

# 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



December 2025

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

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

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

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

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

### **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.

### **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.

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## **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**

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

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

12/1/25



## Message from the City of Farmington Hills City Manager

As plans continue to develop for a new and improved facility to replace the beloved Costick Activities Center, elected officials and City leadership remain deeply committed to keeping senior adult patrons and Costick Center users informed and engaged throughout the process.

I want to thank those of you that attended the City Council Study Session and/or regular City Council Meeting on Monday, Nov. 24. During those meetings, City staff and consultants from Sports Facilities Companies discussed new activities center project location options with City Council. Several residents and Costick Center users spoke during public comment.

During the meeting, City Council opted to move forward with a plan to replace the Costick Activities Center with [a new stand-alone activities](#) center on the campus of The Hawk. The adopted resolution allows the City to assemble a project team to prepare preliminary site plans, including engineering and design, for a modern facility that incorporates the community's desired amenities and more. During this planning phase, the original Costick Activities Center will remain open and will continue providing services for adults 50 & better in the community.

As with all major City initiatives, information about this project and its financing will be presented publicly and made available on the City's website to ensure full transparency. The funding and financial management of this facility will follow the same responsible and accountable processes applied to all City projects. The City's responsible financial reporting has been recognized for nearly 30 years by the Government Finance Officers Association.

The City's Special Services Department prides itself on offering excellent parks, programs, facilities, and services for residents and guests of all ages, interests, and abilities. Additionally, City administration and City Council remain committed to open communication with community members. I am confident that we all share the same goal: to create a replacement facility that is welcoming, financially responsible, fully accessible and safe for the community's use for many generations to come.

I enjoyed meeting with some of you last month at the Costick to hear your input for the future. As always, I welcome and encourage community feedback at public meetings, through the Commission on Aging, and via the City's website at [www.fhgov.com/costickinput](http://www.fhgov.com/costickinput). Thank you for your continued involvement in this process.

Sincerely,  
Gary Mekjian  
City Manager, City of Farmington Hills

# 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 Lions and the Early NFL**

The story of the Lions catching on in Detroit doubles as the story of professional football finding its place in American popular culture. Before the Portsmouth Spartans relocated to Detroit and donned the Honolulu Blue in 1934, several pro football teams tried and failed to gain a foothold in the city. What made the Lions different? This presentation examines the instability of the NFL, and how the Lions (and professional football) won the hearts of Detroiters to become the institution they are today tracking the team from its small-town roots, through its golden age in the 1950's, and into the present.

**Presenter: Jeremy Dimmick, Detroit Historical Society**

**Wednesday | 12/10 | 11:30 am - 1:30 pm CS1302-01 | R/NR \$15/\$18**

Register by December 2, space is limited.

### **Thank you to our sponsor, Cranberry Park of West Bloomfield**

**A smaller community with a bigger heart, exceeding expectations is simply the beginning.**

At Cranberry Park of West Bloomfield our philosophy is to provide the highest quality care in the most comfortable environment for every resident. We believe that by honoring elders, we bring richness to all our lives.

Nestled among mature lush greenery, Cranberry Park West Bloomfield offers the serenity of nature while being ideally situated in a convenient location close to shopping and dining.

Our stunning one-story community was specifically designed for those who are in need of assisted living and memory care. Our exceptional trained, caring, geriatric caregivers work closely with each resident and family to ensure they have the services and support needed not just to live but to thrive.

Assisted Living includes help with day-to-day tasks to support your independent lifestyle, while our Memory Care program offers an innovative approach to living with memory impairment in a nurturing environment.

Cranberry Park West Bloomfield is an all-inclusive community which allows you to age in place knowing your monthly fees year over year. We even offer fully furnished suites for respite stays in both communities.

We offer studios, one-bedroom and two-bedrooms apartments. You can bring your own furniture and decor to make your apartment home. Included are three chef prepared meals and snacks throughout the day. Personal care assistance, medication management, laundry and weekly housekeeping. Plus a wide variety of activities to keep our residents engaged. We also offer physician care through our visiting physician group, in-house license physical and occupational therapy, podiatry services and so much more.

If you would like more information about Cranberry Park, please visit our website at [www.CranberryPark.net](http://www.CranberryPark.net) or scan the QR Code.

To schedule a visit, please call Robin @ 248.247.9010, thank you and we hope to see you soon.



 (248) 671-4204

 Scan to Visit Our Website

**TUESDAY, DECEMBER 9, 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.

*Provided by:* ShredCorp.



## **The *All-New* Multisports Simulator at The Hawk January Special for Adults 50 & Better**

**Drop in and try it out, Tuesday and Thursday morning 10 am - 12 pm**

**Absolutely FREE for Adults 50 & Better!**

January 6, 8, 13, 15, 20, 22, 27, 29

Experience the trill of world-class golf without leaving town! Tee off at over 50 legendary courses including TPC, Sawgrass, Pebble Beach, and the historic St. Andrews—all stunning realism and accuracy. Whether you're fine tuning your golf swing or driving into action packed multiplayer games, our multisport simulator delivers non-stop entertainment for player of all ages and skill levels. Rain or shine, it's always game time here!

