

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



NEWCOMER WELCOME TOUR **Thursday August 20, 10:00 - 11:00 am**

The Special Services welcomes newcomers from Farmington and Farmington Hills, Adults 50 & Better, for a tour of the facility explaining the services, trips, classes, volunteer opportunities, and activities available.

Sign up at the front desk of the Costick Center or call (248) 473-1830. Class #CS3400-01

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. The center is a thriving hub for active older adults, promoting the phrase, "An active life is a good life!" The Costick Activities Center invites you to elevate your mind, nurture your body and uplift your spirit with a diverse lineup of engaging programs. Let's come together to celebrate the joys of movement and vitality this summer connecting with community for good information, uplift, and fun.

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 \$30.00.

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.

DEPARTMENT OF SPECIAL SERVICES ADULTS 50 & BETTER

General Information - 248-473-1830

Program Supervisor - Marsha Koet 248-473-1821 Nutrition Coordinator - Lindsey Wondra 248-473-1825

Programmer/Planning - Anna Durham 248-473-1822 Programmer/Planning - Caitlin Goyer Fcasni 248-473-1823

Nutrition/Center - 248-473-1867 Meals-On-Wheels Assessor - Andrea Ali 248-473-1827

Outreach - Teresa Jergovich-Etzin -248-473-1826

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

7/28/2026

Message from Acting City Manager Karen Mondora **For The Messenger – August 2026**

Building Our Next Chapter: Design Work to Begin on New Community Center

As we prepare for an exciting new chapter in the City of Farmington Hills, I'm pleased to share an update on the major investment now underway for a new standalone facility planned for 11 Mile Road. Beginning in August, Neumann Smith will start design work on this \$25 million project, an important step toward creating a comfortable, modern, and welcoming space for our Adults 50 & Better, while also serving the broader Farmington Hills community.

The proposed amenities include a gymnasium, commercial kitchen, congregate dining area, flexible program spaces, and a pool. Each of these features is being thoughtfully considered with our older adult community in mind, promoting health, connection, and opportunities to stay active, while also supporting multigenerational programs for residents of all ages and abilities. The facility will be designed to allow for future expansion so it can continue meeting community needs for decades to come.

Earlier this month, the City Council reached consensus to move forward with a request for proposal process to select a construction manager. Once selected, the construction manager will work closely with our architectural team to refine plans, review costs, and help guide the project through each phase.

We also want to ensure that your voice remains central in shaping this project. As preliminary design concepts are completed, we expect to hold opportunities for public engagement, and we warmly encourage our 50+ community to participate, offer feedback, and share the ideas that matter to you.

At this time, no decisions have been made regarding the design or layout of the future activities center. All options remain under review, and project updates will be shared publicly both online and at public meetings as information becomes available.

Thank you for your continued involvement and your commitment to this community.

We look forward to moving ahead, together, and creating a space that supports connection, wellbeing, and lifelong activity for all.

OPEN MIC MONDAY

Monday | 8/10 | 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 August 7 and eat in Shannon while you enjoy the music.

Continental Club

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

ATTN: True Crime Lovers!!

Nina Innstead is a credentialed victims advocate and the host of the long-running "Already Gone" podcast, which highlights cases from Michigan and the Great Lakes region. Her first book, *Unsolved Michigan*, released in March 2026. Join Nina as she shares compelling stories and fascinating insights!

Presenter: Nina Innstead

Wednesday | 8/19 | 10:00 - 11:30 am | CS3007-01

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.

BS&A Online Payments: Recommended Option

As part of our ongoing commitment to providing residents with secure, convenient, and efficient payment options, we encourage the use of our online payment services whenever possible. Online payments are available 24/7, can be made from anywhere, and post the **SAME-DAY!**



Pay Anytime. Anywhere.

Bill pay couldn't be easier with options to pay your invoices electronically, online, or over the phone. Our payment options allow you to take control of your payments anytime, anywhere.



Easy

Easily access your account to setup recurring monthly auto payments or pay one time invoices for options that work for you. Need a reminder? We've got you covered with email reminders to keep your payments on-time and ahead of schedule.



CONVENIENT

Pay from the convenience of your home or on-the-go 24/7.

Take advantage of our **fee-free** payment option! When you pay using an electronic check (ACH) directly from your bank account, the City covers the processing fee.



SECURE

Rest easy knowing your sensitive data is fully secure with the highest level of data security and integrated fraud prevention capabilities.

Pay Your Way

ECheck / ACH - SAME-DAY PAYMENT

Make a one-time payment with an electronic check or debit/credit card.

Scheduled Pay / AUTO PAY

Setup payments using your credit/debit card or bank account. Or opt to receive text notifications that allow payments right from your mobile phone. *Note: MagicWriter scheduled pay is no longer offered.*

Desktop or Mobile Pay

Login to your account from your computer or mobile device for on-the-go payment options.

Pay Over the Phone

Easily make a one-time payment through the Interactive Voice Response (IVR) system for quick, automated service.

- **734-402-8271**, enter your Parcel ID Number.

