

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 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 - Andrea Ali 248-473-1827

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

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

9/24/2026

OPEN MIC MONDAY

Monday | 10/12 | 11:00 am - 2:00 pm | No Fee

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

KARAOKE

Friday | 10/23 | 1:00 - 3:00 pm | \$5.00 | #CS1100-01

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

Thank you to our sponsor:



Why Families Choose Brookside Commons

Brookside Commons offers a full spectrum of senior living options all on one campus. From Independent Living to Assisted Living and Memory Care as well as Skilled Nursing and Long-Term Care, Brookside Commons is a true continuum of care. We offer a compassionate team, and a beautiful campus where residents don't just live, they THRIVE!

At Brookside Commons, exceptional senior care is delivered in a warm setting that truly feels like home. Our team are Southeast Michigan's experts in successful aging, providing personalized wellness, top-tier medical services, and a vibrant community where every resident is known by name. From morning coffee on the patio to community events and beautiful walking paths, life here is as engaging as it is peaceful.

Discover why so many members of your community are proud to call Brookside Commons home. We'd love to show you the campus and answer any questions you may have. www.brooksidecommonshc.com



Total Wellness Fair

October 6, 2026

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/RSV and more Shot Clinic
with Kroger Health**

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



Annual Senior Adult Breakfast

Warm food, friendly faces, and a morning dedicated entirely to celebrating you! Farmington Public Schools cordially invites our beloved Farmington and Farmington Hills neighbors (ages 60 and up) to the annual **Senior Adult Breakfast**.

Come catch up with old friends, share a meal, and see the incredible things happening in our local schools.

Event Details

- **Date & Time:** Thursday, October 15, 2026, starting at 9:00 AM
- **Location:** The Costick Center (28600 Eleven Mile Road, Farmington Hills)

What to Expect

- **A Hearty Welcome:** Enjoy a delicious breakfast while chatting directly with our Superintendent and District representatives about current school programs.
- **Student Displays & Performances:** Mingle with creative local students as they showcase their exciting projects, recent achievements, and awards.
- **Honoring Our Volunteers:** Be there as we announce the **2026/2027 Senior Adult Extraordinaire**, celebrating an inspiring local senior who gives back to our students through volunteering.

How to Reserve Your Seat Space is limited to the first 300 guests, so please reserve your spot early!

- **Call to RSVP:** Contact the School/Community Relations Department at **248-489-3349**.

We look forward to sharing a wonderful morning with you!



Thank you to all the vendors for supporting the

Total Wellness Fair

and making this annual event a great success!





Fall Festival

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

Wednesday | October 14 | 11:30 am - 1:30 pm

#CS1206-01

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

Register by Tuesday October 6, space is limited.



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



**adults 50
& better**

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*

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



YVONNE TREASURES GIFT SHOP IS OPEN AND STOCKED WITH TREASURES!

Most weekdays, Monday - Friday

9:30 am - 3:00 pm

Located inside the Costick Center

28600 Eleven Mile Road, Farmington Hills, MI 48336

We are now accepting your collectables, trinkets, & treasures to keep our shelves stocked.

Proceeds benefit seniors in need in the Farmington/Farmington Hills area.

The Farmington Hills Adults 50 & Better Division of Special Services is looking for a volunteer to help in the Gift Shop. If you are interested please stop at the front desk or call 248-473-1822.

Breadwinner



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.

October 16

Register by October 9 by 11:00 am

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

#CS4001-10

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

A man becomes a stay-at-home dad when a once-in-a-lifetime opportunity takes his wife on a prolonged business trip for one month. With three young daughters and little experience handling their day-to-day needs, he soon realizes that running a household is the toughest gig he's ever had.

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*



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

**adults 50
& better**

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.

London: City for Art Lovers

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

Presenter: Wendy Evans

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

Register by October 13 space is limited.

Thank you to our Sponsor:



Brookside Commons
A Continuing Care Retirement Community

Why Families Choose Brookside Commons

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Discover why so many members of your community are proud to call Brookside Commons home. We'd love to show you the campus and answer any questions you may have. www.brooksidecommonshc.com

Continental Club

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

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

Classic Michigan Food and Drinks: The Stories Behind the Brands

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

Presenter: Gail Offen & Jon Milan

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

Lincoln as Storyteller

Mr. Lincoln shares some of his favorite stories and jokes and explains why he used these so often. You'll still get a good dose of both the nation's history and Mr. Lincoln's personal story.

