

The Messenger

Programs for Active Adults 50 & Better

COSTICK CENTER - CENTER FOR ACTIVE ADULTS

City of Farmington Hills, 28600 Eleven Mile Road

Farmington Hills, MI 48336

General Information: 248-473-1830

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



November 2026

Embark on a journey of enrichment and well-being at the Costick Activities Center, tailored for residents and community members ages 50 & better in the vibrant City of Farmington Hills. The center is a thriving hub for active older adults, promoting the phrase, "An active life is a good life!" The Costick Activities Center invites you to elevate your mind, nurture your body and uplift your spirit with a diverse lineup of engaging programs. Let's come together to celebrate the joys of movement and vitality this fall connecting with community for good information, uplift, and fun.

Our service desk is located at the front desk by door A and open 9:00 am - 4:00 pm Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road. Everyone needs an Adult 50 & Better membership card. Scan your card and check off your name on the roster or sign-in on the activity form. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$30.00.

The Nutrition program is serving lunch in the Costick Café, however you must call one day in advance by 11 am to order Monday - Friday. 248-473-1830. The suggested donation age 60+ \$3.50, under 60 \$6.00. We hope you come and dine with us.

Medical appointments are still our top priority for the Farmington Hills Senior Transportation. We provide Kroger grocery shopping service on Tuesdays along with Walmart and Meijer shopping on alternating Thursdays. Please call 248-473-1864 to sign up for an appointment.

DEPARTMENT OF SPECIAL SERVICES ADULTS 50 & BETTER

General Information - 248-473-1830

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

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

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

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

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

10/29/2026

UPDATE ON THE NEW ACTIVITY CENTER

The City of Farmington Hills is pleased to share an update on the new Activities Center, which is currently in the design phase. This project is an important step toward expanding opportunities for wellness, community connection, and services that support older adults and their families.

The new Senior Center will be developed with a \$25 million budget. The City is partnering with Neuman-Smith, an architectural firm that specializes in senior and recreation center design, to ensure the building meets the needs of the community it will serve.

In response to feedback from the senior population, the facility will be located on the Costick property. This location was selected with the goal of making the center accessible and convenient for seniors to enjoy programs, services, and social gatherings.

The center is being planned with a variety of amenities and program spaces, including a pool, locker room, kitchen, space for congregate meals, pickleball courts, adult day care space, multipurpose rooms for meetings and programs, and a backup power supply. These features are designed to support both active lifestyles and community engagement.

While the center itself is moving forward through design, the long-term plan for the overall site is still to be determined. Final decisions about future phases will be made by the City Council.

The City is also working with elected officials to identify and pursue grant opportunities, including support for energy efficiency improvements. These efforts are intended to strengthen the project's long-term value and help reduce operating costs over time.

Guiding the project is a steering committee made up of City leadership and senior-focused program staff: Karen Mondora (City Manager), Ted Davis (Director of Special Services), Bryan Farmer (Deputy Director of Special Services), Brian Moran (Deputy Director of Special Services), Marsha Koet (Senior Division Coordinator), Anna Durham (Senior Adult Supervisor), Jacob Rushlow (Director of Public Service), Michelle Aronowski (Director of Central Services), Thomas Skrobola (Finance Director), Vicki Sullen-Winn (Communications & Community Engagement Director), and Mark Saksewski (City Engineer).

As design continues, the City will provide additional updates. Thank you for your continued input and support—this project is being planned with seniors in mind, and the goal is to create a welcoming facility that supports health, connection, and community for years to come.

The next Ad-hoc committee meeting is scheduled for Tuesday, December 15, 2026, at 5:00 PM, City Council Chambers, Farmington Hills City Hall.

Ted Davis, CPRP

Director of Special Services

City of Farmington Hills

(248) 473-1807

OPEN MIC MONDAY

Monday | 11/9 | 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 September 11 and eat in Shannon while you enjoy the music.

Thank you to our sponsor:



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.

HOLIDAY KARAOKE

Friday | 12/4 | 1:00 - 3:00 pm | \$5.00 | #CS1100-03

Come join us for Karaoke and some singing fun with Zack Entertainment! Sing your favorite classics of the past or today's newest hits. Or just come for the entertainment! Light refreshments will be served. **Host: Jennifer & Sid Zack**

Continental Club

Enjoy a continental breakfast while you mingle with friends, then enjoy an hour of enlightening experiences.

Wednesday | 12/9 | 10:00 - 11:30 am | CS1004-01 | R/NR \$8/\$10

Enviably Stained-Glass Legacies

Join author, photographer and architectural historian, Dale A. Carlson, as he discusses the enviable stained-glass legacies of metropolitan Detroit and south-central Oakland County. Learn about renowned makers well represented in our area, including Ateliers Loire of Chartres, France, Willet Studios of Philadelphia, the De-troit-Stained Glass Works and, of course, Tiffany Studios of New York City, followed by a close examination of nearly twenty installation sites near Farmington Hills. Carlson's PowerPoint presentation will feature loads of professional stained-glass photography interspersed with topical news clippings and documents that further elucidate the histories considered.

