks and share nature stories with friends. No need to register. Free activity, but donations are encouraged.

**January 7 (Virtual) - 7:00 - 7:45 pm , January 14 (In-Person) 6:30 - 8:00 pm - Adult Nature Education Series** - Broaden your horizons and enhance your nature knowledge! Explore a new topic each month. You can register for both the VIRTUAL and the IN-PERSON class OR attend one or the other. Each class will have a different focus. #PN4211

**January 18 - 1:00 - 3:00 am - Volunteer Day** Volunteer to make Heritage Park an even better place! Participate in activities like removing invasive species, trail maintenance, and more! All ages and skill levels welcomed.

*The Nature Center is located inside Heritage Park, 24915 Farmington Road.*



## SENIOR AQUATICS PROGRAMS

Everyone needs an Adult 50 & Better membership card. Please scan your card at the table in the main lobby by door A. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$20.00.

Punch Cards can be purchased from the Costick Center front desk. (Not at the pool)

### SENIOR OPEN SWIM

**PUNCH CARDS ONLY:** 10 Visit Pass: (R/NR) \$15.75/\$24.75 20 Visit Pass: (R/NR) \$31.50/\$49.50

**SCHEDULE:** Monday, Wednesday, Friday, 11:00 am - 11:55 am & 2:00 pm - 2:55 pm  
Tuesday & Thursday 11:00 am - 11:55 am

### SENIOR WATER EXERCISE

**PUNCH CARDS ONLY:** 10 Visit Pass: (R/NR) \$20.25/\$31.50

**SCHEDULE:** Monday - Friday, 10:00 am - 10:55 am  
Tuesday & Thursday 1:00 - 1:55 pm  
Monday & Wednesday 5:00 - 5:55 pm

### SENIOR ARTHRITIS EXERCISE

**PUNCH CARDS ONLY:** 10 Visit Pass: (R/NR) \$20.25/\$31.50

**SCHEDULE:** Tuesday & Thursday 2:00 pm - 2:55 pm

---

## Resealable Card Holders & Lanyards

Keep your punch cards nice and dry  
with plastic zippered card holders!

### Card Holder or Lanyard

**.50 each**

Available to purchase at Costick Front Desk



# Adults 50 & Better Fitness Classes

You can sign up online at <https://recreg.fhgov.com> or at the front desk at the Costick Center.  
Call 248-473-1830 for help with online registration.

Our service desk is located at the front desk by door A and opened 9:00 am - 4:00 pm Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road. Everyone needs an Adult 50 & Better membership card. Scan your card and check off your name on the roster, sign in on the punch pass sheet and have your card punched or sign-in on the activity form. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$20.00.

## Pickleball - Drop-in Play at the Costick Center

**Monday, Wednesday, Friday | 9:00 - 11:00 am**

All skill levels welcome.

**Monday | 12:00 - 2:30 pm**

All skill levels welcome.

**Tuesday | 12:30 - 3:30 pm**

All skill levels welcome. (One court is designated for beginners)

**NEW Tuesday | 3:30 - 5:30 pm**

All skill levels welcome.

**Tuesday Evening Pickleball | 6:00 - 8:00 pm | Punch Pass Only**

All skill levels welcome.

**Starting in January: Wednesday Evening Pickleball | 6:00 - 8:00 pm | Punch Pass Only**

All courts will be beginner courts with experienced volunteers to help.

**Thursday for Beginners | 12:30 - 3:30 pm**

All courts will be beginner courts with experienced volunteers to help.

**NEW Thursday | 3:30 - 5:30 pm**

All skill levels welcome.

**Saturday Morning Pickleball | 9:00 am - 12:00 pm | Punch Pass Only**

All skill levels welcome.

**NO PICKLEBALL 12/16 (12:00 session only) 12/24, 12/25, 12/31**

**Drop-in R/NR Fee: \$4.50/\$5.50**

**10 session punch card R/NR Fee: \$30/\$40**

**Sold at the Costick Center front desk, Monday - Friday 9 am - 4 pm.**

The best way to have fun with a racket, Pickleball is a combination of tennis and ping pong, played on a badminton court. Come see why it's the fastest growing court sport of active adults!

