

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



October 2025

Message from the City of Farmington Hills City Manager



Understandably, a Costick Center replacement is a priority for many in Farmington Hills. It is also a priority for Council and City Administration, as our 50 and Better community is an essential part of what makes our city known for active involvement and engagement—and we're proud of that.

The Administration's role is to provide clear and accurate information so that Council can make the best decisions for this community. The Sports Facilities Companies (SFC) has completed a thorough review of all Farmington Hills recreational facilities, parks and programming. With this information, Council is in a strong position to make decisions that prioritize cost efficiency, effectiveness, and the best use of public resources—whether through a voter-supported millage or other options.

Toward development of a new facility, SFC conducted a 360-degree review to include:

- Gathering community input
- Reviewing existing and new locations for a new senior facility
- Considering potential new designs for a senior facility
- Evaluating current and potential amenities, such as a pool and other enhancements

As no decision has been made, community feedback remains welcomed and encouraged via public meetings and the Commission on Aging. You can also do so online at www.fhgov.com/costickinput.

I have included the **proposed timeline for a new facility**. This timeline is dependent on City Council's determination of how a Costick Center replacement facility will be funded, including construction, operation and maintenance of the future center. As such, the timeline is fluid and is subject to change.

I am deeply committed to supporting the recreational needs of our 50 and Better community. Together, we are working to create a space that is welcoming, financially sustainable, fully compliant with all accessibility and safety standards, and designed to be enjoyed by both current and future users for many years to come.

Sincerely,
Gary Mekjian
City Manager
City of Farmington Hills

9/25/25



NEW FACILITY PROJECTED ROADMAP

FARMINGTON HILLS

PERFORMANCE OPTIMIZATION

- Financial Analysis
- Team Evaluation
- Operational & Process Improvement
- Strategic Planning
- Systems and Technology Evaluation

DAILY OPERATIONS

- Event Booking & Business Development
- Marketing & Branding Campaigns
- Strategic Planning
- Financial Reporting & Modeling
- Team Development
- Program/Event Management and Development

OPERATIONAL DEVELOPMENT

- Team Development & Training
- Operational Development
- SOP Development & Implementation
- Brand Development & Marketing Systems
- Systems & Technology Implementation
- Safety, Security, & Risk Management

CONSTRUCTION & COMMISSIONING

- Contractor(s) Procurement and Contracting
- Review of Contractor's Construction Plan
- Cost Control
- Master Schedule Control
- Project Reporting
- FF&E and OSE Procurement

DESIGN

- Design Consulting / Venue Planning
- Design Scheduling and Coordination
- Constructability Feedback and Review
- Cost Reviews Throughout Design
- Ongoing Refinement of Facility Program and Operational Impacts
- Design Alternatives and Value Engineering

PRE-DESIGN

- A/E Teams RFP Generation, Distribution, Evaluation, Selection, and Contracting
- Infrastructure Coordination
- Site Development Services
- Conceptual Design and Master Planning
- Cost Validation
- Facility Program Specification Refinement

YOU ARE HERE

PROJECT IMPLEMENTATION

- Opportunity Representation & Presentations
- Project Implementation Timeline
- Partnership Engagement
- Ongoing Business Model Refinement
- Operator/Management Model Selection
- Facility Program Specifications Generation
- Brand Management
- Pitch Deck Development
- Design Concept and Test Fit

MARKET FEASIBILITY

- Market and Participation Analysis
- Existing Service Providers Assessment
- Trends and Benchmarks Evaluation
- Recommended Facility and Opinion of Cost Projections
- Expectations for Financial Performance

FINANCIAL FEASIBILITY

- Business Model Development
- Institutional-Grade Financial Forecast (Pro Forma)
- Economic Impact Projections
- Feasibility Report
- Project Overview Presentation



CERTAIN TASKS MAY OVERLAP DURING THE PROJECT.
THIS IS REPRESENTED BY PARALLEL PATHS ON THE ROAD.

COSTICK CENTER - CENTER FOR ACTIVE ADULTS

The Fall season is upon us! The days are getting shorter and the temperature is cooling down. There is a lot to love about fall, make sure you get out and enjoy it. We have plenty of fun activities planned for you. Don't miss out! Embark on a journey of enrichment and well-being at the Costick Activities Center, tailored for residents and community members ages 50 & Better in the vibrant City of Farmington Hills.

Our service desk is located at the front desk by door A and open 9:00 am - 4:00 pm Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road. Everyone needs an Adult 50 & Better membership card. Scan your card and check off your name on the roster or sign-in on the activity form. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$20.00.

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

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

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

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.

OPEN MIC MONDAY
Monday | 10/13 | 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 October 10 and eat in Shannon while you enjoy the music.

Thank you to our sponsor:

Debbie Johnson is an Associate Broker/Realtor at Remerica United Realty. She specializes in assisting seniors and their families with downsizing, probate/trust home sales and more! Debbie understands that making the decision to move can be difficult and overwhelming. She will meet with to discuss your goals and create a customized plan so the transition is as smooth and stress-free as possible. Visit her website at Movingwithcare.com which serves as a real estate resource for seniors and their families.



