

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



COSICK CENTER IS CLOSED July 4 & 5

July 2025

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. There's something for everyone!

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.

Adults 50 & Better Costick/Community Center Update

The City of Farmington Hills City Council held a Special Study Session on Monday, June 23, 2025, at The Hawk. The City's contractor, Sports Facilities Companies (SFC), presented the City Council with the Farmington Hills Activity Center Strategic Assessment.

Approximately 200 people attended the Study Session and nearly 20 attendees spoke up during Public Comment. A recording of the Study Session can be viewed on YouTube via the City's website at

<https://www.fhgov.com/>

The City Council, the Department of Special Services, and SFC sincerely thank all the residents and guests that participated in the recent survey and/or Study Session. Please continue to share your thoughts about the Costick Center here: <https://www.fhgov.com/costickinput/>

City Staff and SFC will continue to work on developing and implementing a detailed, action-based strategic plan for the City's Department of Special Services.

Thank you,

Ellen S. Schnackel, Director

City of Farmington Hills Special Services

248 473-1800

eschnackel@fhgov.com

DEPARTMENT OF SPECIAL SERVICES ADULTS 50 & BETTER

General Information - 248-473-1830

Program Supervisor - Marsha Koet 248-473-1821 Nutrition Coordinator - Teresa Bryant 248-473-1825

Programmer/Planning - Anna Durham 248-473-1822 Programmer/Planning - Stephen Dowhan 248-473-1823

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

Outreach - Teresa Jergovich 248-473-1826 Focus Hope - 248-473-1826

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

Transportation Appointments - 248-473-1864

6/24/2025

Costick Center - Center for Active Adults

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.

FIRE SAFETY & DEMONSTRATIONS

The Farmington Hills firefighters play an active role in educating the public about recognized safety practices. Come out to the Costick Center and learn how to protect your family from the hazards of fire, get valuable tips for preventing injuries. Plus learn about the variety of services provided by the Fire Department including information on smoke alarms and carbon monoxide alarms. The simulated Fire Trailer will be parked in the parking lot for live demonstrations.

Call 248-473-1830 or register online to reserve your spot!

Tuesday | 7/22 | 10:00 am - 10:30 pm | No Fee | #CS3003-01

Tuesday | 7/22 | 10:30 am - 11:00 am | No Fee | #CS3003-02

Tuesday | 7/22 | 11:00 am - 11:30 am | No Fee | #CS3003-03

Tuesday | 7/22 | 11:30 am - 12:00 pm | No Fee | #CS3003-04

Location: Costick Center, 28600 Eleven Mile Road, Farmington Hills, MI 48336

Instructor: Farmington Hills Fire Department

Free Summer Concert Series at Heritage Park

**THE HERITAGE PARK AMPHITHEATER IS LOCATED IN HERITAGE PARK
24915 FARMINGTON RD, 48336**

Bring a blanket, or lawn chairs and a picnic. But most of all, come to relax and take in some great live music and dance this summer!

July 10 at 7 p.m. - Farmington Concert Band at the Heritage Park Amphitheater.

July 17 at 7 p.m. - Blue Lake International presents [Symbolica Flag Dancers](#) (Vlaggendansgroep Symbolica) from Genk, Belgium at the Heritage Park Amphitheater.

July 24 at 7 p.m. - Farmington Concert Band Big Band at the Heritage Park Amphitheater.

August 14 at 7 p.m. - The Farmington Chorus at the Heritage Park Amphitheater.

OPEN MIC MONDAY

Monday | 7/14 | 11:00 am - 2:00 pm | No Fee

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

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.

July 18 - The Friend

#CS4001-07

Register by July 11 by 11:00 am

12:00 - 3:00 pm

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

In *The Friend*, writer and teacher Iris (Naomi Watts) finds her comfortable, solitary New York life thrown into disarray after her closest friend and mentor (Bill Murray) dies suddenly and bequeaths her his beloved 150 lb. Great Dane. The regal yet intractable beast, named Apollo, immediately creates practical problems for Iris, from furniture destruction to eviction notices, as well as more existential ones, his looming presence constantly reminding her of her friend's problematic choices in both life and death. Yet as Iris finds herself unexpectedly bonding with the animal, she begins to come to terms with her past, her lost friend, and her own creative inner life.



