

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



February 2025

The City of Farmington Hills Special Services Adults 50 & Better is seeking nominations for the **Volunteer of the Year Awards**. Nominees must be active volunteers in programs offered through the Adults 50 & Better Division. Nomination forms are available at the Costick Center and online at www.fhgov.com and <https://www.facoa.org/>. All nominations must be received by February 21. Awards will be presented at our Volunteer Recognition. Anyone may submit a nomination. For questions, please call Anna at 248-473-1822.

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

1/29/2025



WALK THE HAWK WITH CITY COUNCIL

Community members are invited to join the mayor and members of City Council on the track to learn about ongoing initiatives, share your ideas, voice a concern, or ask a question in an informal setting.

(In the event of bad weather, the 3rd floor of The Hawk will be utilized.)

TUESDAYS AT 12PM

FEB 11 | MAR 11

OPEN MIC MONDAY

Monday | 2/10| 11:00 am - 2:00 pm | No Fee

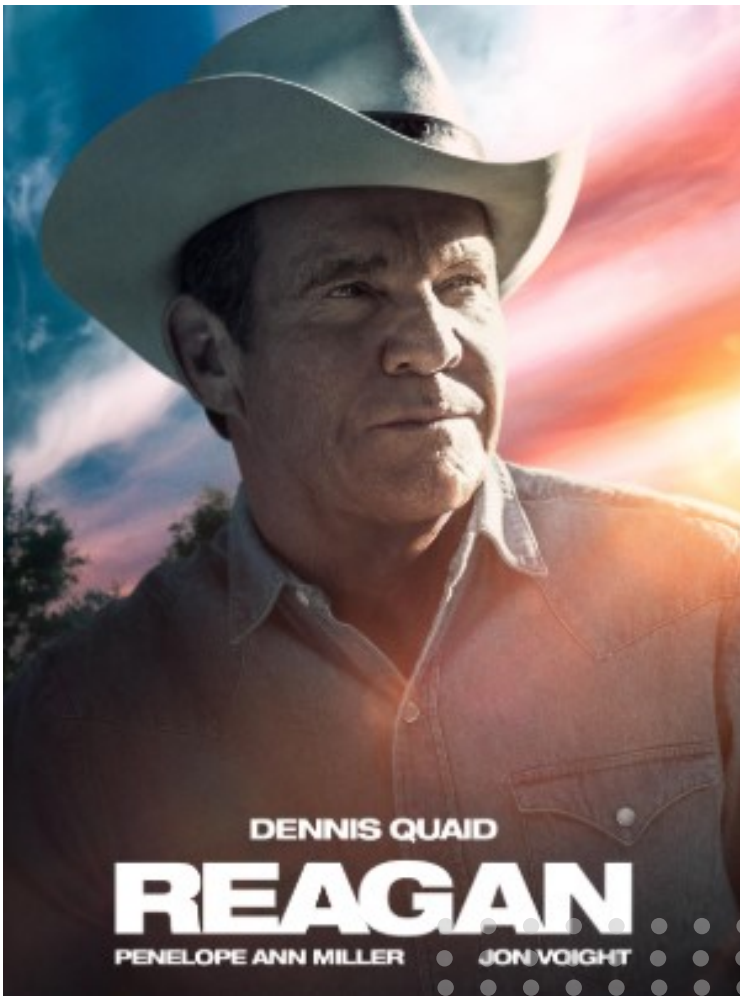
Come shake off the Monday Blues, the second Monday of the month, at our Open Mic Monday. Sit back and relax to American Standards, Folk Blues, and Jazz favorites. John Telford will be your host. Bring your instrument if you want to join in, no charge to enjoy the music. Beverages will be available for purchase. Order lunch from Costick Café by 11:00 am February 7 and eat in Shannon while you enjoy the music.

KARAOKE

Friday | 2/28| 1:00 - 3:00 pm #CS2100-02 | 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.



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.

February 21 - Reagan

#CS4001-02

Register by February 14 by 11:00 am

12:00 - 3:00 pm

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

From the glitter of Hollywood to the world stage, Ronald Reagan overcomes the odds to become the 40th president of the United States.

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! Space is limited. No walk-ins.

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

Register by Wednesday 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 am - 1:30 pm #CS2201-01 | R/NR Fee: \$12/\$15

Register by Friday March 7, space is limited.

Costick Casino Party

Ladies and gentlemen, prepare for an unforgettable afternoon of high stakes and high spirits at our exclusive Costick Casino Party! After a delicious lunch, play blackjack, roulette, or poker and exchange your winnings for raffle tickets and enter to win fabulous prizes throughout the afternoon. Register by Thursday, April 3rd online or at the Costick Center front desk. Space is limited. No walk-ins.