Credit Card Fees	ACH Fees
Property Tax: 2.8% + \$0.50 per transaction	NO FEES!! HIGHLY RECOMMENDED
Miscellaneous: 2.06% + \$0.50 per transaction	

Payments Accepted



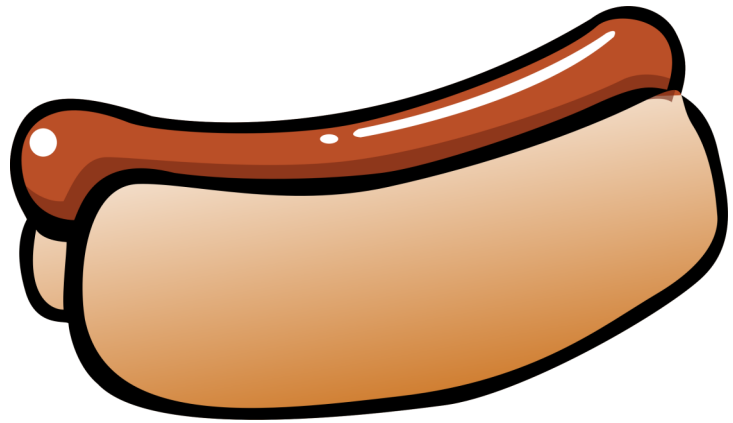
Treasury Department:



+248-871-2480



www.fhgov.com/propertytaxes



Summer Courtyard Cookout

Enjoy the beautiful Costick Courtyard and indulge yourself with a Hot Dog personalized with yummy toppings! Plus, side dishes that make your mouth water. Don't forget to save some room for ice cream! After lunch, Detroit Tap Repertory will perform for us!

Wednesday | August 12 | 11:30 am - 1:30 pm | #CS3201-01

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

Register by Tuesday August 4, space is limited.

Thank you to our sponsor:



BROOKDALE
— SENIOR LIVING SOLUTIONS —

FARMINGTON HILLS

Brookdale Farmington Hills is all one level and offers private screened-in porches, full kitchen and spacious bedrooms in all of our one and two bedroom units. We are located just 2 miles from downtown Farmington and convenient to all expressways. We are tucked off of Grand River Avenue surrounded by mature trees and landscaping and are a pet friendly property.

Brookdale Farmington Hills is moderately priced but still offers many conveniences that are a great benefit to aide our residents to live independently. Three meals prepared daily, weekly housekeeping and transportation are just a few of the amenities included. Bingo, happy hour, walking club, karaoke, cards groups, DIA visits, live music, and movie nights are just a few of the activities we do here.



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

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.

Michael



Friday Film

Enjoy a recently released film.

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.

August 21

Register by August 14 by 11:00 am

Lunch at 12:00 - Movie at 1:00 - 3:00 pm

#CS4001-08

R/NR Fee: \$8/\$10 includes lunch

The story of pop superstar Michael Jackson -- from his extraordinary early days in the Jackson 5 to the visionary artist whose creative ambition fuels a relentless pursuit to become the biggest entertainer in the world.

Dine & Discover

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

The Nain Rouge: Detroit's Infamous Red Dwarf of French Folklore

Living as we do in an age of selfies it is worth exploring how and why artists depicted themselves. Looking at fascinating images in a wide variety of media from ancient times to today, we'll discuss the changing cultural framework within which self-portraits were made. Included will be artists who inserted themselves at work or at special moments in their life, those who took close looks at themselves over their lifetimes, and even some who show themselves as someone else be that saint or sinner.

Presenter: Jeff Pollock, Detroit History Tours

Wednesday | 9/16 | 11:30 am - 1:30 pm CS1300-01 | R/NR \$15/\$18

Register by September 8, space is limited.

London: City for Art Lovers

Living as we do in an age of selfies it is worth exploring how and why artists depicted themselves. Looking at fascinating images in a wide variety of media from ancient times to today, we'll discuss the changing cultural framework within which self-portraits were made. Included will be artists who inserted themselves at work or at special moments in their life, those who took close looks at themselves over their lifetimes, and even some who show themselves as someone else be that saint or sinner.

Presenter: Wendy Evans

Wednesday | 10/21 | 11:30 am - 1:30 pm CS1301-01 | R/NR \$15/\$18

Register by October 13 space is limited.



Continental Club

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

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

Classic Michigan Food and Drinks: The Stories Behind the Brands

Detroit Tap Repertory (DTR) is a tap company comprised of tap dancers from Michigan and Ohio dedicated to sharing their passion for tap through participation in educational events and public performances. Join this energetic team of dancers for an exciting morning of tap and even some interaction with a tap 101 introduction!

Presenter: Gail Offen & Jon Milan

Friday | 10/2 | 10:00 - 11:30 am | CS1002-01 | R/NR \$8/\$10

Fall Festival

AS the heat of the summer gives away to crisp, cool air and the explosion of color as leaves change to orange, yellow and red join us at the Costick center for a Fall festival luncheon to celebrate autumn and the harvest season. There will be live entertainment and games!

Wednesday | October 14 | 11:30 am - 1:30 pm | #CS1206-01

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

Register by Tuesday October 6, space is limited.

Karaoke

Friday | 9/25 | 1:00 - 3:00 pm | \$5.00 | #CS1100-01

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



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 AARP with taxes for seniors as a tax preparer.