Instructor: Dale Carlson

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.

Now You See Me Now You Don't



Friday Film

Enjoy a recently released film.

Must register by 11:00 am

Friday the week before.

Call 248-473-1830 or register at the

Costick Center front desk.

Space is Limited.

November 20th

Register by November 13, 11:00 am

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

#CS4001-11

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

The Four Horsemen reunite and team up with a new generation of young illusionists to expose a diamond heiress's global money laundering scheme for criminals.

VETERANS DAY CELEBRATION

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

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

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

No walk-ins. Space is limited.

Register by November 3rd.

Wednesday | 11/11 | 11:00 am - 1:00 pm #CS1200-01 | R/NR Fee:\$15*/\$18

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

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



Veterans Day Celebration for the 30th year!

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.



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



SENIOR HOLIDAY PACKAGES

We will be collecting the following item to be distributed in our Senior's holiday packages. If you would like to donate, there will be a drop box in Shannon Hall at the Costick Center.

Items needed by December 4

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



Senior Shredding for Safety Day

TUESDAY, DECEMBER 8, 10 AM - 12 PM

Costick Center Parking Lot - 28600 Eleven Mile Road

PROTECT YOUR IDENTITY, de-clutter your home, and recycle!

RESIDENTS 50 & BETTER can bring up to 4 paper grocery bags of documents to be shredded.

**Drive up only. No magazines, junk mail or trash, please. NO FEE.
Sponsored by: Resource Recovery and Recycling
Authority of Southwest Oakland County.**

Provided by: ShredCorp.

VOLUNTEERS NEEDED

The Farmington Hills Adults 50 & Better Division of Special Services is looking for volunteers to help with a variety of tasks daily at the Center for Active Adults at the Costick Center along with our outreach programs. Program volunteers can make a difference for seniors by offering to:

Help as a greeter at the center and daily check-in of participants, and gift shop volunteer.

Help AARP with taxes for seniors as a tax preparer.

Help as a Bingo Caller or Collector on Tuesday and Thursday afternoon, 1 - 3 pm.

Meals-on-Wheels Volunteer Driver to Deliver Meals to Homebound Seniors. Our volunteers deliver meals between 11:00 a.m. and 1:00 p.m., choosing one day per week, Monday through Friday. The routes are all within the Farmington/Farmington Hills area. Substitutes are also welcome for those who cannot commit to one day a week.

The Home Chore program assists older adults in Farmington & Farmington Hills who have physical limitations by helping them with minor household chores. Some examples of chores requested are light plumbing and electrical jobs, hanging window treatments or artwork, and other various tasks.

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



Join Our Lifelong Learning Community

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

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

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

Visit our website for more information.

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

Join us at the Hawk or on Zoom!

www.soarexplore.com

248-626-0296

info@soarexplore.com



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**



NOW IS THE TIME TO SHOP FOR YOUR MEDICARE 2027 PRESCRIPTION PLAN

Save money and get the best coverage!



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

OPEN ENROLLMENT FOR MEDICARE PART D PLANS

OCTOBER 15 - DECEMBER 7

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

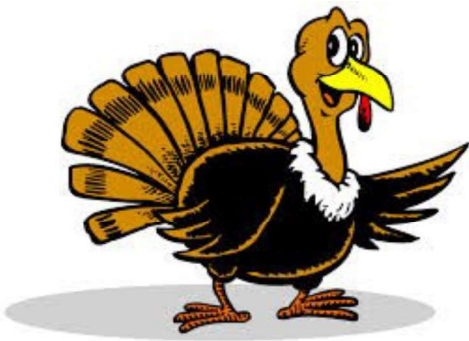
- During this 6 week time you can review and /or change your Medicare Part D plan.
- Limited appointments are available Monday thru Friday from 10:00 am - 2:00 pm with Teresa Jergovich a certified MMAAP counselor.
- You must bring your prescription medications in their original pill bottles, your Medicare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

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

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

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

THANKFUL



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

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

— Adults 50 & Better Staff

HEALTHY HOLIDAYS

The Holidays can be very indulgent, but if you are trying to be mindful of fats, sugars, or calories this season follow these tips to help make your meal fit your goals.

Reduce the amount of fat and sugar when baking without losing the flavor.

- Use half the butter and replace it with unsweetened fruit puree or sauce.
- Reduce the amount of sugar by one-third to one-half. Add rich-tasting spices to bolster flavor, such as cinnamon, cloves or allspice.

Make healthy substitutions that will boost the fiber content.

- Use whole wheat pasta instead of white pasta.
- Use brown rice instead of white rice.
- Use whole-grain bread and rolls.