FARMINGTON HILLS
SPECIAL SERVICES *Michigan*



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

**adults 50
& better**

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



Summer Courtyard Cookout

Come rock out with us in the beautiful Costick Center Courtyard with musical entertainment. 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!

Wednesday | August 13 | 11:30 am - 1:30 pm | #CS3201-01

R/NR Fee: \$10/\$12

Register by Tuesday August 5, space is limited.

SPONSORED BY:



Interfaith Volunteer Caregivers is a non-profit that has been helping low-income seniors and disabled adults stay independent for over 33 years in Macomb, Oakland, and St. Clair Counties!

Our volunteer-based program helps these individuals age in place with the help of services one neighbor would do to help another such as transportation to doctors' appointments, grocery shopping, light house-keeping, yardwork, minor home repairs, and combatting loneliness with friendly visits/phone calls.

Interfaith volunteer Caregivers provides flexible volunteering opportunities for anyone looking to give the gift of time and help a neighbor in need. This can range from a weekly phone call, a drive to a doctor appointment once a month, helping someone rake their yard, and more!

If you have an hour to give, you could make all the difference in keeping someone in their own home longer who is not able to afford the help otherwise. We match you with volunteer opportunities based on your interest, availability, and location preferences.

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



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



adults 50 & better

FARMINGTON HILLS
SPECIAL SERVICES *Michigan*

Dine & Discover

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

Rock the Past: A Multi-Media Journey Through the Early Days of Rock and Roll!

Step back in time and experience the electrifying birth of rock and roll! This one-of-a-kind multi-media show combines live music, classic footage, and storytelling to bring the era of legendary artists like Elvis, Chuck Berry, and Little Richard back to life. Hear the stories behind the music that changed a generation.

Presenter: Henry Feinberg

Wednesday | 7/16 | 11:30 am - 1:00 pm | CS3301-01 | R/NR \$12/\$15

Register by July 8, 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 in one of our new spaces at the Costick Center from 10:00 – 10:30 am. Then enjoy an hour of enlightening experiences.

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

Detroit Tap Repertory

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: Detroit Tap Repertory

Wednesday | 8/20 | 10:00 - 11:30 am | CS3006-01 | R/NR \$8/\$10



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



**adults 50
& better**

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*

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

The Farmington Area Commission on Aging on Aging on Cryptocurrency Scams

The Farmington Area Commission on Aging continues their monthly series on Scams, Fraud, and Financial Exploitation. This is part of an effort to ensure that adults 50 years and better can learn to recognize scams and financial fraud before it happens and have resources to help should they become victims.

Scammers use of Cryptocurrency and Crypto ATMs is this month's topic.

CRYPTOCURRENCY SCAMS



- Scammers are using Cryptocurrency (like Bitcoin) or Crypto ATMs as part of their scamming.
- Initial contact may be made by phone, text, or email. The initial text, email, or phone call may say you owe a bill or need to pay a ransom to use your computer. New “friends” or romantic interests may start asking for cryptocurrency or encourage you to invest in “safe” cryptocurrency.
- Scammers may tell victim to withdraw money from their bank or credit union. They instruct victim not to tell bank staff about what the money is used for or, instead, to tell staff that funds are for home improvements.
- Scammers tell their victims to deposit the money in a “safe” bitcoin ATM located at a local convenience store. They stay on the phone and guide the victim thru the necessary steps.

How to Protect Yourself from Cryptocurrency Scams

Michigan Attorney General Nessel warns: **No legitimate company or government agency will ever ask you to deposit money into a Bitcoin ATM.** If someone makes such a request, it's a scam. If someone is encouraging you to keep your money safe or to pay a bill using cryptocurrency or a Cryptocurrency ATM, STOP. Slow down. Talk to friends, family, or your banker. Do not move your money to a cryptocurrency ATM.

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

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

Farmington Hills Adult Day Program

A Day Program for Older Adults with Memory Loss

Enriching participants' lives through:

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

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

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

Location: Center for Active Adults at the Costick Center

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



**adults50
&better**



STAY ACTIVE, STRONG AND HEALTHY

No matter your age, it's never too late to stay vibrant and improve your heart health, strength, balance and mobility by maintaining an active lifestyle even when you are limited to staying at home. Physical activity offers older women and men significant benefits, including helping to control arthritis, maintain healthy bones, stamina and muscle strength. If you have a chronic condition or haven't been physically active in years, check with your doctor first.