Instructor: Kevin Wood

Friday | 10/30 | 10:00 - 11:30 am | CS1003-01 | R/NR \$8/\$10

Envable 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 Detroit-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

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

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!



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



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 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

HELP WANTED

Noon Supervisors and Aides



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

PART-TIME:

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

POSITIONS NEEDED:

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

LOCATIONS:

Elementary, Middle School,
and High School

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

To apply please visit

www.farmington.k12.mi.us/employment

HAWK THEATER OCTOBER EVENTS

29995 W. 12 Mile Road

2026 Farmington Area Art Awards - <https://our.show/artawards>

The Farmington Hills and Farmington area boasts a wealth of accomplished visual and performing arts, vibrant cultural organizations, and successful artistic programs. We are excited to invite you to celebrate the outstanding achievements of the 2026-2027 Farmington Area Art Award recipients.

This distinguished occasion will highlight the remarkable talent in our community and reflect our commitment to nurturing creativity and promoting cultural understanding - especially meaningful as we celebrate 50 years of the Farmington Art Area Arts Commission and the Artist in Residence Award.

Award Ceremony: Friday, October 2, 7:00 PM

Afterglow following ceremony

Chamber Soloists of Detroit - <https://our.show/csd>

Sunday, October 4, 2026 at 2:00 pm - Kerson Leong

With a rich, magical sound ... the violinist from Ottawa all but hypnotized the audience" (Le Devoir). Experience firsthand the "miracle of feeling and control" (Sunday Times), as Kerson Leong returns to join CSD pianist Pauline Martin in a beautiful program of Sonatas for violin and piano by Mozart, Beethoven and Fauré, and Maurice Ravel's fiery "Tzigane."

Drag Queen Halloween Extravaganza - <https://our.show/dragbingo>

Sunday October 11th, 2026

11:00am-2:00pm

Boylesque Drag from Ypsilanti, MI returns for another afternoon of bingo and performances at The Hawk! Participate in bingo and have a chance to win awesome prizes! There will be food provided along with a cash bar, coffee and light refreshments.

Costumes are strongly encouraged!

*Beer and wine will be available for patrons 21 years and above.

Latin Night – <https://our.show/latinnight>

October, 15, 2026 at 7:00 PM

Come join us for a night of Latin Music, Dancing, and more! Rooted in acoustic Latin jazz, PanaMO is a dynamic ensemble that masterfully bridges Afro-Panamanian traditions, Caribbean rhythms, Brazilian sensibilities, and straight-ahead jazz. Led by Detroit-based musician and composer OB Succari, the group recently released their acclaimed album, *For the Loved Ones*. For this special performance, they take the stage in the PanaMO Quartet formation—delivering an intimate, deeply expressive, and rhythmically infectious live experience that celebrates cultural heritage and stellar musicianship.

WJZZ PRODUCTIONS PRESENTS "THE JAZZ BLAST" AT THE HAWK IN FARMINGTON HILLS

<https://our.show/zg5pezen6g>

October 16, 2026 at 7:00 PM

WJZZ Productions and WJZZ Detroit Jazz Radio are proud to announce The Jazz Blast, a premier live concert event coming to the stage at The Hawk in Farmington Hills. Designed to showcase the dynamic legacy and modern energy of Detroit jazz, this landmark show brings together three incredible musical forces for an unforgettable night of performance.

Headlining the evening is trumpet virtuoso and composer Allen Dennard, whose bold, soul-stirring sound and electrifying stage presence continue to captivate audiences across the region. Joining him on the marquee are two exceptional powerhouse acts: Nate Topo, bringing sharp musicality and signature flair, alongside the infectious, groove-driven rhythms of The James Russell Project. Together, these three acts form a formidable lineup guaranteed to deliver a high-octane evening of world-class jazz entertainment.

"We are bringing a true celebration of jazz to one of the finest venues in Oakland County," said WJZZ Radio leadership. "The combined talent of Allen Dennard, Nate Topo, and The James Russell Project represents the absolute best in live musical artistry. These three powerful artists surely will make your evening an enjoyable blast!"

