

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



May 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.

Costick/Community Center Update

Sports Facilities Companies (SFC) is currently offering a survey to the residents of Farmington Hills and the users of the Costick Center. This survey will gather the ideas and interests of the participants, telling FH Special Services what is important to them in their Adults 50 & Better recreational center.

There have been 320 survey participants April 4-16th. With the survey accepting input through April 28th, there is still time for residents and Costick Center users to give their opinions!

[Farmington Hills 50 and Better Community Engagement | Engage Sportsfacilities](#)

SFC will use the survey data to complete multiple pro formas for the Farmington Hills City Council to use in their decision-making process.

Thank you,

Jeffrey Blatt

Account Executive *for*

Farmington Hills Special Services Sports Facilities Companies

jblatt@sportsfacilities.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

4/22/2025

May **15** 2025

9 AM - NOON

Costick Activities Center
 28600 W 11 Mile Road
 Farmington Hills, MI 48336



VETERANS RESOURCE FAIR

Register at: tinyurl.com/yks29mj4

Cost: Free | Registration Required

Representatives will be onsite to serve all Veterans and their families with these resources:

-  FREE food boxes
-  Oakland County Veterans' Services—Providing information and claims assistance regarding Veteran benefits and giving away Meijer vouchers. **\$100 Meijer Cards Available While They Last.** —to be eligible you must be a Veteran and Oakland County resident, and you must present a copy of your DD214
-  Oakland County Michigan Works!—Providing Veterans and their families with career planning, training programs, job search resources and the opportunity to meet with an employment specialist
-  Oakland County Neighborhood & Housing Development—Helping residents with housing counseling
-  Oakland County Parks & Recreation—Providing information about recreation opportunities at county parks
-  Detroit VA Healthcare System—Offering registration help and exams for non-enrolled Veterans
-  Oakland Community Health Network—Addressing any behavioral health issues and concerns, including behavioral health needs for children
-  VA Suicide Prevention—Providing free gun locks
-  Gary Burnstein Community Health Clinic—Scheduling free dental appointments
-  Michigan Veterans Affairs Agency—Printing DD214's on site
-  Ride SMART—Providing information on their Veteran transportation program

Contact: Tyrone Jordan at JordanT@oakgov.com | (248) 285-8016



U.S. Department of Veterans Affairs
 Veterans Health Administration
 Detroit VA Health Care System



THANK YOU FOR SPONSORING
THE CFAA (Cycling for Active Adults)
SPRING GATHERING



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

Tuesday June 10
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



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



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



For additional questions or details please call 248-473-1830

OPEN MIC MONDAY

Monday | 5/12 | 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 May 9 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.

May 16 - Jerry & Marge Go Large

#CS4001-05

**Register by May 9 by 11:00 am
12:00 - 3:00 pm**

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

Based on a true story from a HuffPost article with the same name, the film stars Bryan Cranston and Annette Bening. Jerry and Marge Selbee, a retired couple from the small town of Ewart, Michigan, discover a statistical loophole in the WinFall lottery that allows them to almost guarantee a win during rolldown weeks. He and his wife go on an exciting, multimillion dollar winning spree with the goal of reviving their small Michigan town. However, when a selfish college student cheats the system, Jerry must find a way to make the game fair for all.

FARMINGTON HILLS
SPECIAL SERVICES *Michigan*



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



Welcome Summer Concert & Ice Cream Social

Come welcome summer in the beautiful; courtyard at the Costick Center with live music by Pam Corzine and chill out with a delicious ice cream float!

Wednesday | June 25 | 2:00 - 4:00 pm | #CS3200-01 | R/NR Fee: \$8/\$10

Register by Tuesday June 17, space is limited.

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.



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



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

Continental Club

You won't want to miss this NEW SERIES to get your day off to a great start! Enjoy a continental breakfast while you mingle with friends in one of our new spaces at the Costick Center from 10:00 – 10:30 am Then make your way into the chapel for an hour of enlightening experiences.

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

Shelia Landis & Rick Matle: Pop Favorites and Golden Melodies

Sheila Landis has been voted "Outstanding Jazz Vocalist" seven times by the Detroit Music Awards'. Landis does her most adventurous work as a DUO with longstanding musical partner, 7-string guitarist Rick Matle, Landis breathes new life into beloved classics, infusing each song with her unique flair and improvisational genius.

Presenter: Shelia Landis & Rick Matle

Tuesday | 5/20 | 10:00 - 11:30 am | CS2304-01 | R/NR \$8/\$10



We'll take you under our wing.®

Angela Hospice has been providing comprehensive, compassionate, and Christ-like hospice care in southeast Michigan since 1985. With an eye toward innovation, while always prioritizing dignity and comfort for our hospice patients and families, Angela Hospice has continued its commitment to providing exceptional, quality care for our community.

A Morning of Enchantment: Live Music with Henry and Lynn Feinberg

Join us for a magical morning of music! Experience the captivating blend of Henry Feinberg's virtuoso piano skills and Lynn Feinberg's soulful voice. A diverse repertoire ranging from classical masterpieces to contemporary hits. Don't miss this unforgettable musical journey.

Presenter: Henry and Lynn Feinberg

Thursday | 6/12 | 10:00 - 11:30 am | CS3005-01 | R/NR \$8/\$10

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



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**FARMINGTON
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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.

Motor City Mafia

Burnstein tells the complete story of the Motor City's nationally renowned and ultra-stealthy Italian mafia, a tale that spans from the early 20th Century to the New Millennium, including the skinny on Jimmy Hoffa and the teamsters, Las Vegas, home Juice Co., Hazel Park Raceway, the Southfield Athletic Club, Hillcrest Country Club and much more.

Presenter: **Scott Burnstein**

Wednesday | 5/14 | 11:30 am - 1:00 pm | CS2007-01 | R/NR \$12/\$15

Register by May 6, space is limited.

