

# 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



April 2025

"An active life is a good life!" The Costick Activities Center invites you to elevate your mind, nurture your body and uplift your spirit with a diverse lineup of engaging programs. There's something for everyone!

Costick Activities Center is excited to announce the launch of **new fitness class** sessions this April, offering a diverse range of options to suit every need and preference. A new **Monday yoga** class begins April 14 at 10:15 am and a **Wednesday Chair yoga** class begins on April 16 at 11:00 am. There's something for everyone in the April lineup! Let's come together to celebrate the joys of movement and vitality this spring, connecting with community for good information, uplift, and fun.

### **Costick/Community Center Update**

The City's consultant, the Sports Facilities Companies (SFC) is currently preparing plan and cost estimates to submit to City Council with regards to the future of the Costick Center.

SFC will be conducting a Listening Session, coordinated by the Farmington Area Commission on Aging, on Wednesday, April 2 at 1:30pm in Shannon Hall at the Costick Center.

There is also an online survey in development for Costick users and Farmington Hills residents that will ask you about your interests and what programs and services are most important to you. The survey will be accessible in person at the Costick Center or via home computer/smart phone.

If needed, Costick staff members will be able to assist residents and guests with completing the survey and paper copies will be made available. We're targeting to have the survey up and running by early-April.

Thank you,

Ellen Schnackel, Director of Special Services

### **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**

3/25/2025

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

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

**The Consultant with Sports Facilities Companies will join us to hear from Costick Center users and answer your questions.**



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

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

**This Listening Session is an opportunity to discuss concerns and wishes for the Costick Center with the Consultant whose work will help inform the City's decision-making. Following this session, the Commission will share your input with City Council.**

**We hope you can join us!**

**WHEN: Wednesday, April 2, 2025 at 1:30 pm**

**WHERE: Shannon Hall at the Costick Center**

**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 [FarmingtonAreaCommissionAging@gmail.com](mailto:FarmingtonAreaCommissionAging@gmail.com).**

DETROIT DANCE COLLECTIVE

# *Dessert with DDC, Learn about their Legacy!*



**Friday | April 4 | 1:00 - 2:00 pm #CS2210-01**

**Join us for dessert and a show for free!**

Register for this free event by April 2nd  
online, at Costick Center front desk or call 248-473-1830.

Barbara Selinger, Co-Founder and Artistic Director of Detroit Dance Collective (DDC), is set to deliver an inspiring presentation highlighting the remarkable 45-year legacy of the company. As part of this event, attendees will have the unique opportunity to witness a demonstration of DDC's diverse repertory, featuring seven talented dancers. Known for their vibrant and engaging performances, the DDC dancers will captivate the audience with pieces designed to make you smile and reflect. Their dynamic interactions, both with each other and the audience, promise to create an energetic and mesmerizing experience. This event not only celebrates the rich history and artistic contributions of DDC but also underscores the company's commitment to fostering a deep connection between dance and community.

About the company: Detroit Dance Collective (DDC) stands as a beacon of artistic expression and cultural connectivity in the world of contemporary dance. This esteemed company is committed to crafting innovative choreography that not only captivates audiences but also fosters an inclusive environment where diverse cultural narratives can flourish. Through its dynamic performances and community programs, DDC

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



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



**For additional questions or details please call 248-473-1830**

## OPEN MIC MONDAY

**Monday | 4/14 | 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 April 4 and eat in Shannon while you enjoy the music.

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## KARAOKE

**Friday 4/25 | 1:00 - 3:00 pm #CS2100-04 | 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.

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## **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.**

**May 16 - Jerry & Marge Go Large**

**#CS4001-05**

**Register by May 9 by 11:00 am**

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

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

Based on a true story from a HuffPost article with the same name, the film stars Bryan Cranston and Annette Bening. Jerry and Marge Selbee, a retired couple from the small town of Ewart, Michigan, discover a statistical loophole in the WinFall lottery that allows them to almost guarantee a win during rolldown weeks. He and his wife go on an exciting, multimillion dollar winning spree with the goal of reviving their small Michigan town. However, when a selfish college student cheats the system, Jerry must find a way to make the game fair for all.





**The Costick Casino Party scheduled for Friday, April 11  
has been canceled due to low enrollment.**

If you were registered you can transfer into another event  
or be given a full refund.

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## **Cinco de Mayo Party**

Hola! Let's celebrate Cinco de Mayo with delicious food, refreshing drinks, and great company! Come dressed in your fiesta best and get ready for an afternoon of traditional Mexican cuisine, fun and festivities, and entertainment! Register by Friday, April 25 online or at the Costick Center front desk. Space is limited. No walk-ins.

**Monday | May 5 | 11:30 am - 1:30 pm | #CS2203-01 | R/NR Fee: \$12/\$15**

Register by Friday April 25, space is limited.

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### **Law Day**

Do you have questions about the Law and need answers? Join us for Law Day! Information will include, retirement, wills & trusts and ask a lawyer. A complimentary lunch is included, you must register in advance by Monday April 28th. Call 248 473 1830 or register online.

**Presenter: Oakland County Bar Association**

**Tuesday | May 6 | 9:45 am - 2:00 pm | CS3001-01 | No Fee**

Register by Monday April 28, space is limited. Complimentary lunch is included.