## FITNESS CLASSES

### **Gentle Yoga and Sound Healing Workshop, January 10th**

**Friday | 1/10 | 10:00 - 11:30 am #CS2516-01**

**R/NR Fee: \$10/\$12**

Join Linda for this transformative workshop where ancient practices converge with modern techniques to bring profound harmony to your mind and body. With the blend of gentle yoga and sound healing immerse yourself in the harmonic vibrations of sound waves that align your being seamlessly, integrating ancient wisdom with contemporary science, art, musicality and the alchemy of healing. Enhance this journey with the practice of gentle yoga movement to make that mind and body connection.



10 Multi-Class Fitness Pass R/NR \$75/\$85

## Yoga

Tuesday | 11/5 - 12/17 | 9:45 - 10:45am #CS1500-05

Instructor: Linda Hawkins

Next session: 1/7 - 2/11 #CS2500-02

Wednesday | 11/6 - 12/18 | 9:45 - 10:45am #CS1500-06

Instructor: Katielynn Marie

Next session: 1/8 - 2/12 #CS2500-03

6 week session

R/NR Fee: \$36/\$42

Focus on inner awareness along with the external alignment of the body in this yoga class designed to aid balance, flexibility, and enhance serenity. Wear loose clothing and bring a mat.

## Chair Yoga

Monday | 11/4 - 12/16 | 11:00am - 12:00pm #CS1504-03

Instructor: Bharti Shah

Next session: 1/6 - 2/10 #CS2504-01

 **NEW** Wednesday | 11/6 - 12/18 | 11:00am - 12:00pm #CS1505-02

Next session: 1/8 - 2/12 #CS2512-01

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

6 week session

R/NR Fee: \$36/\$42

Chair Yoga is a gentle form of yoga that is practiced sitting on a chair, or standing for support. It is a great practice for everyone, as it deepens flexibility and strengthens personal body awareness. All levels are welcome, wear loose clothing.

## Therapeutic Yoga

Thursday | 11/7 - 12/19 | 9:45 - 10:45am #CS1501-02

Next session: 1/9 - 2/13 #CS2501-01

Instructor: Bharti Shah

6 week session

R/NR Fee: \$36/\$42

This practice is for everyone! Do you want to strengthen and balance your body and quiet your mind? Do you suffer from aches and pains? Are you recovering from an illness, injury or accident? Are you feeling great and want to stay that way? Then this class is for you! Wear loose clothing and bring a mat.

## Yoga Plus

Tuesday | 11/5 - 12/17 | 11:00am - 12:00pm #CS1503-02

Next session: 1/7 - 2/11 #CS2503-01

Instructor: Linda Hawkins

6 week session

R/NR Fee: \$36/\$42

Elevate your yoga practice and explore diverse postures and unlock your potential. Improve core strength while increasing flexibility and balance. Wear loose clothing and bring a mat.

10 Multi-Class Fitness Pass R/NR \$75/\$85

## Yoga Evening

Thursday | 11/6 - 12/18 | 5:30 - 6:30pm #CS1502-04

**Next session: 1/9 - 2/13 #CS2502-01**

**Instructor:** Bharti Shah

6 week session

**R/NR Fee: \$36/\$42**

Focus on inner awareness along with the external alignment of the body in this yoga class designed to aid in balance, flexibility, and enhance serenity. Wear loose clothing and bring a mat.

## Balance, Strength & Stretch

Wednesday | 11/6 - 12/18 | 4:15 - 5:00 pm #CS1513-02

**Next session: 1/8 - 2/12 #CS2513-01**

6 week session

**R/NR Fee: \$36/\$42**

**10 Class Pass R/NR \$75/\$85**

**Instructor:** Christine Applebaum

Learn proper form & techniques for various strength training exercises using hand weights & bands. This class will focus mainly on balance & strength. It will be a full body routine with something different each time. Bring a mat, hand weights, resistance bands, sweat towel and water.