**THE HAWK**  
FARMINGTON HILLS COMMUNITY CENTER  
29995 W 12 MILE RD, FARMINGTON HILLS, MI 48334

## HOLIDAY KARAOKE

**Friday | 12/5 | 1:00 - 3:00 pm | \$3.00**

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.

**Host: Jennifer & Sid Zack**

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## OPEN MIC MONDAY

**Monday | 12/8 | 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 5 and eat in Shannon while you enjoy the music.

*Thank you to our sponsor:*



**WE'RE ALL ABOUT YOU**

### **The Manor of Farmington Hills:**

For individuals who are in need of long-term care and short-term sub-acute rehabilitative services, we offer high quality care in a state-of-the-art community with modern-living amenities and hospitality. We are a 127-bed community with many private rooms available. We offer physical therapy, occupational therapy, speech therapy and respiratory therapy. Our wound care team is exceptional. We provide personalized care from highly qualified, professional and compassionate staff with focused attention and innovative best practices.

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## **Holiday Hustle**

**Instructor: Deb Koss**

Join us for a hustle workshop and a delicious lunch to celebrate the holidays! The afternoon will start out with dancing, a break for lunch and more dancing.

**Monday 12/15 | 12:00 - 3:00 pm | #CS1207-01**

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

Register by December 5, space is limited.

## 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.*

### Eleanor The Great



### Friday Film

Enjoy a recently released film on select Fridays.

**Must register by 11:00 am**

**Friday the week before.**

**Call 248-473-1830 or register at the**

**Costick Center front desk.**

**Space is Limited.**

**December 19 — #CS4001-12**

**Register by December 12 by 11:00 am**

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

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

After the death of her oldest friend, 94-year-old Eleanor Morgenstein moves from Florida to New York City for a fresh start. Wandering into a support group for Holocaust survivors, she tells a tale that takes on a dangerous life of its own.

Scarlett Johansson's directorial debut is a comically poignant exploration of how the stories we hear become the stories we tell.

**SOLD OUT**

# Holiday Extravaganza

Come celebrate the holidays at our Holiday Extravaganza! Dress in your holiday best and enjoy entertainment by the Farmington High School's Madrigal Choir, a scrumptious meal, prizes, and live music and dancing with Vinyl Misst "Glad Tidings" holiday show!

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

Register by December 4, space is limited.

Thank you to our sponsor:



"At Senior Helpers Farmington, we proudly serve families across Southeast Michigan, providing trusted, Age-Friendly Care that helps seniors live safely, comfortably, and independently at home. Our services range from friendly companionship and daily living assistance to specialized care for those living with Alzheimer's, dementia, or Parkinson's disease. Through our exclusive LIFE Profile, we create a personalized care plan that identifies risks, promotes safety, and enhances overall well-being right in the home. Every member of our care team, along with family members and community partners as requested, receives hands-on training through our in-house Center of Excellence, ensuring compassionate, knowledgeable, and consistent care. Proudly CHAP Certified, Senior Helpers Farmington is dedicated to maintaining the highest standards of quality and trust in home care.

For a free assessment, call 248-865-1000 and ask for Perry Greene or Vernon English, or email [venGLISH@seniorhelpers.com](mailto:venGLISH@seniorhelpers.com)"

**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.*

## The Real Downtown Abbey

What's a Wyvern? Why did the Prince of Wales want a portrait of Mrs. Musters? Explore the art and the stories from Highclere Castle, the location and inspiration for Downton Abbey TV series plus more stories, art and landscaping from other British treasure houses. You'll find the truth stranger and every bit as salacious and exciting as the fiction.

**Presenter: Wendy Evans**

**Wednesday | 1/21 | 11:30 am - 1:30 pm CS2003-01 | R/NR \$15/\$18**

Register by January 13, space is limited.

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## Continental Club

*You won't want to miss this to get your day off to a great start! Enjoy a continental breakfast while you mingle with friends. Then enjoy an hour of an enlightening experience.*

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

## Secret Service Agent Radford Jones Insight on Protecting John F. Kennedy

Former U.S. Secret Service agent Radford Jones will provide a brief history of the U.S. Secret Service and his experiences while protecting President Kennedy during the summer and fall of 1963. Archived photographs will be shown during his PowerPoint presentation.

**Presenter: Radford Jones**

**Wednesday | 2/25 | 10:00 - 11:30 am | CS2300-01**

**R/NR \$8/\$10**



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



**adults 50  
& better**

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*

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

# **Detroit Tap Repertory**

## **Holiday Performance**

Detroit Tap Repertory consists of dancers from Michigan and Ohio dedicated to sharing their passion for tap through participation in educational events and public performances.

**Tuesday | 12/23 | 12:00 - 1:00 pm During lunch | FREE**



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## **Mardi Gras Party**

Celebrate Mardi Gras, a celebration of life at the Costick Center with a festive lunch followed by live music. You will feel like you are in New Orleans's cafe on Bourbon Street.