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### **Veterans Resource Fair - Thursday May 15, 9:00 am - 12:00 pm**

Oakland County Michigan is hosting a Veteran's Resource Fair at The Costick Center, 28600 Eleven Mile Road, Farmington Hills, MI 48336. Representatives will be onsite to serve all Veterans and their families with valuable resources. Some of the resources are: Free food boxes, Oakland County Veterans Services, Oakland County Michigan Works, Oakland County Housing & Neighborhood Development, Detroit VA Healthcare System, VA Suicide Prevention, Michigan Veterans Affairs Agency.

**NEW DATE: Thursday | May 15 | 9:00 am - 12:00 pm | No Fee**

Pre-register at:

<https://www.eventbrite.com/e/oakland-county-veterans-resource-fair-tickets-1299274598299?aff=oddtcreator>



**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***

## 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**

## Shelia Landis & Rick Matle: Pop Favorites and Golden Melodies

Sheila Landis has been voted "Outstanding Jazz Vocalist" seven times by the Detroit Music Awards'. Landis does her most adventurous work as a DUO with longstanding musical partner, 7-string guitarist Rick Matle, Landis breathes new life into beloved classics, infusing each song with her unique flair and improvisational genius.

**Presenter: Shelia Landis & Rick Matle**

**Tuesday | 5/20 | 10:00 - 11:30 am | CS2304-01 | R/NR \$8/\$10**

## A Morning of Enchantment: Live Music with Henry and Lynn Feinberg

Join us for a magical morning of music! Experience the captivating blend of Henry Feinberg's virtuoso piano skills and Lynn Feinberg's soulful voice. A diverse repertoire ranging from classical masterpieces to contemporary hits. Don't miss this unforgettable musical journey.

**Presenter: Henry and Lynn Feinberg**

**Thursday | June 12 | 3/26 | 10:00 - 11:30 am | CS3005-01 | 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 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.

## Motor City Mafia

Burnstein tells the complete story of the Motor City's nationally renowned and ultra-stealthy Italian mafia, a tale that spans from the early 20th Century to the New Millennium, including the skinny on Jimmy Hoffa and the teamsters, Las Vegas, home Juice Co., Hazel Park Raceway, the Southfield Athletic Club, Hillcrest Country Club and much more.

Presenter: Scott Burnstein

**Wednesday | 5/14 | 11:30 am - 1:00 pm | CS2007-01 | R/NR \$12/\$15**

Register by May 6, space is limited.

## Soda Pop Solider: The Civil Wars of James Vernor

Vernors Ginger Ale is a Detroit and Michigan staple for over a century and a half, with a combination of nostalgia and pleased taste buds making it a favorite for young and old alike. But what made the man who made the drink, James Vernor? The man who made Michigan's favorite drink returned from the Civil War, and less than a year later began producing the pop that bears his name. Discover the experiences of the man, the soldier and the ginger ale king through nearly three years of war in our nation's bloodiest conflict and how that war shaped his life, his work, and his legendary product. Presented by Jeff Pollock. Jeff is a public historian, event organizer, and advocate for the 'Vernors Cure.' Currently he is the Museum Director at the Crocker House in Mount Clemens and Deputy Chief Historian at Detroit History Tours & The Detroit History Club.

Presenter: Jeff Pollock Detroit History Tours

**Wednesday | 6/18 | 11:30 am - 1:00 pm | CS3300-01 | R/NR \$12/\$15**

Register by June 10, space is limited.



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

## Join SOAR Lifelong Learning Institute (LLI) at the Hawk this spring.

SOAR LLI's 2025 Spring term begins in April and includes more than 50 unique classes that each meet one time, for 90 minutes. We offer classes in subject areas as diverse as Art & Architecture, Business & Finance; Film; History; Law, Politics, & Government; Performing Arts, Music, & Dance; and so much more. SOAR's academic-style classes are taught by current and retired University professors and experts in their fields. There is no studying, no tests, and no homework. It is learning the way you always hoped it could be! [Click here to see the Spring Class Schedule.](#)

Here are some examples of SOAR's spring classes:

Monday, April 21: What's Happening in the Michigan Legislature? with Senator Mallory McMorrow

Tuesday, May 6<sup>th</sup>: Broadway Musicals: Memorable Moments of the Past 20 Years with Barbara Spreitzer-Berent

Wednesday, May 21: Making Sense of Afghanistan: Two Generations of U.S. Involvement in Central Asia with Professor Saeed Khan

As a lifelong learning institute, SOAR's mission is to provide intellectually stimulating, interactive, and entertaining classes, events, and social experiences for older adults where everyone feels included and welcome.

Not only does SOAR LLI offer a diverse selection of non-credit lectures, but SOAR members also have access to wonderful field trips, amazing special events, and community driven Shared Interest Groups (SIG). This term we are planning trips to Belle Isle, the Detroit Opera, and The Big House in Ann Arbor. SOAR's Spring Term special events include Faith Impacts Life: An Interfaith Conversation and The Nicely Theatre Group Presents. And SOAR's SIGs range from a Detective Novel Club to a First Friday Movie Group to a SIG focused on The Roaring Twenties.

Each year, more than 800 individuals from throughout metropolitan Detroit enjoy our programs and we would love to have you join them!

For more information, to see the full Spring Term catalogue, and to register please visit our website: [www.soarexplore.com](http://www.soarexplore.com) or call our office at 248-626-0296





# The Farmington Area Commission on Aging on Bank Imposter Scams

## The Farmington Area Commission on Aging on Medicare Fraud

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.