## Feldenkrais: Awareness Through Movement

Wednesday | 11/6 - 12/18 | 9:30 - 10:30am #CS1511-02

**Next session: 1/8 - 2/12 #CS2511-01**

6 week session

**R/NR Fee: \$30/\$36**

**10 Class Pass R/NR \$65/\$75**

**Instructor:** Susan Patton

A different lesson each week, verbally directed, relating to every aspect of human movement. Done in lying, sitting, standing and on hands and knees. They are designed to break old habits and instill new ways of thinking, feeling and moving. The exercises are non-judgmental, non-competitive and self-directed so that each person progresses at their own pace. They improve postures, flexibility, breathing, coordination and movement efficiency, and reduce and eliminate pain and discomfort. Wear comfortable clothing. Bring a mat and a bath towel.

## Gym Exercise

Tuesday | 11/5 - 12/17 | 11:00 am - 12:00 pm #CS1509-03

**Next session: 1/7 - 2/11 #CS2509-01**

7 week session

**R/NR Fee: \$17.50/\$21.00**

Thursday | 11/7 - 12/19 | 11:00 am - 12:00 pm #CS1509-04

**Next session: 1/9 - 2/13 #CS2509-02**

6 week session

**R/NR Fee: \$15.00/\$17.50**

**10 Class Pass R/NR \$35/\$40**

**Instructor:** Lisa Chow

Get up and Go with a great workout! Gym exercise will include low-impact floor and chair workout to improve cardiovascular and muscle endurance. Bring along hand weights and resistance bands. All fitness levels welcome!

10 Multi-Class Fitness Pass R/NR \$75/\$85

## Tai Chi for Movement & Balance

Thursday | 11/7 - 12/19 | 1:00 - 2:00pm #CS1508-02

**Next session:** 1/9 - 2/13 #CS2508-01

6 week session

R/NR Fee: \$36/\$42

**Instructor:** Bill Harper

This class is designed to help improve movement, balance and decrease pain and falls through the use of Wu style Tai Chi Chuan.

## Tai Chi

Wednesday | 11/6 - 12/18 | 6:00 - 7:00pm #CS1506-03

**Next session:** 1/8 - 2/12 #CS2506-01

Friday | 11/8 - 11/20 | 10:00 - 11:00am #CS1506-04

**Next session:** 1/10 - 2/14 #CS2506-02

6 week session

R/NR Fee: \$36/\$42

**Instructor:** Bill Harper

This class will consist of an organized routine to help with overall physical health and stress management; it will include many aspects of the Wu Style syllabus with a combination of chair and standing exercises.

## Advanced Tai Chi

Wednesday | 11/6 - 12/18 | 7:00 - 8:00pm #CS1507-03

**Next session:** 1/8 - 2/12 #CS2507-01

Thursday | 11/7 - 12/19 | 2:00 - 3:00pm #CS1507-04

**Next session:** 1/9 - 2/13 #CS2507-02

Friday | 11/8 - 12/20 | 11:00am - 12:00pm #CS1507-06

**Next session:** 1/10 - 2/14 #CS2507-03

6 week session

R/NR Fee: \$36/\$42

**Instructor:** Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

## Fit 5000

Tuesday | 11/5 - 12/17 | 9:45 - 10:45am #CS1510-03

**Next session:** 1/7 - 2/11 #CS2510-01

Thursday | 11/17 - 12/19 | 9:45 - 10:45am #CS1510-04

**Next session:** 1/9 - 2/13 #CS2510-01

6 week session

R/NR Fee: \$36/\$42

**Instructor:** Deborah Koss

Low impact workouts are based on popular dance and fitness steps to achieve 5000 steps per class. You will burn fat and calories, improve muscle strength all while having fun listening to a variety of new and classic music. Alternative steps are demonstrated so everyone can choose their own level of desired intensity. Bring hand weights, water and your Fitbit, Pedometer, or Apple Watch.

