

# 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



September 2025

### Message from the City of Farmington Hills City Manager



The City of Farmington Hills prides itself in offering excellent parks, programs, facilities, and services for residents and guests of all ages, interests, and abilities. As plans develop for a new and improved facility to replace the beloved Costick Activities Center, elected officials and City leadership remain deeply committed to keeping senior adult patrons and Costick Center users informed and engaged. Transparency, active engagement and open dialogue are at the heart of this process, and I want to provide you with an update on where things currently stand.

As you're aware, we are actively working with our consultant, Sports Facilities Companies. We are focused on evaluating Special Services operations across the board, which includes options for a Costick Center replacement, while balancing existing and projected budgetary constraints. While we are optimistic that construction of a replacement for the Costick Center could begin as early as late 2027, this timeline is contingent on many factors, including the permitting process, detailed engineering work and more.

This timeline is also dependent on City Council's determination of how the facility will be funded, including construction, operation and maintenance of the future center. While construction funding is the more immediate need, City Council must plan now for its long-term operation in a way that is financially manageable. Funding options may include a voter-supported millage.

We are excited about the opportunities this new facility will bring to our senior community, but we also want to be transparent about the challenges that could lie ahead. Careful planning, responsible budgeting, and thoughtful decision-making, including considering the use of existing facilities, are all essential to our decision making and the project's long-term success.

Farmington Hills is proud of its more than 40-year track record of financial excellence, recognized by the Government Finance Officers Association of the United States and Canada. The City's goal is not simply to build a new facility, but to deliver one that the community can truly be proud of. We don't want to rush and provide something ordinary — we want to take the time to do this right, thoughtfully and to the highest standard, so the result is a center of exceptional quality.

As we move forward, we will continue to provide updates and opportunities for engagement. Together, we can ensure that the new and improved Costick Center is a place everyone in our community can take pride in for decades to come. Until such time, the current Costick Center remains open for your recreational and social enjoyment.

Sincerely,  
Gary Mekjian  
City Manager  
City of Farmington Hills

## **COSTICK CENTER - CENTER FOR ACTIVE ADULTS**

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

Our service desk is located at the front desk by door A and open 9:00 am - 4:00 pm Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road.

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.

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## **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**

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## **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 | 9/8 | 11:00 am - 2:00 pm | No Fee**

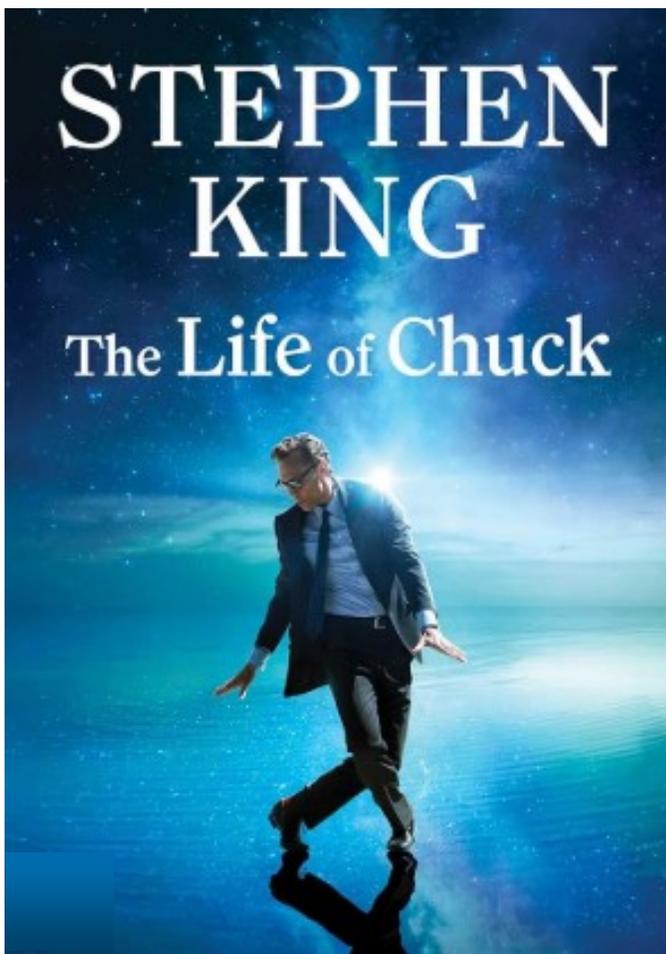
Come shake off the Monday Blues, the second Monday of the month, at our Open Mic Monday. Sit back and relax to American Standards, Folk Blues, and Jazz favorites. John Telford will be your host. Bring your instrument if you want to join in, no charge to enjoy the music. Beverages will be available for purchase. Order lunch from Costick Café by 11:00 am August 8 and eat in Shannon while you enjoy the music.