THANK YOU TO OUR SPONSORS:

HOSPICE OF MICHIGAN



By caring for our communities more than 40 years, we are the most experienced provider of hospice care in Michigan. Currently serving more than 4,000 patients annually in 50 counties, we're also the largest not-for-profit hospice in our state, and among the largest recognized 501c3 non-profit advanced illness management organizations in the nation.

We provide care for all—regardless of age, diagnosis, or ability to pay. Last year, our commitment extended \$4 million beyond what was reimbursed by insurance. Because we welcome those who are uninsured, or whose treatment is more expensive than what other hospices can provide, we depend on the financial support of our donors for the treatments, medications, services, and expanded grief support of patients and families in need.

Questions? Call us anytime at 888-247-5701 or visit www.HOM.org

AFFINITY HOME CARE & SENIOR CARE

Affinity provides compassionate, high-quality skilled Home Health Care & Private Duty In Home Caregivers, helping seniors age in place with dignity and grace since 2006. Our team of healthcare professionals has a proven track record providing Registered nurses, physical therapists, occupational therapists speech therapists, medical social workers, home health aides & professional caregivers. Affinity Skilled home health care earning us a 5 star rating on Medicare.gov!

We offer in home services Serving Southeast, Michigan for clients with both new and chronic medical conditions and can help your loved ones access the attention and care they need in managing their illness in the best possible way.



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.

Soda Pop Solider: The Civil Wars of James Vernor

Vernors Ginger Ale is a Detroit and Michigan staple for over a century and a half, with a combination of nostalgia and pleased taste buds making it a favorite for young and old alike. But what made the man who made the drink, James Vernor? The man who made Michigan's favorite drink returned from the Civil War, and less than a year later began producing the pop that bears his name. Discover the experiences of the man, the soldier and the ginger ale king through nearly three years of war in our nation's bloodiest conflict and how that war shaped his life, his work, and his legendary product. Presented by Jeff Pollock. Jeff is a public historian, event organizer, and advocate for the 'Vernors Cure.' Currently he is the Museum Director at the Crocker House in Mount Clemens and Deputy Chief Historian at Detroit History Tours & The Detroit History Club.

Presenter: Jeff Pollock Detroit History Tours

Wednesday | 6/18 | 11:30 am - 1:00 pm | CS3300-01 | R/NR \$12/\$15

Register by June 10, space is limited.

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.



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



**adults 50
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**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*

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

Join SOAR Lifelong Learning Institute (LLI) at the Hawk this spring.

SOAR LLI's 2025 Spring term begins in April and includes more than 50 unique classes that each meet one time, for 90 minutes. We offer classes in subject areas as diverse as Art & Architecture, Business & Finance; Film; History; Law, Politics, & Government; Performing Arts, Music, & Dance; and so much more. SOAR's academic-style classes are taught by current and retired University professors and experts in their fields. There is no studying, no tests, and no homework. It is learning the way you always hoped it could be! [Click here to see the Spring Class Schedule.](#)

Here are some examples of SOAR's spring classes:

Monday, April 21: What's Happening in the Michigan Legislature? with Senator Mallory McMorrow

Tuesday, May 6th: Broadway Musicals: Memorable Moments of the Past 20 Years with Barbara Spreitzer-Berent

Wednesday, May 21: Making Sense of Afghanistan: Two Generations of U.S. Involvement in Central Asia with Professor Saeed Khan

As a lifelong learning institute, SOAR's mission is to provide intellectually stimulating, interactive, and entertaining classes, events, and social experiences for older adults where everyone feels included and welcome.

Not only does SOAR LLI offer a diverse selection of non-credit lectures, but SOAR members also have access to wonderful field trips, amazing special events, and community driven Shared Interest Groups (SIG). This term we are planning trips to Belle Isle, the Detroit Opera, and The Big House in Ann Arbor. SOAR's Spring Term special events include Faith Impacts Life: An Interfaith Conversation and The Nicely Theatre Group Presents. And SOAR's SIGs range from a Detective Novel Club to a First Friday Movie Group to a SIG focused on The Roaring Twenties.

Each year, more than 800 individuals from throughout metropolitan Detroit enjoy our programs and we would love to have you join them!

For more information, to see the full Spring Term catalogue, and to register please visit our website: www.soarexplore.com or call our office at 248-626-0296



The Farmington Area Commission on Aging re Online Search Results Scam

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

How many of us use a search engine, perhaps daily, to find information? If so, please be aware that scammers use online search results to intentionally mislead people according to the Federal Trade Commission and AARP.

Their tactics vary but look something like this. Scammers may use paid search results, in other words advertisements, to drive traffic to a fake website that looks like a legitimate business or government site. They may use advertising dollars to position their “ad” higher in the web search results. Or they may place their phone number next to a trusted company’s name, to steer you away from the contact information you seek. Ultimately, scammers want to trick you into giving them money or your personal or financial information to steal your identity.

ONLINE SEARCH RESULTS SCAM

Steps to avoid an Online Search Results Scam include:

- Search carefully
- Beware that web search results can be manipulated
- Know that the top search results might be paid ads
- Avoid clicking on links that are “sponsored” or advertisements
- Do not assume a phone number in search results is legitimate, instead ...
- Scroll to unpaid search results to look for a website or contact information
- Contact a company or agency using a verified website or phone number



Sources: Federal Trade Commission, AARP

AARP notes that, while not all sponsored links or contact information in search results are fake, it is important to understand that paid web ads are a tactic used by scammers. If you spot such a scam, tell the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov). And, as always, be vigilant.

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**



EMERGENCY PREPAREDNESS-WHAT TO HAVE ON HAND

Do you know what to do in case of a flood, natural disaster, or the loss of power from high winds to keep your food safe? Knowing how to keep food safe and what to have on hand will minimize the potential loss of food and reduce the risk of foodborne illness.