Whether you are downsizing, moving into a senior living community, or have lost a loved one, you can put your mind at rest knowing you are in the best hands possible! **Call Debbie at 248-979-6420 to schedule a FREE consultation!**



Local senior adults are invited to Farmington Public Schools' Annual Senior Adult Breakfast on Thursday, October 16, 2025

Our local senior adults, friends, and neighbors are invited to come together and celebrate Farmington Public Schools at the District's Annual Senior Adult Breakfast on Thursday, October 16, 2025, at the Costick Center. The event will begin at 9 a.m.

The Breakfast brings together hundreds of local senior adults, aged 60 and up, who will have the opportunity to speak with District representatives about current educational practices happening within the schools. This event also provides our adult seniors with a chance to meet and visit with the Farmington Public Schools' Superintendent. Guests will get the chance to mingle with students from each school while looking at school projects on display. Attendees will also get to see all the recent awards, achievements, and updates that are happening throughout the District.

Additionally, the Senior Adult Breakfast is where the District will announce the 2025/2026 Senior Adult Extraordinary award winner. This award is designed to recognize, promote, and encourage the volunteer efforts of senior citizens within Farmington Public Schools. The honored senior adult (aged 60 and above) must volunteer in the District and contribute to the overall education process.

Reservations for this event are required and will be limited to the first 300 people. The Senior Adult Breakfast will be held at the Costick Center, located at 28600 Eleven Mile Road in Farmington Hills. To make a reservation, please contact the District's School/Community Relations Department at 248.489.3349.

KARAOKE

Friday | 10/31 | 1:00 - 3:00 pm | \$3.00

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

Host: Jennifer & Sid Zack

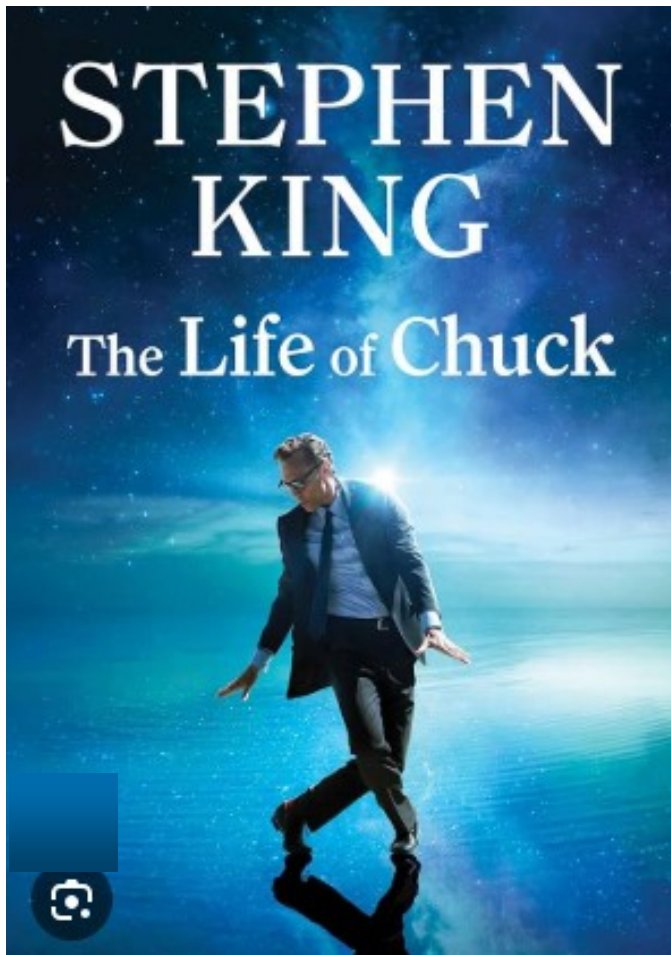
GENTLE YOGA & SOUND HEALING WORKSHOP

Wednesday | 10/29 | 10:00 - 11:30 am | R/NR Fee: \$10/\$12

Instructor: Linda Hawkins

Class # CS2516-05

Join Linda for this transformative workshop where ancient practices converge with modern techniques to bring profound harmony to your mind and body. With the blend of gentle yoga and sound healing immerse yourself in the harmonic vibrations of sound waves that align your being seamlessly, integrating ancient wisdom with contemporary science, art, musicality and the alchemy of healing. Enhance this journey with the practice of gentle yoga movement to make that mind and body connection.



Friday Film

Enjoy a recently released film on select Fridays.

Must register by 11:00 am

Friday the week before.

**Call 248-473-1830 or register at the
Costick Center front desk.**

Space is Limited.

October 17 — #CS4001-10

Register by October 10 by 11:00 am

12:00 - 3:00 pm

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

The Life of Chuck is a 2024 American fantasy drama film written and directed by Mike Flanagan. It is based on the 2020 novella by Stephen King, from his compilation book *If It Bleeds*. The film stars Tom Hiddleston, Chiwetel Ejiofor, Karen Gillan, Mia Sara, Carl Lumbly, Benjamin Pajak, Jacob Tremblay, and Mark Hamill, with narration by Nick Offerman. Its plot follows the formative moments in the life of Charles "Chuck" Krantz, chronicled in reverse chronological order, from his death coinciding with the end of the universe to his childhood.



