

The Messenger

Programs for Active Adults 50 & Better

COSTICK CENTER - CENTER FOR ACTIVE ADULTS

City of Farmington Hills, 28600 Eleven Mile Road

Farmington Hills, MI 48336

General Information: 248-473-1830

Front Desk Hours 9:00 a.m. - 4:00 p.m. Monday - Friday



November 2025

NEWCOMER WELCOME TOUR

Thursday November 6, 10:00 - 11:00 am

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

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

Our service desk is located at the 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.

SEE PAGE 2 FOR A MESSAGE FROM FARMINGTON HILLS CITY MANAGER - Q & A

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

10/27/25



Message from the City of Farmington Hills City Manager

The City of Farmington Hills prides itself on offering excellent parks, programs, facilities, and services for residents and guests of all ages, interests, and abilities. 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.

Transparency, active engagement and open dialogue are at the heart of this process, and I wanted to take the opportunity to respond to some key questions that community members have asked:

Q. Has the City Council made any decisions regarding the new facility?

A. *At this time, City Council has not selected a single recommended facility. All options presented by the City's consultants, Sports Facilities Companies (SFC), are still being carefully considered to ensure that any decision reflects the needs and priorities of the community.*

Q. Who currently provides senior services to Farmington Hills residents and Costick Center visitors?

A. *The City's Special Services Department continues to provide and manage recreational and cultural programs for residents of all ages and abilities, including members of the 50 & Better community. As City Council moves forward with planning for a replacement facility supported by the feasibility study, your input, Costick Center survey results, and ongoing community feedback will play an important role in shaping a future facility that truly reflect the City's fiscal needs and priorities of the 50 & Better community.*

Q. Who is pursuing grants and potential donors for this project?

A. *There have been several options presented by SFC for the Council's consideration. At this time, no such efforts are underway. Any pursuit of grants or donor funding would first require formal approval by Council, followed by a careful review, vetting process, and more.*

Q. After 2.5 years of consultant work, what additional information is needed, and what changes will be made?

A. *Per industry standards, the City remains well within the typical timeframe for a project of this size and importance. From initial concept to ribbon cutting, a realistic and responsible timeline for most community centers is approximately three to five years. SFC has completed a comprehensive review of all Farmington Hills recreation facilities, parks, and programs. With this information in hand, City Council is now positioned to make informed decisions that balance fiscal responsibility with community needs — whether through a voter-supported millage or other funding options — in the best interest of all residents.*

Q. How will senior input and accurate financial information be ensured?

A. *The City continues to welcome and encourage community input regarding a proposed Costick Center replacement facility to benefit the City's 50 & Better community. Opportunities for engagement remain open through the Commission on Aging, online at www.fhgov.com/costickinput, during public meetings and communication with City leadership and elected officials. As with all major City initiatives, information about this project — including financial details — 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.*

I hope my responses have addressed some of your concerns and reinforced your confidence that City administration and 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 years to come.

Finally, as no decision has been made, 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. Thank you.

Sincerely,

Gary Mekjian, City Manager, City of Farmington Hills

VETERANS DAY CELEBRATION

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

Veterans that live in Farmington/Farmington Hills may attend at no charge but must register at the front desk at the Costick Center or by calling 248-473-1830 by November 3rd.

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

No walk-ins. Space is limited.

Register by November 3rd.

Tuesday | 11/11 | 11:00 am - 1:00 pm #CS1200-01 | R/NR Fee:\$12*/\$15

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

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

Veterans Day Celebration for the 29th year!



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



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



SENIOR HOLIDAY PACKAGES

We will be collecting the following item to be distributed in our Senior's holiday packages.

If you would like to donate, there will be a drop box in Shannon Hall at the Costick Center.

Items needed by December 5:

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



TUESDAY, DECEMBER 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.



OPEN MIC MONDAY

Monday | 11/10 | 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 November 7 and eat in Shannon while you enjoy the music.

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

NOW IS THE TIME TO SHOP FOR YOUR MEDICARE 2026 PRESCRIPTION PLAN

Save money and get the best coverage!



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

OPEN ENROLLMENT FOR MEDICARE PART D PLANS

OCTOBER 15 - DECEMBER 7

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

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

To schedule an appointment, please call 248-473-1843

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

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.

Downton Abbey The Grand Finale



Friday Film

Enjoy a recently released film on select Fridays.

Must register by 11:00 am

Friday the week before.

Call 248-473-1830 or register at the

Costick Center front desk.

Space is Limited.