Leave out ingredients.

- Leave out mayonnaise, butter or jelly in a recipe.
- Leave out excessive amounts of frosting, nuts and chips when baking.

Pay attention to your portion size.

- When reducing portion size, add healthy choices to help fill you up. Filling half of your plate with fruits or vegetables is a great place to start.

Most importantly enjoy your holidays!

Source Information:

Michigan State University Extension

www.canr.msu.edu/news/tips_for_making_your_holiday_healthier

COSTICK CAFE DINE-IN MEAL PROGRAM

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

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

Service will be from 12 – 12:30 p.m.

Meals must be reserved at least one day in advance by 11 a.m. (ex. If you would like a meal on

Monday November 9 you need to reserve by Friday November 6 at 11 a.m.)

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

All meals must be reserved in advance.

Reserve your meal by calling 248-473-1830.

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

Procedure upon arriving at the Costick Center:

- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, proceed to Shannon Hall.
- Sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- **The congregate meal is plated for you to eat in Shannon Hall. No carry-out.**
- **No lunch services November 3, 11, 19, 26, 27.**

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



Costick Choral Club

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

New members welcome!

COSTICK CAFE DINE-IN MEAL PROGRAM

November 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Chicken Enchiladas, Sauce, Cheese, Spanish Rice, Pear	3 Election Day No Lunch Service	3 Chicken Breast, Cheese Sauce, Penne Pasta, Broccoli, Grapes	5 White Bean Chicken Chili, Corn Bake, Green beans, Orange	6 Meat Lasagna, Capri Blend Vegetables, Fruit Cup	7
8	9 Italian Sausage, Roasted Peppers & Onions, Cheesy Potatoes, Orange	10 General Tso Chicken, Brown Rice, Broccoli, Banana, Fortune Cookie	11 Veteran's Day Party No Lunch Service 	12 Stuffed Salmon, Scalloped Potatoes, Northwest Vegetable Blend, Apple	13 Artisan Mac & Cheese, Stewed Tomatoes, Venetian Blend Vegetables, Mandarin Oranges	14
15	16 Salisbury Steak, Mushroom Gravy, Mashed Potato, Mixed Vegetables, Tangerine	17 Pub Burger, Oven Roasted Potatoes, Baby Carrots, Pineapple, Garden Salad	18 Chicken Fajitas, Roasted Peppers & Onions, Fiesta Vegetable Blend, Mango Fruit Cup	19 No lunch service Friendsgiving Party	20 Sweedish Meatballs, Noodles, California Blend Vegetables, Pear	21
22	23 Stuffed Pepper, Whipped Potatoes, Kyoto Vegetables, Apple	24 BBQ Pulled Pork, Cheesy Potatoes, Roasted Brussel Sprouts, Pear	25 Chicken Alfredo Lasagna, Northwest Blend Vegetables, Garden Salad, Mandarin Oranges	26 Thanksgiving Center Closed 	27 Center Closed	28
29	30 Spanish Omelet, Hashbrowns, Malibu Vegetables, Blueberry Muffin, Banana	Lunch will be served in Shannon Hall. <div style="background-color: yellow; padding: 5px; text-align: center;">Highlighted dates, lunch will be served in Casey.</div>				31

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

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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

Meeting location has moved to the Kirk Gibson Center

31440 Northwestern Hwy, Suite 185 Farmington Hills, MI 48334

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

Navigating Change and Aging Coffee Hour New Day & Time

Join us the 2nd Tuesday of the month. Next meeting is November 10 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitator, Bill Willenbrock, Gentiva Hospice

Alzheimer's Association Caregiver Support Group

Support group for anyone who is caring for someone with dementia. Open discussion format provides education, support & understanding. Meets every Monday by zoom except holidays and in person at the Costick Center every 2nd and 4th Monday of the month 6:00 - 7:30 pm. Group Leader: John Robertson, Email Jean Barnas at jbarnas@alz.org to register and the zoom link will be sent to you by email.

Brain Injury Support Group

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

Caregivers

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

Low Vision Support Group

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

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

Ban-joes of Michigan

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

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

Book Discussion

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

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

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



CFAA (Cycling for Active Adults)

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy lifestyle. \$25.00 for a year membership/volunteer ride leaders membership fee is waived. For more information call 248-473-1822.

Computer Forum

Meeting at the Costick Center each Thursday at 10 am. Hybrid format (live from Costick with members joining from home via zoom). Members share computer skills and information. Each session is a little different, covering operating systems, software applications, or new and favorite websites. If you would like to be added to the zoom invitation list please call 248-473-1830.

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

Duplicate Bridge

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

Euchre

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

The Farmington Hills Chapter of EGA

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

Join one of our clubs or groups:

Farmington Hills Sewing Group

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

Farmington Piecemakers

Quilters for a cause meets the 3rd Tuesday of the Month at 3:00 pm to 8:00 pm. Bring your own sewing machine or sit & sew projects. All skill levels welcome.