Total Wellness Fair

October 7, 2025

10:00 am—12:30pm

Join us for **FREE** health screenings

View exciting demonstrations and informative exhibits designed to give you an active, healthy lifestyle.

Plus, great **door prizes** and a **FREE LUNCH** for those 60 & older!

**Flu/Covid/Pneumonia Shot Clinic with
Oakland County Health Department**

Bring a picture ID with current address and Medicare/Medicaid card,
cash fee for those without Medicare/Medicaid.

SPONSORS:



Location: Center for Active Adults at the Costick Center

28600 W. 11 Mile Rd, Farmington Hills, MI 48336 248-473-1830



Heritage Park Hayride

Enjoy a hayride through the trails of Heritage Park! We will be meeting at the North Shelter in Heritage Park. Dress accordingly. Before or after your ride there will be beverages and a fall snack available. While in the park you can explore the Nature Center and take a hike.

Location: Heritage Park, North Shelter 24915 Farmington Rd. Farmington Hills, MI 48336

Friday | October 3 | 12:30 - 1:00 pm | #CS1201-01

Friday | October 3 | 1:00 - 1:30 pm | #CS1201-02

R/NR Fee: \$6/\$7

Register by Thursday September 25, space is limited.

Michigan - Michigan State Tailgate Lunch

Join us at the Costick Center for a football themed tailgate lunch before the big game on Saturday between Michigan Wolverines and the Michigan State Spartans. Wear your team colors! You won't want to miss this afternoon of music and a delicious lunch.

Wednesday | October 22 | 11:30 am - 1:30 pm | #CS1206-01

R/NR Fee: \$12/\$15

Register by Tuesday October 14, space is limited.

Friendsgiving

Join your friends at the Costick Center for our special celebration of Friendsgiving. We will be serving up a delicious traditional Thanksgiving meal complete with pumpkin pie! There will be entertainment by FrankyG & Friends and door prizes too.

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

Register by November 12, space is limited.

Holiday Extravaganza

Come celebrate the holidays at our Holiday Extravaganza! Dress in your holiday best and enjoy entertainment, a scrumptious meal, prizes, and live music and dancing!

Friday | 12/12 | 11:00 am - 2:00 pm #CS1202-01 | R/NR Fee: \$12/\$15

Register by December 4, space is limited.

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



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



**adults 50
& better**

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*

Dine & Discover

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

The Mayflower

Will tell the story of what compelled the Pilgrims to voyage to the New and unknown world, what they discovered there and how they changed and changed the world they found. Dennis Fiems is a charter faculty member of Oakland Community College. He began teaching in 1969 and continued to teach until his retirement in 2007; he now lectures locally on a variety of World and American History topics.

Presenter: Dennis Fiems

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

Register by October 7, space is limited.

Thank you to our sponsor:



The Manor of Farmington Hills:

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

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



adults 50 & better

FARMINGTON HILLS
SPECIAL SERVICES *Michigan*

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

Continental Club

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

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

Lincoln and Thanksgiving

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

Presenter: Kevin Wood

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

R/NR \$8/\$10

Thank you to our sponsor:



WE'RE ALL ABOUT YOU

Dine & Discover

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

Detroit Lions and the Early NFL

The story of the Lions catching on in Detroit doubles as the story of professional football finding its place in America popular culture. Before the Portsmouth Spartans relocated to Detroit and donned the Honolulu Blue in 1934, several pro football teams tried and failed to gain a foothold in the city. What made the Lions different? This presentation examines the instability of the NFL, and how the Lions (and professional football) won the hearts of Detroiters to become the institution they are today tracking the team from its small-town roots, through its golden age in the 1950's, and into the present.

Presenter: Jeremy Dimmick, Detroit Historical Society

Wednesday | 12/10 | 11:30 am - 1:30 pm CS1302-01 | R/NR \$15/\$18



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



adults 50 & better

FARMINGTON HILLS
SPECIAL SERVICES *Michigan*

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

VETERANS DAY CELEBRATION

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

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

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

No walk-ins. Space is limited.

Register by November 3rd.

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

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

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



Veterans Day Celebration for the 29th year!

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



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



The Farmington Area Commission on Aging: Imposter Scams

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

This month we explore imposter scams. This is where scammers impersonate a well-known business or government agency to gain access to one's money or sensitive information. In some cases, scammers may pose as more than one organization in a single scam. For instance, a scammer acting as an online retail employee may "transfer" the person to a phony bank or law enforcement agency for fake help.

About half of the scams reported to the Federal Trade Commission are impostor scams. While the scams may vary, they share common tactics. Often the messages resemble those a legitimate company might send. Scammers will play on one's emotions, making it harder to think clearly and spot the scam. Then they pressure the person to act, e.g., call this number, click on the link, buy gift cards, transfer funds, load cash into Bitcoin ATMs to "protect" it, or provide credit card information to "fix the problem."