*Be prepared by having items on hand that don't require refrigeration and can be eaten cold. Shelf-stable food boxed or canned milk (there are many varieties of non-dairy milk now available), water and canned goods should be part of a planned emergency food supply. Non-electric can opener for an emergency.

*Keep appliance thermometers in the refrigerator and freezer at all times. Refrigerator temperature should be at 40 F or below, the freezer, 0 F or below.

*Group foods together in both the refrigerator and freezer. This helps food stay cold longer.

*Keep the freezer full. If not typically full, keep items close together and/or fill empty spaces with frozen plastic jugs of water, bags of ice or gel packs.

During a power outage

*Keep refrigerator and freezer doors closed.

*The refrigerator will keep food safe for up to 4 hours. If the power is off longer, you can transfer food to a cooler and fill with ice or frozen gel packs.

*A full freezer will hold the temperature for approximately 48 hours.

After the power outage

***Never** taste food to determine its safety. **When in Doubt, Throw it Out!**

***Discard the following** if your refrigerator has been without power for more than 4 hours:

-raw, cooked or leftover meat, poultry, fish, eggs and egg substitutes

-luncheon meat and hot dogs

-casseroles, soups, stews and pizza

-mixed salads (i.e. chicken, tuna, macaroni, potato)

-milk, cream, yogurt, sour cream and soft cheeses

-cut fruits and vegetables (fresh)

-cooked vegetables

-creamy based salad dressings

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 May 5 you need to reserve by Friday, May 2 at 11 a.m.)

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

All meals must be reserved in advance.

Reserve your meal by calling 248-473-1830.

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

Procedure upon arriving at the Costick Center:

- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, proceed to Shannon Hall.
- Sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- **The congregate meal is plated for you to eat in Shannon Hall. No carry-out.**
- **No lunch service May 5, 26.**
- **Lunch will be served in Casey on May 14, 15.**

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

May 2025 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lunch will be served in Shannon Hall.		Highlighted dates, lunch will be served in Casey.	1 Chicken Enchiladas, Spanish Rice, Malibu Blend Vegetables, Tangerine	2 Parmesan Crusted Tilapia, Veggie Wild Rice, Normandy Blend Vegetables, Super Slaw, Apple	3
4	No Lunch Service	6 Chicken Alfredo Lasagna, Winter Vegetable Blend, Garden Salad, Tangerine	7 Sloppy Joes, Roasted Sweet Potatoes, Fresh Broccoli, Red Grapes	8 Chili Lime Tilapia, Basmati Rice, Italian Vegetable Blend, Orange	9 Seasoned Chicken Breast, Cheesy Potatoes, Sicilian Vegetable Blend, Fresh Pear	10
11	12 Barbeque Beef, Roasted Potatoes, Asian Blend Vegetables, Fresh Orange	13 Oven Fried Chicken Leg, Baked Fries, Venetian Blend Vegetables, Banana	14 Stuffed Cabbage, Mashed Potatoes, Green Beans, Apple	15 Crispy Haddock Fillet, Vegetable Rice Blend, Northwest Vegetable Blend, White Rabbit Salad	16 Turkey & Swiss Burger, Vegetarian Baked Beans, Malibu Blend Vegetables, Fruit Cup	17
18	19 General Tso Chicken, Wild Rice, Oriental Blend, Orange	20 Artesian Macaroni & Cheese, Stewed Tomatoes, Mixed Vegetables, Tropical Fruit Cup	21 Chicken Cacciatore, Risotto, Caesar Salad, Fresh Pear	22 Mediterranean Pork Chop, Roasted Potatoes, Baked Spiced Apples, Spinach Salad	23 Beef Tips with Mushrooms, Au Gratin Potatoes, Ginger Carrots, Apple	24
25	26 Center Closed Memorial Day	27 Meat/Cheese Lasagna, Italian Vegetable Blend, Orange	28 Salisbury Steak with Mushroom Gravy, Roasted Red Skins, Capri Vegetable Blend, Green Grapes	29 Sweet N Sour Chicken, Basmati Rice, Oriental Vegetables, Garden Salad, Apple	30 Crispy Chicken Sandwich, Tater Tots, Caribbean Blend Vegetables, Super Slaw, Pear	31

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

Reserve your meal by calling 248-473-1830

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Join one of our support groups for a meeting:

Living On

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

Farmington Hills Parkinson's Support Group

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

Navigating Change and Loss Coffee Hour

Group currently full. Contact Lisa Gardner, Bereavement Coordinator at ligardner@interimhealthcare.com to be added to the waitlist, or for alternative grief resources. Join us the 2nd Wednesday of the month. Next meeting is May 14 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced in the recent past, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitated by Lisa Gardner, Interim Hospice of Oakland County Bereavement and Volunteer Coordinator. Facilitator will not be present at the April meeting.

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 Trenea Horton: thorton@alz.org 248-996-1058 to register and the zoom link will be sent to you by email.

Brain Injury Support Group

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

Caregivers

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

First Step Stroke

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

Vision Support Group

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

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

BINGO

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

Book Discussion

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

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

May: *Haven*, by Emma Donoghue

Euchre (No Euchre 5/26, Special Tuesday Euchre 5/27)

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

Duplicate Bridge

The group meets every Monday at 12:00 pm and play is from 12:30 - 4:00 pm. You must bring your own partner and have a current membership card. \$2.00 per person.



CFAA (Cycling for Active Adults)

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy lifestyle. \$20.00 for a year membership/volunteer ride leaders membership fee is waived.

You can register online with program #CS4613. 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.