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.

If you are interested in volunteering, please call 248-473-1830 for an application.



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





Total Wellness Fair

Adults 50 & Better

October 6, 2026 - 10am - 12:30pm

Please call 248-473-1830 for more information

Location: Costick Center 28600 Eleven Mile Road

The Total Wellness Fair will feature health screenings, assessments, education, plus great door prizes and a free lunch for those who are 60 years of age and better. There will be informative exhibits from various health vendors providing valuable resources. Explore different ways, big and small to enhance an active, healthy lifestyle. Kroger Health will offer flu, covid, RSV and pneumonia shots. Bring you Id and insurance card.

Costick Job Openings

Applications: hr@fhgov.com

- Swim Instructor
- Van/Bus Driver-Senior Division

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**





MICHIGAN SECRETARY OF STATE **MOBILE OFFICE** **IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting
COSTICK ACTIVITY CENTER
to provide service to
members and staff
to complete Secretary of State transactions

Date: Tuesday August 11th

Time: 10 A.M. TO 1 P.M.

Location: 28600 11 Mile Rd Farmington Hills

Register for your appointment at the Costick Center front desk or call 248-473-1830.

Book a visit to complete your Secretary of State transactions, including:



First-time
Michigan ID



Renew driver's
license or ID



Vehicle services
*Note: Instant title
services not available*



Apply for/renew
disability placard

For more information, contact
Costick Activity Center
at the front desk
248-473-1830



Tuesday September 15

10:00 am - 12:00 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 in the Costick Center parking lot.

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.

LOCATION: Costick Center Parking Lot

28600 Eleven Mile,
Farmington Hills, MI
48336



HELP WANTED

Noon Supervisors and Aides



FPS is looking for caring, dependable adults to support students during the middle of the school day.

PART-TIME:

2.5 to 3 hours a day
Monday - Friday on school days.

POSITIONS NEEDED:

Noon Supervisors - \$15.66/HR
Noon Aides - \$14.60/HR

LOCATIONS:

Elementary, Middle School,
and High School

Enjoy a regular daytime schedule while helping create a safe, positive environment for students.

To apply please visit

www.farmington.k12.mi.us/employment

HOW TO REDUCE RISK OF FOODBORNE ILLNESS

Food safety is important, but older adults are more at risk. Adults 65 and older are known to be a higher risk for hospitalization and death from foodborne illness. As we age, the risk of foodborne illness increases due to changes in our body system.

Food poisoning not only sends 128,000 Americans to the hospital each year, but it can cause long-term health problems. Symptoms may range from mild to severe and differ depending on the germ you swallowed. The most common symptoms of food poisoning include upset stomach, stomach cramps, nausea, vomiting, diarrhea, fever, and dehydration. If you show any of these signs, seek emergency medical care immediately.

The Four Steps to Food Safety:

- Clean: wash and sanitize hands, utensils, and surfaces often. Bacteria can spread and survive in many places.
- Separate: Raw meat, poultry, seafood, and eggs can spread bacteria to ready-to-eat-foods, so keep them separate.
- Cook: Use a food safe thermometer to check whether a meal has reached a safe internal temperature to kill any harmful bacteria.
- Chill: Refrigerate perishable food within two hours. If the food is exposed to temperatures about 90 F (like a hot car) refrigerate it within one hour.

When you are shopping for your groceries or having others do it for you, follow the guidelines below.

- Do not buy or use damaged, swollen, rusted, or dented cans.
- Choose unbruised fruits and vegetables.
- Do not buy or use cracked or unrefrigerated eggs.
- Pick up frozen and refrigerated items just before you check out at the grocery store.
- Refrigerate groceries right away, and never leave perishable foods out for more than 2 hours.

Put raw packaged meat, poultry, or seafood into a plastic bag before placing it in the shopping cart, so that its juices will not drip on and contaminate other foods.

Making safe food handling a lifelong commitment helps to minimize your risk of foodborne illness. Be aware that as you age, your immunity to infection is naturally weakened.

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 August 10 you need to reserve by Friday August 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 August 12.**

Nutrition services are partially funded through Title III, Older Americans Act Funds and distributed through the AgeWay Nonprofit Senior Services and the Bureau of Aging, Community Living and Supports. 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.



Costick Choir Practice

Meets every Tuesdays 10:30 - 11:30 am in Conway Hall

New members welcome!

The group will perform at various Adults 50 & Better events.