Top Five Impostor Scams reported to the Federal Trade Commission:

Copycat account security alert – message warns of suspicious activity or unauthorized charge

Phony subscription renewal – email notice, account you never opened is about to auto renew

Fake giveaways, discounts, or money to claim – message appears to be from a real company

Bogus problems with the law – fake government agent claims your identity has been used to commit a serious crime

Made-up package delivery problems – message pretends to be from a known carrier

The Federal Trade Commission offers several ways to protect against impostor scams. Do not click on links or respond to unexpected messages. If you are unsure, contact the business or agency directly using a verified phone number or website. Do not use the contact information in the message. Do not buy gift cards to fix a problem or use a Bitcoin ATM to protect funds. Legitimate businesses and agencies will never ask you to do so. And, as always, please slow down. Talk with someone you trust. If anyone is rushing you to pay or share information, they are likely a scammer.

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**



GOOD DENTAL HEALTH TIPS

More than half of Americans over the age 65 don't visit their dentist unless there is a painful problem. Poorly fitting dentures, gum disease, cavities, sores in the mouth or dry mouth all can make eating difficult.

Maintaining a healthy mouth promotes overall health. A healthy mouth has:

- *fresh breath
- *pink gums
- *cavity-free teeth
- *missing teeth replaced

If you have missing teeth, painful or broken teeth, loose or shifting teeth, red swollen tender gums or sores, the mouth cannot function properly and dental disease may develop. As a result, the body's general health also suffers. Before the development of today's good dental care practices and the use of fluoride toothpastes, many older people had their teeth removed.

As we get older we may experience some problems with the mouth and teeth due to:

- *age-related decrease in taste and smell causing loss of appetite and poor eating habits
- *the aging process and less saliva causing dry mouth
- *certain illnesses
- *many medications
- *dentures that don't fit properly

A commonly encountered problem is due to plaque. Plaque is a thin, colorless, sticky film of harmful germs that live in the mouth and form on the teeth. Frequently eating sugars and starches produces an acid that attacks the enamel of the teeth and causes cavities.

Warning signs of tooth decay are:

- *pain during chewing
- *a dark spot on a tooth
- *persistent pain in the mouth or sinus

Keep your mouth healthy by:

- *daily brushing, flossing and rinse your teeth and mouth
- *eat a balanced diet with a variety of foods. Include grains, fruits, vegetables, dairy products, meats, eggs, dried beans.
- *protein, vitamin A and vitamin C promote healthy gums. Calcium and Vitamin D are needed for strong teeth.
- *limit sugar
- *milk, cheese, peanuts and sugarless gum help slow down the acid production that causes decay

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 October 6 you need to reserve by Friday October 3 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 October 22.**

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

October 2025 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Highlighted dates, lunch will be served in Casey.		Lunch will be served in Shannon Hall.	1 Swedish Meatballs with Pasta, Scandinavian Blend Vegetables, Spinach Salad, Mandarin Orange	2 Lemon Pepper Tilapia, Wild & Brown Ride, European Vegetable Blend, Applesauce	3 Country Fried Steak, Whipped Potatoes, Green beans, Pear	4
5	6 Shredded Beef Barbeque, Au Gratin Potatoes, Nantucket Vegetable Blend, Tropical Fruit Cup	7 Artisan Mac & Cheese, Tomatoes, Spinach Salad, Royal Red Nectarine	8 Chicken Cacciatore, Roasted Potatoes, Italian Blend Vegetables, Caesar Salad, Pear	9 Stuffed Pepper, Mashed Potatoes, Capri Vegetable Blend, Apple	10 Roasted Vegetable Lasagna, California Blend Vegetables, Pear	11
12	13 Italian Cheese Manicotti, 2 Chicken Meatballs, Sicilian Blend Vegetables, Garden Salad, Honey Crisp Apple	14 Beef Stroganoff, Mashed Potatoes, Capril Blend Vegetables, Pear	15 Haddock, Basmati Rice, Venetian Blend Vegetables, Coleslaw, Banana	16 Beef Frank, California Vegetable Blend, Potato Salad, Hot Cinnamon Apples	17 Chicken Leg, Mac & Cheese, Green Beans, Garden Salad, Tangerine	18
19	20 Chili Lime Tilapia, Rice Pilaf, Northwest Vegetable Blend, Apple	21 Beef Pepper Steak, Vegetable Fried Rice, Oriental Vegetable Blend, Mandarin Orange	22 No lunch service today	23 Chicken Enchilada, Fiesta Black Beans, Spanish Rice, Pear	24 Turkey Burger w/ Swiss Cheese, Oven Fried Potatoes, Carrots, Nectarine	25
26	27 Stuffed Cabbage, Mashed Potato, Scandinavian Vegetable Blend, Fresh Pear	28 Chicken Marsala, Cavatappi Pasta, Broccoli, Banana	29 Salisbury Steak, Au Gratin Potatoes, Green beans, Apple	30 Chicken Sandwich, Vegetarian Baked beans, Capri Blend Vegetables, Coleslaw, Orange	31 Beer Battered Cod, Sweet Potato Mash, Key West Vegetable Blend, Tropical Fruit Cup	

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

Reserve your meal by calling 248-473-1830

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

Join one of our support groups for a meeting:

Living On

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

Farmington Hills Parkinson's Support Group

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

Navigating Change and Aging Coffee Hour

Join us the 2nd Wednesday of the month. Next meeting is October 8 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitated by Nancy Crutchfield, Care Team Manager, Elara Caring.

Alzheimer's Association Caregiver Support Group

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

Brain Injury Support Group

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

Caregivers

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

Vision Support Group

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



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

BINGO No Bingo 10/7

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.

