

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



October 2024

The Fall season is upon us! The days are getting shorter and the temperature is cooling down. There is a lot to love about fall, make sure you get out and enjoy it. We have plenty of fun activities planned for you. Don't miss out! 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.



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

9/30/24

OPEN MIC MONDAY

Monday | October 14 | 11:00 am - 2:00 pm | No Fee

Come shake off the Monday Blues, the second Monday of the month, at our Open Mic Monday. Sit back and relax to American Standards, Folk Blues, and Jazz favorites. John Telford will be your host. Bring your instrument if you want to join in, no charge to enjoy the music. Beverages will be available for purchase. Order lunch from Costick Café by 11:00 am October 4 and eat in Shannon while you enjoy the music.

KARAOKE

Friday | October 25 | 11:30 am - 2:00 pm | #CS1100-02

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/\$5

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.**

October 18 - Twisters

#CS4001-10

Register by October 11 by 11:00 am

12:00 - 3:00 pm

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

Haunted by a devastating encounter with a tornado, Kate Cooper gets lured back to the open plains by her friend, Javi, to test a groundbreaking new tracking system. She soon crosses paths with Tyler Owens, a charming but reckless social-media superstar who thrives on posting his storm-chasing adventures. As storm season intensifies, Kate, Tyler and their competing teams find themselves in a fight for their lives as multiple systems converge over central Oklahoma.



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.

The Witch of Delray

Detroit was full of stark contrasts in 1931. Political scandals, rumrunners and mobs lurked in the shadows of the city's soaring architecture and industrious population. As the Great Depression began to take hold, tensions grew, spilling over into the investigation of a mysterious murder at the boardinghouse of Hungarian immigrant Rose Veres. Amid accusations of witchcraft, Rose and her son Bill were convicted of the brutal killing and suspected in a dozen more. Their cries of innocence went unheeded--until one lawyer, determined to seek justice, took on the case. Hear author Karen Dybis tell Rose's story and learn about how this infamous case still impacts us today.

Presenter: Karen Dybis

Wednesday | 10/16 | 10:00 - 11:30 am CS1003-01 | R/NR \$8/\$10

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

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.

Becoming the Motor City: A Timeline of Detroit's Auto Industry

Well over a century ago a cadre of self-trained mechanics, machinists, and other tradesmen started tinkering in the small, cramped machine shops near downtown Detroit. Despite their varied technical ideas, professional ambitions, and personal temperaments, they worked towards a common goal: to revolutionize personal transportation by capitalizing on the recently developed internal combustion engine. Today, Detroit continues to lead the world in charting the future of mobility. This presentation shares these and other highlights contained in Paul Vachon's book, which is a chronological timeline of the industry's Detroit story.

Presenter: Paul Vachon

Wednesday | 10/23 | 11:30 am - 1:30 pm CS1301-01 | R/NR \$12/\$15

Register by October 15, space is limited.

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.

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

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

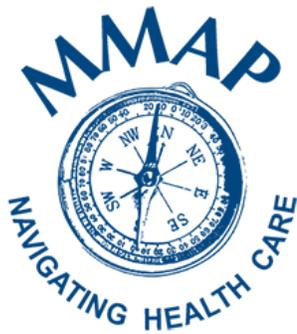


**adults50
& better**

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*

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 choose 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

Local Senior Adults are invited to Farmington Public Schools' Annual Senior Adult Breakfast on Thursday, October 17, 2024

Our local senior adults, friends, and neighbors are invited to come together and celebrate Farmington Public Schools (FPS) at the District's Annual Senior Adult Breakfast on Thursday, October 17, 2024 at the Costick Center. The event will begin at 9 a.m.

The Breakfast brings together hundreds of local senior adults, aged 60 and up, who will have the opportunity to speak with District representatives about current educational practices happening within the schools. This event also provides our adult seniors with a chance to meet and visit with Farmington Public Schools' Interim Superintendent Dr. Kelly Coffin. Guests will get the chance to mingle with students from each school while looking at school projects on display. Attendees will also get to see all the recent awards, achievements, and updates that are happening throughout the District.

Additionally, the Senior Adult Breakfast is where the District will announce the 2024/2025 Senior Adult Extraordinary award winner. This award is designed to recognize, promote, and encourage the volunteer efforts of senior citizens within Farmington Public Schools. The honored senior adult (aged 60 and above) must volunteer in the District and contribute to the overall education process.