Don't forget your beads!

**Friday | 2/13 | 11:30 am - 1:30 pm #CS2201-01 | R/NR Fee: \$15/\$18**

Register by Thursday February 4, space is limited.



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



**adults 50  
& better**

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*

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

## The Farmington Area Commission on Aging: Fake Charity 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.

As the year comes to a close, many of us may consider making a charitable donation. It is the season of giving, after all. And, scammers know this. So, before you give to perhaps a new or different cause, we point out some of the common signs of a phony charity pitch. We also share suggestions on how to avoid falling prey to fake charity scams.

**FAKE  
CHARITY  
SCAMS**



Scammers know how to trick people into donating. They play on one's generosity to get that person's money or sensitive information. *Scammers may ...*

- Reach out by email, text, cold call (phone or door-to-door), social media ad/post, or a crowd funding campaign
- Make sentimental, yet vague claims re how donation is used
- Use "charity" names similar to large, well-known charities
- Direct one to click on a link to a "look-alike" website, resembling that of a reputable charity
- Ask for alternative forms of payment like gift cards, wire transfers, cryptocurrency, or payment app

*Source: Federal Trade Commission*



The Federal Trade Commission offers a number of ways to protect against charity scams. Avoid responding to **unsolicited** calls, messages, or posts seeking charitable donations. Do not click on links or open attachments in **unexpected** "charity" messages. Do not feel rushed or pressured to give, especially over the phone. Instead, take time to research a charity before donating. Both the FTC and State of Michigan websites have resources to assist in evaluating charities. Pay with safer, traceable methods like credit card or check. A credit card, for example, provides some protection if anything goes wrong. After donating, review the credit card or bank statement closely to ensure you were only charged the amount you chose to donate. Lastly, report charity scams to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

Please continue to learn about the latest 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.

# **Farmington Hills Adult Day Program**

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

**Enriching participants' lives through:**

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

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

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

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

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



**adults50  
&better**



## LIVING WITH DIABETES

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

### Food

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

What to do:

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

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

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

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

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

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

## Keep Your Health on

# T



**Take** your medication as prescribed by your doctor.

# R



**Reach** and maintain a healthy weight.

# A



**Add** more physical activity to your daily routine.

# C



**Control** your ABCs—A1c, blood pressure and cholesterol levels.

# K



**Kick** the smoking habit.

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

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

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

Service will be from 12 – 12:30 p.m.

Meals must be reserved at least one day in advance by 11 a.m. (ex. If you would like a meal on Monday December 8 you need to reserve by Friday December 5 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 services December 12, 24, 25, 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

# December 2025 Menu

| Sun                                                                                             | Mon                                                                                                                                                                               | Tue                                                                                                                                                                 | Wed                                                                                                                                                              | Thu                                                                                                                                                         | Fri                                                                                                                                                                   | Sat                                                                                                |
|-------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
|                                                                                                 | <b>1</b> Cheese Omelet Potatoes with Onions & Peppers, Nantucket Blend Vegetables, Honey Crisp Apple                                                                              | <b>2</b> Parmesan Crusted Salmon, Scalloped Potatoes, NW Vegetable Blend, Banana                                                                                    | <b>3</b> Salisbury Steak, Mashed Potatoes, Normandy Blend Vegetables, Mandarin Orange                                                                            | <b>4</b> Chicken Fajitas, Roasted peppers & Onions, Roasted Zucchini Yellow Squash, Mexican Rice, Pear                                                      | <b>5</b> Swedish Meatballs & Noodles, California Blend Vegetables, Spinach, Fruit Cup                                                                                 | <b>6</b>                                                                                           |
| <b>7</b>                                                                                        | <b>8</b> BBQ Chicken, Vegetarian Baked Beans, Malibu Vegetable Blend, Tangerine                                                                                                   | <b>9</b> Shepherd's Pie with Mixed Vegetables, Mashed Potatoes, Spinach Salad, Banana                                                                               | <b>10</b> Tortilla Crunch Tilapia, Brown & Wild Rice, Key West Vegetables, Apple                                                                                 | <b>11</b> Stuffed Cabbage, Mashed Potatoes, Vegetable Blend, Orange                                                                                         | <b>12</b> No Lunch Service                                                                                                                                            | <b>13</b>                                                                                          |
| <b>14</b><br>  | <b>15</b> Asian Beef Pepper Steak, Vegetable Fried Rice, Far East Vegetables, Applesauce Cup<br> | <b>16</b> Country Fried Steak, Mashed Potatoes, Capri Blend Vegetables, Banana<br> | <b>17</b> Chicken Marsala, Cavatappi Pasta, Sicilian Vegetable Blend, Apple<br> | <b>18</b> Beef Barbeque, Au Gratin Potatoes, Midori Vegetables, Pear<br> | <b>19</b> Meat Ball Marinara, Penne Pasta, Italian Blend Vegetables, Tangerine<br> | <b>20</b><br>  |
| <b>21</b><br> | <b>22</b> Chicken Alfredo Lasagna, Normandy Vegetable Blend, Orange<br>                        | <b>23</b> Pub Burger with Cheese, Vegetarian Baked Beans, Glazed Carrots, Pear                                                                                      | <b>24</b><br><br>Center Closed                                                                                                                                   | <b>25</b><br><br><br>Center Closed                                      | <b>26</b> Pizza & Salad<br>                                                      | <b>27</b><br> |
| <b>28</b><br> | <b>29</b> Stuffed Peppers, Whipped Potatoes, Capri Blend Vegetables, Tropical Fruit Cup<br>    | <b>30</b> Parmesan Crusted Tilapia, Roasted Sweet Potatoes, Broccoli, Pear<br>   | <b>31</b><br><br><br>Center Closed                                            | <br><br>Center Closed                                                   | Lunch will be served in Shannon Hall.<br><br>Highlighted dates, lunch will be served in Casey.                                                                        |                                                                                                    |