## KARAOKE

**Friday | 9/26 | 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**



## 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.

**FARMINGTON HILLS**  
SPECIAL SERVICES *Michigan*



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

**adults 50  
& better**

**Location: Costick Activities Center**

**28600 Eleven Mile Rd., Farmington Hills, MI 48336**



# 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**



## Line Dance & Lunch

Kick up your heels, learn some new line dances, plus enjoy a delicious lunch. This line dance workshop and lunch is for anyone who wants to try to this popular class and see which level of dance fits you best! The classes are super fun and good exercise too! Register online or at the Costick Center front desk.

**Instructor: Christine Stewart**

**Friday | September 12 | 11:30 am - 2:00 pm | #CS1205-01**

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

Register by Thursday September 4, space is limited.

## Scam Bingo

We will be playing a nontraditional game of bingo. It works just like the regular bingo except all the questions and answers will be teaching you about scam and fraud. Refreshments will be served, and prizes and police swag will be given away. This event is FREE. Please register online, at the Costick Center front desk or call 248-473-1830.

**Instructor: Barbara McDaniel, Crime Prevention Technician**

**Thursday | September 25 | 1:00 - 3:00 pm | #CS1209-01 | FREE**

## 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.

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



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<https://recreg.fhgov.com>



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**FARMINGTON HILLS**  
SPECIAL SERVICES *Michigan*

# 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***

## Better Made in Michigan

For many, Detroit is the crunch capital of the world. More than forty local chip companies once fed the Motor City's never-ending appetite for salty snacks, including New Era, Everkrisp, Krun-Chee, Mello Crisp, Wolverine and Vita-Boy. Only Better Made remains. From the start, the brand was known for light, crisp chips that were near to perfection. Discover how Better Made came to be, how its chips are made and how competition has shaped the industry into what it is today. Bite into the flavorful history of Michigan's most iconic chip as author Karen Dybis explores how Detroit "chipreneurs" rose from garage-based businesses to become snack food royalty.

**Presenter: Karen Dybis**

**Thursday | 9/18 | 10:00 - 11:30 am | CS1002-01 | R/NR \$8/\$10**

## 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**



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<https://recreg.fhgov.com>



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# 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.*

## Sensational Selfies

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 | 9/10 | 11:30 am - 1:30 pm CS1300-01 | R/NR \$15/\$18**

Register by September 2, space is limited.

## 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.

## 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 by December 2, space is limited.



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



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**FARMINGTON HILLS**  
SPECIAL SERVICES *Michigan*

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

## The Farmington Area Commission on Aging: “Refund” for Amazon Purchase Scam

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

This month we call your attention to a current text message scam offering a “refund.”

Recently, the Federal Trade Commission began to alert consumers to a scam that originates as a text message. Scammers are posing as Amazon employees. They send a text message suggesting there is a recall on or “quality” issue with a consumer’s recent purchase. And, they offer a full refund, indicating there is no need to return the item, provided the text recipient clicks on a link to request the refund. Beware. This is yet another scam intended to get access to one’s money or personal information.

### REFUND FOR PURCHASE SCAM

Steps to avoid this “Refund” for Amazon Purchase scam:

- Do not click on links or respond to *unexpected text messages*.  
If concerned ...
- Contact company directly using a verified phone number, email, or website, i.e., *not* the information offered in the text
- Check your Amazon account
- Log in through the Amazon website or app to see if there is a recall on or issue with the item purchased
- Report text scams to the Federal Trade Commission at [ReportFraud.ftc.gov](https://www.ftc.gov)
- Delete the text message



“Refund”



*Source: Federal Trade Commission*

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](mailto:jaltschul@fhgov.com)**

**Location: Center for Active Adults at the Costick Center**

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



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## EGGS AND HEALTHY EATING: GETTING TO THE HEART OF THE MATTER

Eating one egg a day may reduce the risk of stroke by 12% and may not affect your risk for coronary heart disease. If you have heart disease or high cholesterol, be cautious about the number of egg yolks you consume, and take into account all the other forms of saturated fat in your diet. This information is based on analysis published in the Journal of American College Nutrition.