## EZ Beginner Hustle

**Tuesday | 11/12 - 12/17 | 1:15 - 2:00pm #CC1516-02**

**Next session: 1/7 - 2/11 #CS2515-01**

6 week session

**R/NR Fee: \$36/\$42**

**Instructor:** Debra Koss

Have fun, learn favorite party hustles and keep fit with low impact, easy to learn line dance moves. Hustles are simple and short, no experience is required. Recommended attire: comfortable clothing and smooth-soled shoes or sneakers. Bring water and a sweat towel.

## Intermediate Hustle

**Thursday | 11/7 - 12/19 | 6:00 - 7:00PM #CC1512-02**

**Next session: 2/27 - 4/3 #CS2512-01**

6 week session

**R/NR Fee: \$36/\$42**

**Instructor:** Debra Koss

Have fun, learn favorite party hustles and keep fit with low impact, easy to learn line dance steps. Geared for line dancers who have some experience with the basics; hustle patterns will generally be longer and more complex. Experience is encouraged but not required. Routines are a mix of current and classic hustles. Recommended attire: comfortable clothing and smooth-soled shoes or sneakers. Bring water and a sweat towel.

**10 Multi-Class Fitness Pass R/NR \$75/\$85**

## Absolute Beginner Line Dance

**Friday | 12/6 - 12/20 | 11:30am - 12:00 pm #CC1507-04**

**R/NR Fee: \$12/\$12 3 week session**

This class is for those who are just starting out with no previous experience. Learn the basic steps to have fun at this popular line dance class.

## Beginner Line Dance

**Wednesday | 12/4 - 12/18 | 12:00 - 1:00 pm #CC1500-07**

**R/NR Fee: \$18/\$18 3 week session**

**Friday | 12/6 - 12/20 | 12:00 - 1:00 pm #CC1500-08**

**R/NR Fee: \$18/\$18 3 week session**

## Beginner Plus Line Dance

**Friday | 12/6 - 12/20 | 1:00 - 2:00 pm #CC1505-04**

**R/NR Fee: \$18/\$18 3 week session**

## Intermediate Line Dance

**Wednesday | 12/4 - 12/18 | 1:00 - 2:00 pm #CC1506-04**

**R/NR Fee: \$18/\$18 3 week session**

**Instructor:** Christine Stewart

**10 Class Pass R/NR \$75/\$75**

Kick up your heels at our popular line dance classes that are fun and good exercise, too!



## Beginners Ballroom

Hustle | Wednesday | 11/6 - 12/18 | 6:30 - 7:20 pm #CC1501-03

Foxtrot | Wednesday | 11/6 - 12/18 | 7:30 - 8:20 pm #CC1501-04

*Next session:*

Rumba | Wednesday | 1/8 - 2/12 | 6:30 - 7:20 pm #CC2501-01

Waltz | Wednesday | 1/8 - 2/12 | 7:30 - 8:20 pm #CC2501-02

6 week session

R/NR Fee: \$48/\$54

**Instructor:** Fernando Caducio

This class is for the dancers-to-be, those with no ballroom experience. learn the basics with high-energy, but easy to follow instructions.

Class open to students 18+

## Beginner/Intermediate Ballroom

Cha Cha | Tuesday | 11/5 - 12/17 | 6:30 - 7:20 pm #CC1502-03

Tango | Tuesday | 11/5 - 12/17 | 7:30 - 8:20 pm #CC1502-04

*Next session:*

East Coast Swing | Tuesday | 1/7 - 2/11 | 6:30 - 7:20 pm #CC2502-01

Mambo/Salsa/Merengue | Tuesday | 1/7 - 2/11 | 7:30 - 8:20 pm #CC2502-02

6 week session

R/NR Fee: \$48/\$54

**Instructor:** Fernando Caducio

Must have beginner level class to participate. Take the next step in high excitement ballroom lessons. Class open to students 18+