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

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

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

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

## **Living On**

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

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

### **Meeting location has moved to the Kirk Gibson Center**

31440 Northwestern Hwy, Suite 185 Farmington Hills, MI 48334

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 Aging Coffee Hour**

Join us the 2nd Wednesday of the month. Next meeting is November 12 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced, 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 Nancy Crutchfield, Care Team Manager, Elara Caring.

## **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.

## **Vision Support Group (no meeting in January)**

This group meets the 1st Thursday 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.**

## **Ban-joes of Michigan**

The Ban-Joes of Michigan are one of the oldest jazz banjo band and club in the U.S.A and have been in operation for over 50 years. They are a group of diverse individuals who all share a love of Americas favorite instrument...the banjo...!! We are working hard to preserve this great instrument and the jazz music of the early 20th century. The group meets to jam and practice every Wednesday form 2:00 - 5:00 pm. Come join the fun or just stop in to enjoy the music!

## **BINGO No Bingo 12/25**

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

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

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

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

**January - The Witches by Stacy Schiff**

## **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.

**Contract Bridge** Drop in and play contract bridge on Wednesdays from 1-3 p.m. Newer and experienced players welcome. Bring a partner if possible. \$1 per session.



## **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. Here is the link:

<https://mifarmingtonhillsweb.myvscloud.com/webtrac/web/iteminfo.html?module=AR&fmid=253664394&InterfaceParameter=WebTrac>

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.

***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**

Would you like to meet new friends? Join us on the 2nd Wed. of each month at 11:00 am to meet fellow seniors and make new friends. Enjoy light snacks, develop meaningful relationships and fellowship with light-hearted conversations. Learn from interesting speakers, share any current challenges that you would like advice from the group.

### **Pinochle Group**

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

### **Quilters**

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

### **Red Hat Society Group**

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



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

If you are interested in being a group leader for Sojourn Bears call Anna at 248-473-1822. The Adults 50 & Better Program sponsors this local chapter of the national program that makes teddy bears for distribution to adult cancer patients and survivors for support and comfort. This group meets to sew, stuff, cut out, and create the bears the 4th Monday each month at 1 pm. Many of the tasks can be taken home to complete. Patterns and instructions provided.

### **Tai Chi 50 cents**

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

### **The Next Chapter Library Program (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!

### **Wednesday Afternoon Creative Art Group**

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

### **Wii Sports**

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

## **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 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 3:00 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!**

**December 4, 18 - Coffee and Stroll - 10:30 - 11:30 am** - Join this social group every other Wednesday for a naturalist guided slow paced walk along the trails of Heritage Park. Please dress for the weather and wear sturdy boots. Call 248-473-1870 for dates.

*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)

**POOL WILL BE CLOSED 12/23/25 - 1/1/26**

### 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 -

**No pickleball 12/15, 12/24, 12/25, 12/31**

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

### Monday | 9:00 - 11:30 am

All skill levels welcome.

### Wednesday, Friday | 9:00 - 11:00 am

All skill levels welcome.

### Monday | 12:00 - 3:00 pm

All skill levels welcome.

### Tuesday | 12:30 - 3:00 pm

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

### Tuesday | 3:00 - 5:30 pm | Punch Pass Only

All skill levels welcome.

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

 All skill levels welcome.

### **NEW - Wednesday Evening Pickleball | 6:00 - 8:00 pm | Punch Pass Only**

There will be at least 1 court to instruct beginners. The other 2 courts will be open play.

### Thursday for Beginners | 12:30 - 3:00 pm

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

### Thursday | 3:00 - 5:30 pm | Punch Pass Only

All skill levels welcome.

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

All skill levels welcome.

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

**10 session punch card R/NR Fee: \$35/\$45**

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

## **FITNESS CLASSES**

### **NEW - Starting in January - HORSE Basketball**

**Thursday | 1/8 - 2/19 | 6:00 - 8:00 pm #CS2514-01**

7 week session

**R/NR Fee: \$28/\$35**

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'll play AROUND THE WORLD, CRAZY PIG, and KNOCK OUT. You'll have fun while also getting some exercise.

