

# 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



November 2024

### [A note from Marsha Koet, Senior Adult Program Supervisor for the City of Farmington Hills Special Services Department](#)

Dear Costick Family,

After the City Council's study session in mid-October, there have been rumors about a potential closure of the Costick Activities Center and I want to set the record straight. I assure you that it's business as usual at the Costick Center and all of our programs are continuing full steam ahead.

It's true that the City's Special Services Department is working with a consultant to analyze the entire Department, which includes the Costick Center and programming for adults 50 and better. This process will help the City learn how it can better serve the community as a whole and make the best use of your dollars.

No changes are coming anytime soon, and the consultant's analysis will take a couple of years. Additionally, if they recommend changes, the community will be involved in the decision-making process. As soon as I know anything, you'll know.

I'm a member of the Costick community, too, and after more than a decade of working here, I know that the Costick is as special to you as it is to me. It's like a second home and we're like a family.

In the meantime, if you have a suggestion, you can share it with us online at [www.fhgov.com/costickinput](http://www.fhgov.com/costickinput). I'm excited to keep seeing your smiling faces at the Costick. Please say "hi" the next time you see me!

Sincerely Yours,  
Marsha Koet



### [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

10/25/2024

# VETERANS DAY CELEBRATION

Together we salute all the veterans with our annual celebration and commemoration of those who served their country and those who loved them. This event includes an honor guard ceremony, recitation of veterans' names, and a special luncheon.

Veterans that live in Farmington/Farmington Hills may attend at no charge but must register at the front desk at the Costick Center or by calling 248-473-1830 by November 4th.

Non-veterans need to register either online or at the Costick Center.

**No walk-ins. Space is limited.**

**Register by November 4th.**

**Monday | 11/11 | 11:00 am - 1:00 pm #CS1200-01 | R/NR**

**Fee:\$12\*/\$15**

***\*No charge for Farmington/Farmington Hills Veterans***

*Thank you American House of  
Farmington Hills for  
generously sponsoring our*



***Veterans Day Celebration for the 28th year!***

American House of Farmington Hills, sponsors of our Veterans Day Celebration, believe that their residents and their families are the most important part of their home. They offer the finest services available by tailoring them to the individual needs of each resident. Services available include: meal preparation, daily housekeeping, weekly laundry, activities, 24-hour staffing, scheduled transportation, month-to-month rentals, and access to personal caregivers. They strive to maximize their residents' personal independence and quality of life. Facilities include efficiencies and 1 & 2 bedroom apartments. If you have questions or would like additional information please feel free to call American House of Farmington Hills, 248-471-9141.

## OPEN MIC MONDAY

No Open Mic in November, it's Veterans Day.

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

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

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## KARAOKE

**Friday | December 13 | 1:00 - 3:00 pm | #CS1100-03**

Come join us for Karaoke and 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.

**R/NR Fee: \$3/\$3**

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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.  
Space is Limited.**

**November 15 - Road House**

**#CS4001-11**

**Register by November 8 by 11:00 am**

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

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



*Road House* is a 2024 American action film, which is a remake of *Road House* and the third movie overall in the titular franchise. Directed by Doug Liman from a script written by Anthony Bagarozzi and Chuck Mondry, the events of the story are similar to the original release. It stars Jake Gyllenhaal as an ex-UFC fighter who takes a job as a bouncer at a Florida Keys road house. Produced by Joel Silver, the movie also features Daniela Melchior, Billy Magnussen, Jessica Williams, Joaquim de Almeida, JD Pardo, Austin Post, and Conor McGregor in its supporting cast.

# 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.*

## Encounters With Remarkable Men - A Photo Retrospective

Photographer Doug Elbinger was still in high school when he photographed the Beatles on stage during their August 1966, concert in Detroit. From that point forward, Doug has traveled the world seeking interesting people and places to photograph. He'll take you back in time with a photo retrospective and conversation of his career in media, featuring rare photos of the Beatles, Rolling Stones, and many others you may recognize.

Presenter: Doug Elbinger

**Friday | 11/8 | 10:00 - 11:30 am CS1004-01 | R/NR \$8/\$10**

## Dine & Discover

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

## Detroit-Area Catholic History

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

Presenter: Patricia Montemurri

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

Register by December 3, space is limited.