The National Institute on Aging (NIA) recommends the following types of exercise weekly:

Flexibility—older adults tend to have a range of motion problems in their joints. Practices such as yoga or Pilates can improve flexibility. Exercises that promote good balance help maintain mobility and reduce the risk of falls.

Strength—Strong muscles are important to daily living, whether you're getting out of a chair or carrying groceries. Strength training can reduce the rate at which your bones become weaker. Try to perform strength exercises on your major muscle groups at least twice a week for 30-minute sessions, focusing on your upper body one day and your lower body on another day.

Endurance—getting your heart rate up can benefit your entire body and make it easier for you to perform just about any everyday activity. Start with 10 minutes and build up to three times a day. Brisk walking, swimming, biking, even housework, like sweeping and dancing can all count as aerobic exercise and helps improve your balance and mobility.

Listen to your body. Start slowly and build gradually. Exercise at a level where you feel like you're working a bit, but it shouldn't feel extremely hard. Drink plenty of fluids. Staying hydrated is always important. There are currently many yoga, Pilates and strength training videos on line through the library and PBS. If you are a member of AARP, they offer videos online also. If walking or biking outside, keep an eye on the weather. Be sure to dress appropriately and move inside to exercise in extreme cold and heat.

Keep moving!



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 July 14 you need to reserve by Friday, July 11 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.**
- **Lunch will be served in Casey on July 16.**
- **No lunch on July 4.**

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

July 2025 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Lunch will be served in Shannon Hall.		1 Mostaccioli with Meat Sauce, Riviera Vegetables, Garden Salad, Orange	2 Parmesan Crusted Tilapia, Brown and Wild Rice, Capri Blend Vegetables, Peach	3 Meat Lasagna, Normandy Blend Vegetables, Garden Salad, Apple	4 Center Closed 	5
	6	7 Seasoned Chicken Breast, Rosemary Potatoes, Nantucket Vegetable Blend, Tropical Fruit Cup	8 Chicken Fried Beef Steak, Mashed Potatoes, Key West Vegetable Blend, Spinach Salad, Apple	9 Italian Chicken Parmesan, Penne Pasta, Italian Vegetables, Garden Salad, Pear	10 Mac & Cheese, Stewed Tomatoes, Normandy Blend Vegetables, Cantaloupe	11 Bratwurst/ Sauerkraut, German Potato Salad, Northwest Vegetable Blend, Peach
13	14 Orange Ginger Chicken, Vegetable Fried Rice, Oriental Vegetables, Apple	15 Haddock, Brown & Wild Rice, Caribbean Blend Vegetables, Broccoli Slaw, Banana	16 Sloppy Joe, Roasted Sweet Potatoes, Vegetable Blend, White Rabbit Salad	17 Chicken Marsala, Basmati Rice, Caesar Salad, Orange	18 Stuffed Cabbage, Roasted Potatoes, Honey Glazed Carrots, Mango Fruit Cup	19
20	21 BBQ Pulled Pork, Corn Bake, Riviera Vegetable Blend, Peach	22 Pasta Salad, Spring Greens/Tomatoes, Potato Salad, Three Bean Salad, Apple	23 Chicken Tortilla Bake, Mexican Corn, Roasted Brussel Sprouts, Cantaloupe	24 Chicken Drumstick, Au Gratin Potatoes, French Beans, Garden Salad/Ranch, Grapes	25 Parmesan Crusted Salmon, Scalloped Potatoes, Vegetable Blend, Plum	26
27	28 Spanish Cheese Omelet, Malibu Blend Vegetables, Hashbrown Potatoes, Peach	29 Salisbury Steak/ Mushrooms, Mashed Potatoes, Ginger Carrots, Applesauce	30 Italian Sausage, Peppers & Onions, Carrots & New Potato, Cantaloupe	31 Stuffed Pepper, Mashed Potatoes, Capri Blend Vegetables, Watermelon	Highlighted dates, lunch will be served in Casey.	

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

Reserve your meal by calling 248-473-1830

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

Join one of our support groups for a meeting:

Living On

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

Farmington Hills Parkinson's Support Group

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

Navigating Change and Aging Coffee Hour

Join us the 2nd Wednesday of the month. Next meeting is July 8 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 Lisa Gardner, Interim Hospice of Oakland County Bereavement and Volunteer Coordinator.

