

# 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



Embark on a journey of enrichment and well-being at the Costick Activities Center, tailored for residents and community members ages 50 & Better in the vibrant City of Farmington Hills.

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**

12/20/2024



# 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**

JAN 7 | FEB 11 | MAR 11

## OPEN MIC MONDAY

**Monday | 1/13 | 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 January 10 and eat in Shannon while you enjoy the music.

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## NEWCOMER WELCOME TOUR

**Thursday, January 16, 10:00 - 11:00 am**

The Special Services welcomes newcomers from Farmington and Farmington Hills, Adults 50 & Better, for a tour of the facility explaining the services, trips, classes, volunteer opportunities, and activities available. Residents only. Sign up at the front desk of the Costick Center or call 248-473-1830.

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## KARAOKE

**Friday | 1/24 | 1:00 - 3:00 pm #CS2100-01 | 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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## TRAVEL SHOW

**Tuesday, January 28, 10:30 - 11:30 am**

Join our tour providers to preview travel opportunities. Learn about great packages for both local and long-distance trips. Drop-in, no need to register.

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## LINE DANCE & LUNCH

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

Kick up your heels, learn some new line dances, plus enjoy some delicious grub! This line dance workshop and lunch is for anyone who wants to try this popular class and see which level fits you best. Register online or at the Costick Center front desk.

**Register by January 23, Space is limited**

## TAX ASSISTANCE — In Person Method

Limited number of appointments available.

By appointment only. Call (248) 473-1851 to be placed on the list starting on January 2nd.

Appointments will be scheduled Tuesday & Friday, February 4 - April 11.

Members of AARP, with special training from the IRS, will assist with your tax return. Assistance is provided for Federal, State, homestead, and energy credit forms, but not for rental or business income. This will be an in person method. After you have an appointment scheduled, you will need to pick up an intake form at the Costick Center. This will need to be completed before your scheduled appointment.

Perform simple E-file returns only.

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## LOST & FOUND

If you are missing any items please stop by the front desk to take a look in our lost & found box. We will be donating any items left at the end of January to charity.



## 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.

January 17 - Here 2024

#CS4001-01

Register by January 10 by 11:00 am  
12:00 - 3:00 pm

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

Reuniting the director, writer and stars of *Forrest Gump*, *Here* is an original film about multiple families and a special place they inhabit.

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

Register by Wednesday February 5, space is limited.

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# St. Patrick's Day Party

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

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

Register by Friday March 7, space is limited.

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# 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 - 1:30 pm #CS2202-01 | R/NR Fee: \$12/\$15**

Register by Thursday April 3, space is limited.

# Continental Club

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

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

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

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

**Presenter: Kelly Miller**

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

## Secret Service Agent Radford Jones

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

**Presenter: Radford Jones**

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

## Frany & FrankyG

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

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

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

**Location: Costick Activities Center**

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

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



**adults 50 & better**

**FARMINGTON HILLS**  
SPECIAL SERVICES *Michigan*

## Dine & Discover

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

### Abraham Lincoln: A New Birth of Freedom

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

**Presenter: Kevin Wood**

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

Register by January 21, space is limited.

### Detroit 67: Looking Back to Move Forward

Events that took place in the summer of 1967 had a significant impact on the people of Detroit and 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 - 1:30 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 - 1:30 pm | CS2005-01 | R/NR \$12/\$15**

Register by March 5, space is limited.



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<https://recreg.fhgov.com>



**adults 50  
& better**

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*

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

## ANNUAL VOLUNTEER RECOGNITION

The Farmington Area Commission on Aging is seeking nominations for their Annual Volunteer Recognition Program. The **Margaret Loridas 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](http://www.soarexplore.com)**

248-626-0296

[info@soarexplore.com](mailto:info@soarexplore.com)





## Farmington Area Commission on Aging on Susceptibility to Scams

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

This month we focus on why one might be vulnerable to a scam attempt...



SCAMMERS USE  
“THE VULNERABLE  
MOMENT”

- Three risk factors can make targets more susceptible to scams:
- **Emotions** : If excited or upset, some may act without thinking
- **Environment**: Stressful life events lower defenses, making it harder to spot a scam
- **Exposure**: Victims are more open than non-victims to solicitations from strangers
- Scammers use “the vulnerable moment” to get target into heightened emotional state as they are easier to persuade and control

*Source: AARP*

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.

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

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

# Farmington Hills

# Adult Day Program

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

**Enriching participants' lives through:**

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

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

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

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

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



**adults50  
&better**



## FOOD SAFETY AT HOME

A few tips to have your refrigerator and freezer ready in case of lost power.

- Group foods together in both the refrigerator and freezer. This helps food stay cold longer.
- Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice or gel packs.