**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*

## **NEWCOMER WELCOME TOUR**

**Thursday November 7, 10:00 - 11:00 am**

Farmington & Farmington Hills residents Adults 50 & Better are invited for a tour of the facility explaining the services, trips, classes, volunteer opportunities and activities available. Includes a welcome packet. Sign up at the front desk of the Costick Center or call 248-473-1830. 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.

### **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.

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## **SENIOR HOLIDAY PACKAGES**

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

### **Items needed :**

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





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



# Senior Shredding for Safety Day

**PROTECT YOUR IDENTITY, de-clutter your home, and recycle!**  
**RESIDENTS 50 & BETTER can bring up to 4 paper grocery bags of documents** to be shredded.

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

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

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

*Provided by:* ShredCorp.



**NOW IS THE TIME TO SHOP FOR YOUR MEDICARE 2024 PRESCRIPTION PLAN**

**Save money and get the best coverage!**

**If you have a Medicare drug plan, you can chose a new plan during open enrollment. Coverage begins January 1.**

**OPEN ENROLLMENT FOR MEDICARE PART D PLANS**

**OCTOBER 15 - DECEMBER 7**

**It's worth it to take the time to compare!**

- During this 6 week time you can review and /or change your Medicare Part D plan.
- Limited appointments are available Monday thru Friday from 10:00 am - 2:00 pm with Teresa Jergovich a certified MMAP counselor.
- You must bring your prescription medications in their original pill bottles, your Medicare card, and picture ID.

**To schedule an appointment, please call 248-473-1843 or 248-473-1826**

This is a free service. MMAP, Inc. is funded by grants from the U.S. Department of Health & Human Services - the Administration for Community Living, the Michigan Department of Health and Human Services and the Michigan Aging



# Friendsgiving

Join your friends at the Costick Center for our special celebration of Friendsgiving. We will be serving up a delicious traditional Thanksgiving meal complete with pumpkin pie! There will be entertainment by FrankyG & Friends and door prizes too.

**Thursday 11/21 | 11:30 pm - 1:30 pm #CS1204-01 | R/NR Fee: \$12/\$15**

Thank you to our sponsor:



**OPTALIS**<sup>®</sup>  
HEALTH & REHABILITATION

*Grounded in Purpose, Guided by Principle*

Optalis Health & Rehabilitation Centers specializes in post-acute rehabilitation and skilled nursing care following a hospital stay. With our advanced therapy, authentic hospitality, and commitment to our guests-you'll immediately understand why we are the top-rated rehabilitation centers in South-Eastern Michigan.

With locations in Wayne, Oakland, and Macomb county, we aim at improving your overall wellness and functionality. Our professional, interdisciplinary team specializes in many rehabilitation and skilled nursing services tailored to your specific needs. To champion your quality of life, we offer a luxurious, home-like environment that enables you to reach your full potential and return to your life sooner.

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## Holiday Extravaganza

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

**Friday | 12/6 | 11:00 am - 2:00 pm #CS1202-01 | R/NR Fee: \$12/\$15**

**Register by December 6th**

**FARMINGTON HILLS**  
SPECIAL SERVICES *Michigan*



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

**adults 50 & better**

## Farmington Area Commission on Aging on How to Spot a Scam

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 be-

### HOW TO RECOGNIZE A SCAM

- Scammers **pretend** to be from an organization you know
  - ✓ Government agency like Social Security, IRS, or Medicare
  - ✓ Business like a utility company, tech company, or a charity
- Scammers say there is a **problem** or a **prize**
  - ✓ A problem with an account, you owe money, or a family emergency
  - ✓ You won the lottery or sweepstakes but must pay fee to get funds
- Scammers **pressure** you to act immediately, creating a sense of urgency or an emergency to play on your emotions
- Scammers tell you to **pay** in a specific way – gift card, payment app, wire transfer, or cryptocurrency



*Source: Federal Trade Commission*

The Federal Trade Commission suggests taking precautions to protect yourself or others from scams. Block unsolicited calls, text messages, and emails. Do not click on links in an unknown email or text. Do not provide personal or financial information in response to a request you did not expect. Recognize and do not respond to a request for an unusual form of payment. Resist the pressure to act immediately. And, stop and talk to someone you trust. Talking about it could bring perspective and help you realize it is a scam.