### **NEW - Starting in January - Fit Walk**

**Thursday | 1/8 - 2/12 | 4:00 - 4:35 pm #CS2515-01**

6 week session

**R/NR Fee: \$27/\$33**

**Instructor: Deb Koss**

Enjoy indoor walking to improve your cardiovascular system, burn calories, tone muscles and have fun with others. Class is short, about 35 minutes and approximating 2 miles in distance. Walk to the beat of popular and classic music, including oldies from the 60's. Sets include upper torso muscle work for full body conditioning. Wear walking shoes or cross trainers with good sole support, and bring a towel and water.

**Yoga** The benefits of yoga are almost endless! Practicing yoga helps build healthy virtues and good values. Yoga empowers you to make conscious choices toward living a more healthy and fulfilling life.

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

**Monday | 11/10 - 12/15 | 10:15 - 11:15 am #CS1500-04**

*Next Session*

**Monday | 1/5 - 2/9 | 10:15 - 11:15 am #CS2500-01**

**Instructor: Claire Sophia**

5 week session (No Class 1/19)

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

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.

**Tuesday | 11/4 - 12/16 | 9:45 - 10:45 am #CS1500-05**

*Next Session*

**Tuesday | 1/6 - 2/10 | 9:45 - 10:45 am #CS2500-02**

**Instructor: Linda Hawkins**

6 week session

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

**Wednesday | 11/5 - 12/17 | 9:45 - 10:45 am #CS1500-06**

*Next Session*

**Wednesday | 1/7 - 2/11 | 9:45 - 10:45 am #CS2500-03**

**Instructor: Linda Hawkins**

7 week session

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

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

## Chair Yoga

**Monday | 11/3 - 12/15 | 11:00 am - 12:00 pm #CS1504-03**

*Next Session*

**Monday | 1/5 - 2/9 | 11:00 am - 12:00 pm #CS2504-01**

**Instructor:** Bharti Shah

5 week session (No class 1/19)

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

**Wednesday | 11/5 - 12/17 | 11:00 am - 12:00 pm #CS1505-02**

*Next Session*

**Wednesday | 1/7 - 2/11 | 11:00 am - 12:00 pm #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.

## Yoga Strength

**Tuesday | 11/4 - 12/16 | 11:00 am - 12:00 pm #CS1503-02**

*Next Session*

**Tuesday | 1/6 - 2/10 | 11:00 am - 12:00 pm #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.

## Therapeutic Yoga

**Thursday | 11/6 - 12/18 | 9:45 - 10:45 am #CS1501-02**

*Next Session*

**Thursday | 1/8 - 2/12 | 9:45 - 10:45 am #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 Evening

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

*Next Session*

**Thursday | 1/8 - 2/12 | 5:30 - 6:30 pm #CS2502-01**

**Instructor:** Bharti Shah

6 week session

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

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

## Balance, Strength & Stretch

**Wednesday | 11/5 - 12/17 | 4:15 - 5:00 pm #CS1513-02**

**Next Session**

**Wednesday | 1/7 - 2/11 | 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 hand weights, resistance bands, sweat towel and water.

## Feldenkrais: Awareness Through Movement

**Wednesday | 11/5 - 12/17 | 9:30 - 10:30 am #CS1511-02**

**Next Session**

**Wednesday | 1/7 - 2/11 | 9:30 - 10:30 am #CS2511-01**

6 week session

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

## EZ Beginner Hustle

**Tuesday | 11/4 - 12/16 | 1:15 - 2:15 pm #CC1516-02**

**Next Session**

**Tuesday | 1/6 - 2/10 | 1:15 - 2:15 pm #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.

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**COSTICK CENTER WILL BE CLOSED DECEMBER 24, 25, 31 AND JANUARY 1  
FOR THE CHRISTMAS & NEW YEAR HOLIDAY**



## Gym Exercise

**Tuesday | 11/4 - 12/16 | 11:00 am - 12:00 pm #CS1509-03**

**Next Session**

**Tuesday | 1/6 - 2/10 | 11:00 am - 12:00 pm #CS2509-01**

6 week session

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

**Thursday | 11/6 - 12/18 | 11:00 am - 12:00 pm #CS1509-04**

**Next Session**

**Thursday | 1/8 - 2/12 | 11:00 am - 12:00 pm #CS2509-02**

6 week session

R/NR Fee: 17.50/\$21.00

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!