Mahjong Group

Mahjong Group is looking for people to join them! The group meets Wednesday mornings, 10:00 am - 12:00 pm and Saturday afternoons, 1:00 - 3:00 pm. If you have a Mahjong set please bring it with you. .50 cents

New Friends Social Club

Would you like to meet new friends? Join us on the 2nd Thursday of each month at 11:00 am to meet fellow seniors and make new friends. Enjoy light snacks, develop meaningful relationships and fellowship with light-hearted conversations. Learn from interesting speakers, share any current challenges that you would like advice from the group.

Pinochle Group

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

Quilters

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

Red Hat Society Group

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

Rummikub Club

Rummikub is a tile game where the main goal is to be the first player to empty your rack. We play with groups of four. Join us the 1st Tuesday of the month from 4:00–6:00 pm and the 3rd Thursday of the month from 6:30 - 8:30 pm.

Sojourn Bears No meeting in November & December

The Adults 50 & Better Program sponsors this local chapter of the national program that makes teddy bears for distribution to adult cancer patients and survivors for support and comfort. This group meets to sew, stuff, cut out, and create the bears the 4th Monday each month at 1 pm. Many of the tasks can be taken home to complete. Patterns and instructions provided.

Tai Chi 50 cents

Tai Chi helps reduce stress and increases balance and flexibility. Meet at the Costick Center Tuesday and Thursday 9:00 - 10:00 am. Tai Chi Video, 50 cents each session.

Join one of our clubs or groups:

The Next Chapter Library Program

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

Wednesday Afternoon Creative Art Group

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

Wii Sports

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

ADULTS 50 & BETTER SERVICES

Outreach Services

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

Home Chore Program

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

Telephone Reassurance

Do you know anyone living alone and home-bound who would benefit from a daily phone call? The telephone reassurance Program provides daily contact with Farmington area seniors between the hours of 9 am and 11:00 am, Monday through Friday. Call 248-473-1851 for details.

Nutrition

The Home Delivered Meals Program services adults 60 years and better, home bound, and unable to prepare meals. For more information, call 248-473-1825.

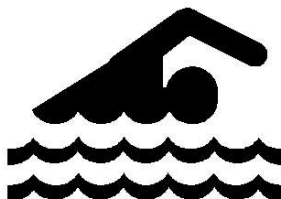
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Knox Box

The Knox Box Safety Program gives emergency responders quick access to a home in an emergency when a homeowner is unable to answer the door. It eliminates the need to forced entry for residents who live alone, are disabled or who care for someone unable to open a door. Call 248-473-1826

Transportation Program

The Transportation Program is available to Farmington and Farmington Hills 55 & Better or with a disability, Monday-Friday, 9:00 am 3:00 pm. Farmington Hills Senior Transportation provides Kroger grocery shopping service on Tuesdays along with Walmart and Meijer shopping service on alternating Thursdays. Please call 248/473-1864 to sign up. A donation of \$2 each way is suggested.



SENIOR AQUATICS PROGRAMS

Everyone needs an Adult 50 & Better membership card. Please scan your card at the table in the main lobby by door A. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$30.00.

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

SENIOR OPEN SWIM

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

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

SENIOR WATER EXERCISE

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

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

SENIOR ARTHRITIS EXERCISE

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

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

Resealable Card Holders & Lanyards

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

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

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

Our service desk is located at the front desk by door A and opened 9:00 am - 4:00 pm Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road. Everyone needs an Adult 50 & Better membership card. Scan your card and check off your name on the roster, sign in on the punch pass sheet and have your card punched or sign-in on the activity form. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$30.00.

Pickleball - Drop-in Play at the Costick Center -

The best way to have fun with a racket, Pickleball is a combination of tennis and ping pong, played on a badminton court. Come see why it's the fastest growing court sport of active adults!

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

No Pickleball 11/26, 11/27

Monday | 9:00 - 11:30 am

All skill levels welcome.

Monday | 12:00 - 3:00 pm

All skill levels welcome.

Tuesday | 12:30 - 3:00 pm

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

Tuesday | 3:00 - 5:30 pm

All skill levels welcome.

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

All skill levels welcome.

Wednesday | 9:00 - 11:00 am

All skill levels welcome.

Wednesday Evening Pickleball | 6:00 - 8:00 pm

All skill levels welcome.

Thursday for Beginners | 12:30 - 3:00 pm

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

Thursday | 3:00 - 5:30 pm

All skill levels welcome.

Friday | 9:00 - 11:00 am

All skill levels welcome.

Saturday Morning Pickleball | 9:00 am - 12:00 pm | Punch Pass Only

All skill levels welcome.