Alzheimer's Association Caregiver Support Group

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

Brain Injury Support Group

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

Caregivers

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

Vision Support Group (not meeting July & August)

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

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

BINGO

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

Book Discussion (No meeting July and 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.

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.

Starts September 17

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 life-style. \$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.

New group forming starting in September

“Paper Play” at Costick Center

Do you enjoy creating with paper? Does the thought of crafting cards, scrapbooks, art and junk journals, or binding books make your heart beat faster? If so, we'd love your assistance to coordinate meetings of fellow paper-lovers! Additional volunteers would demonstrate techniques based on the group's interest. Please contact Anna Durham at adurham@fhgov.com or 248-473-1822 to express interest a/o assist!

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

Meets 2nd Wed. of each month at 11:00 am. You're invited to join us to meet fellow seniors and make new friends. Enjoy light snacks, develop meaningful relationships and fellowship with lighthearted conversations. Learn from interesting speakers, share any current challenges that you would like advice from the group.

Pinochle Group

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

Quilters

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

Red Hat Society Group

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



Sojourn Bears (Not meeting July & August)

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! **July 22, 2025: Mini Summer Paintings:** Paint a summer landscape scene on a mini canvas! Paint supplies and beautiful summer images will be provided for inspiration. No prior painting experience required.

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.

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.

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.

COSTICK CENTER — CENTER FOR ACTIVE ADULTS NEWCOMER WELCOME TOUR

Thursday August 21, 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. Includes a welcome packet with a coupon for a complimentary lunch, gym class, swim, or pickleball. Residents only.

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

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 3:30 pm. Farmington Hills Senior Transportation provides Kroger grocery shopping service on Tuesdays along with Walmart and Meijer shopping service on alternating Thursdays. Please call 248/473-1864 to sign up. A donation of \$2 each way is suggested.

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!

July 9, 23 - 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.

July 11 - 9:30 - 10:30 pm - Full Moon Friday - Night Hikes - #PN3211 \$5.00

July 19 - 10:00 am - 12:00 pm- Volunteer Day Volunteer to make Heritage Park an even better place! Participate in activities like removing invasive species, trail maintenance, and more! All ages and skill levels welcomed.

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



SENIOR AQUATICS PROGRAMS

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

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

POOL IS CLOSED JULY 4 - 6

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 7/4 & 7/5

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 - 3:30 pm

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

Tuesday | 3:30 - 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.

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

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

Thursday | 3:30 - 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.

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



Register for the next session now!

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!

Instructor: Claire Sophia

Monday | 7/21 - 8/25 | 10:15 - 11:15 am #CS3503-06

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

Tuesday | 7/22 - 8/26 | 9:45 - 10:45 am #CS3503-03

Instructor: Linda Hawkins

Wednesday | 7/23 - 8/27 | 10:00 - 11:00 am #CS3503-04

Instructor: Katielynn Marie

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.

Chair Yoga

Monday | 7/21 - 8/25 | 11:00 am - 12:00 pm #CS3504-02

Instructor: Bharti Shah

6 week session

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



NEW

Wednesday | 7/23 - 8/27 | 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.

Yoga Strength

Tuesday | 7/22 - 8/26 | 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.

Therapeutic Yoga

Thursday | 7/24 - 8/28 | 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 | 7/24 - 8/28 | 5:30 - 6:30 pm #CS3502-04

Instructor: Bharti Shah

6 week session

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

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

Balance, Strength & Stretch

Wednesday | 7/23 - 8/27 | 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.

Feldenkrais: Awareness Through Movement

Wednesday | 7/23 - 8/27 | 9:30 - 10:30 am #CS3509-02

6 week session

R/NR Fee: \$30/\$36

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

Instructor: Susan Patton

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

Gym Exercise

Tuesday | 7/22 - 8/26 | 11:00 am - 12:00 pm #CS3510-03

Thursday | 7/24 - 8/28 | 11:00 am - 12:00 pm #CS3510-04

6 week session

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 | 7/22 - 8/26 | 9:45 - 10:45 am #CS3511-03

Thursday | 7/24 - 8/28 | 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.

Tai Chi for Movement & Balance

Thursday | 7/24 - 8/28 | 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.