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**



## INTERACTION BETWEEN FOOD AND MEDICATIONS

What you eat and drink can affect the way your medicines work. Use this guide to alert you to possible “food-drug interactions” and to help you learn what you can do to prevent them.

A food-drug interaction can:

- prevent a medicine from working the way it should
- cause a side effect from a medicine to get worse or better
- cause a new side effect

### **1. Calcium-Rich Foods vs Antibiotics**

Dairy products such as milk, yogurt, and cheese can interfere with antibiotics. These antibiotics may bind to the calcium in milk, forming an insoluble substance in the stomach that the body is unable to absorb.

### **2. Potassium Rich Foods vs Lower Blood Pressure**

**Bananas**, a potassium powerhouse, the banana is typically a good choice for those seeking to reduce their risk of cancer, stroke and heart disease. However, eating too many potassium-rich foods like bananas, can be problematic if a person is taking medicine to lower blood pressure. You may experience heart palpitations if you over-indulge on foods that are high in potassium.

### **3. Vitamin K Rich Foods vs Blood thinner**

People taking blood thinners, munching on too much green can be bad. Vitamin K promotes blood clotting, which may counteract the blood-thinning benefits of anti-coagulant drugs. While eating small amounts of foods that are rich in vitamin K shouldn't cause a problem, avoid consuming large amounts of certain foods or drinks, including: kale, spinach, brussels sprouts.

**4. Grapefruit and Grapefruit Juice vs Statins:** Grapefruit can interfere with a couple types of drugs. Statins, a type of cholesterol-lowering medication, can show an increase in activity when paired with grapefruit. This could lead to worsened side effects, including muscle soreness and liver abnormalities.

### **5. Cranberry Juice vs Blood Cholesterol**

Urinary tract infections (UTIs) are a common and potentially serious problem for seniors. Many family caregivers use home remedies like cranberry juice to prevent or manage UTIs, but this juice contains chemicals that may interact with statin (lower blood cholesterol) medications.

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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!**

**November 13 & 27 - 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.

**November 5 (Virtual) - 7:00 - 7:45 pm , November 12 (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

**November 16 - 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.

**November 15 - 8:00 - 9:00 pm - Full Moon Friday Hike** - After the sun goes down, Heritage Park comes alive! Join us on a night hike to listen for Nocturnal animals, observe the sky and heighten your senses along the way.

**#PN1219 Fee: \$3.00**

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

## 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 November 4 you need to reserve by Friday, November 1 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 November 4, 5, 11, 21, 28, 29.**
- **Lunch will be served in Casey on November 6, 7.**

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

# November 2024 Menu

<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.		<b>1</b> Chicken Parmesan, Penne Marinara, Italian Vegetable, Garden Salad, Orange	<b>2</b>	
<b>3</b>	<b>4</b> No Lunch Service	<b>5</b> No Lunch Service <b>Election Day</b>	<b>6</b> Cheesy Chicken Broccoli, Brown & Wild Rice, Rivera Blend Vegetables, Orange	<b>7</b> Chili Lime Tilapia, Au Gratin Potatoes, Nantucket Vegetable Blend, Tropical Fruit Cup, Super Slaw	<b>8</b> Beef Stew, Mashed Potatoes, Normandy Blend Vegetables, Grapes, Biscuits	<b>9</b>
<b>10</b>	<b>11</b> No Lunch Service  <b>VETERANS DAY CELEBRATION</b>	<b>12</b> General Tso Chicken, Brown Rice, Broccoli, Banana, Fortune Cookie	<b>13</b> White Bean Chicken Chili, Spanish Rice, Shredded Lettuce & Tomato, Pear, Cornbread Muffin	<b>14</b> German Stuffed Pepper, Whipped Potatoes, Kyoto Vegetable Blend, Apple	<b>15</b> Artisan Mac & Cheese, Stewed Tomatoes, Venetian Blend Vegetables, Mandarin Orange	<b>16</b>
<b>17</b>	<b>18</b> Chicken Alfredo Lasagna, Northwest Blend Vegetables, Sliced Peaches	<b>19</b> Meatloaf with Gravy, Mashed Potato, Mixed Vegetables, Tangerine	<b>20</b> Chicken Fajitas, Roasted Peppers & Onions, Roasted Zucchini & Yellow Squash, Garden Salad	<b>21</b> <b>Friendsgiving</b> No Lunch Service	<b>22</b> Swedish Meatballs & Noodles, California Blend Vegetables, Spinach Salad, Banana	<b>23</b>
<b>24</b>	<b>25</b> Parmesan Herb Tilapia, Roasted Butternut Squash, Normandy Blend Vegetables, Tropical Fruit Cup	<b>26</b> Paula's Pork Chop, Roasted Potatoes, Asiago Cheese Vegetable Blend, Applesauce	<b>27</b> Chicken Tortilla Casserole, Refried Beans, Malibu Blend Vegetables, Orange	<b>28</b>  <b>HAPPY Thanksgiving</b> Center Closed	<b>29</b>	<b>30</b>