Reservations for this event are required and will be limited to the first 300 people. The Senior Adult Breakfast will be held at the Costick Center located at 28600 Eleven Mile Road in Farmington Hills. To make a reservation, please contact the District's School/Community Relations Department at 248-489-3349.

The Michigan Department of Health and Human Services invites you to participate and share your experiences and preferences regarding the 988 Suicide & Crisis Lifeline.

Please call or email Erica Lammers at 248-789-7825, or elammers@publicsectorconsultants.com

Your perspective is invaluable as we work towards tailoring our services to meet the unique needs of adults aged 60 and older in Michigan. Similar to 911 for emergencies, the 988 Suicide & Crisis Lifeline provides immediate access to trained crisis specialists who offer confidential support 24 hours a day, 7 days a week.

Our goal is to hear from you about your experiences, recommendations, and concerns so that we can help improve 988 Suicide & Crisis Lifeline crisis line call center procedures to better support older adults. If you have called the 988 Suicide & Crisis Lifeline, we want to hear about your experience. If you haven't called, we want to hear what you would want your interaction with the crisis line to look like.

Whether or not you've experienced a crisis, this can be a sensitive and challenging topic. If you need support after participating in this discussion, please call the crisis line by dialing the 988 Suicide & Crisis Lifeline. This service is free to everyone and is still accessible to you if you choose not to participate in this research.

[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!

October 2 - 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.

October 8 - 6:30 - 8:00 pm - ART WITH NATURE - Join us for an in-person workshop to broaden your horizons and enhance your nature knowledge! We will cover the basics during a **FREE, VIRTUAL** presentation. Then join us for an in-depth, **IN-PERSON** program diving deeper into the topic.

October 13 - 1:00 - 2:00 pm –Fall Color Walk Experience the magic of the season! Take a guided hike under a canopy of color through Heritage Park. Discover why and how leaves change color in the fall, and search for animals preparing for winter. Please dress for the weather.

October 19 - 8:00 - 9:30 pm - 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.

October 18 - 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.

Oktoberfest Luncheon

Ich bin so aufgeregt!

Let's travel to Germany to dine in the traditional Bavarian style while celebrating Oktoberfest. You won't want to miss this afternoon of music and a delicious lunch.

Friday | 10/11 | 11:30 am - 1:30 pm | #CS1206-01 R/NR Fee: \$12/\$15

Register by October 3rd.

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

Register by November 13th

Thank you to our sponsor:



Holiday Extravaganza

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

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

Register by December 6th



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



Farmington Area Commission on Aging on Aging on Romance 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 Sweetest Day is in October, the Commission calls your attention to romance scams.

ROMANCE SCAMS

- A Romance Scam is when a new love interest says they love you—but they want your money.
- Can be online or in person
- Scammers often get information from the Internet or Facebook
- The key is that they will ask for money for a car repair, to travel to see you, or for a “sure-fire” investment. Their money is inexplicably tied up. “All I need...”



Sources: Consumer Financial Protection Bureau & FDIC

AARP notes that romance scams may unfold as follows. Scammers create fake profiles on dating websites or reach out on social media. Soon they push to move the relationship off the dating or social platform to a private channel like email or instant messaging. They lavish the person with attention; then create a story to ask for money. To protect against this scam, take it slowly. Limit the amount of information shared. Be wary of excessive or overly complimentary emails. If you suspect a romance scam, cut off contact immediately. Do not send cash, cryptocurrency, or gift cards to someone you haven't met in person. “Cyberspace is full of scammers eager to take advantage of lonely hearts.”—AARP.

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

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

Farmington Hills

Adult Day Program

A Day Program for Older Adults with Memory Loss

Enriching participants' lives through:

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

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

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

Location: Center for Active Adults at the Costick Center

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



**adults50
&better**



GOOD DENTAL HEALTH TIPS

More than half of Americans over the age 65 don't visit their dentist unless there is a painful problem. Poorly fitting dentures, gum disease, cavities, sores in the mouth or dry mouth all can make eating difficult.

Maintaining a healthy mouth promotes overall health. A healthy mouth has:

- *fresh breath
- *pink gums
- *cavity-free teeth
- *missing teeth replaced

If you have missing teeth, painful or broken teeth, loose or shifting teeth, red swollen tender gums or sores, the mouth cannot function properly and dental disease may develop. As a result, the body's general health also suffers. Before the development of today's good dental care practices and the use of fluoride toothpastes, many older people had their teeth removed.