Set in the intimate, state-of-the-art theater at The Hawk, The Jazz Blast promises an immersive acoustic experience for dedicated jazz lovers and general music enthusiasts alike.

True Crime Authors Panel – <https://our.show/truecrime>

Sunday October 25th, 2026 - 5:00pm

Black Box Theatre

Join three of Michigan's finest true crime writers for an unforgettable evening talking about some of Michigan's most unsettling cases. Authors Nina Innsted, Jenn Carpenter and BR Bates bring tales of true crime and mayhem from the Motor City and beyond. There will be an opportunity for Q&A, author meetups, and book signings. It would be a crime to miss this one! Get your tickets before they are... Already Gone.

Nina Innsted is a Farmington Hills resident and the author of *Unsolved Michigan*. An award-winning podcast host/producer, she is best known for her work on the *Already Gone* Podcast. Nina is the outreach coordinator for the Missing in Michigan organization and a credentialed victim's advocate.

*Beer and wine will be available for patrons 21 years and above.

FALL VEGETABLE PICKS

The harvest season is not over yet! Fall in Michigan is full of fresh produce that is full of vitamins and minerals to keep you feeling your best.

Pumpkin: Pumpkin is an excellent source of fiber and beta-carotene. Beta-carotene supports your eyes as well as your skin.

Beets: Beets are an excellent source of nitrates that help control blood pressure. They can be steamed, roasted, pickled, or even eaten raw.

Sweet Potato: Sweet Potatoes are full of dietary fiber and vitamin A. Make a smart swap and try sweet potatoes instead of French Fries, hashbrowns, or mashed potatoes.

Kale: Kale is packed full of nutrients such as vitamins A, C, K, and magnesium just to name a few. For Michigan gardeners it is a hardy choice to add to your garden as it handles the cold and even early snow falls well, after the temperatures drop Kale even becomes sweeter and less bitter.

Okra: Okra is a good source of vitamin K, C, and folate, although most people are familiar with deep-fried okra, but it makes a great addition to soups, stews, and curries as well.

Roasted Sweet Potato and Kale Salad

Prep Time: 20 mins | Cook Time: 20 mins | Total Time: 40 mins | Servings: 6

Ingredients

- 2 sweet potatoes, cut into 1-inch cubes
- 2 tablespoons olive oil
- salt and freshly ground black pepper to taste
- 1 tablespoon olive oil
- 1 onion, sliced
- 3 cloves garlic, minced
- 1 bunch kale, torn into bite-sized pieces
- 2 tablespoons red wine vinegar
- 1 teaspoon chopped fresh thyme

Directions

1. Preheat the oven to 400 degrees F . Toss sweet potato cubes with 2 tablespoons of olive oil in a bowl. Season to taste with salt and pepper; arrange evenly onto a baking sheet.
2. Bake in the preheated oven until the yams are tender, 20 to 25 minutes.
3. Meanwhile, heat remaining 1 tablespoon of olive oil in a large skillet over medium heat. Add onion and garlic; cook and stir until onion has caramelized to a golden brown, about 15 minutes.
4. Stir in kale, cooking until wilted and tender.
5. Combine sweet potatoes, kale, red wine vinegar, and fresh thyme in a bowl. Season to taste with salt and pepper, and gently stir to combine.
6. Serve and enjoy.

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

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

All meals must be reserved in advance.

Reserve your meal by calling 248-473-1830.

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

Procedure upon arriving at the Costick Center:

- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, proceed to Shannon Hall.
- Sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- **The congregate meal is plated for you to eat in Shannon Hall. No carry-out.**
- **No lunch services October 6 and 14.**

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



Costick Choir Practice

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

New members welcome!

Halloween Concert Tuesday October 27 at 12:30 pm

Get in the Halloween spirit and wear a costume.

Prizes for the best costumes!!!