October - The Body guard by Katherine Center

November - The Witches by Stacy Schiff

Euchre

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

Duplicate Bridge

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

Contract Bridge Drop in and play contract bridge on Wednesdays from 1-3 p.m. Newer and experienced players welcome. Bring a partner if possible. \$1 per session. No session on 11/26.

CFAA (Cycling for Active Adults)

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy life-style. \$20.00 for a year membership/volunteer ride leaders membership fee is waived. You can register online with program #CS4613. Here is the link:

<https://mifarmingtonhillsweb.myvscloud.com/webtrac/web/iteminfo.html?module=AR&fmid=253664394&InterfaceParameter=WebTrac>

For more information call 248-473-1822.



Computer Forum

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

Farmington Piecemakers

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

New group forming

“Paper Play” at Costick Center

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

Join one of our clubs or groups:

Mahjong Group

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

New Friends Social Club NEW meeting time - 11:00 am

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

Pinochle Group

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

Quilters

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

Red Hat Society Group

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



Sojourn Bears

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

Tai Chi 50 cents

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

The Next Chapter Library Program (No meeting in October)

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!

Wednesday Afternoon Creative Art Group (Painters Group)

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

Wii Sports

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



Thank you to all the vendors for supporting the
Total Wellness Fair
and making this annual event a great success!

adults **50**
& better

FARMINGTON
HILLS
Michigan



Join Our Lifelong Learning Community

Learning the way you've always wanted it.
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Join other older adults in the community for field trips, special events, shared interest groups, and more.

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ADULTS 50 & BETTER SERVICES

Outreach Services

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

Home Chore Program

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

Telephone Reassurance

Do you know anyone living alone and home-bound who would benefit from a daily phone call? The telephone reassurance Program provides daily contact with Farmington area seniors between the hours of 9 am and 10:30 am, Monday through Friday. Call 248-473-1851 for details.

Nutrition

The Home Delivered Meals Program services adults 60 years and better, home bound, and unable to prepare meals. For more information, call 248-473-1825. The Senior Adult Nutrition Program is funded through Age Ways Nonprofit Senior Services.

The Farmington Hills Senior Nutrition Program is funded through Title III, Older Americans Act Funds & distributed through the AgeWay Nonprofit Senior Services and the Office of Aging and Adult Services Agency. Complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employee program. Reasonable accommodation will be provided upon notification or request.

Knox Box

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

Transportation Program

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

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

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

No need to register. Just show up!

October 1, 15, 29 - 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.

October 12 - 1:00 - 2:00 pm - Fall Color Walk - #PN1236-02 \$3.00

October 24 - 8:00 - 9:00 pm - Full Moon Friday - Night Hikes - #PN1219-02 \$5.00

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



MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU

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

Date: Friday October 17th

Time: 10 A.M. TO 3 P.M.

Location: 28600 W 11 Mile Rd Farmington Hills

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



First-time
Michigan ID



Renew driver's
license or ID



Transfer title



Apply for/renew
disability placard

Apply for a REAL ID driver's license or ID card

Bring the following to your appointment: 1) Your driver's license or ID card. 2) Your birth certificate with a raised seal or stamp issued by a governmental agency; your valid, unexpired U.S. passport; or an approved citizenship or legal presence document. Faxes and photocopies won't be accepted. 3) If your name differs from what is on your birth certificate, bring certified documents for every time your name changed, such as marriage licenses or court orders.

For more information or to schedule
your visit during this Mobile Office

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





SENIOR AQUATICS PROGRAMS

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

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

SENIOR OPEN SWIM

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

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

SENIOR WATER EXERCISE

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

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

SENIOR ARTHRITIS EXERCISE

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

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

Resealable Card Holders & Lanyards

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

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

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

Our service desk is located at the front desk by door A and opened 9:00 am - 4:00 pm Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road. Everyone needs an Adult 50 & Better membership card. Scan your card and check off your name on the roster, sign in on the punch pass sheet and have your card punched or sign-in on the activity form. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$20.00.

Pickleball - Drop-in Play at the Costick Center - No pickleball 10/7

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

Monday | 9:00 - 11:30 am

All skill levels welcome.

Wednesday, Friday | 9:00 - 11:00 am

All skill levels welcome.

Monday | 12:00 - 3:00 pm

All skill levels welcome.

Tuesday | 12:30 - 3:00 pm

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

Tuesday | 3:00 - 5:30 pm | Punch Pass Only

All skill levels welcome.

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

All skill levels welcome.

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

Beginners will start Wednesday, October 1st. There will be at least 1 court to instruct beginners. The other 2 courts will be open play. Punch card only admission.

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

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

Thursday | 3:00 - 5:30 pm | Punch Pass Only

All skill levels welcome.

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

All skill levels welcome.