As we get older we may experience some problems with the mouth and teeth due to:

- *age-related decrease in taste and smell causing loss of appetite and poor eating habits
- *the aging process and less saliva causing dry mouth
- *certain illnesses
- *many medications
- *dentures that don't fit properly

A commonly encountered problem is due to plaque. Plaque is a thin, colorless, sticky film of harmful germs that live in the mouth and form on the teeth. Frequently eating sugars and starches produces an acid that attacks the enamel of the teeth and causes cavities.

Warning signs of tooth decay are:

- *pain during chewing
- *a dark spot on a tooth
- *persistent pain in the mouth or sinus

Keep your mouth healthy by:

- *daily brushing, flossing and rinse your teeth and mouth
- *eat a balanced diet with a variety of foods. Include grains, fruits, vegetables, dairy products, meats, eggs, dried beans.
- *protein, vitamin A and vitamin C promote healthy gums. Calcium and Vitamin D are needed for strong teeth.
- *limit sugar
- *milk, cheese, peanuts and sugarless gum help slow down the acid production that causes decay

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 October 7 you need to reserve by Friday, October 4 at 11 a.m.)

Save a phone call. Order all your meals for several days or the month in advance.

All meals must be reserved in advance.

Reserve your meal by calling 248-473-1830.

- Meals are available **only from 12 – 12:30 p.m. in Shannon Hall**
- No exceptions to posted meal.
- Donation age 60+ \$3.50, under 60 \$6.00.

Procedure upon arriving at the Costick Center:

- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, proceed to Shannon Hall.
- Sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- **The congregate meal is plated for you to eat in Shannon Hall. No carry-out.**
- **No lunch service October 1 & 11.**
- **Lunch will be served in Casey on October 23, 24, 25, 28, 29, 30, 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

October 2024 Menu

	Mon	Tue	Wed	Thu	Fri	Sat
Lunch will be served in Shannon Hall.	<p style="text-align: center;">1</p> <p style="text-align: center;">TOTAL WELLNESS FAIR 10 AM - 12:30 PM</p> <p style="text-align: center;">No Lunch Service</p>	<p style="text-align: center;">2</p> <p>Swedish Meatballs with Pasta, Scandinavian Blend Vegetables, Mandarin Orange</p>	<p style="text-align: center;">3</p> <p>Spanish Cheese Omelet, Malibu Blend Vegetables, Hash Brown Potatoes, Peach Salsa</p>	<p style="text-align: center;">4</p> <p>Country Fried Steak, Whipped Potatoes, Spinach, Pear</p>	5	
<p>Highlighted dates, lunch will be served in Casey.</p>						
6	<p style="text-align: center;">7</p> <p>Shredded Beef Barbeque, Au Gratin Potatoes, Nantucket Vegetable Blend, Tropical Fruit</p>	<p style="text-align: center;">8</p> <p>Lemon Pepper Tilapia, Wild & Brown Rice, European Vegetable Blend, Orange</p>	<p style="text-align: center;">9</p> <p>Chicken Cacciatore, Roasted Potatoes, Italian Blend Vegetables, Caesar Salad, Pear</p>	<p style="text-align: center;">10</p> <p>Stuffed Pepper, Mashed Potatoes, Vegetable Blend, Apple</p>	<p style="text-align: center;">11</p> <p style="text-align: center;">No Lunch Service</p>	12
13	<p style="text-align: center;">14</p> <p>Italian Cheese Manicotti, 2 Chicken Meatballs, Sicilian Blend Vegetables, Garden Salad, Honey Crisp Apple</p>	<p style="text-align: center;">15</p> <p>Beef Stroganoff, Mashed Potatoes, Capri Blend Vegetables, Applesauce</p>	<p style="text-align: center;">16</p> <p>Whitefish with Pesto, Basmati Rice, Venetian Blend Vegetables, Banana</p>	<p style="text-align: center;">17</p> <p>Beef Frank, California Vegetable Blend, Hot Cinnamon Apples, Potato Salad</p>	<p style="text-align: center;">18</p> <p>Chicken Leg, Mac N Cheese, Green Beans, Garden Salad, Tangerine</p>	19
20	<p style="text-align: center;">21</p> <p>Chili Lime Tilapia Vegetable Rice Pilaf, Northwest Vegetable Blend, Apple</p>	<p style="text-align: center;">22</p> <p>Beef Pepper Steak, Vegetable Fried Rice, Oriental Vegetable Blend, Mandarin Orange</p>	<p style="text-align: center;">23</p> <p>Penne with Meat Balls, Riviera Vegetable Blend, Garden Salad, Apple</p>	<p style="text-align: center;">24</p> <p>Chicken Enchilada, Fiesta Black Beans, Spanish Rice, Pear</p>	<p style="text-align: center;">25 Turkey Burger w/Swiss Cheese, Oven Fried Potatoes, Carrots, Pineapple</p>	26
27	<p style="text-align: center;">28</p> <p>Stuffed Cabbage, Mashed Potato, Scandinavian Vegetables, Fresh Pear</p>	<p style="text-align: center;">29</p> <p>Chicken Marsala, Cavatappi Pasta, Broccoli, Banana</p>	<p style="text-align: center;">30</p> <p>Salisbury Steak, Au Gratin Potatoes, Green Beans, Apple</p>	<p style="text-align: center;">31</p> <p>Beer Battered Cod, Sweet Potato Mash, Key West Vegetable Blend, Tropical Fruit Cup</p>		