### PROTECT AGAINST MEDICARE FRAUD

Follow these best practices to protect yourself from Medicare fraud and scams:

- **Do not** respond to an unsolicited call, text, or email seeking your Medicare Number or personal information
- Review your Medicare Summary Notices or claims statements carefully for accuracy. If you see a charge for a care service or product you didn't receive, it may be fraud.
- If you suspect fraud, report it to 1-800-MEDICARE
- Guard your Medicare card as if it is a credit card



*Source: Medicare.gov*

Medicare.gov recommends that you only give your Medicare number and personal information to doctors and trusted Medicare providers. Consider using a calendar to record your doctor's appointments, noting any tests, imaging, or procedures that took place. Then check your Medicare statements against your notes to ensure the billing accurately reflects the healthcare services, supplies, or equipment you received. As always, please be vigilant.

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>

## [New Members Welcome - Cycling for Active Adults](#)

Farmington Hills is calling all cyclists 50 & Better to join an enthusiastic cycling club. The goals of the club are to promote bicycle safety by establishing new area routes, enjoy fellow riders and a healthy lifestyle.

Enjoy meetings, rides and picnics. For more information, visit our

Facebook page at <https://www.facebook.com/cfaa.bikeclub/> or call 248-473-1822.

**Thursday April 24, Costick Center, 6:00 - 7:30 pm**

**Spring Kick-Off Gathering/Registration**

**Refreshments & light snack will be served.**

**\$20.00 for a year membership.**

**Volunteer ride leaders membership fee is waived.**

You can register & pay at the Costick Center front desk or online at, <https://www.fhgov.com/> search Adults 50 & Better registration #CS4613-01. When registering online, the waiver form will pop up, check the box to sign electronically.

Or you can print out the membership/waiver form and mail it to me with a check.

Costick Center, 28600 Eleven Mile Road,

Farmington Hills, MI 48336

Attn: Anna Durham or emailed to [adurham@fhgov.com](mailto:adurham@fhgov.com)



# 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**



## HEALTHY FOOD CHOICES AT HOME

Many of us prefer to make our own meals, versus going out to eat. Maintaining a balanced diet is important whether eating at home or going out to a restaurant. When you are preparing your meals at home, remember to make healthy choices for your food options and keep some of the following in mind:



\*Know what a healthy plate looks like. Make half your plate fruits and vegetables. Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes kale and broccoli, along with other vegetables.

\* Look for important nutrients. Make sure to eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow. A healthy meal should include a lean protein (lean meats, seafood, eggs, beans). Fruits and vegetables as mentioned above. Whole grains (brown rice, whole wheat pasta). Drink or use low-fat dairy (milk and its alternatives).

\*Stay hydrated. Water is an important nutrient too. Don't let yourself get dehydrated, drink small amounts of fluids consistently throughout the day. Tea, coffee and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise. It is also possible to get some of your daily water requirements by eating foods high in water content such as: celery, tomatoes, cucumbers, iceberg lettuce, cauliflower, green peppers, watermelon, baby carrots and cantaloupe.

\*Read nutrition facts labels. The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat and dairy sections. Whole grains and foods with higher fiber content can help give a feeling of fullness and also provide key nutrients. When you do choose to eat packaged foods, read the labels to find items that are lower in fat, added sugars and sodium.

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### **Costick Center - Center for Active Adults**

Our service desk is located at the front desk by door A and open 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 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.



## **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 April 7 you need to reserve by Friday, April 4 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 April 18.**
- **Lunch will be served in Casey on April 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.

# COSTICK CAFE DINE-IN MEAL PROGRAM

# April 2025 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<b>1</b> Barbeque Pulled Chicken, Confetti Corn, Vegetarian Baked Beans, Pear	<b>2</b> Shepherd's Pie Topped with mashed Potato, Mix Vegetables, Warmed peaches, Garden Salad	<b>3</b> Bratwurst, German Potato Salad, Maui Blend Vegetables, Apple	<b>4</b> Vegetarian Chili, Broccoli with Cranberries, Tangerine, Corn Muffin	<b>5</b>
<b>6</b>	<b>7</b> Chicken Alfredo Lasagna, Key West Vegetable Blend, Pear	<b>8</b> Crispy Fish, Baked Potato Wedged, Ginger Carrots, Cole Slaw, Apple	<b>9</b> Stuffed Peppers,, Mashed Potatoes, Capri Blend Vegetables, Tropical Fruit Cup	<b>10</b> Chicken Salad on Spring Greens & Tomato, Potato Salad, Three Green Bean Salad, Orange	<b>11</b> Macaroni & Cheese, Stewed Tomatoes, Maui Vegetable Blend, Tangerine	<b>12</b>
<b>13</b>	<b>14</b> Italian Meatballs and Pasta Marinara, Italian Vegetable Blend, Apple	<b>15</b> Chicken Leg, Corn Bake, Nantucket Vegetables, Banana	<b>16</b> Pulled BBQ Pork, Baked Potato Fries, Maui Vegetable Blend, Apple Sauce Cup	<b>17</b> Florentine Fish with Wild Rice, Riviera Vegetable Blend, Garden Salad, Orange	<b>18</b> <b>Center Closed at noon for Good Friday</b>  No Lunch Service	<b>19</b>
<b>20</b> Easter	<b>21</b> Asian Chicken Stir Fry, Basmati Rice, Far East Vegetable Blend, Pears	<b>22</b> Italian Sausage, Roasted Peppers/ Onions, Steamed Potatoes & Carrots, Apple	<b>23</b> Chicken Marsala, Cavatappi Pasta, Winter Blend Vegetables, Mango Papaya Cup	<b>24</b> Meat & Cheese Lasagna, Garden Salad, Cupped Apricots	<b>25</b> Chicken Fajita, Roasted Peppers & Onions, Black Beans, Orange, Sour Cream, Salsa	<b>26</b>
<b>27</b>	<b>28</b> Asian Chicken Breast, Vegetable Rice Stir-Fry, Caribbean Blend Vegetables, Applesauce Cups	<b>29</b> Pub Burger with Cheese, Vegetarian Baked beans, Mixed Vegetables, Banana	<b>30</b> Sliced Turkey & Gravy, Mashed Potatoes, Capri Blend Vegetables, Fruit Cup	Lunch will be served in Shannon Hall.	Highlighted dates, lunch will be served in Casey.	