Fiber Artists

The Fiber Artists is a social club for artists whose material consists of natural or synthetic fibers. They meet at the Center for Active Adults at the Costick Center the 1st & 3rd Tuesday of the month, 5:30 – 8:30 pm in Shannon Hall. All techniques that involve using your hands with fiber or fiber techniques are welcome including: **Basketry, Beading, Bead Embroidery, Bead Weaving, Kumihimo, Crochet, Doll Making, Embroidery, Felting, Handmade Paper and Book Art, Knitting, Knotting, and Spinning.** The City of Farmington Hills, Adults 50 & Better Division welcomes fiber artists to meet and exchange ideas, encourage each other, inspire, and educate.

Join one of our clubs or groups:

Mahjong Group

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

New Friends Social Club

Meets 2nd Wed. of each month at 1:00 pm. You're invited to join us to meet fellow seniors and make new friends. Enjoy light snacks, develop meaningful relationships and fellowship with lighthearted conversations. Learn from interesting speakers, share any current challenges that you would like advice from the group.

Pinochle Group (No Pinochle 5/26, Special Tuesday Pinochle 5/27)

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

Quilters

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

Red Hat Society Group

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



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

Tai Chi 50 cents

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

The Next Chapter Library Program

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

Drop-In Welcome! **May 27, 2025: Name That Tune:** Test your knowledge of some famous music hits! Part of a song will be played, and you'll guess the song and artist at the end. Not a music guru? No problem! Feel free to come and just listen to music with us. All songs will either have a color OR an article of clothing in the title.

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 (No Wii Sports 5/26)

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.

Art on the Grand June 7 & 8

Downtown Farmington

Saturday, June 7 from 10 am to 7 pm

Sunday, June 8 from 11 am to 5 pm

Mark your calendars to stop by the Adults 50 & Better booth and purchase your homemade oatmeal blueberry cookies!

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!

May 14, 28 - 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.

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

May 17 - 9:00 am - 12:00 pm- Rouge River 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)

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

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)

NEW 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.

NEW 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.

No pickleball 5/24, 5/26, 5/27, 5/28, 5/29, 5/30, 5/31

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

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

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

NEW MONDAY MORNING

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

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

Monday | 4/14 - 5/19 | 10:15 - 11:15 am #CS2500-07

Instructor: Claire Sophia

Next session: 6/23 - 7/7 | 10:15 - 11:15 am #CS3503-05

R/NR Fee: \$18/\$21

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 | 4/15 - 5/20 | 9:45 - 10:45 am #CS2500-08

Next session: 6/3 - 7/8 | 9:45 - 10:45 am #CS3503-01

Instructor: Linda Hawkins

Wednesday | 4/16 - 5/21 | 9:45 - 10:45 am #CS2500-09

Next session: 6/4 - 7/9 | 9:45 - 10:45 am #CS3503-02

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 | 4/14 - 5/19 | 11:00 am - 12:00 pm #CS2504-03

Next session: 6/2 - 7/7 | 11:00 am - 12:00 pm #CS3504-01

Instructor: Bharti Shah

6 week session

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

 **NEW Wednesday | 4/16 - 5/21 | 11:00am - 12:00pm #CS2512-03**

Next session: 6/4 - 7/9 | 11:00 am - 12:00 pm #CS3512-01

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

6 week session

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

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

Yoga Strength

Tuesday | 4/15 - 5/20 | 11:00 am - 12:00 pm #CS2503-03

Next session: 6/3 - 7/8 | 11:00 am - 12:00 pm #CS3516-01

Instructor: Linda Hawkins

6 week session

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

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

Therapeutic Yoga

Thursday | 4/17 - 5/22 | 9:45 - 10:45 am #CS2501-03

Next session: 6/5 - 7/10 | 9:45 - 10:45 am #CS3501-01

Instructor: Bharti Shah

6 week session

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

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

Yoga Evening

Thursday | 4/17 - 5/22 | 5:30 - 6:30pm #CS2502-03

Next session: 6/5 - 7/10 | 5:30 - 6:30 pm #CS3502-02

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 | 4/16 - 5/14 | 4:15 - 5:00 pm #CS2513-03

Next session: 6/4 - 6/25 | 4:15 - 5:00 pm #CS3514-01

4 week session

R/NR Fee: \$24/\$28

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 | 4/16 - 5/21 | 9:30 - 10:30am #CS2511-03

Next session: 6/4 - 7/9 | 9:30 - 10:30 am #CS3509-01

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 | 4/15 - 5/20 | 11:00 am - 12:00 pm #CS2509-05

Next session: 6/3 - 7/8 | 11:00 am - 12:00 pm #CS3510-01

Thursday | 4/17 - 5/22 | 11:00 am - 12:00 pm #CS2509-06

Next session: 6/5 - 7/10 | 11:00 am - 12:00 pm #CS3510-02

6 week session

R/NR Fee: \$15.00/\$17.50

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 | 4/15 - 5/20 | 9:45 - 10:45am #CS2510-05

Next session: 6/3 - 7/8 | 9:45 - 10:45 am #CS3511-01

Thursday | 4/17 - 5/22 | 9:45 - 10:45am #CS2510-06

Next session: 6/5 - 7/10 | 9:45 - 10:45 am #CS3511-02

6 week session

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

Instructor: Deborah Koss

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

Tai Chi for Movement & Balance

Thursday | 4/17 - 5/22 | 1:00 - 2:00 pm #CS2508-03

Next session: 6/5 - 7/10 | 1:00 - 2:00 pm #CS3508-01

6 week session

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

Instructor: Bill Harper

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

Tai Chi

Wednesday | 4/16 - 5/21 | 6:00 - 7:00pm #CS2506-05

Next Session: 6/4 - 7/9 | 6:00 - 7:00pm #CS3506-01

6 week session

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

Friday | 4/25 - 5/23 | 10:00 - 11:00am #CS2506-06

Next Session: 6/6 - 7/11 | 6:00 - 7:00pm #CS3506-02

5 week session No class 7/4

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

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 | 4/16 - 5/21 | 7:00 - 8:00pm #CS2507-07