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

Farmington Hills Parkinson's Support Group

Join us the 1st Wednesday of the month starting at 2:00 pm. The Michigan Parkinson Foundation is dedicated to offering valuable support and encouraging connections among individuals affected by Parkinson's disease, and their caregivers. By nurturing social connections and fostering a sense of community, we can create a supportive network that empowers individuals and caregivers on their Parkinson's journey.

Navigating Change and Loss Coffee Hour

Group currently full. Contact Lisa Gardner, Bereavement Coordinator at ligardner@interimhealthcare.com to be added to the waitlist, or for alternative grief resources. Join us the 2nd Wednesday of the month. Next meeting is 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 248-996-1058 to register and the zoom link will be sent to you by email.

Brain Injury Support Group

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

Caregivers

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

First Step Stroke

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

Vision Support Group

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

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

BINGO

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

Book Discussion

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

Registration will be required to attend book discussion at Costick, people will need to register through the library calendar on the Farmington Library website for each meeting. The website is easy to use - go to www.Farmlib.org, 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.

October: *Nobody's Fool*, by Richard Russo.

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

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
Plus, a new group meeting Friday afternoon, 1:00 - 4:00 pm.

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

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

Drop-In Welcome! **October 22nd: Pumpkin Painting:** In celebration of Halloween, come paint a small pumpkin and take it home with you! Pumpkins and paint 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

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.

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

SENIOR ARTHRITIS EXERCISE

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

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

Resealable Card Holders & Lanyards

Keep your punch cards nice and dry with plastic zippered card holders!

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

You can sign up online at <https://recreg.fhgov.com> or at the front desk at the Costick Center.
Call 248-473-1830 for help with online registration.

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

Pickleball - Drop-in Play at the Costick Center

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.

 **NEW Wednesday 9/4 - 10/16 for Beginners | 6:00 - 8:00 pm | Punch Pass Only**
Beginner courts available with experienced volunteers to help.

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.

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

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

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.

Beginners Yoga

Instructor: Katielynn Marie

Wednesday | 9/11 - 10/23 | 11:00am - 12:00pm #CS1505-01 *Next session: 11/6 - 12/18 #CS1505-02*

7 week session

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

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. If you have a medical condition or a recent injury, usually, there are alternatives or modifications that can allow you to practice safely. This class can be seated yoga or floor yoga. When you're brand new to yoga, it can feel intimidating and be difficult to know exactly where and how to.

The best way to know if yoga is for you is to give it a try.