COSTICK CAFE DINE-IN MEAL PROGRAM

October 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Highlighted dates, lunch will be served in Casey.	Lunch will be served in Shannon Hall.		1 Haddock, Rice Pilaf, Venetian Vegetable Blend, Super Slaw, Peach	2 Western Beef Chili w/Beans, Tomato, Peppers, Sweet Corn Bake, Garden Salad, Fruit Cup	3
4	5 Beef Barbeque, Au Gratin Potatoes, Nantucket Vegetable Blend, Tropical Fruit Cup	6 No Lunch Service Total Wellness Fair	7 Chili Lime Tilapia, Rice Pilaf, North-west Vegetable Blend, Pear	8 Stuffed Pepper. Whipped Potatoes, Capri Vegetable Blend, Apple	9 Beef Pepper Steak, Vegetable Fried Rice, Oriental Vegetable Blend, Mandarin Orange	10
11	12 Beef Stroganoff w/ Mushrooms, Mashed Potatoes, Capri Blend Vegetables, Orange	13 Chicken Leg, Rice Pilaf, Green Beans, Peach	14 No Lunch Service Fall Festival	15 Stuffed Salmon, Roasted Potatoes, Mixed Vegetables, Pear	16 Brat, California Vegetable Blend, German Potato Salad, Warm Cinnamon Apples	17
18	19 Sloppy Joes, Cheesy Potatoes, Green Beans, Orange	20 Beer Battered Cod, Sweet Potato Mash, Key West Vegetables, Tropical Fruit Cup	21 Mediterranean Chicken, Rice Pilaf, Roasted Vegetables, Pear	22 Chicken Sandwich, Vegetarian Baked Beans, Squash/Peppers/Onions, Northwest Vegetable Blend, Grapes	23 Salisbury Steak, Mushrooms/Onion/Gravy, Mashed Potatoes, Green Beans, Apple	24
25	26 Pork Chop, Roasted Potatoes, Asiago Cheese Vegetables, Apples Sauce Cup	27 Chicken Stew, Vegetable Blend, Biscuit w/Honey, Banana	28 Chicken Marsala with Mushrooms, Pasta, Scillian Blend Vegetables, Ceasar Salad, Grapes	29 Parmesan Tilapia, Au Gratin Potatoes, Nantucket Vegetable Blend, Nectarine	30 Beef & Cheese Lasagna, Italian Blend Vegetables, Orange	31

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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 October 13 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 Choir Join us every Tuesday at 10:30 - 11:30 for practice. Everyone is welcome!

Duplicate Bridge

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

Euchre

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

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

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 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.

Wednesday Afternoon Creative Art Group

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

Wii Sports

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

ADULTS 50 & BETTER SERVICES

Outreach Services

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

Home Chore Program

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

Telephone Reassurance

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

Nutrition

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

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

Knox Box

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

Transportation Program

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



SENIOR AQUATICS PROGRAMS

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

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

SENIOR OPEN SWIM

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

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

SENIOR WATER EXERCISE

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

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

SENIOR ARTHRITIS EXERCISE

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

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

Resealable Card Holders & Lanyards

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

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

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

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

Pickleball - Drop-in Play at the Costick Center -

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

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

Monday | 9:00 - 11:30 am

All skill levels welcome.

Monday | 12:00 - 3:00 pm

All skill levels welcome.

Tuesday | 12:30 - 3:00 pm (canceled October 6)

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 Starting September 9 | 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 | 9/14 - 10/19 | 9:00 - 10:00 am #CS1500-01
Next session: 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 | 9/8 - 10/20 | 9:45 - 10:45 am #CS1500-02
Next session: 11/3 - 12/15 | 9:45 - 10:45 am #CS1500-05
Instructor: Linda Hawkins
7 week session
R/NR Fee: \$42/\$49

Wednesday | 9/10 - 10/21 | 9:45 - 10:45 am #CS1500-03
Next session: 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 | 9/8 - 10/20 | 11:00 am - 12:00 pm #CS1503-01
Next session: 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 | 9/14 - 10/19 | 11:00 am - 12:00 pm #CS1504-01
Next session: 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 | 9/10 - 10/22 | 9:45 - 10:45 am #CS1501-01

Next session: 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 | 9/10 - 10/22 | 5:30 - 6:30 pm #CS1502-02

Next session: 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 | 9/9 - 10/21 | 9:30 - 10:30 am #CS1511-01

Next session: 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 | 9/9 - 10/21 | 4:15 - 5:00 pm #CS1513-01

Next session: 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 | 9/9 - 10/21 | 6:00 - 7:00pm #CS1506-01

Next session: 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 | 9/11 - 10/23 | 10:00 - 11:00am #CS1506-02