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

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 October 9 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced in the recent past, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitated by Lisa Gardner, Interim Hospice of Oakland County Bereavement and Volunteer Coordinator.

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

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

### **Brain Injury Support Group**

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

### **Caregivers**

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

### **First Step Stroke**

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

### **Vision Support Group**

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



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

### **BINGO (No Bingo 11/5)**

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

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

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

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

**November:** *All the Kings Men*, by Robert Penn Warren.

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

### **Euchre**

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

### **Duplicate Bridge**

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

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

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

### **Computer Forum**

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

### **Farmington Piecemakers**

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

### **Fiber Artists**

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

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

### **Mahjong Group**

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

### **New Friends Social Club**

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

### **Pinochle Group**

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

### **Quilters**

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

### **Red Hat Society Group**

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

### **Sojourn Bears (No Meeting November & December)**

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

### **Tai Chi 50 cents**

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

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

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

Drop– In Welcome! **November 26th: Holiday Card Making:** The holidays are here! Make a holiday card (or two!) for a loved one using various card making supplies. 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 11/29)**

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

## **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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## **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.*



## 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 - 2:00 pm**

All skill levels welcome.

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

All skill levels welcome.

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

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

**Tuesday Evening Pickleball | 6:00 - 8:00 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 11/28, 11/28, 11/29 11/30**

**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

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

### **HORSE Basketball**

**Wednesday | 11/6 - 12/18 | 6:00 - 7:30 pm #CS1514-01**

6 week session **No class 11/27**

**R/NR Fee: \$18/\$24**

Remember the game of HORSE you played as a kid? Join this league and see if you still got what it takes to sink a shot! We will also play AROUND THE WORLD, CRAZY PIG, and KNOCK OUT. You'll have fun while getting some exercise.



## Yoga

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

**Instructor:** Linda Hawkins

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

**Instructor:** Katielynn Marie

7 week session

**R/NR Fee: \$42/\$49**

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

## Chair Yoga

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

**Instructor:** Bharti Shah

7 week session

**R/NR Fee: \$42/\$49**



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

This class can be seated yoga or floor yoga.

**Instructor:** Linda Hawkins

7 week session

**R/NR Fee: \$42/\$49**

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

## Therapeutic Yoga

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

**Instructor:** Bharti Shah

7 week session

**R/NR Fee: \$42/\$49**

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

## Yoga Plus

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

**Instructor:** Linda Hawkins

7 week session

**R/NR Fee: \$42/\$49**

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

**Instructor:** Bharti Shah

7 week session

**R/NR Fee: \$42/\$49**

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.

