

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 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

8/27/2026

OPEN MIC MONDAY

Monday | 9/14 | 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 | 9/25 | 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.

**adults 50
& better**

Location: Center for Active Adults at the Costick Center
28600 W. 11 Mile Rd, Farmington Hills, MI 48336 248-473-1830



BS&A Online Payments: Recommended Option

As part of our ongoing commitment to providing residents with secure, convenient, and efficient payment options, we encourage the use of our online payment services whenever possible. Online payments are available 24/7, can be made from anywhere, and post the **SAME-DAY!**



Pay Anytime. Anywhere.

Bill pay couldn't be easier with options to pay your invoices electronically, online, or over the phone. Our payment options allow you to take control of your payments anytime, anywhere.



Easy

Easily access your account to setup recurring monthly auto payments or pay one time invoices for options that work for you. Need a reminder? We've got you covered with email reminders to keep your payments on-time and ahead of schedule.



CONVENIENT

Pay from the convenience of your home or on-the-go 24/7.

Take advantage of our **fee-free** payment option! When you pay using an electronic check (ACH) directly from your bank account, the City covers the processing fee.



SECURE

Rest easy knowing your sensitive data is fully secure with the highest level of data security and integrated fraud prevention capabilities.

Pay Your Way

ECheck / ACH - SAME-DAY PAYMENT

Make a one-time payment with an electronic check or debit/credit card.

Scheduled Pay / AUTO PAY

Setup payments using your credit/debit card or bank account. Or opt to receive text notifications that allow payments right from your mobile phone. *Note: MagicWriter scheduled pay is no longer offered.*

Desktop or Mobile Pay

Login to your account from your computer or mobile device for on-the-go payment options.

Pay Over the Phone

Easily make a one-time payment through the Interactive Voice Response (IVR) system for quick, automated service.

- **734-402-8271**, enter your Parcel ID Number.

Credit Card Fees	ACH Fees
Property Tax: 2.8% + \$0.50 per transaction	NO FEES!! HIGHLY RECOMMENDED
Miscellaneous: 2.95% + \$0.50 per transaction	

Payments Accepted



Treasury Department:



+248-871-2480



www.fhgov.com/propertytaxes



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.

The Nain Rouge: Detroit's Infamous Red Dwarf of French Folklore

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: Jeff Pollock, Detroit History Tours

Wednesday | 9/16 | 11:30 am - 1:30 pm CS1300-01 | R/NR \$15/\$18

Register by September 8, space is limited.

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

FARMINGTON HILLS
SPECIAL SERVICES *Michigan*



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

adults 50 & better

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

Enviably Stained-Glass Legacies

Join author, photographer and architectural historian, Dale A. Carlson, as he discusses the enviable stained-glass legacies of metropolitan Detroit and south-central Oakland County. Learn about renowned makers well represented in our area, including Ateliers Loire of Chartres, France, Willet Studios of Philadelphia, the 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

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



ARE YOU OK?

Saturday, September 19th, 10:00 a.m. Costick Center – Carlow Room

No registration needed

The FH/F Commission on Community Health is presenting a presentation on Low Back pain with Dr. Sayeed Khan, M.D. Dr. Khan is a Pain Management Specialist and is an Asst. Clinical Professor at Michigan State University.

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

MICHIGAN PHILHARMONIC: AMERICA 250! **RHAPSODY IN RED WHITE AND BLUE**

September 25, 2026, at 7:30 PM

Tickets: General (\$40.00), Senior Ticket (\$35.00), Student (\$10.00)

The celebration of American independence meets the centennial of Gershwin's seminal work as pianist Jeffrey Biegel performs his Peter Boyer commissioned piece, Rhapsody in Red, White and Blue. The Michigan Phil is proud to be a part of Biegel's five-year, 50-state project, in a triumphant performance of his companion piece to Gershwin's Rhapsody in Blue.

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).

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**



Tuesday September 15

10:00 am - 12:00 pm



Senior Shredding for Safety Day

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

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

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

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

LOCATION: Costick Center Parking Lot

28600 Eleven Mile,
Farmington Hills, MI
48336



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

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

CONGRATULATIONS TO OUR COSITCK PICKLEBALL PLAYERS WINNING IN THE MICHIGAN SENIOR OLYMPICS!



Jerry Potter & Salphi Toroyan
85 & Over Division won Gold



Roland David & Naresh Sisodiya
75 - 79 Division Won Bronze

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.

Costick
Job Openings
Applications: hr@fhgov.com

• Swim Instructor

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 September 14 you need to reserve by Friday September 11 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 7.**

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!

The group will perform at 12:30 pm on Tuesday September 1st on Shannon Hall.