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

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

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

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 | 9/9 - 10/21 | 7:00 - 8:00pm #CS1507-01

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

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

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

Thursday | 9/10 - 10/22 | 2:00 - 3:00pm #CS1507-02

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

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

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

Friday | 9/11 - 10/23 | 11:00am - 12:00pm #CS1507-05

Next session: 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 | 9/10 - 10/22 | 1:00 - 2:00 pm #CS1508-01

Next session: 11/5 - 12/17 | 1:00 - 2:00 pm #CS1508-02

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 | 9/8 - 10/20 | 11:00 am - 12:00 pm #CS1509-01

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

7 week session

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

Thursday | 9/10 - 10/22 | 11:00 am - 12:00 pm #CS1509-02

Next session: 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 improve cardiovascular and muscle endurance. Bring along hand weights and resistance bands. All fitness levels welcome!

Fit 5000

Tuesday | 9/8 - 10/20 | 9:45 - 10:45 am #CS1510-01

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

7 week session

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

Thursday | 9/10 - 10/22 | 9:45 - 10:45 am #CS1510-02

Next session: 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 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.

REAL Beginner Hustle

Tuesday | 9/8 - 10/20 | 2:30 – 3:00 pm #CC1516-01

Next session: 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 | 9/8 - 10/20 | 1:15 - 2:00 pm #CC1515-01

Next session: 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 | 9/10 - 10/22 | 6:00 - 7:00pm #CC1512-01

Next session: 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 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.

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 | 9/4 - 9/25 | 11:30am - 12:00 pm #CC1507-01

Next session: 10/2 - 10/30 | 11:30am - 12:00 pm #CC1507-02

4 week session no class 10/23

R/NR Fee: \$16/\$20

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 | 9/2 - 9/30 | 12:00 - 1:00 pm #CC1500-01

Next session: 10/7 - 10/28 | 12:00 - 1:00 pm #CC1500-03

4 week session

R/NR Fee: \$28/\$33

Friday | 9/4 - 9/25 | 12:00 - 1:00 pm #CC1500-02

Next session: 10/2 - 10/30 | 12:00 - 1:00 pm #CC1500-04

4 week session no class 10/23

R/NR Fee: \$28/\$33

Beginner Plus Line Dance

Wednesday | 9/2 - 9/30 | 1:00 - 2:00 pm #CC1506-01

Next session: 10/7 - 10/28 | 1:00 - 2:00 pm #CC1506-02

4 week session

R/NR Fee: \$28/\$33

Friday | 9/4 - 9/25 | 1:00 - 2:00 pm #CC1505-01

Next session: 10/2 - 10/30 | 1:00 - 2:00 pm #CC1505-02

4 week session no class 10/23

R/NR Fee: \$28/\$33

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

East Coast Swing | Wednesday | 9/9 - 10/21 | 6:30 - 7:20 pm #CC1501-01

Mambo/Salsa/Merengue | Wednesday | 9/9 - 10/21 | 7:30 - 8:20 pm #CC1501-02

Next session:

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

Foxtrot | Tuesday | 9/8 - 10/20 | 6:30 - 7:20 pm #CC1502-01

Hustle | Tuesday | 9/8 - 10/20 | 7:30 - 8:20 pm #CC1502-02

Next session:

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

Tango | Monday | 9/14 - 10/19 | 6:30 - 7:20 pm #CC1503-01

Cha Cha | Monday | 9/14 - 10/19 | 7:30 - 8:20 pm #CC1503-02

Next session:

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+

Adults 50 & Better Life Long Learning

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

EUCHRE 101

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

3 week session

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

Instructor: Cindy Rose

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

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

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

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

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.

Needle Felting

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

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

Instructor: Naomi Frenkel

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

Older Adult Services Encore Empower Hour

Thursday | 10/8 | 11:00 am - 12:00 pm | #CS1407-01

Join Oakland County's Older Adult Services for a Town Hall dedicated to highlighting programs and services for older residents. This town hall will focus on educating residents about the various issues concerning older residents. Information also available on: Information Technology, Sustainability and Housing Services. Light refreshments will be served.