## Fit 5000

**Tuesday | 11/4 - 12/16 | 9:45 - 10:45 am #CS1510-03**

**Next Session**

**Tuesday | 1/6 - 2/10 | 9:45 - 10:45 am #CS2510-01**

6 week session

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

**Thursday | 11/6 - 12/18 | 9:45 - 10:45 am #CS1510-04**

**Next Session**

**Thursday | 1/8 - 2/12 | 9:45 - 10:45 am #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.

## Intermediate Hustle

**Thursday | 11/6 - 12/18 | 6:00 - 7:00pm #CC1512-02**

**Next Session**

**Thursday | 2/26 - 4/2 | 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

## Tai Chi for Movement & Balance

**Thursday | 11/6 - 2/12 | 1:00 - 2:00 pm #CS1508-02**

**Next Session**

**Thursday | 1/8 - 12/18 | 1:00 - 2:00 pm #CS2508-01**

6 week session

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

**Instructor:** Bill Harper

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

## Tai Chi

**Wednesday | 11/12 - 12/17 | 6:00 - 7:00pm #CS1506-03**

**Next Session**

**Wednesday | 1/7 - 2/11 | 6:00 - 7:00pm #CS2506-01**

6 week session

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

**Friday | 11/7 - 12/19 | 10:00 - 11:00am #CS1506-04**

**Next Session**

**Friday | 1/9 - 2/13 | 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 | 11/12 - 12/17 | 7:00 - 8:00pm #CS1507-03**

**Next Session**

**Wednesday | 1/7 - 2/11 | 7:00 - 8:00pm #CS2507-01**

6 week session

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

**Thursday | 11/6 - 12/18 | 2:00 - 3:00pm #CS1507-04**

**Next Session**

**Thursday | 1/8 - 2/12 | 2:00 - 3:00pm #CS2507-02**

6 week session

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

**Friday | 11/7 - 12/19 | 11:00am - 12:00pm #CS1507-06**

**Next Session**

**Friday | 1/9 - 2/13 | 11:00am - 12:00pm #CS2507-03**

6 week session

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

This class will offer Wu style Tai Chi Chuan hand forms.

## Absolute Beginner Line Dance

**Friday | 12/5 - 12/19 | 11:30am - 12:00 pm #CC1507-04**

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

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

## Beginner Line Dance

**Wednesday | 12/3 - 12/17 | 12:00 - 1:00 pm #CC1500-07**

**R/NR Fee: \$21/\$21** 3 week session

**Friday | 12/5 - 12/19 | 12:00 - 1:00 pm #CC1500-08**

**R/NR Fee: \$21/\$21** 3 week session

## Beginner Plus Line Dance

**Friday | 12/5 - 12/19 | 1:00 - 2:00 pm #CC1505-04**

**R/NR Fee: \$21/\$21** 3 week session

## Intermediate Line Dance

**Wednesday | 12/3 - 12/17 | 1:00 - 2:00 pm #CC1506-04**

**R/NR Fee: \$21/\$21** 3 week session

**Instructor:** Christine Stewart

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

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

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## VOLUNTEERS NEEDED

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

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

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

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

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

## Beginners Ballroom

Waltz | Wednesday | 11/5 - 12/17 | 6:30 - 7:20 pm #CC1501-03

Rumba | Wednesday | 11/5 - 12/17 | 7:30 - 8:20 pm #CC1501-04

### *Next Session*

Foxtrot | Wednesday | 1/7 - 2/11 | 6:30 - 7:20 pm #CC2501-01

Hustle | Wednesday | 1/7 - 2/11 | 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

Mambo/Salsa/Merengue | Tuesday | 11/4 - 12/16 | 6:30 - 7:20 pm #CC1502-03

East Coast Swing | Tuesday | 11/4 - 12/16 | 7:30 - 8:20 pm #CC1502-04

### *Next Session*

Cha Cha | Tuesday | 1/6 - 2/10 | 6:30 - 7:20 pm #CC2502-01

Tango | Tuesday | 1/6 - 2/10 | 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

Foxtrot | Monday | 11/3 - 12/15 | 6:30 - 7:20 pm #CC1503-03

Hustle | Monday | 11/3 - 12/15 | 7:30 - 8:20 pm #CC1503-04

### *Next Session*

Waltz | Monday | 1/5 - 2/9 | 6:30 - 7:20 pm #CC2503-01

Rumba | Monday | 1/5 - 2/9 | 7:30 - 8:20 pm #CC2503-02

5 week session, (No class 1/19)

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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## Telephone Reassurance Program is Accepting New Clients

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

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

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

## Adults 50 & Better Life Long Learning

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

### Advanced Knitting

**Tuesday | 12/2 - 12/16 | 1:00 - 3:00 pm | #CS1405-02**

**3 week session**

**R/NR Fee: \$41/\$45**

**Instructor: Naomi Frenkel**

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

### Beginning Knitting

**Tuesday | 1/6 - 1/27 | 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

**Next session: Wednesday | 1/7 - 2/11 | 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 \$15.00 to be paid to instructor.

### Spanish Advanced Beginner

**Next session: Wednesday | 1/7 - 2/11 | 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 \$15.00 to be paid to instructor.

### EUCHRE 101 - New Session Each Month

**Monday | 1/5 - 1/26 | 11:00 am - 12:00 pm | #CS2423-01**

**4 week session**

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

**Instructor: Cindy Rose**

One-hour sessions at 11 a.m., four Mondays of the month. 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! .