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](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 (April Meeting is a social gathering)**

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 April 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. Facilitator will not be present at the April meeting.

### **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**

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.

**April:** *Her Hidden Genius*, by Marie Benedict

**May:** *Haven*, by Emma Donoghue

## **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** If you are interested in being a group leader for Sojourn Bears call Anna at 248-473-1822. 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 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! **April 22, 2025: Library Learning Hour:** Learn about Hoopla and Libby, the Farmington Community Library's online resources. Learn about how to navigate these platforms and how to search for/check out eBooks, eAudiobooks, digital magazines, music, and movies to your library account! Laptops will be provided so you can follow along with the presenter.

### **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**

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.

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## **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 Caller or 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.

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## **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.

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## **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!**

**April 2, 16, 30 - Coffee and Stroll - 10:30 - 11:30 am** - Join this social group every other Wednesday for a naturalist guided slow paced walk along the trails of Heritage Park. Please dress for the weather and wear sturdy boots. Call 248-473-1870 for dates.

**April 1 (Virtual) - 7:00 - 7:45 pm , April 8 (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. #PN4221

**April 19 - 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

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## 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 - 2:00 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

One court is designated for beginners 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 4/19, 5/24, 5/26, 5/27, 5/28, 5/29, 5/30, 5/31

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.

## Outdoor Courts at the Hawk Community Center.

29995 W 12 Mile Road. Farmington hills, MI 48336

No fee to the public. Rotational play 8:00 am - 12:00 pm and 6:00 pm to dusk daily. Rotational play etiquette is posted on the courts. Outdoor courts will be available 12:00 - 6:00 pm to the public when City of Farmington programming is not scheduled.

## **FITNESS CLASSES**

### **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!**

**Monday | 4/14 - 5/19 | 10:15 - 11:15 am #CS2500-07**

**Instructor:** Claire Sophia

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.

### **Yoga**

**Tuesday | 4/15 - 5/20 | 9:45 - 10:45am #CS2500-08**

**Instructor:** Linda Hawkins

**Wednesday | 4/16 - 5/21 | 9:45 - 10:45am #CS2500-09**

**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 | 4/14 - 5/19 | 11:00am - 12:00pm #CS2504-03**

**Instructor:** Bharti Shah

6 week session

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

 **NEW Wednesday | 4/16 - 5/21 | 11:00am - 12:00pm #CS2512-03**  
**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.

### **Yoga Plus**

**Tuesday | 4/15 - 5/20 | 11:00am - 12:00pm #CS2503-03**

**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 | 4/17 - 5/22 | 9:45 - 10:45am #CS2501-03**

**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 | 4/17 - 5/22 | 5:30 - 6:30pm #CS2502-03

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 | 4/16 - 5/14 | 4:15 - 5:00 pm #CS2513-03

5 week session

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

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 hand weights, resistance bands, sweat towel and water.

## Feldenkrais: Awareness Through Movement

Wednesday | 4/16 - 5/21 | 9:30 - 10:30am #CS2511-03

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 | 4/15 - 5/20 | 11:00 am - 12:00 pm #CS2509-05

Thursday | 4/17 - 5/22 | 11:00 am - 12:00 pm #CS2509-06

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 | 4/15 - 5/20 | 9:45 - 10:45am #CS2510-05

Thursday | 4/17 - 5/22 | 9:45 - 10:45am #CS2510-06

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.

## Tai Chi for Movement & Balance

**Thursday | 4/17 - 5/22 | 1:00 - 2:00pm #CS2508-03**

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 | 4/16 - 5/21 | 6:00 - 7:00pm #CS2506-05**

6 week session

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

**Friday | 4/25 - 5/23 | 10:00 - 11:00am #CS2506-06**

5 week session No class 4/18

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

**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 | 4/16 - 5/21 | 7:00 - 8:00pm #CS2507-07**

**Thursday | 4/17 - 5/22 | 2:00 - 3:00pm #CS2507-08**

6 week session

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

**Friday | 4/25 - 5/23 | 11:00am - 12:00pm #CS2507-09**

5 week session No class 4/18

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

**Instructor:** Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

## EZ Beginner Hustle

**Tuesday | 4/15 - 5/20 | 1:15 - 2:15pm #CC2515-03**

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 | 4/17 - 5/22 | 6:00 - 7:00PM #CC2512-03**