November 21 — #CS4001-11

Register by November 14 by 11:00 am

12:00 - 3:00 pm

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

DOWNTON ABBEY: THE GRAND FINALE, the cinematic return of the global phenomenon, follows the Crawley family and their staff as they enter the 1930s. When Mary finds herself at the center of a public scandal and the family faces financial trouble, the entire household grapples with the threat of social disgrace. The Crawleys must embrace change as the staff prepares for a new chapter with the next generation leading Downton Abbey into the future.

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 11/20 | 11:30 pm - 1:30 pm #CS1204-01 | R/NR Fee: \$12/\$15

Register by November 12, space is limited.

Thank you to our sponsor:



OPTALIS
HEALTH & REHABILITATION

Grounded in Purpose, Guided by Principle

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

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

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.

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*

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. Then enjoy an hour of an enlightening experience.

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

Lincoln and Thanksgiving

Abraham Lincoln, portrayed by renowned re-enactor Kevin Wood, relates the story of how our national, annual observance of the Thanksgiving holiday came to be established during his Presidency. He explains his Thanksgiving proclamation in the context of the Civil War and the nation's history up to that point, and also shares the story of Sarah Josepha Hale, the writer and 'editor who tirelessly advocated for the new holiday. This program serves as a reminder that despite whatever difficulties we might be experiencing as a nation or as individuals, we can still find reasons for which to be thankful. Mr. Wood bears a remarkable resemblance to "the Great Emancipator" and is extremely knowledgeable about his life and times, and has performed as Lincoln over 2,500 times in 35 states as well as in Canada and Spain.

Presenter: Kevin Wood

Friday | 11/7 | 10:00 - 11:30 am | CS1003-01

R/NR \$8/\$10

Thank you to our sponsor:



THE MANOR
OF FARMINGTON HILLS
NURSING & REHABILITATION

A Ciena Healthcare Community

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.



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

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 America 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.



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.



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: Cloud Storage 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.

According to the FBI, scammers use various **phishing** tactics to “lure you in and get you to take the bait.” In other words, these scams are designed to trick someone into revealing sensitive information that scammers would not otherwise be able to access. This month we call your attention to one such phishing scam, and that is a phony cloud storage “alert.”

CLOUD STORAGE SCAMS



Scenario: Scammers send a **phishing** email or text message. The message ...

- Seems legitimate, perhaps from a well-known company (e.g., Apple, Microsoft, or Google), or it could be generic
- Claims there is a problem:
 - ✓ “You are out of storage and need more cloud space!”
 - ✓ “Upgrade before your files get deleted!”
- Instructs the recipient to take action:
 - ✓ “Update your payment details or verify your personal information.”
 - ✓ “Reply by clicking on the link or visiting this website.”



Sources: Federal Trade Commission & FBI

How to protect against cloud storage scams – Resist the impulse to respond to an unsolicited email or text message. Stop and think first. Legitimate companies do not contact individuals by email or text with a link to update one’s payment details or verify personal information. Do not click on links or visit a website provided in the message. Instead, if the message is from a company you use for cloud storage, contact them directly with a number or website you know to be real. Or log into your cloud account to check your storage space. Consider adding a layer of protection to your account using multi-factor authentication if offered. Report the phishing attempt to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov/ReportFraud).

–Sources: Federal Trade Commission & FBI

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.

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**



INTERACTION BETWEEN FOOD AND MEDICATIONS

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

A food-drug interaction can:

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

1. Calcium-Rich Foods vs Antibiotics

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

2. Potassium Rich Foods vs Lower Blood Pressure

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

3. Vitamin K Rich Foods vs Blood thinner

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

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

5. Cranberry Juice vs Blood Cholesterol

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



COSTICK CAFE DINE-IN MEAL PROGRAM

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

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

Service will be from 12 – 12:30 p.m.

Meals must be reserved at least one day in advance by 11 a.m. (ex. If you would like a meal on Monday November 10 you need to reserve by Friday November 7 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 November 4, 11, 20, 27, 28.**

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



We have some interest in putting together a Costick Choir group that would meet once or twice a week to learn songs, practice and perform at various Adult 50 & Better events. Day and time is still under consideration.

Anyone interested in joining this choir group, please stop by the Costick front desk to pick up a form. The group is also looking for someone that plays piano & could volunteer their time.