Next Session: 6/4 - 7/9 | 7:00 - 8:00pm #CS3507-01

Thursday | 4/17 - 5/22 | 2:00 - 3:00pm #CS2507-08

Next Session: 6/5 - 7/10 | 2:00 - 3:00pm #CS3507-02

6 week session

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

Friday | 4/25 - 5/23 | 11:00am - 12:00pm #CS2507-09

Next Session: 6/6 - 7/11 | 7:00 - 8:00pm #CS3507-05

5 week session No class 7/4

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

Instructor: Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

EZ Beginner Hustle

Tuesday | 4/15 - 5/20 | 1:15 - 2:15 pm #CC2515-03

Next Session: 6/3 - 7/8 | 1:15 - 2:15 pm #CC3515-01

6 week session

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

Instructor: Debra Koss

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

Intermediate Hustle

Thursday | 4/17 - 5/22 | 6:00 - 7:00 pm #CC2512-03

Next Session: 6/5 - 7/10 | 6:00 - 7:00pm #CC3512-01

6 week session

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

Instructor: Debra Koss

Have fun, learn favorite party hustles and keep fit with low impact, easy to learn line dance 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 | 5/2 - 5/23 | 11:30am - 12:00 pm #CC2507-05

R/NR Fee: \$16/\$16 4 week session

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

Beginner Line Dance

Wednesday | 5/7 - 5/21 | 12:00 - 1:00 pm #CC2500-09

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

Friday | 5/2 - 5/23 | 12:00 - 1:00 pm #CC2500-10

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

Beginner Plus Line Dance

Friday | 5/2 - 5/23 | 1:00 - 2:00 pm #CC2505-05

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

Intermediate Line Dance

Wednesday | 5/7 - 5/21 | 1:00 - 2:00 pm #CC2506-05

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

Instructor: Christine Stewart

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

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

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

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.

Beginners Ballroom

Foxtrot | Wednesday | 4/16 - 5/21 | 6:30 - 7:20 pm #CC2501-05

Hustle | Wednesday | 4/16 - 5/21 | 7:30 - 8:20 pm #CC2501-06

Next Session: Mambo/Salsa/Merengue | 6/4 - 7/9 | 6:30 - 7:20 pm #CC3501-01

Next Session: East Coast Swing | 6/4 - 7/9 | 7:30 - 8:20 pm #CC3501-02

6 week session

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

Instructor: Fernando Caducio

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

Class open to students 18+

Beginner/Intermediate Ballroom

Tango | Tuesday | 4/15 - 5/20 | 6:30 - 7:20 pm #CC2502-05

Cha Cha | Tuesday | 4/15 - 5/20 | 7:30 - 8:20 pm #CC2502-06

Next Session: Hustle | 6/3 - 7/8 | 6:30 - 7:20 pm #CC3502-01

Next Session: Foxtrot | 6/3 - 7/8 | 7:30 - 8:20 pm #CC3502-02

6 week session

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

Instructor: Fernando Caducio

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

Intermediate/Advanced Ballroom

Rumba | Monday | 4/21 - 5/19 | 6:30 - 7:20 pm #CC2503-05

Waltz | Monday | 4/21 - 5/19 | 7:30 - 8:20 pm #CC2503-06

Next Session: Cha Cha | 6/2 - 7/7 | 6:30 - 7:20 pm #CC3503-01

Next Session: Tango | 6/2 - 7/7 | 7:30 - 8:20 pm #CC3503-02

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 GOLF LEAGUES SUMMER 2025

Registration for the popular Couples golf leagues begins in open. League play begins the first week in May at the Farmington Hills Golf Club, and is open to both residents and non-residents of Farmington Hills, Adults 50 and Better. Applications are available at the Costick Center front desk.

All the leagues are "pay as you play". There is a minimal joining fee (that funds the end of the season luncheon and end of season prizes).

AGE: 50+

MORE INFO: 248-473-1830

Adults 50 & Better Life Long Learning

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

13 Tech Tips to Stay Relevant Today

Thursday | 5/1 - 5/22 | 11:00 am - 12:00 pm | #CS2412-02

4 week session

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

Instructor: Rickey Eady

Technology is ever-changing, and sometimes it's hard to keep up. How can you keep pace with these changes and ensure you're using technology safely? This hands-on class will cover some of the best technology tips that you'll be able to utilize in everyday, real life situations. Bring your fully charged phone with you to class.

Euchre 101

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!

Monday | 5/5 - 5/19 | 11:00 am - 12:00 pm | #CS2423-05

3 week session

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

Instructor: Cindy Rose

Intermediate Knitting

Tuesday | 5/6 - 5/27 | 1:00 - 3:00 pm | #CS2405-03

4 week session

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

Instructor: Naomi Frenkel

Take your knitting to the next level.

NEW Learn to Crochet

Tuesday | 5/20 - 6/24 | 11:00 am - 12:00 pm | #CS2431-01

6 week session

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

Instructor: Caryn Drasin

Why Crochet? It will make you happier. Science says so! Crocheting is therapeutic, it's calming, and it's proven to decrease dementia if practiced regularly. If you are just starting out, just starting again or brushing up this class will cover the fundamentals, and you will make a scarf, headband or small purse. Bring your own yarn (red heart yarn or comparable brand) and size H or I hook to class.

Discover Your Purpose

Tuesday | 5/13 - 6/18 | 1:00 - 3:30 pm | #CS2414-01

R/NR Fee: \$65/\$75

Instructors: Liz Flynn & Michelle McCormick

Discover your purpose through engaging exercises, to attain insights into your values, sources of inspiration, and interests. Through a fun, collaborative process, we will help you reveal your unique gifts, guide you in discovering your purpose and uncover effective ways to share it with the world.

Register online, at Costick Center front desk. or by calling 248-473-1830.