COSTICK CAFE DINE-IN MEAL PROGRAM

September 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Meatballs, Pasta, Marinara Sauce, Vegetable Blend, Banana	2 Turkey/Gravy, Mashed Potatoes, Nantucket Vegetables, Orange, Hot Cherry Dump Cake	3 Stuffed Salmon, Sweet Corn bake, Malibu Vegetable Blend, Nectarine	4 Crispy Chicken Sandwich, Stewed Tomatoes, Normandy Blend Vegetables, Peach	5
6	7 CENTER CLOSED 	8 Chicken Alfredo Lasagna, Venetian Blend Vegetables, Garden Salad, Orange	9 Beer Batter Cod Fish, Brown & Wild Rice, Capri Blend Vegetables, Cantaloupe	10 Sweet and Sour Chicken, Pineapple, Peppers, Onions, Asian Brown Rice, Far East Vegetables, Red Grapes	11 Chicken Fried Steak, Gravy & Whipped Potatoes, Green Beans, Applesauce	12
13	14 Swedish Meatballs, Pasta, Scandinavian Vegetable, Mandarin Orange	15 Lemon Pepper Tilapia, Wild & Brown Rice, European Vegetable Blend, Orange	16 Stuffed Florentine Pasta, Broccoli, Garden Salad, Red Grapes	17 Chicken Drumstick, Roasted Sweet Potatoes, French Green Beans, Plum	18 Artisan Mac & Cheese, Italian Vegetable Blend, Apple	19
20	21 Pork Chop, Au Gratin Potatoes, Brussel Sprouts, Tropical Fruit Cup	22 Pasta Salad with Chicken & Cheese, Bean Salad	23 Parmesan Crusted Salmon, Scaloped Potatoes, Northwest Vegetable Blend, Apple	24 BBQ Chicken Breast, Vegetarian Baked Beans, Spinach, Peach	25 Beef Tacos, Mexican Rice, Normandy Vegetable Blend, Fruit Cup	26
27	28 Chicken Teriyaki, Vegetable Fried Rice, Asian Vegetable Blend, Orange, Fortune Cookie	29 Spanish Cheese Omelet, Malibu Vegetable Blend, Hash Brown Potatoes, Banana, Blueberry Muffin	30 Chicken Cacciatore, Roasted Potatoes, Italian Blend Vegetables, Caesar Salad, Pear	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 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.

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 September 8 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. 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

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.

September 22, 2026: Library Learning Hour/Library Card Sign Ups: Create a free Farmington Community Library card and learn about the various resources and services the library offers! Please bring a valid driver's license or state ID that indicates proof of residence in Farmington/Farmington Hills. The Senior Outreach Librarian will also help you get set up with Hoopla and Libby, the Farmington Community Library's ebook and audiobook platforms. Handouts about upcoming library programs and services will be provided.

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



Transformational Breathwork and Sound Journey A Workshop

Thursday | September 3 | 9:30 - 11:00 am

#CS2516-01

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

Instructor: Linda Hawkins and Claire Sophia

This workshop can be enjoyed in a chair or on a mat.

Join Linda and Claire as they intertwine the ancient practices of intentional breathwork and sound healing for a relaxing and soothing morning of connection and nervous system reset.

Claire will guide you through different styles of breathwork to help revitalize and soothe the body, mind and spirit. This will clear the physical and emotional obstacles in the body allowing energy to flow freely.

Linda will weave a gentle soundscape of healing tones using a variety of instruments such as crystal bowls, Tibetan bowls, percussion and string instrument. Vibration from the instruments penetrate down to the cellular level, helping to relax tense muscles and tissues, allowing for better blood flow and lymphatic circulation to aid in detoxification.

Together, they will guide you toward releasing anxiety, restoring balance, and awakening a quiet joy within.



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



Location: Center for Active Adults at the Costick Activities Center
28600 W. 11 Mile Rd, Farmington Hills, MI 48336

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

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.

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

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

Instructor: Claire Sophia

6 week session

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

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

Tuesday | 9/8 - 10/20 | 9:45 - 10:45 am #CS1500-02

Instructor: Linda Hawkins

7 week session

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

Wednesday | 9/10 - 10/21 | 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.

Yoga Strength

Tuesday | 9/8 - 10/20 | 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.

Chair Yoga

Monday | 9/14 - 10/19 | 11:00 am - 12:00 pm #CS1504-01

Instructor: Bharti Shah

6 week session

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

Wednesday | 9/9 - 10/21 | 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: \$42/\$49

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

Therapeutic Yoga

Thursday | 9/10 - 10/22 | 9:45 - 10:45 am #CS1501-01

Instructor: Bharti Shah

7 week session

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

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 #CS1502-01

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.

Feldenkrais: Awareness Through Movement

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

6 week session

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

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

7 week session

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

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

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.

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

Available to purchase at the Costick Center front desk

Tai Chi

Friday | 9/11 - 10/23 | 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 | 9/9 - 10/21 | 7:00 - 8:00pm #CS1507-01

7 week session

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

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

7 week session

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

Friday | 9/11 - 10/23 | 11:00am - 12:00pm #CS1507-5

7 week session

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

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

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.

Gym Exercise

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

6 week session **No class 10/6**

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

Thursday | 9/10 - 10/22 | 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!

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



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



Fit 5000

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

6 week session no class 10/6

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

Thursday | 9/10 - 10/22 | 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 choose their own level of desired intensity. Bring hand weights, water and your Fitbit, Pedometer, or Apple Watch.