Understanding Alzheimer's and Dementia

Tuesday | 10/13 | 10:00 - 11:00 1m | #CS1409-01

Instructor: Alzheimer's Association

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

Put Your Best Brain Forward – Lifestyle Factors that Influence Brain Health

Thursday | 10/15 | 10:30 am - 11:30 am | #CS1420-01

Instructor: Jewish Family Services

How do we keep our brains healthy as we age? Just like we make time to go to the gym to strengthen our muscles and keep our bodies as healthy and strong as possible, we also need to give our brains regular exercise to fight normal cognitive changes that come with aging to optimize our cognitive abilities. Join Mackenzie Steele, LMSW, CDP and Joely Lyons, LMSW, CDP for a fun, informative and interactive presentation on the aging brain's health and wellness, including a discussion of lifestyle factors that impact brain health as well as an update on the most recent non-pharmacological interventions. You'll also have the opportunity to learn about and try evidence-informed cognitive training exercises. And best of all...No workout clothes required!!

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.

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

ARE YOU OK?

Saturday, October 10th, 10:00 a.m. Costick Center – Carlow Room

No registration needed

The FH/F Commission on Community Health is presenting a presentation teen mental health.

For more information, please contact Teresa Jergovich-Etzin at 248-473-1826



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



Technology Classes in Person at the Costick Center

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

Computer Scams, and What Not to Click On!

Thursday | 10/8 | 11:00am — 12:30pm | CS1432-01 | R/NR Fee: \$40/\$45

Don't let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about; frustrating and suspicious popups; advertisements; your haywire computer, e-mail ads, and links. (Not for Apple/Mac users, or tablets.) Take this class, you won't be disappointed!

Windows 11 - Starting From the Beginning

Thursday | 10/15 | 1:00 — 2:30pm | CS1433-01 | R/NR Fee: \$40/\$45

This is an adult-friendly Windows 11 class! See how to use the desktop and the new taskbar. We'll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows 11 is organized. (Not for Apple/Mac users.)

All About Pictures - Findings, Organizing, Editing, and Saving on Your Computer!

Tuesday | 10/20 | 11:00am — 12:30pm | CS1434-01 | R/NR Fee: \$40/\$45

During this class you will learn how to manage pictures on your computer. Also, find out how to name, rename, and move pictures into folders to get organized. We will take a look at using the Photo Gallery and minor editing of pictures, such as cropping and making enhancements. We will use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate flyers, invitations, and other printed materials. (Not for Apple/Mac users.)

Canva For the Non-Designer: Design Business Cards, Flyers, Invitations, and 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

LIFE | SMART | YOU



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

NURSING & REHABILITATION

A Ciena Healthcare Community

WE'RE ALL ABOUT YOU

The Manor of Farmington Hills:

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

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 9/16/26

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

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

Remaining 2026 Tours -

Tues, Oct 13 - Battle Creek, MI - **Firekeepers Casino**. Enjoy your 5 hour casino visit! Casino Incentive - \$25 total! **Price \$75 DL: 9/29**

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**

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**

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**

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**

New 2027 Tours -

NEW 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**

NEW Tues, Feb 23 - Battle Creek, MI - **Firekeepers Casino**. Enjoy your 5 hour casino visit! Casino Incentive - \$25 total! **Price: \$75 DL: 2/2**

NEW 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 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: 3/11**

***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 Trips coming soon!!!!

Register now for 2027 Trips: www.TimelessMemoriesAnE.com

- Ecuador & Galapagos Islands - February, 2027 - cabins still available (21 seats)
 - Historic Savannah & Charleston - April, 2027
 - Discover Japan by Bullet Train - May 6, 2027
 - America's Canyonlands - May 13, 2027
 - Alaska Fairbanks & Denali National Park with Cruise - June 24, 2027
 - Montana & Glacier National Park - July 25, 2027 - Mayflower Tours
 - Oregon Coast Pacific Northwest - August 8 - 17, 2027 - Shoreline Trip - Flying
 - North Carolina & The Outer Banks - September 9, 2027
 - Newport, Rhode Island - September 12 - 17, 2027 - Shoreline Trip - Bus Tour
 - South Africa & Victoria Falls Adventures - September 23, 2027
 - Autumn Colors of the Adirondacks & Canada's 1000 Islands - Oct 9 - 15, 2027 Shoreline
 - Christmas Season in Victoria & Vancouver - December 1, 2027
 - Santa Fe Holiday - December 1, 2027
- 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.