COSTICK CAFE DINE-IN MEAL PROGRAM

August 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 Seasoned Chicken Breasts, Mashed Sweet Potatoes, Nantucket Vegetable Blend, Nectarine	4 Meat lasagna, Italian Blend Vegetables, Banana	5 Haddock, Basmati Rice, Venetian Vegetable Blend, Superslaw, Peach	6 Salisbury Steak, Mashed Potatoes, Vegetable Blend, Mandarin Orange	7 BBQ Chicken Sandwich, Cheesy Cauliflower, Nantucket Vegetable Blend. Fruit Cup	8
9	10 General Tsao Chicken, Brown Rice, Fresh Broccoli, Apple	11 Tortilla Chili Lime Tilapia, Rice Pilaf, North West Vegetable Blend, Pear	12 No Lunch Service	13 Sloppy Joe, Cheesy Potatoes, Green Beans, Togart/ Strawberry/ Granola	14 Oven Fried Drumstick, Roasted Red Potatoes, Capri Blend Vegetables, Plum	15
16	17 Artisan Mac & Cheese, Stewed Tomatoes, Venetian Blend Vegetables, Tropical Fruit Cup	18 Chicken Enchiladas, Vegetable Blend, Black Beans, Apple	19 All Beef Hot Dog, Vegetarian Baked Beans, California Vegetable Blend, Watermelon	20 Chicken Salad, Tomatoes, Three Bean Salad, Potato Salad, Grapes	21 Chinese Pepper Steak, Vegetable Fried Rice, Far East Vegetable Blend, Tangerine	22
23	24 Pub Burger with Cheese, Vegetarian Baked Beans, Capri Vegetable Blend, Nectarine	25 Chicken Parmesan, Pasta Marinara, Italian Blend Vegetables, Pineapple	26 Chicken Fajita, Roasted Peppers & Onions, Spanish Rice, Black Beans, Plum	27 Parmesan Crusted Tilapia, Au Gratin Potatoes, Nantucket Vegetable Blend, Superslaw, Apple	28 Stuffed Peppers, Mashed Potatoes, Scandinavian Vegetabel Blend, Pear	29
30	31 Kielbasa, Sauerkraut, Potatoes, Carrots, Apple	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 partially funded through Title III, Older Americans Act Funds and distributed through the AgeWay Nonprofit Senior Services and the Bureau of Aging, Community Living and Supports. 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 New Day & Time

Join us the 2nd Tuesday of the month. Next meeting is August 11 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. Facilitator, Bill Willenbrock, Gentiva Hospice

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 and 4th Monday of the month 6:00 - 7:30 pm. Group Leader: John Robertson, Email Jean Barnas at jbarnas@alz.org 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.

Low Vision Support Group No Meeting in August

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

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

Ban-joes of Michigan

The Ban-Joes of Michigan are one of the oldest jazz banjo band and club in the U.S.A and have been in operation for over 50 years. They are a group of diverse individuals who all share a love of Americas favorite instrument...the banjo...!! We are working hard to preserve this great instrument and the jazz music of the early 20th century. The group meets to jam and practice every Wednesday from 1:00 - 4:00 pm. Come join the fun or just stop in to enjoy the music!

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 No meeting in August

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.

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



CFAA (Cycling for Active Adults)

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy lifestyle. \$25.00 for a year membership/volunteer ride leaders membership fee is waived. 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.

Costick Choir Join us every Tuesday at 10:30 - 11:30 for practice. Everyone is welcome!

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.

Euchre

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

Join one of our clubs or groups:

The Farmington Hills Chapter of EGA

The Farmington Hills Chapter of EGA, The Embroiderers' Guild of America meets on Wednesday at 10:00 am – 12:30 pm. If you are interested in Embroidery, we welcome anyone to come and stitch with us. Our members cross-stitch, needlepoint, and all forms of hand stitching. We welcome experienced stitchers and beginners. Looking for a relaxing hobby? Embroidery can be very relaxing and fulfilling! Bring your latest project and stitch with us or come and see what we are stitching to give your ideas.

Farmington Hills Sewing Group

There is a new Sewing Group coming to the Costick Center! Our Group will begin meeting on the second Monday of each month. Please join us from 12:30 to 3:00 pm if you are interested in doing sewing projects and Community Service sewing. Our members are interested in garment sewing, quilting, and projects for the home as well as purses, bags and personal items. We welcome new or experienced sewers who enjoy making things on their sewing machines. We often bring sewing machines to our meetings to work on projects. Come sew with us!

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.

Mahjong Group

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

New Friends Social Club

Would you like to meet new friends? Join us on the 2nd Thursday 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 11:00 am - 1:00 pm.

Sojourn Bears No meeting in August

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 and Thursday 9:00 - 10:00 am. Tai Chi Video, 50 cents each session.

Join one of our clubs or groups:

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.

August 25, 2026: "Wise Sayings & Phrases" Hangman Game: Guess the correct letters that are in each phrase. If you guess the correct letters before getting a "hangman", you win! Drop– In Welcome!

Wednesday Afternoon Creative Art Group

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

Wii Sports

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

ADULTS 50 & BETTER SERVICES

Outreach Services

The Outreach Program provides information and access to services and programs available to older adults in the community. Call 248-473-1826 for more information .

Home Chore Program

This program helps Farmington and Farmington Hills residents live independently by providing qualified volunteers to assist with chores around the home. Call 248-473-1851 for more information.

Telephone Reassurance

Do you know anyone living alone and home-bound who would benefit from a daily phone call? The telephone reassurance Program provides daily contact with Farmington area seniors between the hours of 9 am and 11:00 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.

Nutrition services are partially funded through Title III, Older Americans Act Funds and distributed through the AgeWay Nonprofit Senior Services and the Bureau of Aging, Community Living and Supports. 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.

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.



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 \$30.00.

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 \$30.00.

Pickleball - Drop-in Play at the Costick Center -

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!