Downsizing & Moving Made Easy

Wednesday | 5/28 | 11:00 am - 12:00 pm | #CS2416-01

R/NR Fee: No Fee

FREE LUNCH. Register by May 20 online, call 248-473-1830, or at the Costick Center front desk.

Instructor: Debbie Johnson

Learn what steps you can take to help ease the stress of downsizing and making a move. From how to begin minimizing your belongings to considering your living options and timing the sale of your home, you will receive tips and resources for a stress-free transition.

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.)

A Detroit City Tour: Bizarre Detroit - June 4, 2025 (Wednesday), \$129/pp

A professional step-on guide from Detroit History Tours will join us for our visit to Detroit today! Think you know everything Detroit has to offer? Or are you looking to venture off the beaten path? Our Bizarre Detroit bus tour takes you on an adventure to discover secret places, back alleys, crazy sports, and true oddities that can only be found in Detroit. We'll explore a members-only club and enjoy a historic cocktail at one of Detroit's true gems. (The members-only club is cash only - drinks are optional and at your own expense.) You'll learn about feuding brothers, werewolves, dive bars, cities within cities, and what's buried deep beneath Motown. There's a little bit of everything and a whole lot of fun as we traverse some of the 142.87 square miles that make up Detroit. Please Note: This is a physically moderate tour - guests should be able to walk on gravel and climb a few stairs. Lunch included. A beloved Detroit institution since 1950, Scotty Simpson's serves some of the city's best classic fish and chips in a cozy, no-frills setting. Meal to include: Classic Fish & Chips, House-made Coleslaw, Lemonade or Iced Tea, Tax & Gratuity.

Lilac Festival on Mackinac Island, June 13-16, 2025 (Friday-Monday), \$1199/pp dbl occupancy

Depart Friday morning and stop in Gaylord, MI for a lunch and shopping in Downtown Gaylord, a charming Alpine-inspired destination filled with welcoming shops, unique boutiques, and a variety of restaurants to suit every taste! Next, arrive at Mackinaw City to board the ferry for a picturesque cruise to Mackinac Island - offering breathtaking views of the Straits of Mackinac, the iconic Mackinac Bridge, and the sparkling waters of Lake Huron all while getting us safely to the island. As the island's only hotel with an indoor heated pool, it's the perfect retreat after a day of exploring. On day two, continue the magic of Mackinac Island with a horse-drawn carriage tour, a journey that blends history, charm, and breathtaking scenery. With no cars on the island, these iconic tours provide a relaxing and unique way to explore its beauty and learn about its rich heritage. Sit back as your knowledgeable guide shares fascinating stories and insights while you pass by landmarks like Fort Mackinac, Arch Rock, and the Grand Hotel. The carriage tour concludes at the island's magnificent Grand Hotel where you will enjoy the hotel's famous grand luncheon experience. This refined culinary experience is a perfect way to immerse yourself in the Grand Hotel's rich history and unmatched charm. As a lunch guest, partake in free time after dining to explore this exceptional property at your leisure. Enjoy the Lilac Festival and the island on your own the rest of the day! The entire third day is yours to experience the Lilac Festival and all Mackinac Island has to offer; a detailed schedule is still TBD. You'll head back home on day four, stopping in Frankenmuth. Return home with fond memories of what a special place Mackinac Island is!

Frederik Meijer Gardens & Sculpture Park, Grand Rapids, MI -

June 12, 2025 (Thursday), \$145/pp

Immerse yourself in one of the world's finest horticultural display gardens and sculpture parks. The sculpture program features more than 200 works in the permanent collection sited both indoors and outdoors on the 158-acre main campus. Led by a knowledgeable docent, you'll take a tour through the Lena Meijer Tropical Conservatory, a lush, warm environment filled with exotic plants and waterfalls. You'll also explore the Victorian Garden, the Arid Garden with desert plants, and more! After the tour, enjoy a bite to eat at the James & Shirley Balk Café with its dazzling glass ceiling sculpture by renowned artist Dale Chihuly. A \$24 lunch voucher is included. After lunch, board a covered, open air tram that winds through the pathways in comfort during this relaxing narrated ride through the stunning grounds. Highlights include the world-renowned Sculpture Park, the peaceful Japanese Garden with its waterfalls and Zen-inspired design, and the charming Michigan Farm Garden, a nostalgic tribute to 1930s rural life. In addition to the gardens, enjoy time at Robynette's Apple Haus & Winery, a beloved family-owned farm market, bakery, and winery, that has been a Michigan favorite since 1911. Browse a variety of homemade goods at their bakery, jellies, honey, maple syrup and other Michigan-made treats, and crafted gifts, home decor and seasonal items! Relax and enjoy the charming farm setting, or visit their winery's tasting room to sample a selection of fruit wines, hard ciders and local specialties (tasting fees not included).

The Ohio Light Opera Lyrical Theater Festival Featuring 3 Musicals: "Carousel", "Tip Toes" & "Brigadoon"!, July 11-13, 2025 (Fri-Sun), \$949 pp/dbl

Two nights at the Hilton Garden Inn in Wooster, Ohio. Five total meals - two breakfasts at the hotel, one lunch & two dinners all at popular local restaurants. Enjoy seats on the main floor for all performances at the Ohio Light Opera featuring three musicals on the second and third day of the trip: *Carousel* (1945) Music: Richard Rodgers. Book and Lyrics: Oscar Hammerstein II, followed by a day two evening performance of *Tip Toes* (1925) - Music: George Gershwin. Lyrics: Ira Gershwin. Book: Guy Bolton and Fred Thompson. Head back to the theater in the afternoon of day three for a matinee performance of *Brigadoon* (1947) - Music: Frederick Loewe. Book and Lyrics: Alan Jay Lerner. In addition to the theater, enjoy these other stops on the trip:

The Ohio State Reformatory located in, Mansfield, OH, for the Hollywood Meets History Audio Self Guided Tour. Step into the storied world of the reformatory and experience its history both as a prison and the shooting location for 1994's acclaimed film, *The Shawshank Redemption*. You'll learn about the Reformatory's architecture, the warden's living quarters, and discover what films and music videos have been shot on-site.