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

10 session punch card R/NR Fee: \$35/\$45

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

FITNESS CLASSES

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

Monday | 9/8 - 10/20 | 10:15 - 11:15 am #CS1500-01

Next session: Monday | 11/10 - 12/15 | 10:15 - 11:15 am #CS1500-04

Instructor: Claire Sophia

6 week session

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

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

Tuesday | 9/9 - 10/21 | 9:45 - 10:45 am #CS1500-02

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

Instructor: Linda Hawkins

7 week session

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

Wednesday | 9/10 - 10/22 | 9:45 - 10:45 am #CS1500-03

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

Instructor: Linda Hawkins

7 week session

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

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

Chair Yoga

Monday | 9/8 - 10/20 | 11:00 am - 12:00 pm #CS1504-01

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

Instructor: Bharti Shah

7 week session

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

Wednesday | 9/10 - 10/22 | 11:00 am - 12:00 pm #CS1505-01

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

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

7 week session

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

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

Yoga Strength

Tuesday | 9/9 - 10/21 | 11:00 am - 12:00 pm #CS1503-01

Next session: Tuesday | 11/4 - 12/16 | 11:00 am - 12:00 pm #CS1503-02

Instructor: Linda Hawkins

7 week session

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

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

Therapeutic Yoga

Thursday | 9/11 - 10/23 | 9:45 - 10:45 am #CS1501-01

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

Instructor: Bharti Shah

6 week session (no class 11/27)

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

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

Yoga Evening

Thursday | 9/11 - 10/23 | 5:30 - 6:30 pm #CS1502-02

Next session: Thursday | 11/6 - 12/18 | 5:30 - 6:30 pm #CS1502-04

Instructor: Bharti Shah

6 week session (no class 11/27)

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

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

Gentle Yoga & Sounds Healing Workshop

Wednesday | 10/29 | 10:00 - 11:30 am #CS2516-05

Instructor: Linda Hawkins

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

Join Linda for this transformative workshop where ancient practices converge with modern techniques to bring profound harmony to your mind and body. With the blend of gentle yoga and sound healing immerse yourself in the harmonic vibrations of sound waves that align your being seamlessly, integrating ancient wisdom with contemporary science, art, musicality and the alchemy of healing. Enhance this journey with the practice of gentle yoga movement to make that mind and body connection.

Balance, Strength & Stretch

Wednesday | 9/10 - 10/29 | 4:15 - 5:00 pm #CS1513-01 (no class 9/24)

Next session: Wednesday | 11/5 - 12/17 | 4:15 - 5:00 pm #CS1513-02

6 week session (no class 11/26)

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

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

Instructor: Christine Applebaum

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

Feldenkrais: Awareness Through Movement

Wednesday | 9/10 - 10/22 | 9:30 - 10:30 am #CS1511-01

Next session: Wednesday | 11/5 - 12/17 | 9:30 - 10:30 am #CS1511-02

7 week session

R/NR Fee: \$35/\$42

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

Instructor: Susan Patton

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

Gym Exercise

Tuesday | 9/9 - 10/21 | 11:00 am - 12:00 pm #CS1509-01

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

7 week session

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

Thursday | 9/11 - 10/23 | 11:00 am - 12:00 pm #CS1509-02

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

6 week session (no class 11/27)

R/NR Fee: \$15.00/\$18.00

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

Instructor: Lisa Chow

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

Fit 5000

Tuesday | 9/9 - 10/21 | 9:45 - 10:45 am #CS1510-01

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

7 week session

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

Thursday | 9/11 - 10/23 | 9:45 - 10:45 am #CS1510-02

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

6 week session (No class 11/27)

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

Instructor: Deborah Koss

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

EZ Beginner Hustle

Tuesday | 9/9 - 10/21 | 1:15 - 2:15 pm #CC1516-01

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

7 week session

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

Instructor: Debra Koss

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

Intermediate Hustle

Thursday | 9/11 - 10/23 | 6:00 - 7:00pm #CC1512-01

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

6 week session (No class 11/27)

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

Instructor: Debra Koss

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

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

Tai Chi for Movement & Balance

Thursday | 9/11 - 10/23 | 1:00 - 2:00 pm #CS1508-01

Next session: Thursday | 11/5 - 12/18 | 1:00 - 2:00 pm #CS1508-02

6 week session (no class 11/27)

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

Instructor: Bill Harper

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

Tai Chi

Wednesday | 9/10 - 10/22 | 6:00 - 7:00pm #CS1506-01

Next session: Wednesday | 11/12 - 12/17 | 6:00 - 7:00pm #CS1506-03

5 week session (no class 11/26)

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

Friday | 9/12 - 10/24 | 10:00 - 11:00am #CS1506-02

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

6 week session (no class 11/28)

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

Instructor: Bill Harper

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

Advanced Tai Chi

Wednesday | 9/10 - 10/22 | 7:00 - 8:00pm #CS1507-01

Next session: Wednesday | 11/12 - 12/17 | 7:00 - 8:00pm #CS1507-03

5 week session (no class 11/26)

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

Thursday | 9/11 - 10/23 | 2:00 - 3:00pm #CS1507-02

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

6 week session (no class 11/27)

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

Friday | 9/12 - 10/24 | 11:00am - 12:00pm #CS1507-05

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

6 week session (no class 11/28)

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

Telephone Reassurance Program is Accepting New Clients

If you know of any family members or seniors who could use some companionship please give us a call to have them added to our call list. Our volunteers make phone calls Monday - Friday between 9 and 11 am.

They are a friendly voice checking in daily with our clients and then reporting back to the Costick Center staff on everyone's well being.

Please call 248-473-1851 if you or you know someone that should be added to our list.