Drop-in R/NR Fee: \$4.50/\$5.50, 10 session punch card R/NR Fee: \$35/\$45

Sold at the Costick Center front desk, Monday - Friday 9 am - 4 pm.

FITNESS CLASSES

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

Yoga The benefits of yoga are almost endless! Practicing yoga helps build healthy virtues and good values. Yoga empowers you to make conscious choices toward living a more healthy and fulfilling life. **The best way to know if yoga is for you is to give it a try!**

Monday | 11/2 - 12/14 | 9:00 - 10:00 am #CS1500-04

Instructor: Claire Sophia

7 week session

R/NR Fee: \$42/\$39

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

Tuesday | 11/3 - 12/15 | 9:45 - 10:45 am #CS1500-05

Instructor: Linda Hawkins

7 week session

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

Wednesday | 11/4 - 12/16 | 9:45 - 10:45 am #CS1500-06

Instructor: Linda Hawkins

7 week session

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

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

Yoga Strength

Tuesday | 11/3 - 12/15 | 11:00 am - 12:00 pm #CS1503-02

Instructor: Linda Hawkins

7 week session

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

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

Chair Yoga

Monday | 11/2 - 12/14 | 11:00 am - 12:00 pm #CS1504-03

Instructor: Bharti Shah

7 week session

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

Wednesday | 9/9 - 10/21 | 11:00 am - 12:00 pm #CS1505-01

Next session: 11/4 - 12/16 | 11:00 am - 12:00 pm #CS1505-02

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

7 week session

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

Therapeutic Yoga

Thursday | 11/5 - 12/17 | 9:45 - 10:45 am #CS1501-02

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 | 11/5 - 12/17 | 5:30 - 6:30 pm #CS1502-04

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.

Feldenkrais: Awareness Through Movement

Wednesday | 11/4 - 12/16 | 9:30 - 10:30 am #CS1511-02

7 week session

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

Instructor: Susan Patton

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

Balance, Strength & Stretch

Wednesday | 11/4 - 12/16 | 4:15 - 5:00 pm #CS1513-02

6 week session **No class 11/25**

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

Instructor: Christine Applebaum

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

Tai Chi

Wednesday | 11/4 - 12/16 | 6:00 - 7:00 pm #CS1506-03

6 week session **No class 11/25**

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

Instructor: Bill Harper

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

Tai Chi

Friday | 11/6 - 12/18 | 10:00 - 11:00am #CS1506-04

6 week session **No class 11/27**

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

Instructor: Bill Harper

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

Advanced Tai Chi

Wednesday | 11/4 - 12/16 | 7:00 - 8:00pm #CS1507-03

6 week session **No class 11/25**

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

Thursday | 11/5 - 12/17 | 2:00 - 3:00pm #CS1507-04

6 week session **No class 11/26**

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

Friday | 11/6 - 12/18 | 11:00am - 12:00pm #CS1507-06

6 week session **No class 11/27**

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

Instructor: Bill Harper

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

Tai Chi for Movement & Balance

Thursday | 11/5 - 12/17 | 1:00 - 2:00 pm #CS1508-03

6 week session **No class 11/26**

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

Instructor: Bill Harper

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

Gym Exercise

Tuesday | 11/3 - 12/15 | 11:00 am - 12:00 pm #CS1509-03

7 week session

R/NR Fee: \$17.50/\$21

Thursday | 11/5 - 12/17 | 11:00 am - 12:00 pm #CS1509-04

6 week session **No class 11/26**

R/NR Fee: 15/\$18

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 im-prove cardiovascular and muscle endurance. Bring along hand weights and resistance bands. All fitness levels welcome!

Fit 5000

Tuesday | 11/3 - 12/15 | 9:45 - 10:45 am #CS1510-03

7 week session

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

Thursday | 11/5 - 12/17 | 9:45 - 10:45 am #CS1510-04

6 week session **No class 11/26**

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 mu-sic. 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.

REAL Beginner Hustle

Tuesday | 11/3 - 12/15 | 2:30 - 3:00 pm #CC1516-02

7 week session

R/NR Fee: \$28/\$35

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.

EZ Beginner Hustle

Tuesday | 11/3 - 12/15 | 1:15 - 2:00 pm #CC1515-02

7 week session

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

Instructor: Debra Koss

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

Intermediate Hustle

Thursday | 11/5 - 12/17 | 6:00 - 7:00pm #CC1512-02

6 week session **No class 11/26**

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 com-plex. Experience is encouraged but nor required. Routines are a mix of current and classic hustles. Recom-mended attire: comfortable clothing and smooth-soled shoes or sneakers. Bring water and a sweat towel.