Tai Chi

Wednesday | 7/23 - 8/27 | 6:00 - 7:00pm #CS3506-03

6 week session

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

Friday | 7/25 - 8/29 | 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 | 7/23 - 8/27 | 7:00 - 8:00pm #CS3507-03

Thursday | 7/24 - 8/28 | 2:00 - 3:00pm #CS3507-04

Friday | 7/25 - 8/29 | 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

NO Classes 7/4



EZ Beginner Hustle

Tuesday | 7/22 - 8/26 | 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 | 7/24 - 8/28 | 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.

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

Absolute Beginner Line Dance

Friday | 7/11 - 7/25 | 11:30am - 12:00 pm #CC3507-02

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

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

Beginner Line Dance

Wednesday | 7/2- 7/30 | 12:00 - 1:00 pm #CC3500-03

R/NR Fee: \$30/\$30 5 week session

Friday | 7/11 - 7/25 | 12:00 - 1:00 pm #CC3500-04

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

Beginner Plus Line Dance

Friday | 7/11 - 7/25 | 1:00 - 2:00 pm #CC3505-02

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

Intermediate Line Dance

Wednesday | 7/2 - 7/30 | 1:00 - 2:00 pm #CC3506-02

R/NR Fee: \$30/\$30 5 week session

Instructor: Christine Stewart

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

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

Beginners Ballroom

Waltz | Wednesday | 7/23 - 8/27 | 6:30 - 7:20 pm #CC3501-03

Rumba | Wednesday | 7/23 - 8/27 | 7:30 - 8:20 pm #CC3501-04

6 week session

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

Instructor: Fernando Caducio

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

Class open to students 18+

Beginner/Intermediate Ballroom

East Coast Swing | Tuesday | 7/22 - 8/26 | 6:30 - 7:20 pm #CC3502-03

Mambo/Salsa/Merengue | Tuesday | 7/22 - 8/26 | 7:30 - 8:20 pm #CC3502-04

6 week session

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

Instructor: Fernando Caducio

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

Intermediate/Advanced Ballroom

Foxtrot | Monday | 7/21 - 8/25 | 6:30 - 7:20 pm #CC3503-03

Hustle | Monday | 7/21 - 8/25 | 7:30 - 8:20 pm #CC3503-04

6 week session

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

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 | 7/8 - 7/29 | 1:00 - 3:00 pm | #CS2405-05

4 week session

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

Instructor: Naomi Frenkel

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 Jill McRoberts at 248-473-1851 if you or you know someone that should be added to our list.

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.)

Michigan's Little Bavaria Adventure: City Tour, Pretzel Making, Boat Ride & More! August 6, 2025 (Wednesday), \$145/pp

Step on Guided Tour of Frankenmuth: this charming small town known for its strong Bavarian heritage and unique German-style architecture. Often called "Michigan's Little Bavaria," it offers visitors a taste of German culture through its food, festivals, and shops. Enjoy a 45 minute driving tour of the city, highlighting historic and community sites including a stop at St. Lorenz Lutheran Church, where the city's history can be seen depicted in the beautiful stained glass windows.

Pretzel Rolling Experience: this is a popular hands-on activity that connects visitors with the town's Bavarian roots. We will visit Bavarian Inn Restaurant; outfitted with hats, you will be transformed into German bakers and led through the proper pretzel-rolling method. Then it is your turn to try and match the technique! After they are baked, reap the rewards of your hard work. It's a great way to experience German culture and enjoy a tasty treat that you made yourself! Lunch will follow at the Bavarian Inn.

Guided Tour of the Frankenmuth Historical Museum: this is a fascinating spot that tells the story of the town's German settlers and how Frankenmuth came to be known as "Michigan's Little Bavaria." Located in a historic building on Main Street, the museum features interactive exhibits, artifacts, and displays about the area's cultural heritage, immigration, and development over time.

Bavarian Belle Riverboat: Enjoy a fabulous narrated tour of Frankenmuth on the Cass River. This authentic paddlewheel riverboat provides a relaxing way to enjoy the beautiful natural surroundings while learning about Frankenmuth's history and landmarks. It's a great way to see the town from a different perspective while enjoying a peaceful ride on the water.