For everyone's safety, no wet shoes in the gym. Please bring a change of shoes to play in and use the designated area in the gym to change your wet boots/shoes before entering the gym.

Monday | 9:00 - 11:30 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

All skill levels welcome.

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

All skill levels welcome.

Wednesday | 9:00 - 11:00 am

All skill levels welcome.

Wednesday Evening Pickleball will return in September | 6:00 - 8:00 pm

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

All skill levels welcome.

Friday | 9:00 - 11:00 am

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.

Outdoor Courts at the Hawk Community Center.

29995 W 12 Mile Road. Farmington Hills, MI 48336

No fee to the public. Rotational play 8:00 am - 12:00 pm and 6:00 pm to dusk daily. Rotational play etiquette is posted on the courts. Outdoor courts will be available 12:00 - 6:00 pm to the public when City of Farmington programming is not scheduled.

FITNESS CLASSES

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

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!**

Monday | 7/27 - 8/24 | 9:00 - 10:00 am #CS3503-04

Instructor: Claire Sophia

5 week session

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

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

Tuesday | 7/21 - 8/25 | 9:45 - 10:45 am #CS3503-05

Instructor: Linda Hawkins

6 week session

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

Wednesday | 7/22 - 8/26 | 9:45 - 10:45 am #CS3503-06

Instructor: Linda Hawkins

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.

Yoga Strength

Tuesday | 7/21 - 8/25 | 11:00 am - 12:00 pm #CS3516-02

Instructor: Linda Hawkins

6 week session

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

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

Chair Yoga

Monday | 7/20 - 8/24 | 11:00 am - 12:00 pm #CS3504-02

Instructor: Bharti Shah

6 week session

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

Wednesday | 7/22 - 8/26 | 11:00 am - 12:00 pm #CS3512-03

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

6 week session

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

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

Therapeutic Yoga

Thursday | 7/23 - 8/27 | 9:45 - 10:45 am #CS3501-02

Instructor: Bharti Shah

6 week session

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

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

Yoga Evening

Thursday | 7/30 - 8/27 | 5:30 - 6:30 pm #CS3502-04

Instructor: Bharti Shah

6 week session

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

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.

Feldenkrais: Awareness Through Movement

Wednesday | 7/22 - 8/26 | 9:30 - 10:30 am #CS3509-02

6 week session

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

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.

Balance, Strength & Stretch

Wednesday | 7/22 - 8/26 | 4:15 - 5:00 pm #CS3514-02

6 week session

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

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

Instructor: Christine Applebaum

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

Tai Chi

Wednesday | 7/22 - 8/26 | 6:00 - 7:00pm #CS3506-03

6 week session

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

Instructor: Bill Harper

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

Tai Chi

Friday | 7/24 - 8/28 | 10:00 - 11:00am #CS3506-04

6 week session

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

Instructor: Bill Harper

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

Advanced Tai Chi

Wednesday | 7/22 - 8/26 | 7:00 - 8:00pm #CS3507-03

6 week session

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

Thursday | 7/23 - 8/27 | 2:00 - 3:00pm #CS3507-04

6 week session

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

Friday | 7/24 - 8/28 | 11:00am - 12:00pm #CS3507-06

6 week session

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

Instructor: Bill Harper

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

Tai Chi for Movement & Balance

Thursday | 7/23 - 8/27 | 1:00 - 2:00 pm #CS3508-02

6 week session

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

Instructor: Bill Harper

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

Gym Exercise

Tuesday | 7/21 - 8/25 | 11:00 am - 12:00 pm #CS3510-03

6 week session

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

Thursday | 7/23 - 8/27 | 11:00 am - 12:00 pm #CS3510-04

6 week session

R/NR Fee: 17.50/\$21.00

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

Instructor: Lisa Chow

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

Fit 5000

Tuesday | 7/21 - 8/25 | 9:45 - 10:45 am #CS3511-03

6 week session

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

Thursday | 7/23 - 8/27 | 9:45 - 10:45 am #CS3511-04

6 week session

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

Instructor: Deborah Koss

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

EZ Beginner Hustle

Tuesday | 7/21 - 8/25 | 1:15 - 2:15 pm #CC3515-02

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 | 7/23 - 8/27 | 6:00 - 7:00pm #CC3512-02

6 week session

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

Instructor: Debra Koss

Have fun, learn favorite party hustles and keep fit with low impact, easy to learn line dance steps. Geared for line dancers who have some experience with the basics; hustle patterns will generally be longer and more complex. Experience is encouraged but not required. Routines are a mix of current and classic hustles. Recommended attire: comfortable clothing and smooth-soled shoes or sneakers. Bring water and a sweat towel.