Absolute Beginner Line Dance

Friday | 10/3 - 10/17 | 11:30am - 12:00 pm #CC1507-02

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

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

Beginner Line Dance

Wednesday | 10/1 - 10/22 | 12:00 - 1:00 pm #CC1500-03

R/NR Fee: \$28/\$28 4 week session

Friday | 10/3 - 10/17 | 12:00 - 1:00 pm #CC1500-04

R/NR Fee: \$21/\$21 3 week session

Beginner Plus Line Dance

Friday | 10/3 - 10/17 | 1:00 - 2:00 pm #CC1505-02

R/NR Fee: \$21/\$21 3 week session

Intermediate Line Dance

Wednesday | 10/1 - 10/22 | 1:00 - 2:00 pm #CC1506-02

R/NR Fee: \$28/\$28 4 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!

VOLUNTEERS NEEDED

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

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

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

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

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

Beginners Ballroom

Next session:

Waltz | Wednesday | 11/5 - 12/17 | 6:30 - 7:20 pm #CC1501-03

Rumba | Wednesday | 11/5 - 12/17 | 7:30 - 8:20 pm #CC1501-04

6 week session

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

Instructor: Fernando Caducio

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

Class open to students 18+

Beginner/Intermediate Ballroom

Next session:

Mambo/Salsa/Merengue | Tuesday | 11/4 - 12/16 | 6:30 - 7:20 pm #CC1502-03

East Coast Swing | Tuesday | 11/4 - 12/16 | 7:30 - 8:20 pm #CC1502-04

7 week session

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

Instructor: Fernando Caducio

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

Intermediate/Advanced Ballroom

Next session:

Foxtrot | Monday | 11/3 - 12/15 | 6:30 - 7:20 pm #CC1503-03

Hustle | Monday | 11/3 - 12/15 | 7:30 - 8:20 pm #CC1503-04

7 week session

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

Instructor: Fernando Caducio

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



Adults 50 & Better Life Long Learning

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

EUCHRE 101

Monday | 10/6 - 10/20 | 11:00 am - 12:00 pm | #CS1423-01

3 week session

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

Instructor: Cindy Rose

One-hour sessions at 11 a.m., three Mondays of the month. Euchre is a fun, social card game that's frequently played around town -- and here at Costick Center on Mondays at 1 p.m.

Come and learn the basics in a relaxed, hands-on setting. Then let the games begin! .

Learn to Play Mahjong

Wednesday | 10/1 - 10/29 | 9:30 - 11:30 am | #CS1411-04

4 week session (No class 10/22)

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

Instructor: Donna Mandell

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

Spanish Beginner

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

7 week session

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

Instructor: Manuela Thompson

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

Spanish Advanced Beginner

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

7 week session

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

Instructor: Manuela Thompson

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

Advanced Beginners Knitting

Tuesday | 10/7 - 10/28 | 1:00 - 3:00 pm | #CS1404-01

4 week session

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

Instructor: Naomi Frenkel

The class is a continuation of the beginning knitting class. Continue to knit your scarf or learn how to knit a hat!

Making Your Health Care Wishes Known

Thursday | 10/9 | 10:30 - 11:30 am | #CS1418-01 | No Fee

Presenter: Julie Capra, Hospice of Michigan

In this presentation you will learn about Advanced Care Planning. Advanced Directives: defined and discussed from a regulative and healthcare perspective. Types of Advanced directives including appointing an advocate, power of attorney, living wills and code status determination.

Driving and Pedestrian Safety

Tuesday | 10/14 | 10:00 - 11:00 am | #CS1413-01 | No Fee

Presenter: Michelle Soho, Corewell Health

On the Right Road will discuss physiologic changes of aging, recognize how changes may impact driving. You will learn to identify accommodations and strategies to reduce driving risks. Stepping out Safely will discuss benefits of walking. Recognize common pedestrian risks, injuries, identify safety strategies and tips. Register for this free program online, at Costick Center front desk or by calling 248-473-1830.

Smart DriversTEK

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

Presenter: AARP

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

Adults 50 & Better Technology Classes

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

Getting to Know Your iPhone

Tuesday | 10/14 | 10:30 - 11:30 am | #CS1425-01

R/NR Fee: \$25/\$30

Instructor: Mike Wilson

This course is designed for those with an Apple iPhone who want to learn the many ways your phone can help you. The class will cover topics such as texting, voicemail, pictures, camera, internet, navigation, contacts, apps, settings. and more. Bring your fully charged iPhone with you to class. Not for Android users.

Working With Pictures on Your Windows 10 and 11 Computer

Tuesday | 10/28 | 10:30 - 11:30 am | #CS1427-01

R/NR Fee: \$25/\$30

Instructor: Mike Wilson

You will learn how to manage pictures on your computer during this class. In addition, we'll look at minor picture editing, which will include cropping and making enhancements. See how to use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other printed materials.

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The Commons Corewell Health where we are anything but common.

Whether you seek an active independent lifestyle, personalized assisted living, or specialized memory care, we provide exceptional services to ensure comfort, peace of mind, and a fulfilling experience. Our communities offer a continuum of care to include independent living, assisted living, and skilled nursing.