Although heart disease hasn't changed, dietary recommendations related to the intake of dietary cholesterol have recently changed drastically. Current recommendations are now based on *science* rather than *assumption*. The 2015-2020 Dietary Guidelines for Americans dropped the previous recommendation to limit dietary cholesterol intake to 300 mg per day. Eggs are a relatively low cost and nutrient dense whole food that provides a valuable source of protein, essential fatty acids, antioxidants, vitamins and minerals.

The main emphasis continues to be following a healthy eating pattern across your lifespan. All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy and reduce the risk of chronic disease.

Focus on variety, nutrient density and amount. To meet nutrient needs within calorie limits, choose of variety of nutrient dense foods across and within all food groups in recommended amounts. Limit calories from added sugars and saturated fats and reduce sodium intake. Shift to healthier food and beverage choices.

Healthy eating patterns are adaptable. Individuals have more than one way to achieve a healthy eating pattern. An eating pattern represents the totality of all foods and beverages consumed. All foods consumed as part of a healthy eating pattern fit together like a puzzle to meet nutritional needs without exceeding limits. All forms of foods, including fresh, canned, dried and frozen can be included. Any eating pattern can be tailored to the individual's socio-cultural and personal preferences.

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**Tuesday September 9, 10:00 am - 12:00 pm**

**LOCATION: Costick Center Parking Lot  
28600 Eleven Mile Road, Farmington Hills, MI 48336**



# Senior Shredding for Safety Day

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

**RESIDENTS 50 & BETTER can bring up to 4 paper grocery bags of documents** to be shredded in the Costick parking lot.

**Drive up only. No magazines, junk mail or trash, please. NO FEE.**

***Sponsored by:*** Resource Recovery and Recycling Authority of Southwest Oakland County.  
***Provided by:*** ShredCorp.



## 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 August 4 you need to reserve by Friday August 1 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 September 1.**

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

# September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> <b>CENTER CLOSED</b> 	<b>2</b> Stuffed Pepper, Roasted Potatoes, Vegetables Blend, Apple	<b>3</b> Turkey/Gravy, Mashed Potatoes, Garden Salad, Nan- tucket Vegetable Blend, Hot Cherry Dump Cake	<b>4</b> Asian Meatballs, Egg Noodles, Asian Blend Vegetables, Spinach Salad, Nectarine	<b>5</b> Mac & Cheese, Stewed Tomatoes, Normandy Blend Vegetables, Peach	<b>6</b>
<b>7</b>	<b>8</b> Stuffed Cabbage, Mashed Potatoes, Vegetable Blend, Orange	<b>9</b> Italian Chicken Parmesan, Penne Pasta, Italian Vegetables, Garden Salad, Plum	<b>10</b> Beer Batter Cod Fish, Brown & Wild Rice, Capril Blend Vegetables, Cantaloupe	<b>11</b> Chicken Fried Steak, Gravy & Whipped Potatoes, Green Beans, Applesauce	<b>12</b> BBQ Pulled Pork, German Potato Salad, Northwest Vegetable Blend, Nectarine	<b>13</b>
<b>14</b>	<b>15</b> Chicken Drumstick, Roasted Sweet Potato, French Green Beans, Plum	<b>16</b> Chili Lime Tilapia, Brown & Wild Rice, Caribbean Vegetable Blend, Super Slaw, Banana	<b>17</b> Chicken Tortilla Casserole, Broccoli, Refried Beans, Red Grapes	<b>18</b> Baked Ham w/ Orange Sauce, Au gratin Potatoes, Brussel Sprouts, Tropical Fruit Cup	<b>19</b> Mostaccioli with Meat Sauce, Italian Vegetable Blend, Apple	<b>20</b>
<b>21</b>	<b>22</b> Brats, Sauerkraut, Carrots & Potatoes, Pear	<b>23</b> Chicken Alfredo Lasagna, Venetian Blend Vegetables, Gar- den Salad, Orange	<b>24</b> Beef Tacos, Mexican Rice, Normandy Vegetable Blend, Fruit Cup	<b>25</b> BBQ Chicken Breast, Vegetarian Baked Beans, Spinach, Peach	<b>26</b> Parmesan Crusted Salmon, Sweet Corn Bake, Malibu Vegetable Blend, Apple	<b>27</b>
<b>28</b>	<b>29</b> Chicken Teriyaki, Vegetable Fried Rice, Asian Vegetable Blend, Orange, Fortune Cookie	<b>30</b> Spanish Cheese Omelet, Malibu Blend Vegetables, Hash Brown Potatoes, Peach Salsa, Blueberry Muffin	Lunch will be served in Shannon Hall.	Highlighted dates, lunch will be served in Casey.		