### During a power outage

- Keep refrigerator and freezer doors closed.
- The refrigerator will keep food safe for up to 4 hours. If the power is off longer, you can transfer food to a cooler and fill with ice or frozen gel packs.
- A full freezer will hold the temperature for approximately 48 hours.
- During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer or coolers.

### After the power outage

- **Never** taste food to determine its safety. **When in Doubt, Throw it Out!**
- **Discard the following** if your refrigerator has been without power for more than 4 hours:
  - raw, cooked or leftover meat, poultry, fish, eggs and egg substitutes
  - luncheon meat and hot dogs
  - casseroles, soups, stews and pizza
  - mixed salads (i.e. chicken, tuna, macaroni, potato)
  - gravy and stuffing
  - milk, cream, yogurt, sour cream and soft cheeses
  - cut fruits and vegetables (fresh)
  - cooked vegetables
  - creamy-based salad dressings
  - batters and doughs
  - custard, chiffon or cheese pies
  - cream filled pastries
  - garlic stored in oil

Frozen foods that have thawed, but still contain ice crystals, are still safe to eat.

## 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 January 6 you need to reserve by Friday, January 3 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 January 1 & 20.**
- **Lunch will be served in Casey on January 29 & 31.**

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

# January 2025 Menu

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Lunch will be served in Shannon Hall.		Highlighted dates, lunch will be served in Casey.	1 Center Closed 	2 Chicken Meatballs, Penne with Mariana Sauce, Sicilian Vegetable Blend, Apple	3 Tilapia parmesan, Cheesy California Blend Vegetables, Spinach with Mushrooms, Tangerine	4
5	6 BBQ Pork Sandwich, Roasted red Skins, California Blend Vegetables, Tangerine	7 Chicken Drumstick, Roasted Butternut Squash, Malibu Blend Vegetables, Applesauce	8 Beef Tacos, Mexican Rice, Refried Beans, Shredded Lettuce/Tomatoes/Tortilla/Salsa, Banana	9 Chicken Alfredo Lasagna, Riviera Vegetable Blend, Caesar Salad, Orange	10 German Beef Stroganoff, Cavatappi Pasta, Scandinavian Blend Vegetables, Pear	11
12	13 Chicken Cutlet with Gravy, Mashed Potatoes, Prince Charles Vegetables, Apple	14 Artesian Mac & Cheese, Stewed Tomatoes, Vegetable Blend, Banana	15 Turkey Breast, Mashed Potatoes, Venetian Vegetable Blend, Tropical Fruit	16 Chicken Vegetable Stew, Baked Sliced Apple, Garden Salad, Biscuit	17 Crispy Fish Sandwich, Roasted Sweet Potatoes, Spinach, Tangerine	18
19	20 <b>Martin Luther King Day</b>  Center Closed	21 General Tso Chicken, Vegetable Fried Rice, Asian Vegetable Blend, Mandarin Oranges, Fortune Cookie	22 Pub Cheeseburger, Vegetarian Baked Beans, Northwest Vegetable Blend, Pear Slices	23 Cheese Manicotti Marinara, Italian Green beans, Garden Salad, Orange	24 Cabbage Rolls, Mashed Potatoes, Normandy Blend Vegetables, Apple	25
26	27 Garlic Ginger Beef Stir Fry, Asian Vegetable Blend, Brown Rice, Fruit Cup, Fortune Cookie	28 Mediterranean Seasoned Chicken Breast, Vegetable Pasta Blend, Pineapple & Cherries	29 Tilapia, Scalloped Potatoes, Northwest Vegetable Blend, Apple	30 Chicken Breast Cacciatore, Penne Pasta, Venetian Blend Vegetables, Cupped Peaches	31 Italian Sausage, Peppers/Onions, Ginger Carrots, Orange	

**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**

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 January 8 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced in the recent past, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitated by Lisa Gardner, Interim Hospice of Oakland County Bereavement and Volunteer Coordinator.

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

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

### **Brain Injury Support Group**

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

### **Caregivers**

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

### **First Step Stroke**

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

### **Vision Support Group**

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

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

## **BINGO**

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

## **Book Discussion**

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

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

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

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

## **Euchre (No Euchre on 1/20, Special Tuesday makeup on 1/21)**

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

## **Duplicate Bridge (No Bridge on 1/20)**

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**

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

### **Tai Chi 50 cents**

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

### **The Next Chapter Library Program**

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

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

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

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

### **Wii Sports (No Wii 1/20)**

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 January 10.

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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**TUESDAY, MARCH 11, 10 AM - 12 PM**



# Senior Shredding for Safety Day

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

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

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

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

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



**FARMINGTON HILLS**  
SPECIAL SERVICES Michigan  
Visit us online, 24/7  
[www.fhgov.com](http://www.fhgov.com)



## 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!**

**January 8 & 22 - 10:30 am - 12:00 pm - Coffee & Stroll** - Join this active social group every other Wednesday for a naturalist-guided stroll among the trails of Heritage Park. Discover new things each season! Afterwards, relax with a cup of coffee, snacks and share nature stories with friends. No need to register. Free activity, but donations are encouraged.