Friday | April 11 | 11:30 am - 1:30 pm #CS2202-01 | R/NR Fee: \$12/\$15

Register by Thursday April 3, space is limited.



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



Location: Costick Activities Center
28600 Eleven Mile Rd., Farmington Hills, MI 48336

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.

Secret Service Agent Radford Jones

SPONSORED BY:



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 Power-Point 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

Rosie, the Riveter Presentation

This presentation highlights the boldness, determination, creativity and bravery of American men AND women as they prepared for, and then valiantly fought, World War II. Spurred on by the message of Franklin Roosevelt's Arsenal of Democracy speech. We will all cheer for the dramatic and vital roles played by women as they showed the nation that they were willing and able to fill the work force gaps caused by men going into military service. "We Can Do It" became the rallying cry for millions of women who had, until this time period, never envisioned working on an industrial assembly line building the weapons of war. You will be amazed, energized, and inspired by this chapter of American History.

Presenter: Clair Kitchlin Dahl

Wednesday | 4/9 | 10:00 - 11:30 am CS2303-01 | R/NR \$8/\$10

Location: Costick Activities Center

28600 Eleven Mile Rd., Farmington Hills, MI 48336



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 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 south-east 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 - 1:00 pm CS2004-01 | R/NR \$12/\$15

Register by February 11, space is limited.

Bizarre Detroit: The Oddities That Make the Motor City Special

Presented by renowned historian Bailey Sisoy-Moore, this captivating program delves into the quirky, unusual, and downright strange aspects that make Detroit truly unique. Discover the hidden gems, peculiar stories, and eccentric characters that have shaped the city's rich and diverse history. You'll learn about America's only all-marble lighthouse and why the Detroit River is three knots faster today than a century ago. Plus, the death of Harry Houdini and the "most expensive photo ever taken." From mysterious landmarks to bizarre events, burials to baptisms, beaver furriers to music festivals, and so much more.

Presenter: Bailey Sisoy-Moore, Detroit History Tours

Thursday | 3/13 | 11:30 am - 1:00 pm | CS2005-01 | R/NR \$12/\$15

Register by March 5, space is limited.

Detroit Architecture in Focus

Detroit is growing again. We'll focus on three special figures in the history of Detroit's architecture by looking at the buildings of Louis Kamper, the engineering and architectural innovations of Albert Kahn, and the design principles of Wirt Rowland. Along the way and in closing we'll look at renovations of old building and plans for new ones.

Presenter: Wendy Evans

Wednesday | 4/16 | 11:30 am - 1:00 pm CS2006-01 | R/NR \$12/\$15

Register by April 8, space is limited.



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



**adults 50
& better**

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*

Location: Costick Activities Center 28600 Eleven Mile Rd., Farmington Hills, MI 48336

Thank you to our January Dine & Discover sponsor:



BROOKDALE

— SENIOR LIVING SOLUTIONS —

Farmington Hills

Brookdale Farmington Hills is all one level and offers private screened-in porches, full kitchen and spacious bedrooms in all of our one and two bedroom units. We are located just 2 miles from downtown Farmington and convenient to all expressways. We are tucked off of Grand River Avenue surrounded by mature trees and landscaping and are a pet friendly property.

Brookdale Farmington Hills is moderately priced but still offers many conveniences that are a great benefit to aid our residents to live independently. Three meals prepared daily, weekly housekeeping and transportation are just a few of the amenities included. Bingo, happy hour, walking club, karaoke, cards groups, DIA visits, live music, and movie nights are just a few of the activities we do here.

Thank you to our February Continental Club sponsor:



Seniors Helping Seniors in-home care services brightens the lives of seniors who can benefit from a helping hand and a friendly smile. Our caregivers, who are seniors themselves, make your life easier by providing compassionate care in the comfort of your home. Our in-home senior care starts with a clear understanding of who you are and what we can do to make your life a little easier. Whatever services you need and whenever you need them – for yourself or a loved one – we think you’ll discover that having assistance from a warm, caring, and dedicated senior caregiver can make all the difference in the world. Our care services empower seniors to continue to live independent lives by taking care of day-to-day tasks that can become more challenging as you age. As your health and personal requirements change, we’re here to assist in the ways you find most helpful. Our caregivers enjoy friendly conversation and companionship while providing care for a fellow senior. Regular interactions with a kind, friendly caregiver can help lift a senior's spirits and keep them mentally active and engaged.