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

**Reserve your meal by calling 248-473-1830**

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

***Join one of our support groups for a meeting:***

## **Living On**

This support group meets the 2nd and 4th Wednesday each month at 1:30 pm. The focus of the Living On support group is to express feelings and experiences related to the loss of a loved one in a supportive, caring, and non-judgmental environment. Grief and loss topics are addressed as they arise, depending on the interests of those attending the group. Facilitated by Cindy Palmer, Grief Counselor with Hospice of Michigan. Contact Cindy Palmer to register at 248-334-1323 or email [cpalmer@hom.org](mailto: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 September 10 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitated by Lisa Gardner, Interim Hospice of Oakland County Bereavement and Volunteer Coordinator and 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](mailto: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**

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](http://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.

**September - The Soul of America by Jon Meacham**

**October - The Body guard by Katherine Center**

## **Euchre**

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

## **Duplicate Bridge**

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

**Starts September 17**

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



## **CFAA (Cycling for Active Adults)**

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

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

For more information call 248-473-1822.

## **Computer Forum**

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

## **Farmington Piecemakers**

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

**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](mailto: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 September & October)**

Join the Farmington Library's Outreach Specialist on the 4<sup>th</sup> 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.

## Join the SOAR LLI Community this Fall for Learning the way you always imagined it could be!



LIFELONG LEARNING  
INSTITUTE

SOAR Lifelong Learning Institute invites you to join us for our upcoming Fall 2025 Term of Classes which begins on October 13th. There are more than 50 individual classes being offered in topic areas such as: Law & Politics, Art & Architecture, Current Events, Travel & Culture, Performing Arts and more. Each SOAR class meets one time with no studying, tests, or homework!

SOAR members have access to Special Interest Groups (book, film, and discussion clubs), discounts on Special Events and Field Trips, and member's only events. This Fall's term includes field trips to Selfridge Air National Guard Base, an Eastern Market Murals trip, and a special trip to the DIA. Our Special Events include our popular Mock Trial Series, a discussion of the United Nations at 80, and an afternoon with Motor City Casting Director, Janet Pound. Registration for classes starts on September 15<sup>th</sup> and the class schedule can be found on our website: [www.soarexplore.com](http://www.soarexplore.com) or in the Costick or Hawk lobbies.

SOAR LLI offers lifelong learning and social opportunities for older adults in Farmington Hills and throughout the Metro Detroit area. Daytime classes are offered without tests or grades, simply for the love of learning. It's a great way to keep your brain active and make new friends with similar interests. SOAR classes are offered three terms a year in-person at the Hawk or online via zoom. To keep up on the latest SOAR news, join our Monday E-Newsletter list through our website: [www.soarexplore.com](http://www.soarexplore.com).



### 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](http://www.soarexplore.com)

248-626-0296

[info@soarexplore.com](mailto:info@soarexplore.com)



## **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.

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

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

**No need to register. Just show up!**

**September 3, 17 - 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.

**September 19 - 9:30 - 10:30 pm - Full Moon Friday - Night Hikes** - #PN1219 \$5.00

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



## **BATTLE OF THE BADGES**

Respond to the call. Give blood.

### **Blood Drive**

## **City of Farmington Hills Costick Center**

28600 West Eleven Mile Road

**Wednesday, September 10, 2025  
8:00 a.m. to 8:00 p.m.**

For an appointment, log onto [RedCrossBlood.org](http://RedCrossBlood.org) (sponsor code: costickcenter) or call 1-800-RED CROSS (1-800-733-2767).

Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://RedCrossBlood.org/RapidPass) to complete your pre-donation reading and health history questions on the day of your appointment.



Give blood 8/29 to 9/21 for 1 of 4 mystery tees with an iconic Red Cross x PEANUTS design, Ltd. qty!



# 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

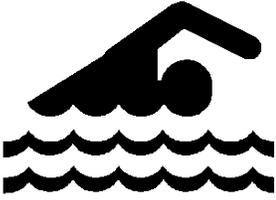
## Apply for a REAL ID driver's license or ID card

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

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## 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 9/1

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

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 | Punch Pass Only

All skill levels welcome.

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

All skill levels welcome.

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

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

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

## Outdoor Courts at the Hawk Community Center.

29995 W 12 Mile Road. Farmington hills, MI 48336

No fee to the public. Rotational play 8:00 am - 12:00 pm and 6:00 pm to dusk daily. Rotational play etiquette is posted on the courts. Outdoor courts will be available 12:00 - 6:00 pm to the public when City of Farmington programming is not scheduled.

## FITNESS CLASSES

 **Fall Classes are available to register at the Costick Center front desk or online.**

<https://www.fhgov.com/play-explore-learn/activities-guide>

**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**

**Instructor:** Claire Sophia

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.

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

**Instructor:** Linda Hawkins

7 week session

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

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

**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**

**Instructor:** Bharti Shah

7 week session

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

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

**This class can be seated yoga or floor yoga.**

**Instructor:** Linda Hawkins

7 week session

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

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

### **Yoga Strength**

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

**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**

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

**Instructor:** Bharti Shah

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 in balance, flexibility, and enhance serenity. Wear loose clothing and bring a mat.

## Balance, Strength & Stretch

**Wednesday | 9/10 - 10/22 | 4:15 - 5:00 pm #CS1513-01**

7 week session

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

**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**

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**

6 week session (No class 10/7)

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

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

7 week session

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

**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**

6 week session (No class 10/7)

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

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

7 week session

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

**Instructor:** Deborah Koss

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

## Tai Chi for Movement & Balance

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

7 week session

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

**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**

7 week session

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

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

7 week session

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

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

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

7 week session

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

**Instructor:** Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

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## **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. If you have a few hours a week to volunteer, stop by the Costick Center front desk and ask for a volunteer application or call 248-473-1830. Program volunteers can make a difference for seniors!

## EZ Beginner Hustle

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

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**

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

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

## Absolute Beginner Line Dance

**Friday | 9/5 & 9/26 | 11:30am - 12:00 pm #CC1507-01**

**R/NR Fee: \$8/\$8 2 week session No class 9/12. 9/19**

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 | 9/3 - 9/24 | 12:00 - 1:00 pm #CC1500-01**

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

**Friday | 9/5 & 9/26 | 12:00 - 1:00 pm #CC1500-02**

**R/NR Fee: \$14/\$14 2 week session No class 9/12. 9/19**

## Beginner Plus Line Dance

**Friday | 9/5 & 9/26 | 1:00 - 2:00 pm #CC1505-01**

**R/NR Fee: \$14/\$14 2 week session No class 9/12. 9/19**

## Intermediate Line Dance

**Wednesday | 9/3 - 9/24 | 1:00 - 2:00 pm #CC1506-01**

**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!

## Flamenco Dance

**Thursday | 9/11 - 10/23 | 6:30 - 8:00 pm #CC1504-01**

7 week session

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

**Instructor:** Michelle Millman

No partner needed. No special shoes or props are needed at this time. We wear athletic shoes, a swingy midi skirt is nice or a scarf tied around the hips is fine too. Wear this over leggings /tights. Bright colors and funky earrings are encouraged. Bring a willingness to try something new, dance to beautiful guitar music and experience the joy of moving. Class open to students 18+

## Beginners Ballroom

**East Coast Swing | Wednesday | 9/10 - 10/22 | 6:30 - 7:20 pm #CC1501-01**

**Mambo/Salsa/Merengue | Wednesday | 9/10 - 10/22 | 7:30 - 8:20 pm #CC1501-02**

7 week session

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

**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

**Hustle | Tuesday | 9/9 - 10/21 | 6:30 - 7:20 pm #CC1502-01**

**Foxtrot | Tuesday | 9/9 - 10/21 | 7:30 - 8:20 pm #CC1502-02**

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

**Cha Cha | Monday | 9/8 - 10/20 | 6:30 - 7:20 pm #CC1503-01**

**Tango | Monday | 9/8 - 10/20 | 7:30 - 8:20 pm #CC1503-02**

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+

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## 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.