### Learn to Play Mahjong

**Wednesday | 1/7 - 1/28 | 9:30 am - 11:30 am | #CS2432-01**

**4 week session**

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

**Instructor: Donna Mandell**

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 cash or check on the first day of class. You can register online, at the Costick front desk or by

# YOUR GAME, ALL YEAR.



## The *All-New* Multisport Simulator at The Hawk.

Experience the thrill of world-class golf without leaving town! Tee off at over 50 legendary courses including TPC Sawgrass, Pebble Beach, and the historic St. Andrews – all with stunning realism and accuracy. But the fun doesn't stop there. When you're ready to switch things up, choose from 12 other exciting sports like Football, Baseball, Soccer, and even Zombie Dodgeball for an unforgettable twist. Whether you're fine-tuning your golf swing or diving into action-packed multiplayer games, our multisport simulator delivers non-stop entertainment for players of all ages and skill levels. Rain or shine, it's always game time here!



### Book a Time

Monday-Thursday  
10am-9pm

Friday  
10am-8pm

Saturday  
10am-7pm

Sunday  
10am-6pm



**Private Rentals are available!**

Email [kpercin@fhgov.com](mailto:kpercin@fhgov.com) for more info.

**THE HAWK**  
FARMINGTON HILLS COMMUNITY CENTER  
29995 W 12 MILE RD, FARMINGTON HILLS, MI 48334

## FIRE PREVENTION TIPS

- If you smoke, smoke outside. Provide smokers with large, deep, sturdy ashtrays. Wet cigarette butts and ashes before throwing them out or bury them in sand, and never throw them in plants or mulch. Never smoke in bed. Never smoke if oxygen is used in the home.
- Give space heaters space. Keep them at least 3 feet (1 meter) away from anything that can burn—including you. Shut off and unplug heaters when you leave the room or go to bed. Plug heaters directly into a wall outlet and never into an extension cord or power strip.
- Stay in the kitchen when frying food and cooking on the stove top. If you leave the kitchen, even for a short time, turn off the burner. Use a timer when cooking. Don't cook if you are drowsy from alcohol or medication. Do not cook when taking new medication until you know how it will affect you.
- Smoke and carbon monoxide alarms save lives. Install smoke alarms on every level of your home, inside each bedroom, and outside each sleeping area. For the best protection, have interconnected alarms, so when one sounds, they all sound. Have someone test your smoke alarms once a month by pushing the test button. Replace any that are 10 years old or older.
- Plan your escape for your abilities. Have a landline or a cell phone with a charger near your bed to call for help if you are trapped by smoke or fire. Have your walker, cane, scooter, or wheelchair by your bed. Keep your glasses, phone, and flashlight near your bed to reach quickly in an emergency.



### 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.

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



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# TRAVEL NEWS



## **RYBICKI TOURS**

Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

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

Credit card payments are accepted for all trips.

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

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### **All Shook Up at Meadow Brook Theatre, January 14, 2026 (Wednesday), \$145/pp**

Enjoy lunch at Loccino Italian Grill & Bar in Troy prior to the matinee performance. Enjoy a plated meal served at your table from a limited menu. Following lunch, enjoy a main floor ticket for the matinee performance at the Meadow Brook Theatre. Inspired by & featuring the songs of Elvis Presley. This crowd-pleasing musical is inspired by and featuring the songs of Elvis Presley. It's 1955 and into a square little town in a square little state rides a guitar-playing young man who changes everything & everyone he meets in this hip-swiveling, lip-curling musical fantasy that'll have you jumpin' out of your blue suede shoes with such classics as "Heartbreak Hotel," "Jailhouse Rock," & "Don't Be Cruel". In collaboration with Oakland University's School of Music, Theatre & Dance.

### **Captain Fantastic, a Tribute to Elton John at Zehnder's, February 25, 2026 (Wednesday), \$145/pp**

Enjoy Zehnder's Chicken Luncheon in their beautiful main dining room followed by a performance delivering all the iconic hits, dazzling piano flair, and show-stopping energy of a true Elton John concert! For many decades, Elton John has been one of the greatest entertainers and continues to astonish audiences all around the globe with his music and outstanding performances. Ron Foss' Captain Fantastic Detroit is not only an amazing tribute to this great entertainer, he also bears a striking resemblance to Sir Elton John. His piano style and vocals will have you thinking you are part of the real concert event. Following the concert, enjoy some free time on Main Street of downtown Frankenmuth for shopping and exploring.