Enjoy the Secrest Arboretum, the Buckeye Agricultural Museum, and the Hummingbird Hill Flower Farm: The Arboretum is a 110-acre botanical garden where you can enjoy the paved walkways & colorful display gardens. The Agricultural Museum illustrates the region's agricultural story through the use of objects, photographs and new technologies that allow for the preservation and presentation of history as never before. The flower farm spans six acres, offering visitors the opportunity to stroll through flower fields, purchase fresh-cut flowers and herbs... relax in the gazebo, stop and smell the roses, take in the views from an adirondack chair! Finally, enjoy downtown Wooster - this charming and historic town is known for its vibrant local businesses, unique shops, and excellent restaurants. The district features beautifully preserved architecture, giving it a welcoming small-town feel with modern conveniences. The Farmer's Market will also be going on during our visit!

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 barbecue, 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!

Timeless Memories Day Trips



Old Days Chicago Tribute - Zehnder's of Frankenmuth, June 27, 2025 (Friday), \$139/pp

Savor a delicious meal in their beautiful main dining room followed by a Old Days, a Chicago Tribute band. Close your eyes and you won't know you're not at a Chicago concert. Old Days captures the look, the feel, and the sound of this iconic band using rich brass arrangements and harmonies delivering an unforgettable experience taking you back to an era that defined a generation.

Saugatuck Dunes and Boat Tour - Thursday, June 17, 2025, \$170.00 p/p

Enjoy a 90 minute boat tour on the upper level of the Star of Saugatuck Boat! You'll take the Kalamazoo River out to Lake Michigan, with stunning views of Saugatuck from the water. Box lunches are included on the boat. Following the boat tour, enjoy a Saugatuck Dune Ride and learn about the lost city of Singapore. Watch for wildlife and enjoy a thrilling ride. Also enjoy time to shop in Saugatuck, followed by a stop at Cracker Barrel for dinner on own near Lansing.

Detroit Tigers Game vs. the Houston Astros, August 20, 2025 (Wed), \$94/pp

Enjoy a day out at the ballpark! Cheer on the Tigers against the Astros; ticket will be Lower Baseline Box Seats, Section 113.

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



These trips include round trip transportation, some meals (See specific trip info), hotel accommodations, motorcoach transportation, transfers & baggage handling, admissions & sightseeing per itinerary and Professional Tour Director.

Timeless Memories Extended Trips

Wine Country - Traverse City Tours & Tall Ship Cruise, June 5 - 8, 2025

\$1159/pp double occupancy

Enjoy Lunch and wine tasting at the gorgeous Chateau Chantal followed by the Tall Ship Cruise in Bay & a special treat! Arrive at the Park Place Hotel in Downtown Traverse City for 3 nights followed by dinner on your own. Enjoy breakfast at the hotel followed by a tour of the Brengman Brothers vineyard with wine tasting and lunch at the VI Grill; then head to the Aurora Cellars for wine tasting and the amazing Rove Winery for live music at sunset and beverages on your own. On the 7th, enjoy breakfast at the hotel followed by Village Commons Tour and wine & beer tasting; this is followed by a Mission Point Lighthouse trip and Sleepy Bear Sand Dunes Scenic Drive at sunset. Depart on the morning of the 8th for home.

Mississippi River Cruise on the Celebration Belle, July 14 - 17, 2025 \$1,399 pp/double occupancy

This trip includes the Celebration Belle Cruise, National Mississippi River Museum & Aquarium, Field of Dreams Movie site and the New Melleray Abbey Monastery. We will be staying across from the Diamond Jo Casino for two nights in Dubuque Iowa. Our first day we'll travel to Moline, IL, home of the landmark riverboat Celebration Belle. Early the next morning, board the Celebration Belle, a massive 750 passenger paddlewheel boat, specifically designed for cruising the waterways of the great Mississippi River. We're on an ALL DAY (7:00am—6:00pm) Cruise north to Dubuque, Iowa. Three meals are included along with entertainment and memorable sightseeing along one of America's great rivers. What a fun day! On day three, visit the National Mississippi River Museum & Aquarium. An affiliate of the Smithsonian Institution, the museum/aquarium engages visitors in the exploration of the history, culture, animals, and conservation found along the mighty Mississippi River and the rivers of America. Next it's the Field of Dream Movie Site. Tour the Homestead from its early days to its rebirth as the set of the hit 1989 fantasy classic. For more than 30 years, the Ghost Players have entertained folks from around the world with humor and a family friendly message. Meet a "Ghost Player" and hear entertaining facts about the movie, the players, and more! Conclude our a visit to New Melleray Abbey Monastery. The monks belong to the Order of Cistercians of the strict observance, commonly known as Trappists. Our visit includes the Monastery Guest House and an introduction orientation with one of the monks that reside here. We'll also visit Trappist Caskets where the monks support themselves by making and selling sample wooden caskets of exceptional quality. Dinner included and evening at leisure before heading home the next morning.

Albuquerque Balloon Fiesta and Santa Fe, October 3-8, 2025 – \$3649/pp double occupancy

Fly to Albuquerque, where you will meet you'll stay two nights and experience one of the most photographed events in the world, the Albuquerque Balloon Fiesta. Over 100 colorful balloons from around the world at Dawn Patrol followed by the Mass Ascension. The balloons make the sky become a palette of multicolored orbs dancing in the cool morning light. Later stop in Old Town to stroll the historic adobe buildings that house over 150 shops, galleries and restaurants. Then, return to the Balloon Fiesta to witness the Balloon Glow, where just before dusk burners from hundreds of balloons light up the evening sky. The trip will then be followed by visits to the Indian Pueblo Cultural Center, and Los Alamos Bradbury Science Museum to learn about the Manhattan Project and the creation of the world's first atomic bomb. Later arrive in Santa Fe for a three night stay. Discover Santa Fe, the upscale resort and artist community with Spanish-Pueblo roots. Enjoy a wonderful Santa Fe City Tour including details about the history, culture and unique architecture of this interesting city. See the Plaza, Loretto Chapel and the Palace of the Governor's, a Santa Fe landmark built in 1610. Enjoy the rest of the day and evening at your own pace in this historic city to explore the many art galleries, museums, restaurants and shops.