Our caregivers at Seniors Helping Seniors Farmington Hills are – friendly, compassionate seniors who know the challenges that come with aging. We provide assistance for seniors in Farmington, Farmington Hills, Northville, Novi, Wixom and Walled Lake. We also are always seeking to hire active seniors who are looking for an opportunity to make a difference in another senior’s life.

Need help, or want to help, please contact us @ phone number 248-686-1000; website- shsfarmingtonhills.com, Email: sheila@shsfarmingtonhills.com

ANNUAL VOLUNTEER RECOGNITION

The Farmington Area Commission on Aging is seeking nominations for their Annual Volunteer Recognition Program. The **Margaret Loidas Diamond Award** for those 75 & Better and the **Gold Award** for those 50 & Better. Candidates must be active volunteers providing community service in the Farmington area. New this year the Commission on Aging will be recognizing a community based organization or business which goes above and beyond to serve the older adults of Farmington and Farmington Hills with the **Community Commitment Award**.

The City of Farmington Hills Special Services Adults 50 & Better and the Commission on Aging is also seeking nominations for the **Volunteer of the Year Awards**. Nominees must be active volunteers in programs offered through the Adults 50 & Better Division.

Applications are available at the Costick Center. All nominations must be received by February 21. Awards will be presented at our Volunteer Recognition. Anyone may submit a nomination.

For questions, please call Anna at 248 473-1822.



Join Our Lifelong Learning Community

Learning the way you've always wanted it.
No Homework! No Studying! No Tests!

Each academic-style class meets one-time, for 90 minutes, and is taught by college-level faculty or an experts in their field.

Join other older adults in the community for field trips, special events, shared interest groups, and more.

Visit our website for more information.

SOAR Lifelong Learning Institute (LLI) provides intellectually stimulating, interactive, and entertaining classes, events, and social experiences for lifelong learners.

Join us at the Hawk or on Zoom!

www.soarexplore.com

248-626-0296

info@soarexplore.com



The Farmington Area Commission on Aging on Aging on Texting Scams

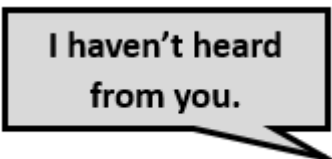


How are you?

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.

- You receive a text from an unknown number; it may say “How are you?” or something more complicated.
- You’re a good person and want to be helpful and tell them that they got the wrong number, by texting or calling them.
- Scammers are exploiting the friendliness of people. The text is the first step.
- If you respond, you may get more “friendly” texts or calls. The scammer shows interest in the person.

The conversation eventually turns to finances, asking about yours or offering an investment.



I haven't heard from you.

How to Protect Yourself:

- The safest thing to do with unknown texts is to ignore them and do not reply. Delete them.
- Do not click on links in the messages.
- Do not share any information with someone you do not know even if they are friendly.
- Do not send a STOP message if the message says you can opt out of the messages by typing “STOP.”
- If you respond to the text **in any way**, the scammers will know that your phone number is active and will try again later. Best thing to do is not respond.
- Block the number so they cannot contact you again.

Fraud can happen to most anyone. To reduce the possibility of falling prey to scams and fraudulent tactics, AARP suggests strengthening social support networks and using services such as call blocking, credit freezes, identity theft monitoring, and technology protections.

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**

Location: Center for Active Adults at the Costick Center

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



**adults50
&better**



HOW FOOD CHOICES AFFECT CHRONIC ILLNESS

Half of adults have one or more chronic health conditions – heart disease, stroke, cancer, diabetes, obesity or arthritis. Science shows that when we adopt a diet rich in fruits, vegetables, whole grains and legumes, we can prevent and reverse chronic disease. Even modest changes offer benefits.

Good food choices are those that focus on whole plant foods versus highly processed foods and animal products, such as meat, dairy and eggs. Plants are our No. 1 source of vitamins and minerals and our only source of fiber and phytonutrients. Overall, vegetables provide about 16 % of our necessary proteins, but powerhouse beans, peas and lentils average 26% protein, and they're all cholesterol-free. There are 18,000 legumes (things that grow in a pod) to choose from.

We all need protein, but it doesn't have to be packaged with saturated fat, cholesterol and hormones, as found in meat and dairy. For calcium, "beans and greens for teeth and bones" because not only do they have the calcium we need, but also the companion nutrients needed to escort calcium into the bones. Kale, turnip greens, broccoli, fortified orange juice and tahini are all high in calcium but free of cholesterol.