Yoga

Tuesday | 9/10 - 10/22 | 9:45 - 10:45am #CS1500-02 *Next session: 11/5 - 12/17 #CS1500-05*

Instructor: Linda Hawkins

Wednesday | 9/11 - 10/23 | 9:45 - 10:45am #CS1500-03 *Next session: 11/6 - 12/18 #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 | 9/9 - 10/21 | 11:00am - 12:00pm #CS1504-01 *Next session: 11/4 - 12/16 #CS1504-02*

Instructor: Bharti Shah

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 | 9/12 - 10/24 | 9:45 - 10:45am #CS1501-01 *Next session: 11/7 - 12/19 #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 | 9/10 - 10/22 | 11:00am - 12:00pm #CS1503-01 *Next session: 11/5 - 12/17 #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 | 9/12 - 10/24 | 5:30 - 6:30pm #CS1502-02 *Next session: 11/6 - 12/18 #CS1502-02*

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 | 9/18 - 10/23 | 4:15 - 5:00 pm #CS1513-01

Next session: 11/6 - 12/18 #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 | 9/11 - 10/23 | 9:30 - 10:30am #CS1511-01

Next session: 11/6 - 12/18 #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 | 9/10 - 10/22 | 11:00 am - 12:00 pm #CS1509-01

Next session: 11/5 - 12/17 #CS1509-03

7 week session

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

Thursday | 9/12 - 10/24 | 11:00 am - 12:00 pm #CS1509-02

Next session: 11/7 - 12/19 #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 | 9/12 - 10/24 | 1:00 - 2:00pm #CS1508-01

Next session: 11/7 - 12/19 #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 | 9/11 - 10/23 | 6:00 - 7:00pm #CS1506-01 *Next session: 11/6 - 12/18 #CS1506-03*

Friday | 9/13 - 10/25 | 10:00 - 11:00am #CS1506-02 *Next session: 11/8 - 12/20 #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 | 9/11 - 10/23 | 7:00 - 8:00pm #CS1507-01 *Next session: 11/6 - 12/18 #CS1507-03*

Thursday | 9/12 - 10/24 | 2:00 - 3:00pm #CS1507-02 *Next session: 11/7 - 12/19 #CS1507-04*

Friday | 9/13 - 10/25 | 11:00am - 12:00pm #CS1507-05 *Next session: 11/8 - 12/20 #CS1507-06*

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

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

Instructor: Bill Harper

Instructor: Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

Fit 5000

Tuesday | 9/10 - 10/22 | 9:45 - 10:45am #CS1510-01 *Next session: 11/5 - 12/17 #CS1510-03*

7 week session

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

Thursday | 9/12 - 10/24 | 9:45 - 10:45am #CS1510-02 *Next session: 11/7 - 12/19 #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 **NEW DAY & TIME**

Tuesday | 9/10 - 10/22 | 1:15 - 2:00pm #CC1516-01 *Next session: 11/12 - 12/17 #CS1516-02*

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 | 9/12 - 10/24 | 6:00 - 7:00PM #CC1512-01 *Next session: 11/7 - 12/19 #CS1512-02*

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 | 10/4 - 10/25 | 11:30am - 12:00 pm #CC1507-02

R/NR Fee: \$16/\$16 4 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 | 10/2 - 10/23 | 12:00 - 1:00 pm #CC1500-03

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

Friday | 10/4 - 10/25 | 12:00 - 1:00 pm #CC1500-04

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

Beginner Plus Line Dance

Friday | 10/4 - 10/25 | 1:00 - 2:00 pm #CC1505-02

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

Intermediate Line Dance

Wednesday | 10/2 - 10/23 | 1:00 - 2:00 pm #CC1506-02

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

Instructor: Christine Stewart

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

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

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

EUCHRE 101 - New Session Each Month

Monday | 10/7 - 10/21 | 11:00 am - 12:00 pm | #CS1423-02 | R/NR Fee: \$15/\$18

3 week session

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

Instructor: Cindy Rose

One-hour sessions at 11 a.m., three 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 | 10/9 - 10/23 | 9:00 am - 10:00 am | #CS1411-02 | R/NR Fee: \$15/\$18

3 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. You can register online, at the Costick front desk or by calling 248-473-1830.

Beginning Knitting 2

Tuesday | 10/8 - 10/29 | 1:00 - 3:00 pm | #CS1404-01

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 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 Spanish through games and activities. First day of class a Book fee of \$12.00 to be paid to instructor.

Hospice: An Introduction to Comfort Care

Tuesday | 10/8 | 10:00 - 11:00 am | #CS1416-01 | No Fee
Instructor: Julie Capra

Participants will learn: What qualifies a person for Hospice, What the Benefit includes, The difference between Palliative Care & Hospice. Presented by Julie Capra, Lead Advisor-Hospice of Michigan & NorthStar Palliative Care. Register for this free program online, at Costick center front desk or by calling 248-473-1830.