Western Road Trip - Including Yellowstone! August 29 - September 8, 2025, \$3,850 p/p dbl occupancy

Day 1 - 2 Travel and stop in Altoona, IA. Depart Altoona after breakfast and head towards Mitchell, SD. This day will consist of a lunch stop and free time at the Falls Overlook café in Sioux Falls SD where you will receive lunch and enjoy the beautiful walk and waterfall. Depending on time and traffic, there might be an additional stop before arriving at our hotel in Mitchell, SD. Day 3: We will depart Mitchell, SD and head towards Deadwood SD for a (2) night stay. We will be traveling through the Badlands for a quick tour, then stop for lunch at the Famous Wall

Drug Store with shops then check into our hotel at the Holiday Inn Resort Deadwood Mountain Grand for a leisurely evening and time at the Casino.

Day 4: We will head to Custer State Park for a jeep tour in and throughout Custer State Park and into the buffalo herd. Lunch is included after the tour and then head to Crazy Horse. Here we will spend a few hours before we head to Mt. Rushmore for an independent tour and the lowering of the flag ceremony. After the ceremony we will return to Deadwood for the evening.

Day 5: We will depart Deadwood and travel towards Cody WY for the night. Enroute we will visit Devils Tower and Buffalo Bills Wild West location. Arriving at our hotel, Holiday Inn Cody WY.

Day 6: Depart Cody, into Yellowstone National Park, see old Faithful with some time to explore the surrounding area and then arrive in the Grand Tetons where we will stay the night in the town of Jackson Hole

Day 7: We will have an early morning with a Step-on-guide tour through the Grand Tetons, see the countryside, be on the lookout for wildlife on this tour along with learning about the history of the area. After this tour we will have lunch and depart for the Snake River float excursion through the Grand Tetons. Concluding the day back at the hotel, dinner and evening leisure time on your own.

Day 8: Depart the Grand Tetons and travel to Cheyenne, WY where we will be for one night. On the way we will be traveling through the Teton National Forest with scenic views. Two lane road through the west and arrive in the evening in Cheyenne, WY. Meals and rest stops enroute.

Day 9: Depart Cheyenne, WY and head towards Omaha, NE. We will stop and tour the Nelson Cowboy Museum of the West. We will tour the famous train depot before heading to Omaha for (1) night.

Day 10: Depart and head to Le Claire Iowa for (1) night. Here will be another relaxing travel day with a few stops on the way. We will end our amazing trip out west together with a special dinner.

Switzerland & Christmas Markets of the Rhine Cruise Tour - December 3-11, 2025, \$4795 pp/dbl

Featuring Lucerne, Strasbourg and 6 nights aboard the Amadeus Cara. You will visit 6 different Christmas Markets along the Rhine River in France, Germany and Switzerland. Meals are included on the River Cruise ship. The innovative and custom designed 162 passenger Amadeus Cara, offers all the amenities of a floating 5-star hotel. Highlights include: 1 Night in Lucerne, Switzerland; Lucerne Walking Tour & Xmas Market; Strasbourg City Tour & Xmas Market; Speyer Walking Tour & Xmas Market; Koblenz Walking Tour & Xmas Market; Cologne Walking Tour & Xmas Market; Cochem Walking Tour with Xmas Market, Reichsburg Castle & Wine Tasting; Rudesheim Visit; Strasbourg Afternoon at Leisure; Cologne Afternoon at Leisure.

Lucerne, Switzerland - Visit and overnight in Lucerne, a traditional Swiss town along the banks of Lake Lucerne with an Alpine backdrop.

Strasbourg, France - the Capital city of the Alsace region in northeastern France, Strasbourg is situated on the Rhine at the German border.

Speyer, Germany - Arrive in Speyer one of Germany's oldest cities, known for its cathedral, numerous churches and the 13th-century Altpörtel ("Old Gate").

Rudesheim - Rhine River Gorge - Koblenz, Germany - Arrive in Rudesheim and explore on your own the Drosselgasse, a narrow alley lined with wine taverns and restaurants.

Cochem, Germany - The ship makes a detour along the Moselle River to the little town of Cochem. Enjoy a Cochem Walking Tour then visit the Reichsburg Castle, experience a Wine Tasting & stop at the quaint Christmas Market.

Cologne, Germany - Cologne is Germany's 4th largest city and located on both sides of the Rhine. Enjoy a Cologne Walking Tour featuring the old part of the city and the fabled 13th century Gothic cathedral. Explore the dock side taverns, cafes, shops and the famous Christmas Market in front of the cathedral.

City of Farmington Hills Department of Special Services
Adults 50 & Better Code of Conduct

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

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

- Racial, religious, or sexual harassment of participants, volunteers, instructors, or staff is strictly forbidden.

- Participants must show proper care and regard for the City's and Costick Center's property, equipment, and the property of others. Stealing is strictly prohibited.

- Participants are not allowed in storage areas, offices, closets, or kitchen including the refrigerators unless authorized by staff.

- As a courtesy to other participants and staff please do not enter an activity room or gym until the assigned time. In turn, please promptly leave the activity room or gym at the assigned ending time.

- Report all injuries to staff immediately.

- Comply with all applicable Federal, State, Municipal laws, and Health Department policies.

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

Together we can achieve anything!



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