Website: corewellhealthseniorliving.org

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Infusion Care

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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

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.)

Firekeepers Casino, October 28, 2025 (Tuesday), \$59/pp

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

Historically Haunted Detroit: The Dark Side of History Bus Tour, October 23, 2025 (Thursday), \$135/pp

From the days of the French settlers and the ghouls who tormented them, to the grim realities of early factories and their gruesome death tolls, Detroit is a town with a devilishly scary past. As Halloween approaches, we spare a nervous glance toward Detroit's spooky side. Together with your professional step on guide, you'll learn the stories that have intrigued, scared, and delighted Motown's residents for generations, including the tale of the Nain Rouge, Detroit's own "Demon of the Strait," whose appearances warn of oncoming tragedy. Mobsters, soldiers, ghosts, cemeteries, pranks, Devil's Night, hauntings, outbreaks of cholera, unexplained disappearances, wars, tricks, treats, and more await you on this 3-hour tour! Following the tour, enjoy lunch at Taqueria Mi Pueblo, a beloved Mexican restaurant established known for its authentic Jalisco-style cuisine.

Detroit Parade Company & The Guardian Building, November 5, 2025 (Wednesday), \$139/pp

Venture into the magical ParadeLand & experience a behind-the-scenes look at America's Thanksgiving Parade. Learn more about the Parade's fascinating history, explore the 200,000 square-foot storyland of floats, and see how the award-winning artisans bring them to life. Marvel at the world's largest collection of papier-mâché heads that resemble local icons and famous characters. Designed and created in our Detroit studio, the costumes make a colorful array of characters come to life! Following the ParadeLand tour, enjoy lunch at Mario's, Detroit's Oldest Italian Restaurant since 1948. There aren't many restaurants with this kind of character. After lunch, experience one of the most stunning art-deco skyscrapers in the world, the Guardian Building. On the tour, learn the building's rich history and get an up-close appreciation of the architectural magnificence showcased in every minute detail of one of Detroit's most visited buildings. Best of all, enjoy exclusive access as you visit several spaces off-limits to the public, including hidden bank vaults complete with stories of the gold they once held!

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

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

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

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

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

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

Day 5: A travel day to Dayton, OH.

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

Zehnder's of Frankenmuth – Christmas with Groove Marmalade, December 2, 2025 (Tuesday), \$135/pp

Enjoy Zehnder's Famous Chicken Luncheon in their beautiful main dining room. The show is a celebration of all the Christmas favorites with a different twist, as Groove Marmalade takes everyone on a journey through space and time as they pay tribute to the most well known Christmas songs of all eras while also giving the songs a good dose of adrenaline. Their renditions range from styles such as Rock and Roll, Funk, Swing, Country, Reggae and even Latin, making this show unique and a fun one not to be missed! On stage, three lead singers will deliver rich harmonies and a variety of colors, rendering the show very entertaining as well. One of the singers doubles as the Sax player for all those rocking Christmas solos. The whole band is dressed up in Christmas outfits and will bring back great memories with a fun, entertaining and engaging show! After the show, enjoy some free time on Main Street of downtown Frankenmuth for shopping and exploring.

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

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

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

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



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: TimelessMemoriesAnE@gmail.com

Website: www.TimelessMemoriesAnE.com

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

Trips Available: 2025

- **NEW TRIP** – Highlights of the Douro with Spain – November 3 – 11
- Thunder Bay Resort/Murder Mystery weekend – November 7 – 9
- Illumi Toronto – November 19 -21
- Switzerland & Christmas Markets of the Rhine – December 3 – 11
- Montreal & Quebec City Christmas – December 10 – 15
- **Day Trip** - Gilmore Car Museum – October 28, 2025
- **Day Trip** – DSO Trip – Billy Joel Songbook - November 21
- **Day Trip** – DSO Trip – Home for the Holidays – December 12

Trips Available: 2026

- Best of Australia & New Zealand – March 9, 2026 – 17 days
- Holland Windmills, Waterways & Tulips River Cruise – April 20, 2026 – 9 days
- Music Cities – New Orleans, Memphis & Nashville – May 11, 2026 – 8 days
- Pacific Coast Adventure – July 12, 2026 – 8 Days
- Highlights of Scandinavia – July 16, 2026 – 11 days
- Discover Scotland – August 15, 2026 – 10 days
- Athens & The Greek Islands – September 29, 2026 – 9 days
- New England Rails & Trails – September 30, 2026 – 9 days
- Spain & Portugal Highlights – November 5, 2026 – 9 days
- Washington Cherry Blossom's & Williamsburg – April 2026 – 6 days Bus Tour
- National Parks & Historic Trains of Colorado – August 2, 2026 – 9 days - flight
- Vermont – New Hampshire (3) Historic Rail Excursions – Oct 10, 2026 – 8 days
- Coming Soon – Branson Holiday Tour/ Ozark Mountain Christmas November
- Smoky Mountains & Pigeon Forge Holiday – Dec 6, 2026 – 5 days

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

Save money and get the best coverage!



If you have a Medicare drug plan, you can 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 MMAP counselor.
- You must bring your prescription medications in their original pill bottles, your Medicare card, and picture ID.

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

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

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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APPLICANTS MUST BE 14 YEARS OR OLDER



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