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

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

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



## SENIOR AQUATICS PROGRAMS

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

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

### SENIOR OPEN SWIM

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

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

### SENIOR WATER EXERCISE

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

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

### SENIOR ARTHRITIS EXERCISE

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

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

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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

**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 - 4:00 pm**

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

**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 - 4:00 pm**

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

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

All skill levels welcome.

**NO PICKLEBALL 1/20**

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

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

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


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

## FITNESS CLASSES

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

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

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

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

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

## Yoga

**Tuesday | 1/7 - 2/11 | 9:45 - 10:45am #CS2500-02**

**Instructor:** Linda Hawkins

**Wednesday | 1/8 - 2/12 | 9:45 - 10:45am #CS2500-03**

**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 | 1/6 - 2/10 | 11:00am - 12:00pm #CS2504-01**

**Instructor:** Bharti Shah

5 week session (No class 1/20)

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



**NEW Wednesday | 1/8 - 2/12 | 11:00am - 12:00pm #CS2512-01**

This class can be seated yoga or floor yoga.

**Instructor:** Linda Hawkins

6 week session

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

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

## Therapeutic Yoga

**Thursday | 1/9 - 2/13 | 9:45 - 10:45am #CS2501-01**

**Instructor:** Bharti Shah

6 week session

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

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

## Yoga Plus

**Tuesday | 1/7 - 2/11 | 11:00am - 12:00pm #CS2503-01**

**Instructor:** Linda Hawkins

6 week session

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

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

## Yoga Evening

**Thursday | 1/9 - 2/13 | 5:30 - 6:30pm #CS2502-01**

**Instructor:** Bharti Shah

6 week session

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

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

## Balance, Strength & Stretch

**Wednesday | 1/8 - 2/12 | 4:15 - 5:00 pm #CS2513-01**

6 week session

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

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

**Instructor:** Christine Applebaum

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

## Feldenkrais: Awareness Through Movement

**Wednesday | 1/8 - 2/12 | 9:30 - 10:30am #CS2511-01**

6 week session

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

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

**Instructor:** Susan Patton

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

## Gym Exercise

**Tuesday | 1/7 - 2/11 | 11:00 am - 12:00 pm #CS2509-01**

**Thursday | 1/9 - 2/13 | 11:00 am - 12:00 pm #CS2509-02**

6 week session

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

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

**Instructor:** Lisa Chow

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

## Fit 5000

**Tuesday | 1/7 - 2/11 | 9:45 - 10:45am #CS2510-01**

**Thursday | 1/9 - 2/13 | 9:45 - 10:45am #CS2510-02**

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 | 1/9 - 2/13 | 1:00 - 2:00pm #CS2508-01**

6 week session

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

**Instructor:** Bill Harper

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

## Tai Chi

**Wednesday | 1/8 - 2/12 | 6:00 - 7:00pm #CS2506-01**

**Friday | 1/10 - 2/14 | 10:00 - 11:00am #CS2506-02**

6 week session

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

**Instructor:** Bill Harper

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

## Advanced Tai Chi

**Wednesday | 1/8 - 2/12 | 7:00 - 8:00pm #CS2507-01**

**Thursday | 1/9 - 2/13 | 2:00 - 3:00pm #CS2507-02**

**Friday | 1/10 - 2/14 | 11:00am - 12:00pm #CS2507-03**

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 | 1/7 - 2/11 | 1:15 - 2:00pm #CC2515-01**

6 week session

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

**Instructor:** Debra Koss

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

## Intermediate Hustle

**Thursday | 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 | 1/10 - 1/24 | 11:30am - 12:00 pm #CC2507-01

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 | 1/8 - 1/29 | 12:00 - 1:00 pm #CC2500-01

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

Friday | 1/10 - 1/24 | 12:00 - 1:00 pm #CC2500-02

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

## Beginner Plus Line Dance

Friday | 1/10 - 1/24 | 1:00 - 2:00 pm #CC2505-01

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

## Intermediate Line Dance

Wednesday | 1/8 - 1/29 | 1:00 - 2:00 pm #CC2506-01

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 | 1/9 - 2/13 | 6:30 - 8:00 pm #CC2504-01

6 week session

R/NR Fee: \$47/\$52

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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## Adults 50 & Better Golf Leagues Summer 2024

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+

MORE INFO: 248-473-1830



## Beginners Ballroom

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

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

6 week session

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

**Instructor:** Fernando Caducio

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

Class open to students 18+

## Beginner/Intermediate Ballroom

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

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

6 week session

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

**Instructor:** Fernando Caducio

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

## Intermediate/Advanced Ballroom

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

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

5 week 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 - Starting in February