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

## Balance, Strength & Stretch

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

6 week session **No class 11/27**

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

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

**Instructor:** Christine Applebaum

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

## Feldenkrais: Awareness Through Movement

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

7 week session

**R/NR Fee: \$35/\$42**

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

**Instructor:** Susan Patton

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

## Gym Exercise

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

7 week session

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

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

6 week session **No class 11/28**

**R/NR Fee: \$15.00/\$18.00**

**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!

## Tai Chi for Movement & Balance

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

7 week session **No class 11/28**

**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.

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

## Tai Chi

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

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

6 week session **No class 11/27, 11/29**

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

**Instructor:** Bill Harper

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

## Advanced Tai Chi

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

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

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

7 week session **No class 11/27, 11/28, 11/29**

**R/NR Fee: \$42/\$49**

**Instructor:** Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

## Fit 5000

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

7 week session

**R/NR Fee: \$42/\$49**

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

6 week session **No class 11/28**

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

**Instructor:** Deborah Koss

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

## EZ Beginner Hustle

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

6 week session

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

**Instructor:** Debra Koss

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

## Intermediate Hustle

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

7 week session

**R/NR Fee: \$36/\$42 No class 11/28**

**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 | 11/8 - 11/22 | 11:30am - 12:00 pm #CC1507-03

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 | 11/6 - 11/27 | 12:00 - 1:00 pm #CC1500-05

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

Friday | 11/8 - 11/22 | 12:00 - 1:00 pm #CC1500-06

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

## Beginner Plus Line Dance

Friday | 11/8 - 11/22 | 1:00 - 2:00 pm #CC1505-03

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

## Intermediate Line Dance

Wednesday | 11/6 - 11/27 | 1:00 - 2:00 pm #CC1506-03

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!

## Beginners Ballroom

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

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

6 week session No class 11/27

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

Instructor: Fernando Caducio

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

Class open to students 18+

## Beginner/Intermediate Ballroom

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

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

7 week session

R/NR Fee: \$56/\$63

Instructor: Fernando Caducio

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

## Intermediate/Advanced Ballroom

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

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

7 week session

R/NR Fee: \$56/\$63

Instructor: Fernando Caducio

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

# Adults 50 & Better Life Long Learning

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

## Advanced Knitting

**Tuesday | 11/5 - 11/26 | 1:00 - 3:00 pm | #CS1405-01**

**4 week session**

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

**Instructor: Naomi Frenkel**

This class is a continuation of the beginning knitting class. Continue to knit your scarf or learn how to knit a hat!

## Spanish Beginner

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

**7 week session**

**R/NR Fee: \$60/\$65**

**Instructor: Manuela Thompson**

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

## Spanish Advanced Beginner

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

**7 week session**

**R/NR Fee: \$60/\$65**

**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.

## Smart DriversTEK

**Thursday | 11/14 | 10:00 - 11:30 am | #CS1421-01**

**No Fee**

**Instructor: AARP**

The way we drive is changing. The Smart DriverTEK workshop, developed jointly by AARP Driver Safety and The Hartford, will keep you in the know about the latest high-tech safety features in your current or future car. The 90-minute workshop includes an overview of top vehicle safety technologies, a step-by-step guide of how these technologies work, and how they can make driving safer and more enjoyable. You'll also receive a vehicle technology checklist, which offers guidance on what technologies you may need when shopping for a new car or what features may already be in your car. You can register online, at Costick Center front desk. or by calling 248-473-1830.



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



**adults50  
& better**

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*

**For Additional Questions or details call 248-473-1830**



## Excel for the Absolute Beginner

Saturday | 11/9 | 12:00 - 1:00 pm | #MS1409-03

R/NR Fee: \$20/\$20

Instructor: Mike Wilson

Instructor will demonstrate how to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as AutoSum and see how to generate simple formulas. Also, learn to use the fill handle, sort existing data, merge and center, move cells and ranges, and wrap text. These easy steps will be held over Zoom.

## I Need to Host my Own Zoom Meeting?

Tuesday | 11/12 | 10:00 - 11:00 am | #MS1411-02

R/NR Fee: \$20/\$20

Instructor: Mike Wilson

You will see how a host sends an e-mail, invites, and schedules meetings. Even the basic host controls can seem overwhelming, but we will explore those, as well. You'll learn how to Share Screen, invite, and send links to e-mails. This class is a great place to start before hosting your first Zoom meeting! Join this informative class by Zoom. 4-5 star ratings from 1000s of older adults!