Studies show that when you eat fruits, vegetables, whole grains and legumes, all full of fiber, your body adjusts, your blood sugars come down and you're eating lighter yet feeling full. If you can cook rice, boil pasta, cut vegetables and cook beans, then you have the makings of many meals.

Our life spans are increasing, yet our health spans are not. For many of us, we are spending the final 10 to 15 years of our lives battling very serious chronic diseases that impact the quality of our lives. The body responds in 30 minutes to what you eat, positively or negatively at every level. Within one meal, you can alter what is going on.



Tuesday March 11th

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 in the Costick Center parking lot. **Drive up only. No magazines, junk mail or trash, please. NO FEE.**

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

LOCATION: Costick Center Parking Lot

28600 Eleven Mile,
Farmington Hills, MI
48336



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 February 10 you need to reserve by Friday, February 7 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 February 13 & 17.**
- **Lunch will be served in Casey on February 19.**

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.

COSTICK CAFE DINE-IN MEAL PROGRAM

February 2025 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch will be served in Shannon Hall.		Highlighted dates, lunch will be served in Casey.				1
2	3 Beef Chimichanga/ Taco Sauce, Refried Beans, Mexican Rice, Pear	4 Chicken Drumstick, Mashed Potatoes, Capri Blend Vegetables, Garden Salad, Banana	5 Polish Kielbasa, Sauerkraut, Potato & Carrots, Cinnamon Apple Sauce	6 Italian Chicken Parmesan, Penne Pasta, Italian Vegetable Blend, Spinach Salad, Orange	7 Barbeque Beef Sandwich, Roasted Sweet Potatoes, California Vegetable Blend, Apple	8
9	10 Salisbury Steak & Gravy, Mashed Potatoes, Carrots, Tangerine	11 Chicken Tortilla Bake, Mexican Corn, Roasted Brussel Sprouts, Garden Salad, Apple	12 Sloppy Joe, Roasted Sweet Potatoes, Vegetable Blend Super Slaw, Pear	13 No lunch service MUSIC BINGO	14 Seasoned Chicken Breast, Cauliflower with Cheese Sauce, Vegetable Blend, Tropical Fruit, Apple Muffin	15
16	17 Presidents' Day Center Closed	18 Stuffed Pepper, Mashed Potatoes, Prince Charles Vegetable Blend, Orange	19 Cod Fish Sandwich, Cheesy Potatoes, Maui Vegetable Blend, Coleslaw, Banana	20 Chicken Fajita, Peppers & Onions, Black Beans & Rice, Zucchini/Yellow Squash, Apple	21 Artesian Mac& Cheese, Green Beans, Stewed Tomatoes, Pear	22
23	24 Chicken Cutlet, Roasted Potatoes, Asiago Cheese Vegetable Blend, Applesauce Cups	25 Chinese Teriyaki Chicken, White Rice, Oriental Vegetable Blend, Orange	26 Meat Lasagna, Winter Blend Vegetables, Tropical Fruit Cup	27 Parmesan Crusted Salmon, Brown & Wild Rice, Venetian Blend Vegetables, Red Grapes	28 Cheese Stuffed Shells with Marinara & Mozzarella, Italian Green Beans, Garden Salad, Pear	

Meals must be reserved at least one day in advance by 11 a.m.

Reserve your meal by calling 248-473-1830

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.

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

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 to be added to the waitlist, or for alternative grief resources. Join us the 2nd Wednesday of the month. Next meeting is February 12 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 Trenea Horton: 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 (No Bingo 2/13, sign up for Music Bingo by 2/5)

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

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, 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.

February: *Safe From the Sea*, by Peter Geye

March: *Out Stealing Horses*, by Per Petterson.

Euchre (No Euchre on 2/17, Special Tuesday makeup on 2/18)

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

Duplicate Bridge (No Bridge on 2/17)

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 (No Pinochle on 2/17, Special Tuesday makeup on 2/18)

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 Please return all bears and supplies before the next meeting, Feb. 24th. If you are interested in being a group leader for Sojourn Bears call Anna at 248-892-2919. 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 of 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

Join the Farmington Library's Outreach Specialist on the 4th 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! **February 25, 2025: Love Song Music Bingo:** Come play bingo, but with a twist! A snippet of a famous love song will be played, and you have to find the song name on your bingo card. If you get a bingo, you'll win a small prize!

Wednesday Afternoon Creative Art Group (Painters Group)

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

Wii Sports (No Wii 2/17)

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, next meeting February 14

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.