Absolute Beginner Line Dance

Friday | 8/7 - 8/28 | 11:30am - 12:00 pm #CC3507-03

4 week session

R/NR Fee: \$16/\$16

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 | 8/5 - 8/26 | 12:00 - 1:00 pm #CC3500-05

4 week session

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

Friday | 8/7 - 8/28 | 12:00 - 1:00 pm #CC3500-06

4 week session

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

Beginner Plus Line Dance

Wednesday | 8/5 - 8/26 | 1:00 - 2:00 pm #CC3506-03

5 week session

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

Friday | 8/7 - 8/28 | 1:00 - 2:00 pm #CC3505-03

4 week session

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

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 | 7/22 - 8/26 | 6:30 - 7:20 pm #CC3501-03

Foxtrot | Wednesday | 7/22 - 8/26 | 7:30 - 8:20 pm #CC3501-04

6 week session

R/NR Fee: \$54/\$65

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

ChaCha | Tuesday | 7/21 - 8/25 | 6:30 - 7:20 pm #CC3502-03

Tango | Tuesday | 7/21 - 8/25 | 7:30 - 8:20 pm ##CC3502-04

6 week session

R/NR Fee: \$54/\$65

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 | 7/20 - 8/24 | 6:30 - 7:20 pm #CC3503-03

Rumba | Monday | 7/20 - 8/24 | 7:30 - 8:20 pm #CC3503-04

6 week session

R/NR Fee: \$54/\$65

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

Intermediate Knitting

Tuesday | 7/28 - 8/18 | 1:00 - 3:00 pm | #CS2405-06

4 week session

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

Instructor: Naomi Frenkel

Take your skills to the next level.

Adults 50 & Better Life Long Learning

Classes are available online or Costick Center front desk. fhgov.com/activitiesguide

EUCHRE 101

Monday | 9/14 - 9/28 | 11:00 am - 12:00 pm | #CS1423-01

Monday | 10/5 - 10/19 | 11:00 am - 12:00 pm | #CS1423-02

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 | 9/9 - 9/30 | 9:30 - 11:30 am | #CS1411-01

Wednesday | 10/7 - 10/29 | 9:30 - 11:30 am | #CS1411-2

4 week session

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

Instructor: Donna Mandell

The game of Mahjong is fairly easy to learn, though mastering the game is said to take a lifetime! Join this 3 week class and you will learn the basis. Students can purchase the Mahjong cards directly from the instructor for \$15.00. You can register online, at the Costick front desk or by calling 248-473-1830.

Spanish Beginner

Wednesday | 9/9 - 10/21 | 1:30 - 2:30 pm | #CS1401-01

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

Wednesday | 9/9 - 10/21 | 3:00 - 4:00 pm | #CS1402-01

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.

Beginning Knitting 1

Tuesday | 9/8 - 9/29 | 1:00 - 3:00 pm | #CS1403-01

4 week session

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

Instructor: Naomi Frenkel

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

Building Brain-Healthy Habits

Thursday | 9/10 | 10:30 - 11:30 am | #CS1415-01 | No Fee

Presenter: Alzheimer's Association

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging. Please register online, at the Costick Center front desk or call 248-473-1830.

What's Next? Planning with Purpose

Monday | 9/14 | 1:00 - 4:00 pm | #CS1417-01 | R/NR \$35/\$40

Thursday | 10/15 | 1:00 - 4:00 pm | #CS1417-02 | R/NR \$35/\$40

Presenter: Liz Flynn & Michelle McCormick

Take a little time for yourself to reflect on where you've been and where you'd like to go next. This workshop blends conversation, creativity, and intention-setting to help you purposefully reflect on what's next for you with purpose. Join us for an inspiring afternoon where you will craft a personalized vision board - an empowering collage of images, pictures, and affirmations designed to motivate and inspire you. You'll leave with a personalized visual reminder of your priorities, hopes, and what brings you joy. "You can't hit a target you cannot see." All supplies will be provided.

Mindful Cooking

Tuesday | 9/29 | 10:00 - 11:00 am | #CS1413-01 | No Fee

Presenter: Suma Sekhar Desai, FMCHC Founder, Healthy Rootin

Food nourishes more than the body—it can also calm the mind and bring people together. In this interactive cooking experience, participants will discover how simple ingredients, thoughtful preparation, and mindful cooking practices can transform everyday meals into moments of wellness. Participants will leave with practical ideas, easy recipes, and mindful kitchen habits they can confidently bring into their own homes.

Stroke Awareness

Tuesday | 9/22 | 10:00 - 11:00 am | #CS1416-01 | No Fee

Presenter: Michelle Soho, Corewell Health

Someone suffers a stroke every 40 seconds. Stroke is a medical emergency of the brain that can lead to life changing deficits and disability. Learn the different types of strokes, risk factors, signs and symptoms, and prevention tips. Register for this free program online, at Costick Center front desk or by calling 248-473-1830.

Managing Changing Needs as we Age

Thursday | 9/30 | 10:30 - 11:30 am | #CS1414-01 | No Fee

Presenter: Evie Lynn Breuer, Jewish Family Services

Join Evie Lynn Breuer, LMSW, CDP for a discussion about some of the common areas in which our needs change as we age. Evie will also share information about the many resources available in our local community to support us as our needs change over time. The program also includes an in-depth look at lesser known but very helpful supports such as geriatric care management and ways to keep our cognition strong. Register for this free program online, at Costick Center front desk or by calling 248-473-1830.

Needle Felting

Friday | 10/9 | 1:00 - 3:30 pm | #CS1408-01

R/NR Fee: \$23/\$25

Instructor: Naomi Frenkel

This is a one-day class in which you will learn how to make a 3-dimensional pumpkin using roving yarn and a needle. This is a great first introduction to needle felting in which you will learn how to make a ball and additional shaping involved in making a pumpkin. You will end up with a piece of decorative art!