## AI (Ai) for Older Adults - So Easy and Practical!

Tuesday | 11/14 | 3:00 am - 4:00 pm | #MS1417-03

R/NR Fee: \$20/\$20

Instructor: Mike Wilson

Are you curious about AI (Ai)? Then this class is for you! We will explore the practical benefits of using a basic form of AI called ChatGPT. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI will quickly generate any text for you based on your interest. Take your search, research, inquiries, and answers to questions to a whole new level! AI-also, never worry about grammar and spelling errors again!

## Computer Scams, and What Not to Click On!

Monday | 11/18 | 5:00 - 6:00 pm | #MS1402-02

R/NR Fee: \$20/\$20

Instructor: Mike Wilson

Don't let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about; frustrating and suspicious popups; advertisements; your haywire computer, e-mail ads, and links. (Not for Apple/Mac users, or tablets.) We'll use Zoom as our classroom.

## Windows 11 Starting from the Beginning

Tuesday | 11/19 | 11:00 am - 12:00 pm | #MS1415-03

R/NR Fee: \$20/\$20

Instructor: Mike Wilson

This is an adult-friendly Windows 11 class! See how to use the desktop and the new taskbar. We'll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows 11 is organized. (Not for Apple/Mac users.) Meet us on Zoom for this informative class!

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**COSTICK CENTER WILL BE CLOSED NOVEMBER 28 & 29  
FOR THE THANKSGIVING HOLIDAY**

### THANKFUL

*These 8 little letters form such a powerful word that means so much! We are thankful for all our volunteers and all you do everyday to make Farmington & Farmington Hills a great place to live. I am sure you all have experienced many things to be thankful for over this past year. We would like to thank all of you for kind words of support for our programs, services and each other.*

*— Adults 50 & Better Staff*



# 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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### **Zehnder's of Frankenmuth – A Motown Christmas Featuring The Prolifics! December 3 (Tuesday), \$129**

- For more than 30 years, the Prolifics have delighted audiences with their outstanding tribute to the Motown legends. The music, the moves and the audience interaction make for a memorable entertaining experience. Their Motown Christmas Tribute combines all the Motown hits we've grown to love along with all the holiday classics that were performed by The Temptations, The Jackson 5, Four Tops and many more. This holiday season, start a new tradition that will have you saying you 'Ain't too Proud to Beg' for more! The trip also includes Zehnder's Chicken Luncheon in their beautiful main dining room and free time on Main Street of downtown Frankenmuth for shopping and exploring.

### **A Christmas Carol at Meadowbrook Theatre and Afternoon Tea at The Townsend, December 15 (Sunday), \$225**

Beautifully set up in your own private room, join us for an afternoon tea experience that promises to be an unforgettable delight. Indulge in a selection of exquisite teas, delectable scones and pastries, and savory sandwiches, all set in an elegant, holiday atmosphere. This high-end event is perfect for treating yourself to a taste of sophistication and refinement, leaving you feeling both pampered and thoroughly satisfied! Following the tea, enjoy the 2:00 pm matinee performance and experience the continued magic of the holiday season. Now in its 42nd season, this beloved production brings Charles Dickens' classic tale to life with stunning performances, beautiful sets, and captivating music. Join us for a heartwarming and festive afternoon that has become a cherished tradition for audiences of all ages.

### **Annie at Encore Musical Theatre, January 11 (Saturday), \$189**

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

### **Footloose The Musical, January 15 (Wednesday), \$149 Experience Footloose at the Meadowbrook Theatre in Rochester, MI.**

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

### **DSO Pop Series: Broadway Love Songs, February 14 (Friday), \$145**

Main Floor ticket to the morning performance at Orchestra Hall. If you love someone, bring them to Orchestra Hall! The DSO plus an all-star cast of vocalists perform Broadway's heart-on-sleeve classics, featuring timeless songs by Rodgers and Hammerstein and more! Full, sit-down lunch included after the show at Sinbad's Restaurant.

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

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

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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.

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

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

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

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

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

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



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

**National Parks and Canyons of the Southwest - May 18-23, 2025, \$3,699/pp double occupancy** After landing in Phoenix, you'll travel north to beautiful Sedona. This upscale resort, retirement and artist community is set amongst the red-hued rocks of Oak Creek Canyon. Your home for the next five nights is a picturesque property in the Sedona area. Highlights of the trip include two rail journeys on the Grand Canyon Railway and Verde Canyon Railroad.