Thank you to our January Karaoke sponsor:



At Home Instead, we prioritize personalized care for our clients. Our home care services encompass a range of essential tasks, including assistance with bathing, dressing, mobility, and transportation. We understand the importance of companionship in combating loneliness and isolation within the senior community. Our meal preparation and home helper services stand out as some of our most valued offerings, aiding in light housekeeping and ensuring nutritious meals for our clients. Whether it's accompanying individuals to doctor appointments or assisting with grocery store outings, we are dedicated to providing reliable transportation support.

Additionally, our hospice support services aim to offer respite to families and caregivers while ensuring comfort and care for loved ones in hospice. We specialize in assisting individuals with various conditions such as dementia, Parkinson's, stroke, and more. At Home Instead, we are committed to supporting your family's unique needs with compassion and expertise. Let us be your partner in care.

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://mifarmingtonhillsweb.myvscloud.com/>

No need to register. Just show up!

February 14 - Sweetheart Stroll - 7:30 - 8:30 pm - Celebrate Valentine's Day with a candle-lit hike through the trails of Heritage Park. We'll start the evening by warming up around a campfire with gourmet s'mores, then share your love of nature as we discover the courtship and mating behaviors of native animals along a short and fun candle-lit stroll. Please dress for the weather and wear sturdy boots.

February 4 (Virtual) - 7:00 - 7:45 pm , February 11 (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

February 15 - 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.



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)

POOL CLOSED FEBRUARY 17 - FEBRUARY 23, 2025

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

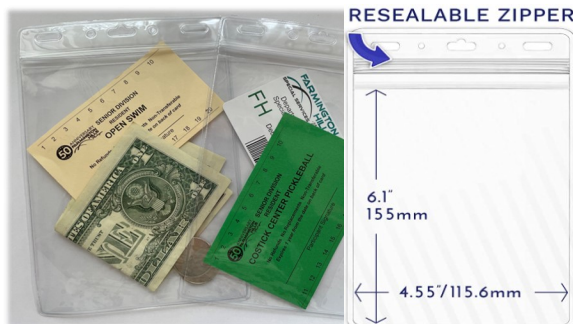
Resealable Card Holders & Lanyards

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

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!

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 | Punch Pass Only

All skill levels welcome.

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

All skill levels welcome.

NEW 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 | Punch Pass Only

All skill levels welcome.

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

All skill levels welcome.

NO PICKLEBALL 2/17

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.

FITNESS CLASSES

Winter Yoga Workshop

A Journey Inward: Introspection, Reflection, and Renewal

Friday | 2/28 | 10:30am - 12:00pm #CS2516-02

Instructor: Claire Sophia

Join Claire for a restorative and reflective Winter Yoga Workshop, where we'll embrace the stillness of the season through gentle yoga, pranayama, journaling and guided meditation. This practice is designed to help you slow down, turn inward, and cultivate deep introspection and self-awareness. Together, we'll create space to reflect on the past year, release what no longer serves us, and invite clarity and renewal for the season ahead. Wrap yourself in warmth, stillness, and intention—this is your time to pause, breathe, and reconnect.

NEW MONDAY MORNING Yoga

The benefits of yoga are almost endless! Practicing yoga helps build healthy virtues and good values.

Yoga empowers you to make conscious choices toward living a more healthy and fulfilling life.

The best way to know if yoga is for you is to give it a try with our new instructor!

Join Claire on Monday March 3 at 10:15 am for a FREE class.

Monday | 3/3 | 10:15 - 11:15 am | FREE

Instructor: Claire Sophia

Yoga **NEW Session**

Monday | 3/10 - 3/31 | 10:15 - 11:15 am #CS2500-04

Instructor: Claire Sophia

4 week session

R/NR Fee: \$24/\$28

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.

Yoga

Tuesday | 2/25 - 4/1 | 9:45 - 10:45am #CS2500-05

Instructor: Linda Hawkins

Wednesday | 2/26 - 4/2 | 9:45 - 10:45am #CS2500-06

Instructor: Katielynn Marie

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 | 2/24 - 3/31 | 11:00am - 12:00pm #CS2504-02

Instructor: Bharti Shah

6 week session

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



NEW Wednesday | 2/26 - 4/2 | 11:00am - 12:00pm #CS2512-02 (No class 3/12)

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

5 week session

R/NR Fee: \$30/\$35

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.

Yoga Plus

Tuesday | 2/25 - 4/1 | 11:00am - 12:00pm #CS2503-02

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.