COSTICK CAFE DINE-IN MEAL PROGRAM

November 2025 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Chicken Tortilla Casserole, Refried Beans, Malibu Blend vegetables, Orange	4 Election Day No Lunch Service	5 Meat Lasagna, Capri Blend vegetables, Garden Salad, Banana	6 Parmesan Tilapia Au gratin Potatoes, Caribbean Blend Vegetables, Super Slaw, Apple	7 Beef Chilli with Tomatoes, Onions, Peppers, Corn Bake, Green Beans, Garden Salad, Fruit Cup	8
9	10 Italian Sausage, Roasted Peppers & Onions, Cheesy Potatoes, Orange	11 No lunch service  VETERANS DAY CELEBRATION	12 General Tso Chicken, Brown Rice, Kyoto Blend Vegetables, Banana, Fortune Cookie	13 Cod Fish Sandwich, Roasted Sweet Potatoes, Spinach, Coleslaw, Apple	14 BBQ Chicken Breast, Roasted Brussel Sprouts, Au gratin Potatoes, Garden Salad, Pear	15
16	17 Chicken Alfredo Lasagna, Italian Blend Vegetables, Tropical Fruit Cup	18 Pub Burger with Cheese, Vegetarian Baked Beans, Mixed Vegetables, Tangerine	19 Polish Kielbasa, Sauerkraut, Steamed Potatoes & Carrots, Apple	20 Friendsgiving No Lunch Service	21 Mac & Cheese, Stewed Tomatoes, Venetian Blend Vegetables, Pear	22
23	24 Mediterranean Chicken, Wild Rice, Ket West Vegetable Blend, Orange	25 Sloppy Joe, Cheesy Potatoes, Green Beans, Pear	26 Chicken Drumstick, Roasted Red Skins, Broccoli, Applesauce Cup	27 	28	29
30	Highlighted dates, lunch will be served in Casey.		Lunch will be served in Shannon Hall.			

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

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 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

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.

BINGO No Bingo 11/4, 11/20, 11/27

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.

November - 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. No session on 11/26.



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 NEW meeting time - 11:00 am

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

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

Tai Chi 50 cents

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

The Next Chapter Library Program

Join the Farmington Library's Outreach Specialist on the 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! **November 25, 2025: Holiday Card Making:** The holidays are here! Make a holiday card (or two!) for a loved one using various card making supplies. All art supplies will be provided.

Wednesday Afternoon Creative Art Group (Painters Group)

Sponsored by the Farmington Art Foundation, meets every Wednesday 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.

Nature Education Series for Adults located at the Farmington Hills Nature Center

To register go to: <https://mifarmingtonhillsweb.myvscloud.com/>

No need to register. Just show up!

November 12, 26 - 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.

November 7 - 8:00 - 9:00 pm - Full Moon Friday - Night Hikes - #PN1219-02 \$5.00

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



SENIOR AQUATICS PROGRAMS

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

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

SENIOR OPEN SWIM

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

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

SENIOR WATER EXERCISE

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

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

SENIOR ARTHRITIS EXERCISE

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

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

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 11/27, 11/28, 11/29

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

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

Instructor: Claire Sophia

6 week session

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

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

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

Instructor: Linda Hawkins

7 week session

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

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

Instructor: Linda Hawkins

7 week session

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

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

Chair Yoga

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

Instructor: Bharti Shah

7 week session

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

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

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

7 week session

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

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

Yoga Strength

Tuesday | 11/4 - 12/16 | 11:00 am - 12:00 pm #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.

Therapeutic Yoga

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

Instructor: Bharti Shah

6 week session (no class 11/27)

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

Instructor: Bharti Shah

6 week session (no class 11/27)

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

6 week session (no class 11/26)

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

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.

**COSTICK CENTER WILL BE CLOSED NOVEMBER 27, 28 & 29
FOR THE THANKSGIVING HOLIDAY**

THANKFUL

These 8 little letters form such a powerful word that means so much!

We are thankful for all our volunteers and all you do everyday to make Farmington & Farmington Hills a great place to live. I am sure you all have experienced many things to be thankful for over this past year. We would like to thank all of you for kind words of support for our programs, services and each other.

— Adults 50 & Better Staff



Gym Exercise

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

7 week session

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

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

6 week session (no class 11/27)

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!

Fit 5000

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

7 week session

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

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

6 week session (No class 11/27)

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

Instructor: Deborah Koss

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

EZ Beginner Hustle

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

7 week session

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

Instructor: Debra Koss

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

Intermediate Hustle

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

6 week session (No class 11/27)

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 - 12/18 | 1:00 - 2:00 pm #CS1508-02

6 week session (no class 11/27)

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

5 week session (no class 11/26)

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

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

6 week session (no class 11/28)

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

5 week session (no class 11/26)

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

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

6 week session (no class 11/27)

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

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

6 week session (no class 11/28)

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

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

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.