Hands-Only CPR

Wednesday | 10/9 | 10:30 - 11:30 am | #CS1413-01 | No Fee

When it comes time to save a life, will you be ready? It's easy to learn, and you can increase the chance of someone surviving a cardiac emergency by taking this FREE class. Please note that this is not a certification class.

Steps to Safety

Tuesday | 10/22 | 10:00 - 11:00 am | #CS1412-01 | No Fee

Instructor: Michelle Soho, BSN, RN Injury Prevention Coordinator Corewell Health-Farmington Hills

Steps to Safety™ is a fire and fall prevention program for centered around key messages developed by safety experts from organizations throughout the US and Canada. Our local Steps to Safety program partners Farmington Hills Fire Dept, Farmington Hills Special Services, and Corewell Health Farmington Hills Injury Prevention to reduce incidence and injury from home fires and falls by promoting independence and empowerment for older adults through fire and fall prevention education. Register for this free program online, at the Costick Center front desk or call 248-473-1830.



Thank you to all the vendors for supporting the
Total Wellness Fair
and making this annual event a great success!

**adults 50
& better**

**FARMINGTON
HILLS**
Michigan

TRAVEL



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

Zehnder's Legends of Classic Country – the Music of Johnny Cash and Friends, October 16 (Wednesday), \$129

Experience a musical journey like no other! This isn't just any show; it's a heartfelt tribute to the iconic sounds of country music's golden era. Come join this award-winning ensemble of stellar musicians as they delve deep into the soul-stirring classic country catalogs of legends like Johnny Cash, Merle Haggard, Willie Nelson and many more. As the notes of timeless classics fill the air, immerse yourself in an ambiance reminiscent of Nashville's grand ole times. From the poignant ballads to the foot-tapping numbers, the show promises an enthralling blend of music that tells stories of love, hardship and the American dream. In addition to the show, enjoy Zehnder's Chicken Luncheon in their beautiful main dining room and some free time on Main Street of downtown Frankenmuth for shopping and exploring.

DSO Pop Series: Music of the Knights, October 25 (Friday), \$140

They are music's royalty - Sir Andrew Lloyd Webber, Sir Elton John, and Sir Paul McCartney. Experience the crown jewels of Broadway and pop at Orchestra Hall, featuring "Can You Feel the Love Tonight," "Circle of Life," "Phantom of the Opera," "Yesterday," "Memory," "Hey Jude," and more. Following the show, enjoy a full, sit-down meal at Sinbad's Restaurant.

Firekeepers Casino, October 29 (Tuesday), \$59

Get your Vegas on at Firekeeper's Senior Days (for 55+ Red Hot Rewards Club Members)! Enjoy your 4.5 hour casino visit! Having over 2,900 of the latest slot and video poker games, plus hand dealt table games including all your favorites like blackjack, craps, roulette, live bingo and more... Great restaurants, bars and lounges, Firekeepers is your dining and gambling destination. From the classic to the contemporary, there's something for everyone! The trip includes a \$25 Casino Incentive! Receive \$20 free slot play and \$5 in points (to be used for food, drink, merchandise or more additional free slot play). Plus, the SENIOR TUESDAY INCENTIVE (Earn 55 points and receive one drawing entry plus \$10 in BONUS Red Hot Credits). If you already have a Rewards Card, don't forget to bring it.

Winter Wonderettes at Cornwell's Dinner Theatre, November 7, 2024 (Thursday), \$119 -

Written and Created by Roger Bean, this energetic seasonal celebration finds the all-girl singing group, The Wonderettes, entertaining at the annual Harper's Hardware Holiday Party. When Santa turns up missing, the girls use their talent and ingenuity to save the party! Featuring great '60s versions of holiday classics such as "Santa Claus Is Comin' to Town," "Jingle Bell Rock," and "Winter Wonderland," the result is, of course, marvelous! Includes Cornwell's own delicious carved turkey luncheon and free time for shopping at the Gift Shop & Bakery.

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.