Understanding Alzheimer's and Dementia

Tuesday | 10/13 | 10:00 - 11:00 am | #CS1409-01 | No Fee

Presenter: Alzheimer's Association

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments and ways the Alzheimer's Association can help.

Adults 50 & Better Virtual Technology Classes

Classes are available online or Costick Center front desk. fhgov.com/activitiesguide

AI (Ai) FOR OLDER ADULTS – SO EASY AND PRACTICAL!

8/4 7:00 – 8:00 p.m. \$20.00 #MS2418-05

Are you curious about AI (Ai)? Then this class is for you! (Older adults will find this class very rewarding!) We will explore the practical benefits of using a basic form of AI called ChatGPT. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI will quickly generate any text for you based on your interest. Take your search, re-search, inquiries, and answers to questions to a whole new level! Also, never worry about grammar and spelling errors again! You will be amazed at how user-friendly this session will be. Take this class; you won't be disappointed!

WINDOWS 11 – STARTING FROM THE BEGINNING

8/9 2:00 – 3:00 p.m. \$20.00 #MS2404-02

This is an adult-friendly Windows 11 class! See how to use the desktop and the new taskbar. We'll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows 11 is organized. (Not for Apple/Mac users.) Meet us on Zoom for this informative class! 4-5 star ratings from 1000s of older adults!

USING BROWSERS, EXPLORING WEBSITES AND GETTING THE MOST OUT OF SEARCHING THE WEB

8/8 11:00 a.m. – 12:00 p.m. \$20.00 #MS2407-02

Learn about browsers and how to use them. Create favorites, use browser tabs, and enlarge web pages, as well as use 'Read aloud', and search. Get the best out of search engines such as Google. Explore websites and get cooking recipes, access free games, shop, get free stuff, and visit practical websites for adults and seniors!

GETTING TO KNOW YOUR iPhone

8/11, 12, 13 6:00 – 7:00 p.m. \$55.00 #MS2417-01

Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users! Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, App store, settings, and the Internet. Your patient instructor and class will meet over Zoom. 4-5 star ratings from 1000s of older adults! **Not for Android users.**

FOR THE NON-DESIGNER: DESIGN BUSINESS CARDS, FLYERS, INVITATIONS, AND MORE!

8/26, 27 6:00 p.m. – 7:00 p.m. \$40.00 #MS1410-01

Learn to edit beautiful looking designs for practically any type of online or print project. The instructor will show how to easily get and use the free user-friendly Canva program. This class is for novice and beginning designers and non-designers. You will be amazed at how professional your projects will look. Why pay designers hundreds of dollars when you can do it yourself!

Technology Classes in Person at the Costick Center

A PRACTICULAR COMPUTER CLASS FOR OLDER ADULTS

Friday | 9/11 | 11:00 am - 12:30 pm #CS1418-01

R/NR Fee: \$40/\$45

Instructor: Mike Wilson

Have you taken computer classes before and been totally lost? Well, this unique class is for those who are looking for simple and practical instructions. Your patient instructor has trained 1000s of older adults, with 4 and 5-star ratings! We will discuss the popular YouTube website that offers 1000s of free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit AARP and other related websites for seniors, use some shortcut keys, and navigate Google Search to do research and get information. So, if you have been frustrated with other classes, consider taking this refreshing and informative computer class for older adults! You won't be disappointed!

AI (Ai) FOR OLDER ADULTS – SO EASY AND PRACTICAL!

Thursday | 9/17 | 1:00 - 2:30 pm #CS1429-01

R/NR Fee: \$40/\$45

Instructor: Mike Wilson

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

GETTING TO KNOW YOUR IPHONE

Monday | 9/21 | 11:00 am - 12:30 pm #CS1425-01

R/NR Fee: \$40/\$45

Instructor: Mike Wilson

This class is designed for mature and recent iPhone users! Mike will cover cell phone topics, such as the photo app, texting, navigating, apps, contacts, e-mail, camera, App store, settings, and the Internet.

GETTING TO KNOW YOUR ANDROID

Tuesday | 9/22 | 11:00 am - 12:30 pm #CS1430-01

R/NR Fee: \$40/\$45

Instructor: Mike Wilson

Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent Android users! Mike will cover cell phone topics, such as the photo app, texting, navigating, apps, contacts, e-mail, camera, the Play Store, settings, and the Internet.

EXPLORING APPS ON YOUR SMART PHONE

Monday | 9/28 | 11:00 am - 12:30 pm #CS1431-01

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.

YOUR GAME, ALL YEAR.



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

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



Book a Time

Monday-Thursday
10am-9pm

Friday
10am-8pm

Saturday
10am-7pm

Sunday
10am-6pm



Private Rentals are available!

Email kpercini@fhgov.com for more info.

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



TRAVEL NEWS

Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

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

Credit card payments are accepted for all trips.