Absolute Beginner Line Dance

Friday | 10/31 - 11/21 | 11:30am - 12:00 pm #CC1507-03

R/NR Fee: \$12/\$12 3 week session (No class 11/14)

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

Beginner Line Dance

Wednesday | 11/5 - 11/26 | 12:00 - 1:00 pm #CC1500-05

R/NR Fee: \$21/\$21 3 week session (No class 11/12)

Friday | 10/31 - 11/21 | 12:00 - 1:00 pm #CC1500-06

R/NR Fee: \$21/\$21 3 week session (No class 11/14)

Beginner Plus Line Dance

Friday | 10/31 - 11/21 | 1:00 - 2:00 pm #CC1505-03

R/NR Fee: \$21/\$21 3 week session (No class 11/14)

Intermediate Line Dance

Wednesday | 11/5 - 11/26 | 1:00 - 2:00 pm #CC1506-03

R/NR Fee: \$21/\$21 3 week session (No class 11/12)

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!

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

6 week session

R/NR Fee: \$54/\$60

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

7 week session

R/NR Fee: \$63/\$70

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

7 week session

R/NR Fee: \$63/\$70

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

Spanish Beginner

Next session: Wednesday | 11/5 - 12/17 | 11:00 am - 12:00 pm | #CS1401-02

7 week session

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

Instructor: Manuela Thompson

Learning a new Language is a great way to keep the mind sharp. This fun class will teach Castilian Spanish through games and activities. First day of class a Book fee of \$15.00 to be paid to instructor.

Spanish Advanced Beginner

Next session: Wednesday | 11/5 - 12/17 | 12:30 - 1:30 pm | #CS1402-02

7 week session

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

Instructor: Manuela Thompson

Learning a new language is a great way to keep the mind sharp. This fun class will teach Castilian Spanish through games and activities. First day of class a Book fee of \$15.00 to be paid to instructor.

Advanced Knitting

Tuesday | 11/4 - 11/18 | 1:00 - 3:00 pm | #CS1405-01

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!

Smart DriversTEK

Monday | 11/10 | 10:00 - 11:30 am | #CS1421-01 | No Fee
Presenter: AARP

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

Getting to Know Your iPhone Part 2 - Exploring Apps

Tuesday | 11/18 | 10:30 - 12:00 pm | #CS1425-02
R/NR Fee: \$40/\$45
Instructor: Mike Wilson

The word "apps" is short for applications. You have many standard apps on your phone for practical uses. Let's use many of these apps in this user-friendly class. We will discuss and demonstrate your maps, calendar, photo gallery, some settings, widgets, search, getting apps, and do more as time permits.

Bring your fully charged iPhone with you to class.



Join Our Lifelong Learning Community

Learning the way you've always wanted it.
No Homework! No Studying! No Tests!

Each academic-style class meets one-time, for 90 minutes, and is taught by college-level faculty or an experts in their field.

Join other older adults in the community for field trips, special events, shared interest groups, and more.

Visit our website for more information.

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



Join us at the Hawk or on Zoom!

www.soarexplore.com

248-626-0296

info@soarexplore.com



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.)

Detroit Home for the Holidays, November 19, 2025 (Wednesday), \$149/pp

Start the morning off with a delicious breakfast buffet at Andiamo Detroit Riverfront. After breakfast, enjoy time at the Downtown Detroit Winter Market. The Market unfolds in Cadillac Square—right next to Campus Martius Park downtown. It showcases a curated selection of local artisans and small businesses, housed in charming pop-up huts! Enjoy time for shopping at the seasonal hub of holiday cheer where you can shop the 24+ pop up shops, and snap photos alongside the city's official decorations! After the market, enjoy the chance to meet the proprietors and artisans behind some of Detroit's finest shops! Whether you're shopping for yourself or a special someone, time is provided to select the perfect gift. While traveling between attractions, delve into the rich history of Detroit's iconic stores, from the iconic Kern's clock to the legendary Hudson's restaurant. Discover treasures from bygone eras, such as Meijer's jewelry and Dittrich furs, as we piece together the most popular gifts from decades past.

Biltmore Candlelight & Dolly: A Southern Journey of Elegance & Excitement! December 1-6, 2025 (Mon-Sat), \$1699 pp/dbl

The first day will be a travel day. On day two, enjoy the Candlelight Christmas Dinner. You'll satisfy your appetite at Stable Cafe for house-smoked meats, Carolina barbeque, grilled burgers, and other southern favorites in a historic setting that was once the estate's horse stable followed by a candlelight evening tour. Candlelight, firelight, dramatic outdoor illuminations, live music and entertainment accent the extravagant holiday decor of Biltmore House, creating an evening to remember!