Your first day takes you on the Sedona Trolley Tour featuring the Chapel of the Holy Cross and Airport Mesa for spectacular views of the Sedona area. Later visit Uptown Sedona and the Spanish-Mexican Village of Tlaquepaque to explore these wonderful areas full of art galleries, shopping, and restaurants. Day three takes you on an unforgettable day with a drive through amazing Oak Creek Canyon, a sixteen mile long canyon known for its spectacularly colored white, yellow and red cliffs dotted with pine, cypress and juniper followed by a nostalgic two-hour train journey that delivers you to the awe-inspiring South Rim of Grand Canyon National Park before stopping in Flagstaff for dinner. Day four takes you to visit the Montezuma Castle

National Monument which contains ruins of a cliff dwelling built in the 12th and 13th centuries by the Sinagua Indians. Later visit the old mining town of Jerome, once a virtual ghost town, now restored with shops, museums and art galleries. Next board the Verde Canyon Railroad, also known as the Wilderness Train. Day five is a day at your leisure, followed by an evening experience of a farewell dinner at the Blazin' M Ranch where you will enjoy a hearty Chuckwagon Supper and Western Stage Show.

**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.

## Timeless Memories Day Trips

**DSO Under The Street Lamp, Sunday, November 17, \$112/pp** - Former cast members from the hit musical *Jersey Boys* match tight harmonies and slick dance moves with old-school hits by The Drifters, Roy Orbison, Nat King Cole, The Beach Boys, and The Beatles, plus a showstopping celebration of Frankie Valli and the Four Seasons.

**DSO Home For The Holidays, Friday, December 13, \$124/pp** - Gather for one of the best holiday traditions in Detroit! The DSO and special guests play all your favorites inside warm and wonderful Orchestra Hall. Make the season bright and create memories of a lifetime everyone can share.

**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.

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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!



# Your New Home Awaits!

The warm, welcoming feeling of home and family. It's what you notice first at Rose Senior Living Farmington Hills, and—you can be sure—it's what you'll experience every day.

Our independent living features exceptional services and amenities, maintenance-free living, wonderful dining, and comfortable spaces to gather with friends and family. Plus, the gracious, helping hand of assisted living and memory care is available whenever you need it, all under the same roof. Now that's a retirement life you can love—and that's the singular vision of senior living Edward Rose and Sons brings to every one of our communities.



SCHEDULE A VISIT TODAY!

— Call 248-850-1351 —



Independent Living | Assisted Living | Memory Care

28800 West Eleven Mile Road • Farmington Hills, MI 48336  
FarmingtonHills.RoseSeniorLiving.com | (248) 850-1351

Managed by  Life Care Services®





# OAKLAND COUNTY PARKS

## Great Parks Build Strong Communities

### Oakland County Parks and Recreation 2024 Millage Proposal



#### WHY

Estimated \$100M needed to modernize outdated, costly and underutilized parks for today's residents

#### HOW

Increase from .35 to .65 and extend from 10 to 20 years; replaces existing authorized millage, will increase revenue by \$24 million in the first year, and offers long-term cost savings through bonding

#### WHEN

November 5, 2024 general election

**.30** increase from current millage      **\$40** net annual impact of increase for average taxable value home      **20** year duration

#### Oakland County residents will benefit from this millage with:



**FREE entry** and enjoyment of Oakland County parks and dog parks (excluding pay to play attractions such as golf courses, waterpark, campground, off-road vehicle activities)



Investment in equipment and facilities designed to be **accessible for all, regardless of age and ability.**



**\$100 million investment** in major capital improvements to improve your enjoyment of our parks, trails, recreational attractions and the Oakland County Farmers Market.



An **expanded park system** with additional locations near our population centers through **partnerships with local government.**



New and expanded **regional trailways** and improved maintenance of existing trails.



Support for greater participation in **school field trips to nature and farm education centers** and expanded enrichment programs for people of all ages.



More opportunities for **recreational enjoyment of our major rivers**



**Preservation and protection** of sensitive natural habitats, wetlands, and green spaces.