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 | 4/4 - 4/25 | 11:30am - 12:00 pm #CC2507-04

R/NR Fee: \$12/\$12 3 week session No class 4/18

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 | 4/2 - 4/30 | 12:00 - 1:00 pm #CC2500-07

R/NR Fee: \$30/\$30 5 week session

Friday | 4/4 - 4/25 | 12:00 - 1:00 pm #CC2500-08

R/NR Fee: \$18/\$18 3 week session No class 4/18

## Beginner Plus Line Dance

Friday | 4/4 - 4/25 | 1:00 - 2:00 pm #CC2505-04

R/NR Fee: \$18/\$18 3week session No class 4/18

## Intermediate Line Dance

Wednesday | 4/2 - 4/30 | 1:00 - 2:00 pm #CC2506-04

R/NR Fee: \$30/\$30 5 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 | 4/17 - 5/22 | 6:30 - 8:00 pm #CC2504-03

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+

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## Telephone Reassurance Program is Accepting New Clients

If you know of any family members or seniors who could use some companionship please give us a call to have them added to our call list. Our volunteers make phone calls Monday - Friday between 9 and 11 am.

They are a friendly voice checking in daily with our clients and then reporting back to the Costick Center staff on everyone's well being.

Please call Jill McRoberts at 248-473-1851 if you or you know someone that should be added to our list.



## Beginners Ballroom

**Foxtrot | Wednesday | 4/16 - 5/21 | 6:30 - 7:20 pm #CC2501-05**

**Hustle | Wednesday | 4/16 - 5/21 | 7:30 - 8:20 pm #CC2501-06**

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

**Tango | Tuesday | 4/15 - 5/20 | 6:30 - 7:20 pm #CC2502-05**

**Cha Cha | Tuesday | 4/15 - 5/20 | 7:30 - 8:20 pm #CC2502-06**

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

**Rumba | Monday | 4/21 - 5/19 | 6:30 - 7:20 pm #CC2503-05**

**Waltz | Monday | 4/21 - 5/19 | 7:30 - 8:20 pm #CC2503-06**

5week session

**R/NR Fee: \$40/\$45**

**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+

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## 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.

**Monday | 4/7 - 4/21 | 11:00 am - 12:00 pm | #CS2423-04**

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

*Class is full but you can add your name to the waiting list.*

**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](http://fhgov.com/activitiesguide)

## Intermediate Knitting

Tuesday | 4/1 - 4/29 | 1:00 - 3:00 pm | #CS2405-02

4 week session

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

Instructor: Naomi Frenkel

Take your knitting to the next level.

## Spanish Beginner

Wednesday | 4/16 - 5/21 | 11:00 am - 12:00 pm | #CS2401-03

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 \$15.00 to be paid to instructor.

## Spanish Advanced Beginner

Wednesday | 4/16 - 5/21 | 12:30 - 1:30 pm | #CS2402-03

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 \$15.00 to be paid to instructor.

## Healthy Choices for Every Body

Tuesday | 4/8 - 5/13 | 12:30 - 1:30 pm | #CS2420-01

6 week session

R/NR Fee: **No Fee** Register online, at Costick Center front desk. Registration is limited.

Instructor: Nancy Hampton, MSU Extension

Over the course of six lessons, Healthy Choices for Every Body encourages adults to learn to cook and eat healthy on a budget. Participants will try some delicious recipes all while using some great money-saving tips! Topics Include: How to prepare simple, healthy and affordable family friendly meals; Keeping your food safe; How to read and use food labels; Added sugars; Reducing sodium; and the importance of whole grains.

## **NEW** Learn to Crochet

Tuesday | 5/20 - 6/24 | 11:00 am - 12:00 pm | #CS2431-01

6 week session

R/NR Fee: \$40/\$45

Instructor: Caryn Drasin

Why Crochet? It will make you happier. Science says so! Crocheting is therapeutic, it's calming, and it's proven to decrease dementia if practiced regularly. If you are just starting out, just starting again or brushing up this class will cover the fundamentals, and you will make a scarf, headband or small purse. Bring your own yarn (red heart yarn or comparable brand) and size H or I hook to class.

## Normal Cognitive Decline vs. Dementia: When to Worry

**Tuesday | 4/22 | 10:00 - 11:00 am | #CS2413-01**

**R/NR Fee: No Fee**

**Instructor: Jewish Family Services of Metro Detroit**

This presentation focuses on cognitive changes, separating the normal age-related cognitive changes we are all likely to experience, from Dementia. Many specific examples are included so people leave with a very clear idea of what is worrisome and what is not. This presentation also includes tips for interacting with loved ones with dementia and information on caregiver stress and burnout.

## Gentle Yoga & Sound Healing Workshop

**Friday | 4/25 | 10:30 am - 12:00 pm | #CS2516-04**

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

**Instructor: Linda Hawkins**

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.

## Self Defense

**Monday | 4/28 | 10:00 - 11:30 am | #CS2410-01**

**R/NR Fee: No Fee**

**Instructor: Farmington Hills Crime Prevention Technician,  
Barbara McDaniel & Officer Brianna Streber**

Intro to self-defense - everyone welcome. Learn how to: Identify risky situations, stay safe while doing everyday activities like walking to and from your car, using your voice to deescalate a potential confrontation. You will learn to not look like a victim and basic self-defense moves against an attacker. No experience necessary.