## Adults 50 & Better Life Long Learning

Classes are available online or Costick Center front desk. [fhgov.com/activitiesguide](http://fhgov.com/activitiesguide)

### EUCHRE 101

**Monday | 9/8 - 9/22 | 11:00 am - 12:00 pm | #CS1423-01**

**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 | 9/3 - 9/24 | 9:30 - 11:30 am | #CS1411-03**

**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

**Wednesday | 9/10 - 10/22 | 11:00 am - 12:00 pm | #CS1401-01**

**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

**Wednesday | 9/10 - 10/22 | 12:30 - 1:30 pm | #CS1402-01**

**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.

### Beginning Knitting 1

**Tuesday | 9/9 - 9/30 | 1:00 - 3:00 pm | #CS1403-01**

**4 week session**

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

**Instructor: Naomi Frenkel**

Did you always want to learn how to knit a scarf of your own! The class will start by teaching the basics, casting on, knitting, and purling. As the students perfect their techniques, we will move on to ribbing seed stitch and binding off. By the end of the 4th week, they will start either a washcloth or a scarf. Materials fee of \$15.00 is payable to the instructor the first day of class.

## Learn to Crochet

**Tuesday | 9/9 - 10/4 | 11:00 am - 12:00 pm | #CS1420-01**

**6 week session**

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

**Instructor: Caryn Drasin**

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

## Hospice: Fact or Fiction

**Thursday | 9/11 | 10:30 - 11:30 am | #CS1416-01 | No Fee**

**Presenter: Julie Capra, Hospice of Michigan**

Test your knowledge on comfort care and criteria for hospice services.

Presented by lead Advisor-Hospice of Michigan & NorthStar Palliative Care.

## Healthy Lifestyles

**Tuesday | 9/16 | 10:00 - 11:00 am | #CS1414-01 | No Fee**

**Presenter: Michelle Soho, Corewell Health**

Tired of not knowing what to eat? How about a simple approach to food & shopping. Having the right food on hand with easy no-recipe cooking allows you to eat better because you'll know what is good for you. This course covers breakfast, lunch, dinner and snack ideas.

## 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](http://fhgov.com/activitiesguide)

### 13 Tech Tips to Stay Relevant Today

**Tuesday | 9/11 - 10/2 | 11:00 am - 12:00 pm | #CS1426-01**

**Tuesday | 10/9 - 10/30 | 11:00 am - 12:00 pm | #CS1426-02**

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

**4 week class**

**Instructor: Rickey Eady**

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

### The Easy and Practical AI (Ai) Class for Older Adults

**Tuesday | 9/16 | 10:30 - 11:30 am | #CS1406-01**

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

**Instructor: Mike Wilson**

We will explore the practical benefits of using a basic form of AI called ChatGPT. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI will quickly generate any text for you based on your interest. Take your search, research, inquiries, and answers to questions to a whole new level!

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

**Tuesday | 9/30 | 10:30 - 11:30 am | #CS1424-01**

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

**Instructor: Mike Wilson**

Learn to edit beautiful looking template designs you can print out, save, send by e-mail or use in Facebook or for practically any type of print and social media project. No more working from scratch! 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 in no time?

### 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.

# 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.)

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

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

### **Detroit River & Stage Adventure: Behind-the-Scenes Tour, Lunch & Boat Cruise, September 12, 2025 (Friday), \$135/pp**

Delight in a comprehensive behind-the-scenes tour of this ornate opera house, located in Downtown Detroit. A typical tour is 90-minutes & includes grand lobbies, auditorium, stage, star dressing rooms, rehearsal studio, costume shop, dance studio, rooftop Skydeck and more! Following the tour, enjoy an amazing lunch from Slows BBQ. After lunch, experience the best of Detroit's rich history and stunning skyline with a one-hour narrated sightseeing tour. Marvel at the iconic landmarks along the Detroit River as you cruise along the waterway, soaking up the culture and history of the Motor City. With breathtaking views, fascinating insights, and a relaxing atmosphere, this cruise is the perfect way to explore Detroit's unique charm.