## Intermediate/Advanced Ballroom

Waltz | Monday | 11/4 - 12/16 | 6:30 - 7:20 pm #CC1503-03

Rumba | Monday | 11/4 - 12/16 | 7:30 - 8:20 pm #CC1503-04

*Next session:*

Hustle | Monday | 1/6 - 2/10 | 6:30 - 7:20 pm #CC2503-01

Foxtrot | Monday | 1/6 - 2/10 | 7:30 - 8:20 pm #CC2503-02

7 week session

R/NR Fee: \$48/\$54

**Instructor:** Fernando Caducio

Advanced Ballroom High intensity and high excitement ballroom lessons with a Latin flair. Fast pace, prior experience required. Class open to students 18+



# Adults 50 & Better Life Long Learning

Classes are available online or Costick Center front desk. [fhgov.com/activitiesguide](http://fhgov.com/activitiesguide)

## Advanced Knitting

**Tuesday | 12/3 - 12/17 | 1:00 - 3:00 pm | #CS1405-02**

**4 week session**

**R/NR Fee: \$55/\$60**

**Instructor: Naomi Frenkel**

Take your knitting skills to the next level.

## Beginning Knitting

**Tuesday | 1/7 - 1/28 | 1:00 - 3:00 pm | #CS2403-01**

**4 week session**

**R/NR Fee: \$55/\$60**

**Instructor: Naomi Frenkel**

Did you always want to learn how to knit a scarf of your own! The class will start by teaching the basics, casting on, knitting, and purling. As the students perfect their techniques, we will move on to ribbing seed stitch and binding off. By the end of the 4th week, they will start either a washcloth or a scarf. Materials fee of \$15.00 is payable to the instructor the first day of class.

## Spanish Beginner

**Wednesday | 11/6 - 12/18 | 11:00 am - 12:00 pm | #CS1401-02**

**Next session: 1/8 - 2/12 #CS2401-01**

**6 week session**

**R/NR Fee: \$50/\$56**

**Instructor: Manuela Thompson**

Learning a new Language is a great way to keep the mind sharp. This fun class will teach Castilian Spanish through games and activities. First day of class a Book fee of \$12.00 to be paid to instructor.

## Spanish Advanced Beginner

**Wednesday | 11/6 - 12/18 | 12:30 - 1:30 pm | #CS1402-02**

**Next session: 1/8 - 2/12 #CS2402-01**

**6 week session**

**R/NR Fee: \$50/\$56**

**Instructor: Manuela Thompson**

Learning a new language is a great way to keep the mind sharp. This fun class will teach Castilian Spanish through games and activities. First day of class a Book fee of \$12.00 to be paid to instructor.

## Stress Management

**Wednesday | 2/12 | 11:00 am - 12:00 pm | #CS2422-01**

**No Fee**

**Instructor: Cathy Fuerstnau, Community Liaison, Angela Hospice**

Stress can have a negative effect on our mind, body, and relationships. learn about some of the common stressor's older adults face, practical tips for managing stress, and how to reduce its impact. Register for free online or at the Costick front desk.

## Drivers Safety Program

**Tuesday | 3/27 - 3/28 | 10:00 am - 3:00 pm | #CS2408-01**

**AARP Members \$23/Non-AARP Members \$28**

**Instructor: Donna Bucciarelli**

AARP and Special Services Adults 50 & Better offer a comprehensive driver refresher course geared toward the specific needs of older motorists. Class participation may warrant a reduction in the cost of auto insurance. Participants must attend both days.

# TRAVEL NEWS



Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

No refunds for any trips within 24 hours of trip departure. Some trips are 48 hours.

Credit card payments are accepted for all trips.

**COVID-19 Vaccine Policy:** "\*\*\*Reminder- Be sure to bring your proof of vaccination with you on tour in case it is required at any venues we will be attending." (Some overnights do state proof of vaccination is required on the flyer, some venues do require this and Rybicki will follow through.)

## **RYBICKI TOURS**

---

**Annie at Encore Musical Theatre, January 11 (Saturday), \$189** This beloved Tony Award-winning musical follows the plucky orphan Annie as she captures the heart of billionaire Oliver Warbucks and embarks on a journey to find her true family. Filled with memorable songs like "Tomorrow" and "It's a Hard Knock Life", Annie is a heartwarming classic that continues to captivate audiences of all ages. Enjoy with a main floor ticket to the 3pm matinee performance. Full, sit-down lunch at Gandy Dancer in Ann Arbor, MI. Situated in the beautifully restored 1886 Michigan Central Depot, Gandy Dancer is both an architectural landmark and an elegant restaurant.