Biltmore Candlelight & Dolly, December 1 - 6 (Sunday - Friday), \$1,699 pp/dbl, \$2,199 pp/sgl Five nights accommodations: One night in Lexington, KY, One night in Asheville, NC, Two nights in Pigeon Forge, TN, One night in Dayton, OH. Eight meals: five breakfasts and three dinners. Enjoy the Biltmore Candlelight Christmas Dinner, a historic setting that was once the estate's horse stable; a Candlelight Evening Tour including extravagant holiday decor, live music & entertainment; the Estate Tour & Gardens at America's largest privately owned home, wine tasting at the winery. This is followed by dining, shopping and exhibits at Antler Hill Village and a four course feast and holiday festivities at Dolly Parton's Stampede Christmas Dinner Show and Pirates Voyage Christmas Dinner Show. Enjoy a self guided tour in this one-of-a-kind "passenger" experience at the Titanic Museum, followed by the Custard & Chocolate Shop. Wrap up the trip at The Island at Pigeon Forge with over 80 shops, restaurants and attractions and The National Museum of the US Air Force, the oldest and largest military aviation museum in the world.

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.



[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.

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.

Colorful Costa Rica, November 6 – 14, 2024.

This trip is a 9 day tour with ability to add on an extra 4 day extension to Tortuguero National Park. This trip leaves on November 6, 2024 and the booking discount rate is \$3775 per person for double occupancy. Tortuguero extension rate is an additional \$725 per person. Trip Includes: San Jose, Poas Volcano National Park, Coffee Plantation visit, Arenal Volcano National Park, Sarchi Artisan Village, Monteverde Cloud Forest Reserve, Selvatura Park & Hanging Bridges, Butterfly Garden & Hummingbird Gallery, Manuel Antonio National Park, Carara National Park, Orchid Garden Tour, and Jungle Crocodile Safari Cruise. It includes 8 breakfast and 6 dinners, Professional Naturalist Tour Director, roundtrip air. Deposit of \$600 at time of reservation.

Shipshewana Trip with the Lights of Joy Tour, November 22 - 23 (Sat - Sun), \$450 pp dbl, \$550 pp sgl

You'll be staying at the Blue Gate Hotel in Shipshewana with time to shop for the holidays in the downtown district that looks like it's straight out of a Hallmark Christmas Movie! Enjoy a buffet dinner at the Blue Gate restaurant & bakery and the Lights of Joy Bus Tour. The second day will be filled with a guided backroad Tour of Amish Country. Highlights of the tour include Dutch Country Market and Katie's Noodles; Rag Rug Weaver or Horseshoeing; Heart of Amish Country at Teaberry Wood Products - Make a Wooden Heart included; "B" Honey - hear the stories of the honey bee; Haystack Lunch at Yoder's Homestyle Cooking, and a Demo and shop at Silver Star Leather. You'll end the day with time to shop at the Yoder Red Barn Shops and Meat & Cheese.

Washington DC - A Capital Christmas, December 12 - 16, 2024.

We will be stopping first in Cambridge, OH for a night to tour Dickens Victorian Village and 1881 Courthouse Light Show. Then we will continue to Washington DC for shows at the Ford's theatre and the Kennedy Center. We will have a step on guide from Washington to take us on a tour of the monuments then a luminated tour of Christmas in Washington! Trip includes: Modern Motorcoach Transportation, 3 Nights Washington DC Downtown, 1 Night Cambridge, OH 4 Breakfast, 3 Dinners. \$1,899/dbl, deposit: \$150 at registration. Final balance due October 12, 2024.

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.

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!

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- 2 week hearing aid test drive, risk free, commitment free
- Custom products including noise, swim, hunting & musicians ear plugs
- Hearing aid repairs and modifications with onsite lab



Comfort Keepers In-Home Care

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 - Kind and compassionate, well-trained caregivers
 - Custom care plans tailored to meet your individual needs: personal care, companionship, ambulation assistance, light housekeeping, driving for errands and activities
 - FREE In-home assessment (or at the hospital or rehabilitation center)
- Flexible scheduling to meet your needs – anything from short visits to 24/7 care, 365 days/year
We care for anyone in need of assistance, including due to medical conditions, falls or accidents, aging, loneliness, dementia and Alzheimer's disease and so much more!

HOW TO HELP MOM

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- Mortgage
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- Selling a Home
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- Collectibles
- Health Insurance
- Estate Planning
- Senior Living
- Financial Advisor
- Estate Sales
- Probate
- Home Insurance
- Home Staging
- Safety Adaptions

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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.