### **The Outsiders at the Fisher Theatre, March 15, 2026 (Sunday), \$215/pp**

Enjoy Bruch Buffet prior to the performance at Andiamo Detroit Riverfront. Main floor ticket for the 1:00 pm performance of the four 2024 Tony Awards, including Best Musical, The Outsiders. With a dynamic score, The Outsiders is a story of friendship, family and the realization that there is still "lots of good in the world". Roundtrip via modern motorcoach transportation. Departure Time: 9:30 am - Approx. Return: 5:00 pm

### **Rick Steve's Europe a Symphonic Journey, March 27, 2026 (Friday), \$155/pp**

#### **DSO Pop Series at orchestra Hall in Detroit, MI**

Main floor ticket to the 10:45 am performance. Best know for his acclaimed PBS series and bestselling travel guides, Rick Steves takes audience on a different kind of journey - A Symphonic Journey. From Italy and England to Austria, Norway, and beyond, into the history and culture that shaped these timeless works. After the show lunch at Slows Bar BQ in Corktown Detroit. Roundtrip via modern motorcoach transportation. Departure Time: 9:30 am - Approx. Return: 3:30 pm

### **Come From Away at Meadow Brook Theatre, Rochester, MI, April 2, (Thursday), \$145/pp**

Enjoy lunch at Lelli's restaurant in Auburn Hills prior to the show, your choice of entre. Main floor ticket for the 2:00 pm matinee performance at the meadow Brook Theatre. Following a true story during the 9/11 attacks, 38 plans and 6579 passengers were forced to land in Gander, Newfoundland, doubling the population of one small town on the edge of the world. Based on interviews with locals, Come From Away is about how hosting this international community of strangers spurred unexpected camaraderie in extraordinary circumstances. Roundtrip via modern motorcoach transportation. Departure Time: 10:30 am - Approx. Return: 5:30 pm



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: [TimelessMemoriesAnE@gmail.com](mailto:TimelessMemoriesAnE@gmail.com)

Website: [www.TimelessMemoriesAnE.com](http://www.TimelessMemoriesAnE.com)

## *Day & Adventure Trips 2026*

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- March 19 - Zehnder's Luncheon Show - Simon & Garfunkel Tribute
- April 28 - Selfridge Military Air Museum & Stahl's Car Museum
- May 29 - DSO Trip & Lunch - American Songbook
- June 4 - Frederik Meijer Garden & Chihuly Glass Exhibit
- June 22 - Detroit Princess Riverboat - Detroit Fireworks & Dinner
- June 30 - Saugatuck Riverboat and Sand Dune Rides
- October 6, 2026 - Zehnder's Luncheon Show - Johnny Cash & Friends

- Best of Australia & New Zealand – March 9, 2026 – 17 days
- Washington Cherry Blossom's & Williamsburg – April 7, 2026 – 6 days Bus Tour
- Holland Windmills, Waterways & Tulips River Cruise – April 20, 2026 – 9 days
- Music Cities – New Orleans, Memphis & Nashville – May 11, 2026 – 8 days
- Pacific Coast Adventure - July 12, 2026 – 8 days
- Highlights of Scandinavia – July 16, 2026 – 11 days
- National Parks & Historic Trains of Colorado – August 2, 2026 – 9 days
- Highlights of Scotland – Collette – August 15, 2026 – 10 days
- Western Road Trip – September 3 – 14, 2026 – 12 day bus tour west
- Athens & The Greek Islands – September 29, 2026 – 9 days
- New England Rails & Trails – September 30, 2026 – 9 days
- Explore America's Historic East - October 11, 2026 - 9 days- Celebrate 250 Anniversary
- Spain & Portugal Highlights – November 5, 2026 – 9 days
- Vermont – New Hampshire (3) Historic Rail Excursions – OCT 2026 – 8 days-Bus
- Branson Holiday Tour Ozark Mtn Christmas – November 16, 2026 - 6 days -Bus
- Smokey Mountains & Pigeon Forge Holiday – December 6, 2026

## 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.

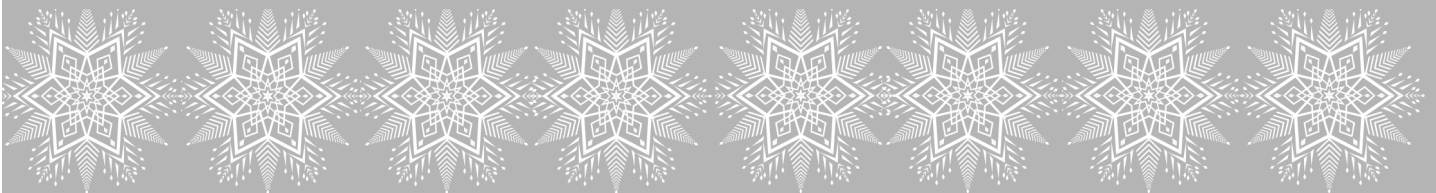
- Treat members of the community, participants, instructors, volunteers, and staff with dignity, courtesy, and respect. Gossip, insulting, inappropriate and/or threatening language, bullying or disruptive behavior is not allowed.
- Racial, religious, or sexual harassment of participants, volunteers, 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!



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





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- **AQUATICS PROGRAMMER**  
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\$13.50-15.50 PER HOUR
- **SWIM INSTRUCTOR**  
\$13.50-15.50 PER HOUR
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WE WILL PAY FOR TRAINING  
FLEXIBLE SCHEDULING OPTIONS  
APPLICANTS MUST BE 14 YEARS OR OLDER



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