**Footloose The Musical, January 15 (Wednesday), \$149 Experience Footloose at the Meadowbrook Theatre in Rochester, MI.** The explosive movie musical bursts onto the live stage! With dynamic new songs augmenting the powerhouse hits from its bestselling Oscar-nominated score, Footloose celebrates the exhilaration of youth, the wisdom of listening to one another, and the power of forgiveness in collaboration with Oakland University's School of Music, Theatre, & Dance. Sit-down lunch prior to the performance at Lelli's Restaurant in Auburn Hills.

**DSO Pop Series: Broadway Love Songs, February 14 (Friday), \$145** Main Floor ticket to the morning performance at Orchestra Hall. If you love someone, bring them to Orchestra Hall! The DSO plus an all-star cast of vocalists perform Broadway's heart-on-sleeve classics, featuring timeless songs by Rodgers and Hammerstein and more! Full, sit-down lunch included after the show at Sinbad's Restaurant.

**Purple Rose Theater's "Fourteen Funerals", March 5 (Wednesday), \$179**

Enjoy Fourteen Funerals at Purple Rose Theatre! It's weird when city girl Sienna gets a cryptic phone call about the untimely deaths of some distant family members in small-town Blissfield, Indiana. Weirder yet is the way they expect her to deliver eulogies for relatives she's never met. But weirdest of all: Sienna goes there. Maybe she's hoping for a big inheritance, or she just really needs to get away from her dead-end life in Chicago. What she never expected was the tumultuous and rewarding relationship that she develops with Millie, the peculiarly sunny employee of the Blissfield funeral home. Full, sit-down lunch included at Gandy Dancer in Ann Arbor, MI in the beautifully restored 1886 Michigan Central Depot, Gandy Dancer is both an architectural landmark and an elegant restaurant.

**Twyla Tharp Dance: Diamond Jubilee featuring Third Coast Percussion, Sunday, February 2, \$169/pp** - Twyla Tharp celebrates her 60th anniversary with a Coast-to-Coast tour featuring her Olivier-nominated Diabelli Variations. Tharp makes visible the elegant humor and depth of the composer's layered genius. The program also features a new work in collaboration with composer Philip Glass, their first since 1986. A reimagining of Glass's Aguas da Amazonia score is augmented with new music and accompanied live by Chicago-based Third Coast Percussion, performed on a unique collection of custom percussion instruments. This groundbreaking evening is sure to dazzle audiences with its stellar dancing and phenomenal musicianship!

**Zehnder's "A Little Bit Diamond", Thursday, March 20, \$139/pp** - A Little Bit Diamond is the ultimate tribute show to one of the most amazing musical icons of our time...Neil Diamond. He has sold more than 100 million records worldwide, making him one of the best-selling, most respected and most beloved singer/songwriters of all time. His live performances are some of the most heartfelt, emotional and entertaining shows you could ever attend. A Little Bit Diamond will make you feel as if you are experiencing an actual Neil Diamond concert. Complete with a full backup band, you will hear all the hits, Sweet Caroline, Cherry, Cherry, Forever in Blue Jeans, America, Love on the Rocks...the hits go on and on! Also, enjoy some free time on Main Street of downtown Frankenmuth for shopping and exploring

---

***See our travel display in the Costick Center lobby for detailed information about these trips!***



These trips include round trip transportation, some meals (See specific trip info), hotel accommodations, motorcoach transportation, transfers & baggage handling, admissions & sightseeing per itinerary and Professional Tour Director.