Line Dance Classes

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

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

Absolute Beginner Line Dance

Friday | 11/6 - 11/20 | 11:30am - 12:00 pm #CC1507-013

2 week session no class 11/13, 11/27

R/NR Fee: \$8/\$13

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

Beginner Line Dance

Wednesday | 11/4 - 11/25 | 12:00 - 1:00 pm #CC1500-05

3 week session no class 11/11

R/NR Fee: \$21/\$26

Friday | 11/6 - 11/20 | 12:00 - 1:00 pm #CC1500-06

4 week session no class 11/13, 11/27

R/NR Fee: \$14/\$19

Beginner Plus Line Dance

Wednesday | 11/4 - 11/25 | 1:00 - 2:00 pm #CC1506-03

3 week session no class 11/11

R/NR Fee: \$21/\$26

Friday | 11/6 - 11/20 | 1:00 - 2:00 pm #CC1505-03

2 week session no class 11/13, 11/27

R/NR Fee: \$14/\$19

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!

WE ARE LOOKING FOR FH TAX VOLUNTEERS!

AARP Foundation Tax-Aide provides free tax-filing help at the Costick Center every year. We are looking for friendly and service-oriented people to join our volunteer team for this upcoming tax season.

The program has several types of volunteer opportunities. You'll receive training and support, learn new skills, and feel great while helping others. No previous tax experience needed.

Come join our team and volunteer in your community!

Apply at aarpfoundation.org/TaxaideVolunteer or call 1-888-AARP-NOW (1-888-227-7669).

Ballroom Dance Classes

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

Beginners Ballroom

Waltz | Wednesday | 11/4 - 12/16 | 6:30 - 7:20 pm #CC1501-03

Rumba | Wednesday | 11/4 - 12/16 | 7:30 - 8:20 pm #CC1501-04

6 week session

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

Instructor: Fernando Caducio

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

Class open to students 18+

Beginner/Intermediate Ballroom

East Coast Swing | Tuesday | 11/3 - 12/15 | 6:30 - 7:20 pm #CC1502-03

Mambo/Salsa/Merengue | Tuesday | 11/3 - 12/15 | 7:30 - 8:20 pm #CC1502-04

7 week session

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

Instructor: Fernando Caducio

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

Intermediate/Advanced Ballroom

Hustle | Monday | 11/2 - 12/14 | 6:30 - 7:20 pm #CC1503-03

Foxtrot | Monday | 11/2 - 12/14 | 7:30 - 8:20 pm #CC1503-04

7 week session

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

Instructor: Fernando Caducio

Advanced Ballroom High intensity and high excitement ballroom lessons with a Latin flair. Fast pace, prior experience required. Class open to students 18+

"Starting with Winter/Spring Activities, residents of Farmington and Farmington Hills will receive priority registration for Special Services programs! Registration for Winter/Spring opens at 6am on Monday, November 16 for residents. For non-residents, registration will open at 6am on Wednesday, November 18.

Summer registration will work similarly, with resident registration opening two days prior to non-resident registration. Keep an eye out for updates and FAQs as we roll out this new structure!"

Adults 50 & Better Life Long Learning

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

Advanced Beginners Knitting

Tuesday | 10/6 - 10/27 | 1:00 - 3:00 pm | #CS1404-01

4 week session

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

Instructor: Naomi Frenkel

This class is a continuation of the beginning knitting class. Continue to knit your scarf or learn how to knit a hat! Materials fee of \$15.00 is payable to the instructor the first day of class.

What's Next? Planning with Purpose

Monday | 11/9 | 1:00 - 4:00 pm | #CS1417-03 | R/NR \$35/\$40

Thursday | 12/10 | 1:00 - 4:00 pm | #CS1417-04 | R/NR \$35/\$40

Presenter: Liz Flynne & Michelle McCormick

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

New Advances in Alzheimer's Treatment

Thursday | 11/12 | 10:00 am - 11:00 am | #CS1412-01

Instructor: Alzheimer's Association

There has been a lot in the news recently about new treatment advances. In this program we will discuss FDA - approved treatments for Alzheimer's disease; the impact of anti-amyloid treatments on the brain, their potential benefits and side effects; and the pathways to access treatment Register online, at Costick Center front desk or by calling 248-473-1830.

Technology Classes in Person at the Costick Center

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

Canva For the Non-Designer: Design Business Cards, Flyers, Invitations, & More!

Tuesday | 11/10 | 11:00am — 12:30pm | CS1424-01 | R/NR Fee: \$40/\$45

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

Mike Wilson's 1 - Day Computer Seminar for Older Adults

Thursday | 11/5 | 10:00am — 3:45pm CS1435-01 | R/NR Fee: \$75/\$85

This 1-Day Computer Seminar for older adults will include the instructor's step-by step 99-page book plus large screen demonstrations on the following: Basic computer terms, Windows 11, E-mail, Organizing pictures, "How do I" Features, keyboard shortcuts, Use of a browser, tips & tricks, copy & paste, Desktop functions and more! There will be a 45-minute lunch break, lunch on your own.