## Discover Your Purpose

**Tuesday | 5/13 - 6/18 | 1:00 - 3:30 pm | #CS2414-01**

**R/NR Fee: \$65/\$75**

**Instructors: Liz Flynn & Michelle McCormick**

Discover your purpose through engaging exercises, to attain insights into your values, sources of inspiration, and interests. Through a fun, collaborative process, we will help you reveal your unique gifts, guide you in discovering your purpose and uncover effective ways to share it with the world.

Register online, at Costick Center front desk. or by calling 248-473-1830.

## Downsizing & Moving Made Easy

**Wednesday | 5/28 | 11:00 am- 12:00 pm | #CS2416-01**

**R/NR Fee: No Fee**

**FREE LUNCH. Register by May 20 online, call 248-473-1830, or at the Costick Center front desk.**

**Instructor: Debbie Johnson**

Learn what steps you can take to help ease the stress of downsizing and making a move. From how to begin minimizing your belongings to considering your living options and timing the sale of your home, you will receive tips and resources for a stress-free transition.

# Technology & Smart Phones

## Apple iPhone Classes

**Tuesday | 4/8 | 10:00 am - 12:00 pm | #CS2406-01**

**Tuesday | 4/15 | 10:00 am - 12:00 pm | #CS2406-02**

**Tuesday | 4/22 | 10:00 am - 12:00 pm | #CS2406-03**

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

**Instructor: Mike Wilson**

This course is designed for those with an Apple iPhone who want to learn the many ways your phone can help you. The class will cover topics such as texting, voicemail, pictures, camera, internet, navigation, contacts, apps, settings, and more. Bring your fully charged iPhone with you to class. This class will be based on the Apple iOS 17 operating system. All handouts and demonstration will cover iOS 17.

## 13 Tech Tips to Stay Relevant Today

**Thursday | 4/3 - 4/24 | 11:00 am - 12:00 pm | #CS2412-01**

**Thursday | 5/1 - 5/22 | 11:00 am - 12:00 pm | #CS2412-02**

**4 week session**

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

**Instructor: Rickey Eady**

Technology is ever-changing, and sometimes it's hard to keep up. How can you keep pace with these changes and ensure you're using technology safely? This hands-on class will cover some of the best technology tips that you'll be able to utilize in everyday, real life situations. Bring your fully charged phone with you to class.

## Smart Home Technology Presentation

**Wednesday | 4/30 | 1:00 - 2:00 pm | #CS2424-01**

**R/NR Fee: No Fee** Register for free online or at the Costick Center front desk.

**Presenter: Paulson's Audio and Video**

Come learn about the fascinating world of smart home technology and the latest devices and systems that are transforming modern living spaces. From smart speakers and connected appliances to home security systems and automated lighting, participants will learn how these technologies work, their benefits, and how to integrate them effectively into their home. Presented by Paulson's Audio and Video.

## Working With Pictures on Your Windows 10 and 11 Computers

**Tuesday | 4/29 | 9:30 am - 12:30 pm | #CS2426-01**

**R/NR Fee: \$65/\$70**

**Instructor: Mike Wilson**

You will learn how to manage pictures on your computer during this class. You will also find out how to get organized by naming, renaming, and placing pictures inside folders. We will look at minor picture editing, which will include cropping and making enhancements. See how to use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other printed materials.

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### 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.

# TRAVEL NEWS



## **RYBICKI TOURS**

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.)

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### **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).

### **Tulip Time Festival in Holland, MI, May 6, 2025 (Tuesday), \$145/pp**

Tulip Time is an annual festival celebrating Dutch heritage and the blooming of millions vibrant tulips throughout the city. Enjoy a Dutch Lunch of traditional dishes and an irresistible Dutch dessert and dance performance located inside Evergreen Commons. You are sure to enjoy a taste of the Netherlands with this delectable spread. But it's not just about the food - you'll be treated to a Dutch Dance Style Show while you eat. The famous Dutch Dancers of Holland, Michigan will perform their signature Dutch Klompen Dance, which features the dancers wearing wooden shoes known as klompen. You'll also get a chance to see their authentic replica Dutch Costumes, which are sure to impress! Another part of Tulip Time's charm is the full immersion into the history of Holland and how Dutch culture played its role. A Dutch-costumed guide will board your motorcoach for a 2-hour tour that includes Holland's historic areas, city parks, Hope College, a view of the windmill, Tulip Lanes and Downtown Holland. Spend time at the Windmill Island Gardens, a 36-acre botanical park has 140,000+ tulips and is known for its authentic Dutch charm and stunning gardens. The main attraction is De Zwaan, a historic Dutch windmill that was brought from the Netherlands in 1964 and is the only authentic, working Dutch windmill in the United States. In the spring, the gardens come alive with thousands of colorful tulips, making it a highlight of the Tulip Time Festival. The park also features Dutch-style buildings, canals, a hand-painted antique carousel, and costumed guides who share stories about Dutch culture.