Day 3: Visit the Biltmore House. After your tour of the House enjoy Wine Tasting at the Biltmore Winery. Visit Antler Village, a recreation that connects the estate's past and present with dining, shopping, and exhibits. Then, welcome to Pigeon Forge! Dinner this evening is a four course feast at Dolly Parton's Stampede.

Day 4: Enjoy a fascinating self guided tour today at the Titanic Museum. Following the tour, enjoy the Island in Pigeon Forge. Enjoy free time, shopping and lunch on your own at The Island, boasting 23 acres of entertainment in an inviting setting. The Island Show Fountains are programmed to music and lights year round. Dolly Parton's Pirates Voyage Christmas Dinner Show is the evening dining and entertainment.

Day 5: A travel day to Dayton, OH.

Day 6: Visit the National Museum of the U.S. Air Force !

Nutcracker Magic Christmas Ballet, December 7, 2025 (Sunday), \$149/pp

Located in a beautifully preserved historic building in downtown Flint, Blackstone's Smokehouse serves up some of the best BBQ and comfort eats in Michigan. Enjoy a delicious BBQ buffet full of a variety of their favorites! Families have cherished the holiday tradition of The Nutcracker for generations, and this year marks the 50th anniversary of the beloved production set to Tchaikovsky's iconic score . Celebrate this milestone performance as Flint School of Performing Arts ballet dancers take the stage with the Flint Symphony Orchestra and a cast of guest performers from professional dance companies. Audiences of all ages will be transported to a world of unforgettable holiday enchantment – 50 years in the making. A major renovation in 1999 restored The Whiting to its former glory, combining the charm and grace of old European theaters with the beauty and comfort of modern day.

Hell's Kitchen from Alicia Keys at the Fisher Theatre, December 14, 2025 (Sunday), \$275/pp

Start the morning off with Sunday Brunch at The Whitney. The iconic Whitney Mansion has been the destination for memorable dining in Detroit for 30 years! Your meal includes: Mimosa at arrival, All Buffets, Carving Station, Dessert Display, Juices, Soda, Milk, Brewed Coffee and Tea! Following brunch, enjoy main floor tickets for the 1pm matinee performance. Relatable, raw, and refreshingly fun, Hell's Kitchen is a celebration of finding yourself, your purpose, and the people who lift you up. The music—a mix of Alicia Keys' greatest hits and new songs written exclusively for the show—is brought to life through exhilarating choreography. Hailed as a New York Times Critic's Pick that is, "thrilling from beginning to end – a rare must-see!" it is directed by four-time Tony Award nominee Michael Greif (*Rent*, *Dear Evan Hansen* and *The Notebook*), with choreography by four-time Tony Award nominee Camille A. Brown, a book by Pulitzer Prize finalist Kristoffer Diaz, and the music of Alicia Keys.

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.





Timeless Memories, Adventures & Events
Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: TimelessMemoriesAnE@gmail.com

Website: www.TimelessMemoriesAnE.com

Trips Available: 2025

- **Day Trip** –DSO Trip- November 21 – Billy Joel
- **Day Trip** - DSO December – December 12 – Home for the Holidays

Trips Available: 2026

- 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
- 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
- More Day Trips for 2026 coming soon!!

City of Farmington Hills Department of Special Services

Adults 50 & Better Code of Conduct

The City of Farmington Hills Department of Special Services Adults 50 & Better Division provides adults with recreation, education, socialization, volunteer opportunities, referrals, and services. As a participant in our programs at the Costick Center or any other City facility, you can help provide a warm, welcoming, and safe environment by treating others with respect and follow the Codes of Conduct and General Facility Rules listed below. Any participant who violates the Code of Conduct is subject to discipline, up to and including removal from the program and/or facility.

- Treat members of the community, participants, instructors, volunteers, and staff with dignity, courtesy, and respect. Gossip, insulting, inappropriate and/or threatening language, bullying or disruptive behavior is not allowed.
- Racial, religious, or sexual harassment of participants, volunteers, instructors, or staff is strictly forbidden.
- Participants must show proper care and regard for the City's and Costick Center's property, equipment, and the property of others. Stealing is strictly prohibited.
- Participants are not allowed in storage areas, offices, closets, or kitchen including the refrigerators unless authorized by staff.
- As a courtesy to other participants and staff please do not enter an activity room or gym until the assigned time. In turn, please promptly leave the activity room or gym at the assigned ending time.
- Report all injuries to staff immediately.
- Comply with all applicable Federal, State, Municipal laws, and Health Department policies.

Thank you for complying with the Code of Conduct and treating others with respect.

Together we can achieve anything!



NOW HIRING

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

APPLY HERE



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



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