Therapeutic Yoga

Thursday | 2/27 - 4/3 | 9:45 - 10:45am #CS2501-02

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 Evening

Thursday | 2/27 - 4/3 | 5:30 - 6:30pm #CS2502-02

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 | 3/12 - 4/2 | 4:15 - 5:00 pm #CS2513-02

4 week session

R/NR Fee: \$24/\$28

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 | 2/26 - 4/2 | 9:30 - 10:30am #CS2511-02

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 | 2/25 - 4/1 | 11:00 am - 12:00 pm #CS2509-03

Thursday | 2/27 - 4/3 | 11:00 am - 12:00 pm #CS2509-04

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!

Fit 5000

Tuesday | 2/25 - 4/1 | 9:45 - 10:45am #CS2510-03

Thursday | 2/27 - 4/3 | 9:45 - 10:45am #CS2510-04

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 chose their own level of desired intensity. Bring hand weights, water and your Fitbit, Pedometer, or Apple Watch.

Tai Chi for Movement & Balance

Thursday | 2/27 - 4/3 | 1:00 - 2:00pm #CS2508-02

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 | 2/26 - 4/2 | 6:00 - 7:00pm #CS2506-03

Friday | 2/28 - 4/4 | 10:00 - 11:00am #CS2506-04

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 | 2/26 - 4/2 | 7:00 - 8:00pm #CS2507-04

Thursday | 2/27 - 4/3 | 2:00 - 3:00pm #CS2507-05

Friday | 2/28 - 4/4 | 11:00am - 12:00pm #CS2507-06

6 week session

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

Instructor: Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

EZ Beginner Hustle

Tuesday | 2/25 - 4/1 | 1:15 - 2:00pm #CC2515-02

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 | 2/27 - 4/3 | 6:00 - 7:00PM #CC2512-02

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 | 2/7 - 2/21 | 11:30am - 12:00 pm #CC2507-02

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 | 2/5 - 2/26 | 12:00 - 1:00 pm #CC2500-03

R/NR Fee: \$24/\$24 4 week session

Friday | 2/7 - 2/21 | 12:00 - 1:00 pm #CC2500-04

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

Beginner Plus Line Dance

Friday | 2/7 - 2/21 | 1:00 - 2:00 pm #CC2505-02

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

Intermediate Line Dance

Wednesday | 2/5 - 2/26 | 1:00 - 2:00 pm #CC2506-02

R/NR Fee: \$24/\$24 4 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!

Flamenco Dance

Thursday | 2/27 - 4/3 | 6:30 - 8:00 pm #CC2504-02

6 week session

R/NR Fee: \$56/\$62

Instructor: Michelle Millman

No partner needed. No special shoes or props are needed at this time. We wear athletic shoes, a swingy midi skirt is nice or a scarf tied around the hips is fine too. Wear this over leggings /tights. Bright colors and funky earrings are encouraged. Bring a willingness to try something new, dance to beautiful guitar music and experience the joy of moving. Class open to students 18+

Adults 50 & Better Golf Leagues Summer 2025

Registration for the popular Men's, Women's and Couples golf leagues begins in February. League play begins the first week in May at the Farmington Hills Golf Club, and is open to both residents and non-residents of Farmington Hills, Adults 50 and Better. Applications are available at the Costick Center front desk.

All the leagues are "pay as you play". There is a minimal joining fee (that funds the end of the season luncheon and end of season prizes).

AGE: 50+, SPACE IS LIMITED

MORE INFO: 248-473-1830

Beginners Ballroom

Cha Cha | Wednesday | 2/26 - 4/2 | 6:30 - 7:20 pm #CC2501-03

Tango | Wednesday | 2/26 - 4/2 | 7:30 - 8:20 pm #CC2501-04

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

Waltz | Tuesday | 2/25 - 4/1 | 6:30 - 7:20 pm #CC2502-03

Rumba | Tuesday | 2/25 - 4/1 | 7:30 - 8:20 pm #CC2502-04

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

Mambo/Salsa/Merengue | Monday | 2/24 - 3/31 | 6:30 - 7:20 pm #CC2503-03

East Coast Swing | Monday | 2/24 - 3/31 | 7:30 - 8:20 pm #CC2503-04

6 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+

Euchre 101

One-hour sessions at 11 a.m. on the first three Mondays of the month starting in February 2025.

Euchre is a fun, social card game that's frequently played around town -- and here at Costick Center on Mondays at 1 p.m.

Come and learn the basics in a relaxed, hands-on setting. Then let the games begin! Just \$15.00 for 3 sessions.