### **The Central Park Five at the Detroit Opera House, May 18, 2025 (Sunday), \$209/pp**

Before the show, enjoy a full, sit-down plated meal at Sinbad's Restaurant followed by a main floor ticket to the 2:30pm matinee performance. Anthony Davis, composer of X: The Life and Times of Malcolm X, won the 2020 Pulitzer Prize for Music for this true story adaptation of systemic discrimination. Don't miss The Central Park Five—a gripping and emotionally charged operatic performance that tells the true story of five young men wrongfully accused and convicted in one of the most infamous cases in modern history. Through a powerful score blending classical and contemporary elements, the opera explores themes of racial injustice, systemic failure, and the triumph of the human spirit. Featuring masterful performances and deeply moving storytelling, this production is as compelling as it is relevant. Come experience an afternoon of unforgettable art and reflection in the heart of Detroit's cultural district!



### **A Detroit City Tour: Bizarre Detroit - June 4, 2025 (Wednesday), \$129/pp**

A professional step-on guide from Detroit History Tours will join us for our visit to Detroit today! Think you know everything Detroit has to offer? Or are you looking to venture off the beaten path? Our Bizarre Detroit bus tour takes you on an adventure to discover secret places, back alleys, crazy sports, and true oddities that can only be found in Detroit. We'll explore a members-only club and enjoy a historic cocktail at one of Detroit's true gems. (The members-only club is cash only - drinks are optional and at your own expense.) You'll learn about feuding brothers, werewolves, dive bars, cities within cities, and what's buried deep beneath Motown. There's a little bit of everything and a whole lot of fun as we traverse some of the 142.87 square miles that make up Detroit. Please Note: This is a physically moderate tour - guests should be able to walk on gravel and climb a few stairs. Lunch included. A beloved Detroit institution since 1950, Scotty Simpson's serves some of the city's best classic fish and chips in a cozy, no-frills setting. Meal to include: Classic Fish & Chips, House-made Coleslaw, Lemonade or Iced Tea, Tax & Gratuity.

### **Lilac Festival on Mackinac Island, June 13-16, 2025 (Friday-Monday), \$1199/pp dbl occupancy**

Depart Friday morning and stop in Gaylord, MI for a lunch and shopping in Downtown Gaylord, a charming Alpine-inspired destination filled with welcoming shops, unique boutiques, and a variety of restaurants to suit every taste! Next, arrive at Mackinaw City to board the ferry for a picturesque cruise to Mackinac Island - offering breathtaking views of the Straits of Mackinac, the iconic Mackinac Bridge, and the sparkling waters of Lake Huron all while getting us safely to the island. As the island's only hotel with an indoor heated pool, it's the perfect retreat after a day of exploring. On day two, continue the magic of Mackinac Island with a horse-drawn carriage tour, a journey that blends history, charm, and breathtaking scenery. With no cars on the island, these iconic tours provide a relaxing and unique way to explore its beauty and learn about its rich heritage. Sit back as your knowledgeable guide shares fascinating stories and insights while you pass by landmarks like Fort Mackinac, Arch Rock, and the Grand Hotel. The carriage tour concludes at the island's magnificent Grand Hotel where you will enjoy the hotel's famous grand luncheon experience. This refined culinary experience is a perfect way to immerse yourself in the Grand Hotel's rich history and unmatched charm. As a lunch guest, partake in free time after dining to explore this exceptional property at your leisure. Enjoy the Lilac Festival and the island on your own the rest of the day! The entire third day is yours to experience the Lilac Festival and all Mackinac Island has to offer; a detailed schedule is still TBD. You'll head back home on day four, stopping in Frankenmuth. Return home with fond memories of what a special place Mackinac Island is!

### **Frederik Meijer Gardens & Sculpture Park, Grand Rapids, MI - June 12, 2025 (Thursday), \$145/pp**

Immerse yourself in one of the world's finest horticultural display gardens and sculpture parks. The sculpture program features more than 200 works in the permanent collection sited both indoors and outdoors on the 158-acre main campus. Led by a knowledgeable docent, you'll take a tour through the Lena Meijer Tropical Conservatory, a lush, warm environment filled with exotic plants and waterfalls. You'll also explore the Victorian Garden, the Arid Garden with desert plants, and more! After the tour, enjoy a bite to eat at the James & Shirley Balk Café with its dazzling glass ceiling sculpture by renowned artist Dale Chihuly. A \$24 lunch voucher is included. After lunch, board a covered, open air tram that winds through the pathways in comfort during this relaxing narrated ride through the stunning grounds. Highlights include the world-renowned Sculpture Park, the peaceful Japanese Garden with its waterfalls and Zen-inspired design, and the charming Michigan Farm Garden, a nostalgic tribute to 1930s rural life. In addition to the gardens, enjoy time at Robynette's Apple Huas & Winery, a beloved family-owned farm market, bakery, and winery, that has been a Michigan favorite since 1911. Browse a variety of homemade goods at their bakery, jellies, honey, maple syrup and other Michigan-made treats, and crafted gifts, home decor and seasonal items! Relax and enjoy the charming farm setting, or visit their winery's tasting room to sample a selection of fruit wines, hard ciders and local specialties (tasting fees not 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**

#### **Old Days Chicago Tribute - Zehnder's of Frankenmuth, June 27, 2025 (Friday), \$139/pp**

Savor a delicious meal in their beautiful main dining room followed by a Old Days, a Chicago Tribute band. Close your eyes and you won't know you're not at a Chicago concert. Old Days captures the look, the feel, and the sound of this iconic band using rich brass arrangements and harmonies delivering an unforgettable experience taking you back to an era that defined a generation.