THANK YOU TO OUR GENEROUS TOTAL WELLNESS FAIR SPONSORS



Direct Hearing with Nina Lopatin

- For exceptional, compassionate care.
- Our caring staff takes pride in providing individualized hearing solutions in a family friendly, pressure-free environment.
- Services provided include:
- Comprehensive hearing evaluations at no charge
- 2 week hearing aid test drive, risk free, commitment free
- Custom products including noise, swim, hunting & musicians ear plugs
- Hearing aid repairs and modifications with onsite lab

Direct Hearing 6960 Orchard Lake #200, West Bloomfield, MI 48334

248-657-4327

THANK YOU TO OUR GENEROUS TOTAL WELLNESS FAIR SPONSORS



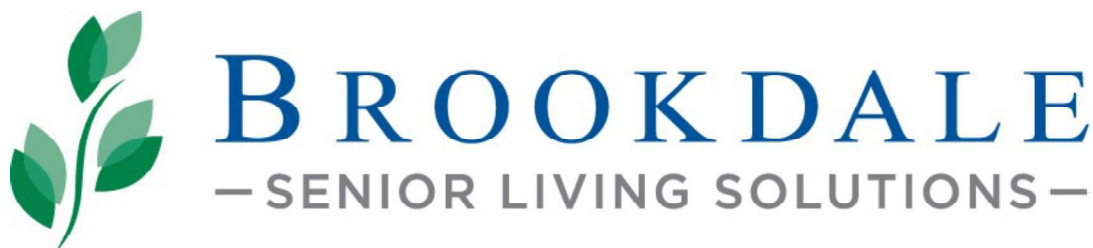
Serving since 1967, SMART is Southeast Michigan's only regional public transportation provider, offering convenient, reliable and safe transportation for Macomb, Oakland and Wayne Counties. SMART's Fixed-Route and small bus services connect people to employment and educational institutions. SMART is supported by federal and state funding, local contributions through a transit property tax millage from opt-in communities and bus fares.



The Manor of Farmington Hills:

For individuals who are in need of long-term care and short-term sub-acute rehabilitative services, we offer high quality care in a state-of-the-art community with modern-living amenities and hospitality. We are a 127-bed community with many private rooms available. We offer physical therapy, occupational therapy, speech therapy and respiratory therapy. Our wound care team is exceptional. We provide personalized care from highly qualified, professional and compassionate staff with focused attention and innovative best practices.

THANK YOU TO OUR GENEROUS TOTAL WELLNESS FAIR SPONSORS



Farmington Hills

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

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

Farmington Hills North

Our memory care residents and their families need the comfort of a community that puts 24/7 safety first. But they deserve so much more. From fitness-friendly activities to classes and groups built to exercise our minds, the activity list here is huge. Every morning starts with one of our signature B-Fit programs. Sundays are ice cream so-cials. Toe-tapping Tuesdays remind us all of the power of music to enrich our lives. And the list goes on. But living our best life here doesn't mean just having things to do. It means being surrounded by people just like us who are re-exploring old passions or finding new ones.

Southfield

At Brookdale Southfield, you can make every moment of your retirement count. That's because Brookdale's Independent Living experience provides everything you need to make the most of your retirement years. Centrally located near the heart of Southfield and on the border of Farmington Hills, Brookdale Southfield offers fine features, numerous amenities, community living, and attentive service; in well-appointed accommodations.

As a resident you will enjoy the convenience of fabulous restaurant-style dining, housekeeping, laundry, and transportation services plus lots of opportunities for social engagement. Hospitality and wellness are also key components to Independent Living at Brookdale Southfield. Offering a number of planned activities and award-winning programs, there is always something enriching, informative or entertaining to do. Contact our Sales Department today at 248.727.2000 to schedule a visit of your New Home!

YOUR GAME, ALL YEAR.



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

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



Book a Time

Monday-Thursday
10am-9pm

Friday
10am-8pm

Saturday
10am-7pm

Sunday
10am-6pm



Private Rentals are available!

Email kpercin@fhgov.com for more info.

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



TRAVEL NEWS

Availability changes, call 248 473-1830 for status! Cancellation policies vary, check flyers.
No refunds for any trips within 24 hours of trip departure. Some trips are 48 hours.
Credit card payments are accepted for all trips.



COSTICK ACTIVITY CENTER TRAVEL PLANS UPDATED 10/28/26
2863 Moccasin Dr. • DeWitt, MI 48820 • 248-735-0558 • info@rybickitours.com

Below is a summary of our current 2026/2027 tours being offered through the Costick Center. Detailed flyers are available at the center or through our website at www.rybickitours.com. For questions on availability, please contact the Senior Adult Division at 248-473-1830.