### **Timeless Memories Day Trips**

**DSO Classical Roots, Friday, February 28, \$95** - Acclaimed composer Jessie Montgomery is one of today's "most distinctive and communicative voices." Experience two of her recent masterpieces. Her Grammy Award-nominated Rounds, played by virtuoso Awadagin Pratt, evokes imagery and themes from T. S. Eliot's Four Quartets. Opening the program is a world premiere by award-winning Detroit composer and trumpeter Kris Johnson.

**DSO Celtic Journey, Sunday, March 9, 2025, \$112** - Take a spirited trip across the Emerald Isle when authentic Irish Music, dance and storytelling join forces with the lush sounds of the DSO to revive the majesty and charm of Celtic Culture. "Danny Boy," "Marie's Wedding," and "O'Neill's March" never sounded so moving and magnificent.

---

### **Puerto Vallarta All-Inclusive Getaway, February 16-22, 2025, \$3199/pp double occupancy**

Discover your paradise, the sea, the beach resort of your dreams, all set against a spectacular tropical backdrop. Trip includes six nights at the amazing All-Inclusive Paradise Village Nuevo Vallarta Resort. With architecture and traces of Mayan decor throughout the resort property, you'll capture the unique richness of Mexico and the sophistication of today's most modern amenities. Enjoy a welcome drink, themed nightly dinners, a lobby bar, two beach front snack bars, pool wait service, and a shopping plaza with a variety of shops. The exclusive location on a private peninsula surrounded by shimmering waters and the all-suite accommodations make this an extraordinary destination and a unique experience you won't forget!

### **Hawaii 3 Island Adventure - February 18 – 26, 2025, \$6275 pp double**

Get out of the Michigan Winter and head to Hawaii on February 18, 2025. You will tour the islands of Oahu, Hawaii (the Big Island) and Maui. These include Peal Harbor, Volcanos National Parks, Black Sand Volcanic Beach, and much more. The trip includes: 3 nights in Honolulu, Oahu, 2 nights on the Big Island, and 3 nights on Maui. Enjoy 3 Islands tours, Two National Parks, a Honolulu City Tour, the USS Arizona Memoria, Kailua Kona, a Maui Tropical Plantation, Iao Needle, Whalers Village, and Hawaiian Luau on Maui. Price includes: Roundtrip Airfare, 11 Meals: 8-Breakfasts & 3-Dinners

### **Great Trains & Grand Canyons, April 6-12, 2025, \$3599/pp double occupancy**

This trip includes the Grand Canyon Railway and Verde Canyon Railroad. Spend time in Sedona and visit the Chapel of the Holy Cross, and visit Old Town Scottsdale. This trip you unpack once and stay at same hotel! After flying to Phoenix, you'll travel by bus to beautiful Sedona and stay at an upscale resort set amongst the red-hued rocks of Oak Creek Canyon. Your time in Sedona includes a Sedona Trolley Tour with spectacular views of the area followed by a visit to Uptown Sedona for shopping and restaurant opportunities. Next, you'll hop on the Grand Canyon Railway for a nostalgic two-hour train journey through the South Rim. The next day includes a trip to the Montezuma Castle National Monument and a visit to the old mining town of Jerome, followed by a picturesque four-hour train ride on the Wilderness Train. Finally, enjoy a day in Sedona on your own before heading back for your flight home filled with unforgettable memories.

**National Parks and Canyons of the Southwest - May 18-24, 2025, \$2,775/pp double occupancy** This trip features: The Grand Canyon West with Skywalk, Bryce Canyon and Zion National Park. This 6 day trip will start and end in Las Vegas. You start with two nights in Las Vegas then onto Mesquite for a three night stay. This is a wonderful trip to experience the National Parks of the Southwest. When you arrive, enjoy a panoramic Las Vegas City Tour featuring the Old Downtown and the Las Vegas Strip. Your second day will consist of tours of the Hoover Dam and the Mob Museum in Las Vegas, housed in the very first U.S. Post Office and Courthouse in Las Vegas. The next three days cover The Grand Canyon - including the Grand Canyon Skywalk, Bryce Canyon National Park in Utah, and Mesquite in St. George, UT, and Zion National Park. Take this all in before heading home from Las Vegas.