#### **Saugatuck Dunes and Boat Tour - Thursday, June 17, 2025, \$170.00 p/p**

Enjoy a 90 minute boat tour on the upper level of the Star of Saugatuck Boat! You'll take the Kalamazoo River out to Lake Michigan, with stunning views of Saugatuck from the water. Box lunches are included on the boat. Following the boat tour, enjoy a Saugatuck Dune Ride and learn about the lost city of Singapore. Watch for wildlife and enjoy a thrilling ride. Also enjoy time to shop in Saugatuck, followed by a stop at Cracker Barrel for dinner on own near Lansing.

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### **Timeless Memories Extended Trips**

#### **Holland Michigan - Gardens, Windmills, Farmers Market and More - June 24 - 26, 2025, \$799 p/p dbl occupancy**

Tuesday, June 24: Departures from the Costick Center on Tuesday, June 24, and enjoy the Windmill Island Gardens on your own. Next, enjoy a costumed step on guide for a two hour history tour of Holland! After that, lunch is included at Bowerman's a bright, locally owned bakery and coffeehouse offering lunch and baked goods. This is followed by the Blueberry Farm & Market, Holland Bowl Mill tour, and an incredible dinner on-board the Holland Princess with stunning views of Big Red and the sunset!

Wednesday, June 25: Start the day with breakfast at the hotel, followed by a relaxing stroll through Farmers Market with lunch and shopping on your own. A highlight of the day is a Charcuterie Class at Culture Cheese Shop, followed by a visit to Tanglewood Winery. End the night with dinner included at Boatwerks followed by a night cap of watching sailboat races and the sunset at Holland State Park.

Thursday, June 26: After a hearty breakfast at the hotel, depart for the stunning Frederik Meijer Gardens and Sculpture Park before heading home with great memories! Deposit Due at reservation of \$100 per person followed by full payment due by April 30, 2025.

#### **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 Bregman 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 8<sup>th</sup> for home.

### **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.

### **Western Road Trip - Including Yellowstone! August 29 - September 8, 2025, \$3,850 p/p dbl occupancy**

Day 1 - 2 Travel and stop in Altoona, IA. Depart Altoona after breakfast and head towards Mitchell, SD. This day will consist of a lunch stop and free time at the Falls Overlook café in Sioux Falls SD where you will receive lunch and enjoy the beautiful walk and waterfall. Depending on time and traffic, there might be an additional stop before arriving at our hotel in Mitchell, SD. Day 3: We will depart Mitchell, SD and head towards Deadwood SD for a (2) night stay. We will be traveling through the Badlands for a quick tour, then stop for lunch at the Famous Wall

Drug Store with shops then check into our hotel at the Holiday Inn Resort Deadwood Mountain Grand for a leisurely evening and time at the Casino.

Day 4: We will head to Custer State Park for a jeep tour in and throughout Custer State Park and into the buffalo herd. Lunch is included after the tour and then head to Crazy Horse. Here we will spend a few hours before we head to Mt. Rushmore for an independent tour and the lowering of the flag ceremony. After the ceremony we will return to Deadwood for the evening.

Day 5: We will depart Deadwood and travel towards Cody WY for the night. Enroute we will visit Devils Tower and Buffalo Bills Wild West location. Arriving at our hotel, Holiday Inn Cody WY.

Day 6: Depart Cody, into Yellowstone National Park, see old Faithful with some time to explore the surrounding area and then arrive in the Grand Tetons where we will stay the night in the town of Jackson Hole

Day 7: We will have an early morning with a Step-on-guide tour through the Grand Tetons, see the countryside, be on the lookout for wildlife on this tour along with learning about the history of the area. After this tour we will have lunch and depart for the Snake River float excursion through the Grand Tetons. Concluding the day back at the hotel, dinner and evening leisure time on your own.

Day 8: Depart the Grand Tetons and travel to Cheyenne, WY where we will be for one night. On the way we will be traveling through the Teton National Forest with scenic views. Two lane road through the west and arrive in the evening in Cheyenne, WY. Meals and rest stops enroute.

Day 9: Depart Cheyenne, WY and head towards Omaha, NE. We will stop and tour the Nelson Cowboy Museum of the West. We will tour the famous train depot before heading to Omaha for (1) night.

Day 10: Depart and head to Le Claire Iowa for (1) night. Here will be another relaxing travel day with a few stops on the way. We will end our amazing trip out west together with a special dinner.

### **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 galleries, museums, restaurants and shops.

## ADULTS 50 & BETTER GOLF LEAGUES SUMMER 2025

Registration for the popular Couples golf leagues begins in open. 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+

MORE INFO: 248-473-1830

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### 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.

Together we can achieve anything!





# NOW HIRING

- **AQUATICS PROGRAMMER**  
\$19-21 PER HOUR
- **LIFEGUARD**  
\$13.50-15.50 PER HOUR
- **SWIM INSTRUCTOR**  
\$13.50-15.50 PER HOUR
- **SWIM LEADER**  
\$11.50-13 PER HOUR

**APPLY HERE**



*WE WILL PAY FOR TRAINING  
FLEXIBLE SCHEDULING OPTIONS  
APPLICANTS MUST BE 14 YEARS OR OLDER*



**SCAN THE QR CODE OR HEAD TO  
[FHGOV.COM/EMPLOYMENT](https://fhgov.com/employment) TO APPLY**



# 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](https://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