WAITLIST ONLY!! Sun, Nov 15 - Marine City, MI. Love or Best Offer at the Riverwalk Theatre - Main Floor seating to the matinee performance - lunch prior at River Crab. Price: \$189 DL: 10/15

WAITLIST ONLY!! Sun, Nov 22 - Detroit, MI. "The Great Gatsby" at Fisher Theatre - Main Floor seating to the matinee performance. Gatsby Glam encouraged! (Show only.) Price: \$209 DL: 10/15

WAITLIST ONLY!! Fri, Dec 4 - Petrolia, ON. "Starbright Christmas" at Victoria Playhouse - Orchestra seating to the matinee performance - lunch prior at Black Gold Brewery. Price: \$165 DL: 11/3

WAITLIST ONLY!! Fri, Dec 11 - Detroit, MI. "Home for the Holidays" at DSO - Dress Circle seating to the morning performance - lunch following at Andiamo's Detroit Riverfront. Price: \$199 DL: 11/11

Fri, Dec 17 - Grosse Pointe Shores, MI. Ford House for the Holidays. Self-Guided visit of Main Residence, visit Garage, Playhouse + Visitor Center. Buffet lunch included. Price: \$135 DL: 11/19

Sat, Jan 16 - Dexter, MI. "Michael Jackson Tribute" at Encore Theatre. Main Floor seating to the matinee performance with lunch prior at 42 North Social House. Price: \$205 DL: 12/15

Tues, Feb 23 - Battle Creek, MI - Firekeepers Casino. Enjoy your 4.5 hour casino visit and a Casino Incentive of \$25 total! Price: \$75 DL: 2/2

Sun, March 7 - Detroit, MI. "Water For Elephants" at Fisher Theatre. Main Floor seating to the matinee performance with brunch prior at Andiamo's Detroit Riverfront. Price: \$265 DL: 1/7

NEW Tues, Mar 23 - Windsor, Ontario. Caesar's Windsor Casino. Enjoy a day of excitement with plenty of time to try your luck and explore the casino! Price: \$70 DL: 2/23

NEW Wed-Thurs, April 7-8 - Mt. Pleasant, MI. Soaring Eagle Casino & Resort. One night accommodation, \$100 total value in incentives, free time enroute in Frankenmuth. Price: \$269 dbl / \$339 sgl DL: 2/18

NEW Wed, April 14 - Frankenmuth, MI. "Across the Sea: British Invasion" at the Zehnder's. Chicken luncheon followed by a performance and free time for shopping in downtown Frankenmuth. Price: \$155 DL: 3/2

Fri, April 16 - Detroit, MI. DSO's "The Music of Foreigner" at Orchestra Hall. Main Floor seating to the morning performance with lunch following at Armando's Mexican Restaurant. Price: \$165 DL: 3/16

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



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: TimelessMemoriesAnE@gmail.com

Website: www.TimelessMemoriesAnE.com

Day & Adventure Trips 2027

2027 Day & Overnight Trips coming soon!!!!

Register now for 2027 Trips: www.TimelessMemoriesAnE.com

- o Ecuador & Galapagos Islands - February, 2027 - cabins still available (10 seats)
- o Chicago Bus Trip - March 12 - 14, 2027 - St Patrick's Day - Chicago River dyed green wknd
- o Historic Savannah & Charleston - April, 2027
- o Discover Japan by Bullet Train - May 6, 2027
- o America's Canyonlands - May 13, 2027
- o Alaska Fairbanks & Denali National Park with Cruise - June 24, 2027
- o Rhine River Castles & the Swiss Alps river Cruise - July 9, 2027
- o Montana & Glacier National Park - July 25, 2027 - Mayflower Tours
- o Oregon Coast Pacific Northwest - August 8 - 17, 2027 - Shoreline Trip - Flying
- o North Carolina & The Outer Banks - September 9, 2027
- o Newport, Rhode Island - September 12 - 17, 2027 - Shoreline Trip - Bus Tour
- o South Africa & Victoria Falls Adventures - September 23, 2027
- o Autumn Colors of the Adirondacks & Canada's 1000 Islands - Oct 9 - 15, 2027 Shoreline
- o St. Augustine, FL, incl: Jekyll and St Simon Islands - Shoreline Bus Tour - Nov 1 - 10, 2027
- o Christmas Season in Victoria & Vancouver - December 1, 2027
- o Santa Fe Holiday - December 1, 2027

o More overnight trips for 2027 coming soon!!

City of Farmington Hills Department of Special Services

Adults 50 & Better Code of Conduct

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

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

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

Together we can achieve anything!

CANCELLATIONS DUE TO UNFORSEEN CIRCUMSTANCES

On occasion, the City of Farmington Hills may need to cancel an individual class or event due to unforeseen circumstances beyond our control such as, but not limited to, inclement weather, power outages, instructor illness, etc. The City will make true effort to contact all registered participants. Prorated refunds will not be issued, but every effort will be made to reschedule.