February class canceled

Monday | 3/10 - 3/24 | 11:00 am - 12:00 pm | #CS2423-03

3 week session

R/NR Fee: \$15/\$18

Instructor: Cindy Rose

Learn to Play Mahjong

The game of Mahjong is fairly easy to learn, though mastering the game is said to take a lifetime! Join this 4 week class and you will learn the basis. Students can purchase the Mahjong cards directly from the instructor for \$15.00. You can register online, at the Costick front desk or by calling 248-473-1830.

Wednesday | 2/5 - 2/26 | 10:00 am - 11:30 am | #CS1411-01 | R/NR Fee: \$15/\$18

Wednesday | 4/9 - 4/30 | 10:00 am - 11:30 am | #CS1411-02 | R/NR Fee: \$15/\$18

4 week session

R/NR Fee: \$15/\$18

Instructor: Donna Mandell

Adults 50 & Better Life Long Learning

Classes are available online or Costick Center front desk. fhgov.com/activitiesguide

Advanced Beginners Knitting

Tuesday | 2/4 - 2/25 | 1:00 - 3:00 pm | #CS2404-01

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 | 2/26 - 4/2 | 11:00 am - 12:00 pm | #CS2401-02

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 | 2/26 - 4/2 | 12:30 - 1:30 pm | #CS2402-02

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 Register for free online or at the Costick front desk.

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.

Drivers Safety Program

Tuesday & Wednesday | 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.

A Matter of Balance

Tuesday | 3/11 - 4/29 | 12:30 - 2:30 pm | #CS2415-01

No Fee Register for free online or at the Costick front desk.

Instructor: Michelle Soho & Donna Bucciarelli, Corewell Health - Farmington Hills

"A Matter of Balance" Managing Concerns about Falls workshop meets 2 hours a week for 8 weeks. This program is designed to reduce the fear of falling and increase physical activity through exercise that improve flexibility, range of motion and strength. Topics discussed throughout the workshop includes: assertiveness, recognizing fall-ty habits, fall hazards in the home and environment & confidence building.

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

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.

Solanus Casey Center: A Spiritual Oasis, March 19, 2025 (Wednesday), \$89

The Solanus Casey Center is a spiritual oasis located in the heart of Detroit, remembering the life and ministry of the Porter of St. Bonaventure. We welcome you to learn more about Blessed Solanus and the center that is devoted to his spirit and holiness. The award-winning center is a sacred space filled with God's Grace. At the Solanus Casey Center Gift Shop, located within the Center, you can browse and purchase items related to the life and spirituality of Blessed Solanus Casey, a candidate for sainthood in the Roman Catholic Church. Visit includes: Tour of the Center, Lenten Series Mass, Catered Lunch & Talk, Free Time & Healing Blessing.

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

DSO Pop Series: Women Rock! - April 25, 2025 (Friday), \$145/pp

Main Floor ticket to the 10:45a performance at Orchestra Hall. This is the set list of legends. The Pops & special guests perform rock hits by Carole King, Janis Joplin, Aretha Franklin, Pat Benatar, Tina Turner, & more, including "What's Love Got To Do With It," "Proud Mary," "Piece Of My Heart," "Love Is A Battlefield," & "Flashdance." After the show enjoy a full, sit-down plated meal at Sinbad's Restaurant. All meals include dessert & non-alcoholic beverages (tax & gratuity included).

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.

Timeless Memories Extended Trips

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 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.

Great Canadian Cities: Gananoque & 1000 Islands, Montreal, Quebec City, and Ottawa, May 18 - 25, 2025, \$3,099/pp double occupancy

Day 1: Travel by luxury motorcoach to your first destination. Lodging right on St. Lawrence River at the first class Gananoque Inn & Spa.

Day 2: A tour highlight begins with a 3-hour 1000 Island Cruise, a signature experience. Learn about the history, view magnificent homes on Millionaires Row and learn about the remarkable feats of engineering required to build the St. Lawrence Seaway, 1000 Islands International Bridge and more! Early afternoon depart for Montreal for (2) nights.

Day 3: A sightseeing tour of Montreal highlights our morning. Visit Notre-Dame Basilica. Renowned for its extraordinary rich interior decoration and the daring architecture experiment, Notre-Dame was the first Gothic Revival style church to be built in Canada. Visit and tour St. Joseph's Oratory, a spectacular Italian Renaissance style basilica. The basilica's copper dome, which is the highest point in Montreal, is the second largest of its kind in the world. We'll also take a ride up to Mount-Royal to almost 800 feet to get a terrific view of stunning Montreal. Spend some time in Old Montreal and take in its European charm with cobblestone streets lined with art galleries, chic boutiques, eclectic restaurants and pubs and specialty shops.