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

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

### **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.

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

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

Day 3: Visit the Biltmore House, America's largest privately owned home, and cross the threshold into a world of beauty virtually unchanged for more than a century. After your tour of the House enjoy Wine Tasting at the Biltmore Winery. Visit Antler Village, a recreation that connects the estate's past and present with dining, shopping, and exhibits. Then, welcome to Pigeon Forge! Dinner this evening is a four course feast at Dolly Parton's Stampede. The holiday festivities get playful as Elves from the North Pole & South Pole compete in a friendly rivalry while your festive dinner is served. The stunning beauty of angels ascending from above will amaze you as the songs inspire audience members of all ages!

Day 4: Enjoy a fascinating self guided tour today at the Titanic Museum; it opens the door to the past in its one-of-a-kind way letting "passengers" experience what it was like to walk the hallways, parlors, cabins and Grand Staircase of the Titanic while surrounded by more than 400 artifacts directly from the ship and its passengers. Following the tour, enjoy the Island in Pigeon Forge. Enjoy free time, shopping and lunch on your own at The Island, boasting 23 acres of entertainment in an inviting setting. The Island Show Fountains are programmed to music and lights year round. Dolly Parton's Pirates Voyage Christmas Dinner Show is the evening dining and entertainment.

Day 5: A travel day to Dayton, OH.

Day 6: Visit the National Museum of the U.S. Air Force - this is the oldest and largest military aviation museum in the world, located at Wright-Patterson Air Force Base. The museum galleries are filled with military aviation history, boasting more than 360 aerospace vehicles and missiles on display - many are rare and one-of-a-kind. After your time at the museum your group will begin traveling home with fond memories of your trip!



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: [TimelessMemoriesAnE@gmail.com](mailto:TimelessMemoriesAnE@gmail.com)

Website: [www.TimelessMemoriesAnE.com](http://www.TimelessMemoriesAnE.com)

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

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## *Trips Available: 2025*

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- Montreal & Quebec City Christmas – December 10 - 15
  - **NEW TRIP** – Highlights of the Douro with Spain – November 3 – 1
  - Thunder Bay Resort/Murder Mystery weekend – November 7 - 9
  - Illumi Toronto – November 19 -21
  - **Day Trip** - Dow Gardens – September 17, 2025
  - **Day Trip** - Detroit Discovery Tour – September 25, 2025 – waiting List
  - **Day Trip** - Gilmore Car Museum – September 30, 2025
  - **Day Trip** – DSO Trip – Billy Joel Songbook - November 21
  - **Day Trip** – DSO Trip – Home for the Holidays – December 12
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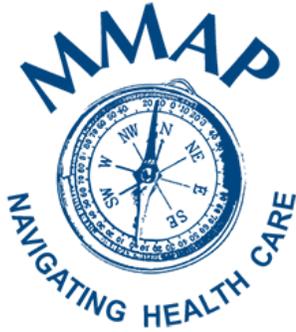
## *Trips Available: 2026*

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

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## [City of Farmington Hills Department of Special Services](#)

### [Adults 50 & Better Code of Conduct](#)

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

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

Thank you for complying with the Code of Conduct and treating others with respect.  
Together we can achieve anything!



# NOW HIRING

- **AQUATICS PROGRAMMER**  
\$19-21 PER HOUR
- **LIFEGUARD**  
\$13.50-15.50 PER HOUR
- **SWIM INSTRUCTOR**  
\$13.50-15.50 PER HOUR
- **SWIM LEADER**  
\$11.50-13 PER HOUR

**APPLY HERE**



*WE WILL PAY FOR TRAINING  
FLEXIBLE SCHEDULING OPTIONS  
APPLICANTS MUST BE 14 YEARS OR OLDER*



**SCAN THE QR CODE OR HEAD TO  
[FHGOV.COM/EMPLOYMENT](https://fhgov.com/employment) TO APPLY**