### **Iceland Explorer - May 28-June 3, 2025, \$5,199/pp double occupancy**

You can unpack once and stay in Reykjavik for 5 nights while exploring Iceland! Swim in the Blue Lagoon, take tour of the Golden Circle, and try some Hot Spring bread. View the Skogafoss Waterfall and take in the Viking Ship Museum! This will be a memorable trip! Your first day in the capital will consist of a city tour and a visit of Iceland's National Museum. Your second day will consist of a national park, Gullfoss, and a geyser! Enjoy the fourth day on your own in Reykjavik, including an optional whale watching tour. Wrap up the trip with a visit to the Blue Lagoon - this geothermal pool sits in the center of a large lava field. Enjoy time to relax and take a swim in the warm, mineral-rich water before heading home the following morning.

**Mississippi River Cruise on the Celebration Belle, July 14 - 17, 2025, \$1,399 pp/double occupancy** This trip includes the Celebration Belle Cruise, National Mississippi River Museum & Aquarium, Field of Dreams Movie site and the New Melleray Abbey Monastery. We will be staying across from the Diamond Jo Casino for two nights in Dubuque Iowa. Our first day we'll travel to Moline, IL, home of the landmark riverboat Celebration Belle. Early the next morning, board the Celebration Belle, a massive 750 passenger paddlewheel boat, specifically designed for cruising the waterways of the great Mississippi River. We're on an ALL DAY (7:00am—6:00pm) Cruise north to Dubuque, Iowa. Three meals are included along with entertainment and memorable sightseeing along one of America's great rivers. What a fun day! On day three, visit the National Mississippi River Museum & Aquarium. An affiliate of the Smithsonian Institution, the museum/aquarium engages visitors in the exploration of the history, culture, animals, and conservation found along the mighty Mississippi River and the rivers of America. Next it's the Field of Dream Movie Site. Tour the Homestead from its early days to its rebirth as the set of the hit 1989 fantasy classic. For more than 30 years, the Ghost Players have entertained folks from around the world with humor and a family friendly message. Meet a "Ghost Player" and hear entertaining facts about the movie, the players, and more! Conclude our a visit to New Melleray Abbey Monastery. The monks belong to the Order of Cistercians of the strict observance, commonly known as Trappists. Our visit includes the Monastery Guest House and an introduction orientation with one of the monks that reside here. We'll also visit Trappist Caskets where the monks support themselves by making and selling sample wooden caskets of exceptional quality. Dinner included and evening at leisure before heading home the next morning.

[City of Farmington Hills Department of Special Services](#)  
[Adults 50 & Better Code of Conduct](#)

The City of Farmington Hills Department of Special Services Adults 50 & Better Division provides adults with recreation, education, socialization, volunteer opportunities, referrals, and services. As a participant in our programs at the Costick Center or any other City facility, you can help provide a warm, welcoming, and safe environment by treating others with respect and follow the Codes of Conduct and General Facility Rules listed below. Any participant who violates the Code of Conduct is subject to discipline, up to and including removal from the program and/or facility.

- Treat members of the community, participants, instructors, volunteers, and staff with dignity, courtesy, and respect. Gossip, insulting, inappropriate and/or threatening language, bullying or disruptive behavior is not allowed.
- Racial, religious, or sexual harassment of participants, volunteers, instructors, or staff is strictly forbidden.
- Participants must show proper care and regard for the City's and Costick Center's property, equipment, and the property of others. Stealing is strictly prohibited.
- Participants are not allowed in storage areas, offices, closets, or kitchen including the refrigerators unless authorized by staff.
- As a courtesy to other participants and staff please do not enter an activity room or gym until the assigned time. In turn, please promptly leave the activity room or gym at the assigned ending time.
- Report all injuries to staff immediately.
- Comply with all applicable Federal, State, Municipal laws, and Health Department policies.

Thank you for complying with the Code of Conduct and treating others with respect.

HAPPY HOLIDAYS  
FROM THE COSTICK CENTER  
CENTER FOR ACTIVE ADULTS 50 & BETTER