Day 4: Depart for Quebec City, one of the most beautiful cities in the world. Join up with our guide and visit Ste. Anne de Beaupre, one of the recognized Basilica's of North America. Stop at Montmorency Falls, 98 feet higher than Niagara Falls and a local landmark. Late this afternoon arrive for a two night stay at Fairmont Chateau Frontenac, a 5-star hotel and Canada's most beloved hotel. Prepare for an unparalleled level of luxury and elegance at this world-class hotel.

Day 5: Cobblestone streets, epicurean delights, terraces, sidewalk cafes, stunning architecture, old stone houses, world-class stops and galleries and tremendous history...This is Quebec City and Old Quebec. A guided sightseeing tour highlights our morning. Enjoy the afternoon and evening at your leisure to explore Old Quebec.

Day 6: Continue to Ottawa, Canada's Capital. Check in for two nights at the first class Lord Elgon Hotel, right in the heart of Downtown Ottawa. Highlight our evening on an Ottawa River—Rideau Canal Dinner Cruise.

Day 7: Ottawa is a world-class city and home to Parliament Hill, the heart of Canadian democracy. Learn on an interesting sightseeing tour. This afternoon explore Byward Market, Ottawa's unique heritage destination for cuisine, shopping, arts, entertainment, and is the #1 tourist attraction in Ottawa.

Wine Country - Traverse City Tours & Tall Ship Cruise, June 5 - 8, 2025

\$1159/pp double occupancy

Enjoy Lunch and wine tasting at the gorgeous Chateau Chantal followed by the Tall Ship Cruise in Bay & a special treat! Arrive at the Park Place Hotel in Downtown Traverse City for 3 nights followed by dinner on your own. Enjoy breakfast at the hotel followed by a tour of the Brengman Brothers vineyard with wine tasting and lunch at the VI Grill; then head to the Aurora Cellars for wine tasting and the amazing Rove Winery for live music at sunset and beverages on your own. On the 7th, enjoy breakfast at the hotel followed by Village Commons Tour and wine & beer tasting; this is followed by a Mission Point Lighthouse trip and Sleepy Bear Sand Dunes Scenic Drive at sunset. Depart on the morning of the 8th for home.

Albuquerque Balloon Fiesta and Santa Fe, October 3-8, 2025 – \$3649/pp double occupancy

Fly to Albuquerque, where you will meet you'll stay two nights and experience one of the most photographed events in the world, the Albuquerque Balloon Fiesta. Over 100 colorful balloons from around the world at Dawn Patrol followed by the Mass Ascension. The balloons make the sky become a palette of multicolored orbs dancing in the cool morning light. Later stop in Old Town to stroll the historic adobe buildings that house over 150 shops, galleries and restaurants. Then, return to the Balloon Fiesta to witness the Balloon Glow, where just before dusk burners from hundreds of balloons light up the evening sky. The trip will then be followed by visits to the Indian Pueblo Cultural Center, and Los Alamos Bradbury Science Museum to learn about the Manhattan Project and the creation of the world's first atomic bomb. Later arrive in Santa Fe for a three night stay. Discover Santa Fe, the upscale resort and artist community with Spanish-Pueblo roots. Enjoy a wonderful Santa Fe City Tour including details about the history, culture and unique architecture of this interesting city. See the Plaza, Loretto Chapel and the Palace of the Governor's, a Santa Fe landmark built in 1610. Enjoy the rest of the day and evening at your own pace in this historic city to explore the many art galler-

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

Together we can achieve anything!

SENIOR LAW DAY

May 6, 2025 | 9:45 a.m.–2 p.m.

Costick Activities Center

28600 West 11 Mile Rd., Farmington Hills, MI 48336

9:45 a.m. –10:00 a.m.

CHECK IN

10:00 a.m.–11:00 a.m.

KEYNOTE ADDRESS

Estate Planning Gone Wrong:
Lessons from DIY Attempts

11:10 a.m.–12:00 p.m.

BREAKOUT SESSIONS (CHOOSE ONE)

1. Probate Planning
2. Medicare and Medicaid Planning

12:00 p.m.–12:45 p.m.

LUNCH

12:45 p.m.–2:00 p.m.

ASK A LAWYER

RSVP by April 28, 2025

Call 248-473-1830, register online at recreg.fhgov.com or stop by the Costick Center front desk. Code #CS3001-01.

Complimentary lunch provided by the Oakland County Bar Foundation.

OAKLAND COUNTY
CCBA
BAR ASSOCIATION



OAKLAND COUNTY
BAR FOUNDATION