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 | 2/3 - 2/24 | 11:00 am - 12:00 pm | #CS2423-02 (No class 2/17)**

**3 week session**

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

**Instructor:** Cindy Rose

## Learn to Play Mahjong - Starting in February

The game of Mahjong is fairly easy to learn, though mastering the game is said to take a lifetime! Join this 3 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**

**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)

## Beginning Knitting

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

**4 week session**

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

**Instructor: Naomi Frenkel**

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

## Spanish Beginner

**Wednesday | 1/8 - 2/12 | 11:00 am - 12:00 pm | #CS2401-01**

**6 week session**

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

**Instructor: Manuela Thompson**

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

## Spanish Advanced Beginner

**Wednesday | 1/8 - 2/12 | 12:30 - 1:30 pm | #CS2402-01**

**6 week session**

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

**Instructor: Manuela Thompson**

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

## Stress Management

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

**No Fee** 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***

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

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

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

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

### **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

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***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.

### **Wharton Center Presents: The Life of Pi, Thursday, March 13, 2025, \$135.00**

After a shipwreck in the middle of the Pacific Ocean, a sixteen-year-old boy named Pi survives on a lifeboat with four companions—a hyena, a zebra, an orangutan, and a Royal Bengal tiger. Winner of three Tony Awards® and the Olivier Award for Best Play, the Broadway and West End sensation LIFE OF PI is "an exhilarating evening of theater." Based on the novel that sold more than 15 million copies and became a worldwide phenomenon, LIFE OF PI is an epic story of perseverance and hope that speaks to every generation and "gives new life to Broadway."

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

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

## **National Parks and Canyons of the Southwest - May 18 - 24, 2025**

### **\$2,775/pp double occupancy**

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

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

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

## **Mississippi River Cruise on the Celebration Belle, July 14 - 17, 2025**

### **\$1,399 pp/double occupancy**

This trip includes the Celebration Belle Cruise, National Mississippi River Museum & Aquarium, Field of Dreams Movie site and the New Melleray Abbey Monastery. We will be staying across from the Diamond Jo Casino for two nights in Dubuque Iowa. Our first day we'll travel to Moline, IL, home of the landmark riverboat Celebration Belle. Early the next morning, board the Celebration Belle, a massive 750 passenger paddlewheel boat, specifically designed for cruising the waterways of the great Mississippi River. We're on an ALL DAY (7:00am—6:00pm) Cruise north to Dubuque, Iowa. Three meals are included along with entertainment and memorable sightseeing along one of America's great rivers. What a fun day! On day three, visit the National Mississippi River Museum & Aquarium. An affiliate of the Smithsonian Institution, the museum/aquarium engages visitors in the exploration of the history, culture, animals, and conservation found along the mighty Mississippi River and the rivers of America. Next it's the Field of Dream Movie Site. Tour the Homestead from its early days to its rebirth as the set of the hit 1989 fantasy classic. For more than 30 years, the Ghost Players have entertained folks from around the world with humor and a family friendly message. Meet a "Ghost Player" and hear entertaining facts about the movie, the players, and more! Conclude our 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 8<sup>th</sup> for home.

[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.

*Have the happiest New Year! Wishing you good health and prosperity.*



# New Year Word Search

N V B T E O T F R N W O D T N U O C F F  
O X D G T O P W G H T A W B F M X V R I  
W E Z O H R L E W J F F S F D R O P T I  
X L A N E A C N W P T D P Z S M N N Y T  
Y S M Y X M A L N T G M A V Q X Z S S T  
T H E X K V Y O J E T A R B E L E C P E  
R P R S S I K F Y Y Z W K E E D R E D F  
P A P Q T N Y L R V J B L C V A E T D N  
B R E E P F I I Q X G P E G P O S S F O  
G T K Y P M F H D F Q A R A O C O B Y C  
S Y D H A P P Y N T N W S E E K L J B O  
I T N F B R C S D N E I R F A C U O Y U  
R O A I N Z T N D Z S R E E H C T V C H  
P Q D R P J K J N E L A B T D F I M B K  
B Q K E T P Q A Z F H Z B A L L O T R Z  
N E Q W Z F C N M E J X V K T P N B Y J  
A C G O A L S U Z K W H L E M C D D Q P  
Y L H R E R W A G M I D N I G H T N G O  
E D Y K L L Q R S G N I R E H T A G E G  
Q A T S N Q X Y I R C W O H B L M T G H

BALL  
CLOCK  
DROP  
FIREWORKS  
GOALS  
KISS  
PARTY  
START

CELEBRATE  
CONFETTI  
END  
FRIENDS  
HAPPY  
MIDNIGHT  
RESOLUTION  
TOAST

CHEERS  
COUNTDOWN  
FAMILY  
GATHERING  
JANUARY  
NEW  
SPARKLERS  
YEAR