COSTICK ACTIVITY CENTER TRAVEL PLANS

UPDATED 7/15/26

2863 Moccasin Dr. • DeWitt, MI 48820 • 248-735-0558 • info@rybickitours.com

Below is a summary of our current 2026 tours being offered through the Costick Center. Detailed flyers are available at the center or through our website at www.rybickitours.com. For questions on availability, please contact the Senior Adult Division at 248-473-1830.

Thurs, July 23 - Grand Bend, ON (Canada). **The Full Monty** at Huron Country Playhouse - matinee performance with lunch prior at Dark Horse Estate Winery. **\$199**

Thurs, Aug 6 - East Lansing, MI. **A Taste of East Lansing: Culinary Class, Art & Gardens.** Private hands-on culinary experience at Local Epicurean East Lansing followed by a visit to the Eli and Edythe Broad Art Museum, the MSU Dairy Store and MSU Horticulture Gardens. **\$209**

Mon, August 10 - Grand Rapids, MI. **CHIHULY at Meijer Gardens.** Guided Tram Tour, Lunch, Chihuly: "Radiant Forms" indoor exhibition, free time to explore. Stop at Horrocks Farm Market. **\$165**

Thurs, August 13 - Chelsea, MI. **"Emma's Wedding"** at Purple Rose Theatre - matinee performance with lunch prior at Gandy Dancer. **\$189**

Fri, August 14 - Marshall, MI. **"Escape to Margaritaville"** at Cornwell's - Carved Turkey luncheon and performance. Free time for shopping in Cornwell's gift shop & bakery. **\$135**

NEW! Wed, August 26 - Detroit, MI. **Michigan Central Station** tour. Guided walking tour, Lunch, Cullen Plaza for free time along the riverwalk. **\$130**

NEW! Thurs, Sept 10 - Detroit, MI. **"Detroit Princess Lunch Cruise"** Tickets include the cruise, live Motown entertainment and a delicious buffet lunch. Price: **\$155**

Tue, September 15 - Frankenmuth, MI. **"Zehnder's Elvis Lives"** chicken luncheon followed by a performance and free time for shopping in downtown Frankenmuth. Price **\$139**

NEW! Sat, September 19 - Petrolia, ON (Canada) **"Music of the Beatles"** at Victoria's Playhouse - matinee performance with lunch prior at Black Gold Brewery. Price **\$165**

NEW! Tues, October 13 - Battle Creek, MI - **Firekeepers Casino.** Enjoy your 4 hour casino visit! Casino Incentive - \$25 total! Price **\$75**

Thurs - Fri, November 5-13 - *Tuscan, Sedona, Grand Canyons, Winslow & more!* **"Arizona Adventure"**. Airfare, Motorcoach Transportation, Professional Guide from Southwest Adventure tours, Rybicki Tours Group Leader, 8 Night Lodging, 16 Meals, Kitt Peak Observatory Tour, Arizona-Sonora Desert Museum, Sabino Canyon Tram Tour, National Historic District of Old Town Artisans, San Xavier del Bac Mission, Montezuma Castle National Monument, Tuzigoot National Monument, Jerome, Sedona Pink Jeep Ancient Ruin Tour, Guided Tour at Grand Canyon National Park, Wupatki National Monument Guided Tour, Sunset Crater National Monument Guided Tour, Guided Tour at Petrified Forest National Park & more! **Price: \$5,199 double occ**

***Note:** A dedicated Rybicki Tours Tour Manager will be with you on tour every step of the way to ensure a smooth & enjoyable experience. On day tours, gratuity is included in the tour price. Additional gratuity is welcome & at your discretion. Driver gratuity is not included.*



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: TimelessMemoriesAnE@gmail.com

Website: www.TimelessMemoriesAnE.com

Day & Adventure Trips 2026/27

- September 23, 2026 – Tigers Baseball Game vs Washington Nationals
- September 27, 2026 - Detroit Princess Dinner Cruise with Air Margaritaville
- September 30, 2026 - Horrocks Farm Market & Cider Mills Tour
- October 6, 2026 - Zehnder's Luncheon Show - Johnny Cash & Friends

- Prague, Budapest & Danube Christmas Market River Cruise - December 4, 2026
- Smokey Mountains & Pigeon Forge Holiday – December 6, 2026
- Vienna & Christmas Markets of the Danube River Cruise - December 10, 2026

Register for 2027 Trips:

- Ecuador & Galapagos Islands - February, 2027
- Historic Savannah & Charleston - April, 2027
- Discover Japan by Bullet Train – May 6, 2027
- America's Canyonlands - May 13, 2027
- Alaska Fairbanks & Denali National Park with Cruise - June 24, 2027
- Montana & Glacier National Park - July 25, 2027 - Mayflower Tours
- Oregon Coast Pacific Northwest – August 8 – 17, 2027 – Shoreline Trip - Flying
- North Carolina & The Outer Banks – September 9, 2027
- Newport, Rhode Island – September 12 – 17, 2027 – Shoreline Trip – Bus Tour
- South Africa & Victoria Falls Adventures – September 23, 2027
- Autumn Colors of the Adirondacks & Canada's 1000 Islands – Oct 9 – 15, 2027 Shoreline
- Christmas Season in Victoria & Vancouver – December 1, 2027
- Santa Fe Holiday - December 1, 2027

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!

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.