Firekeepers Casino, August 12, 2025 (Tuesday), \$59/pp

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

Detroit Princess Lunch Cruise on the Riverboat, August 29, 2025 (Friday), \$135/pp

The Detroit Princess Riverboat has been docked on the shores of Hart Plaza for a decade and a half. Their time in Detroit has been transformative, as they have cemented themselves as a part of the Detroit skyline as the city has rapidly changed around them. Take a midday break from the world and cruise on the Detroit River! Their lunch cruise is perfect for seeing the downtown areas of both Detroit and our neighbors in Windsor. Tickets include the cruise, live Motown entertainment and a delicious lunch!

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, America's largest privately owned home, and cross the threshold into a world of beauty virtually unchanged for more than a century. 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. The holiday festivities get playful as Elves from the North Pole & South Pole compete in a friendly rivalry while your festive dinner is served. The stunning beauty of angels ascending from above will amaze you as the songs inspire audience members of all ages!

Day 4: Enjoy a fascinating self guided tour today at the Titanic Museum; it opens the door to the past in it's one-of-a-kind way letting "passengers" experience what it was like to walk the hallways, parlors, cabins and Grand Staircase of the Titanic while surrounded by more than 400 artifacts directly from the ship and its passengers. 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 - this is the oldest and largest military aviation museum in the world, located at Wright-Patterson Air Force Base. The museum galleries are filled with military aviation history, boasting more than 360 aerospace vehicles and missiles on display - many are rare and one-of-a-kind. After your time at the museum your group will begin traveling home with fond memories of your trip!

A Day in Saugatuck - From Dunes to Downtown! September 9, 2025 (Tuesday), \$120/pp

The popular Dune Schooner Ride: The 35 minute ride takes you into primitive unspoiled areas of haunting beauty with large dunes, formed by ancient Lake Michigan; woodlands, teeming with wildlife, and the pristine Goshorn Lake. This fun, exhilarating ride also provides up close views of Lake Michigan. After the dune ride, enjoy four hours of free time in walkable downtown Saugatuck for lunch and shopping on your own! From award-winning beaches to scenic waterways and grassy dunes, from a thriving art scene born from a creative, open minded culture to a culinary landscape that's become world-renowned—this is a one-of-a-kind place where people long to visit!

Rockin' Oldies with the Beach Party Boys! at Zehnder's of Frankenmuth, September 15, 2025 (Monday), \$140/pp

The Beach Party Boys are in their 10th year of non-stop touring. They have been described as the Ultimate Beach Party coming to life! The show is fast paced and interactive with a focus on lots of nostalgia to awaken the teenage hearts of all those who carried a Transistor Radio in the 60's! The authentic look, musical instrumentation, and detailed harmony of the Beach Boys are reproduced with a spot on representation of the real deal. Audiences will be singing along to their favorite songs like Barbara Ann, Help Me Rhonda, Surfin' USA, and Good Vibrations – the number ONE SONG OF ALL TIME! Beach Party Boys are the ULTIMATE BEACH PARTY! Enjoy a Zehnder's Chicken Luncheon in their beautiful main dining room and 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

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

Trips Available: 2025

- Highlights of Italy's Amalfi Coast & Rome – October 21 - 29
 - Montreal & Quebec City Christmas – December 10 - 15
 - Illumi Toronto – November 19 -21
 - Thunder Bay Resort/Murder Mystery weekend – November 7 - 9
 - **Day Trip** – Tiger Baseball Game – August 20, 2025
 - **Day Trip** - Dow Gardens – September 17, 2025
 - **Day Trip** - Detroit Discovery Tour – September 25, 2025 – waiting List
 - **Day Trip** - Gilmore Car Museum – September 30, 2025
 - **Day Trip** – DSO Trip – Billy Joel Songbook - November 21
 - **Day Trip** – DSO Trip – Home for the Holidays – December 12
-

Trips Available: 2026

- Best of Australia & New Zealand – March 9, 2026 – 17 days
- 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
- 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
- Washington Cherry Blossom's & Williamsburg – April 2026 – 6 days Bus Tour
- National Parks & Historic Trains of Colorado – August 2, 2026 – 9 days - flight
- Vermont – New Hampshire (3) Historic Rail Excursions – Oct 10, 2026 – 8 days
- Smoky Mountains & Pigeon Forge Holiday – Dec 6, 2026 – 5 days

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