EZ Beginner Hustle

Tuesday | 9/8 - 10/22 | 1:15 - 2:15 pm #CC1515-01

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 | 9/10 - 10/22 | 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.

Absolute Beginner Line Dance

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

3 week session no class 9/18

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

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

5 week session

R/NR Fee: \$35/\$40

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

3 week session

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

Beginner Plus Line Dance

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

5 week session

R/NR Fee: \$35/\$40

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

3 week session

R/NR Fee: \$21/\$25

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!

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

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

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

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

6 week session

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

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

Understanding Joint Health: Surgical & Non-Surgical Solutions for Hip and Shoulder Pain

Wednesday, September 23 | 10:30 — 11:30am | # CS1436-01

No Charge | Free Lunch Included

Presenter: Dr. Aaron Seidman from Michigan Surgery Specialists in Farmington Hills

Must register by September 15. No Fee, Free Lunch included after talk.

Dr. Seidman is a fellowship trained orthopedic surgeon that treats patients with chronic hip and knee pain, and acute orthopedic trauma and fractures. He will be speaking on the topics of the science behind arthritis, specifically that that affects the hip, knee and shoulder. He will be discussing treatment options including non surgical, and surgical. He will demonstrate how we are able to get patients back to enjoying their lives and returning to a level of activity and function otherwise halted by their chronic joint pain.

SPONSORED BY:



At Athletico Physical Therapy, we're committed to helping seniors move better, feel stronger, and live healthier. From fall prevention and balance training to joint pain and post-surgical rehabilitation, our team provides compassionate, individualized care designed to keep you moving with confidence

EUCHRE 101

Monday | 9/14 - 9/28 | 11:00 am - 12:00 pm | #CS1423-01

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!

Learn to Play Mahjong

Wednesday | 9/9 - 9/30 | 9:30 - 11:30 am | #CS1411-01

Wednesday | 10/7 - 10/29 | 9:30 - 11:30 am | #CS1411-2

4 week session

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.

Adults 50 & Better Life Long Learning

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

Spanish Beginner

Wednesday | 9/9 - 10/21 | 1:30 - 2:30 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 | 9/9 - 10/21 | 3:00 - 4:00 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 | 9/8 - 9/29 | 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.

Building Brain-Healthy Habits

Thursday | 9/10 | 10:30 - 11:30 am | #CS1415-01 | No Fee

Presenter: Alzheimer's Association

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging. Please register online, at the Costick Center front desk or call 248-473-1830.

What's Next? Planning with Purpose

Monday | 9/14 | 1:00 - 4:00 pm | #CS1417-01 | R/NR \$35/\$40

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

Presenter: Liz Flynn & 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.

Mindful Cooking

Tuesday | 9/29 | 10:00 - 11:00 am | #CS1413-01 | No Fee

Presenter: Suma Sekhar Desai, FMCHC Founder, Healthy Rootin

Food nourishes more than the body—it can also calm the mind and bring people together. In this interactive cooking experience, participants will discover how simple ingredients, thoughtful preparation, and mindful cooking practices can transform everyday meals into moments of wellness. Participants will leave with practical ideas, easy recipes, and mindful kitchen habits they can confidently bring into their own homes.

Stroke Awareness

Tuesday | 9/22 | 10:00 - 11:00 am | #CS1416-01 | No Fee

Presenter: Michelle Soho, Corewell Health

Someone suffers a stroke every 40 seconds. Stroke is a medical emergency of the brain that can lead to life changing deficits and disability. Learn the different types of strokes, risk factors, signs and symptoms, and prevention tips. Register for this free program online, at Costick Center front desk or by calling 248-473-1830.

Managing Changing Needs as we Age

Thursday | 9/30 | 10:30 - 11:30 am | #CS1414-01 | No Fee

Presenter: Evie Lynn Breuer, Jewish Family Services

Join Evie Lynn Breuer, LMSW, CDP for a discussion about some of the common areas in which our needs change as we age. Evie will also share information about the many resources available in our local community to support us as our needs change over time. The program also includes an in-depth look at lesser known but very helpful supports such as geriatric care management and ways to keep our cognition strong. Register for this free program online, at Costick Center front desk or by calling 248-473-1830.

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!

Understanding Alzheimer's and Dementia

Tuesday | 10/13 | 10:00 - 11:00 am | #CS1409-01 | No Fee

Presenter: 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.

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



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

A PRACTICULAR COMPUTER CLASS FOR OLDER ADULTS

Friday | 9/11 | 11:00 am - 12:30 pm #CS1428-01

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

Instructor: Mike Wilson

Have you taken computer classes before and been totally lost? Well, this unique class is for those who are looking for simple and practical instructions. Your patient instructor has trained 1000s of older adults, with 4 and 5-star ratings! We will discuss the popular YouTube website that offers 1000s of free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit AARP and other related websites for seniors, use some shortcut keys, and navigate Google Search to do research and get information. So, if you have been frustrated with other classes, consider taking this refreshing and informative computer class for older adults! You won't be disappointed!

AI (Ai) FOR OLDER ADULTS – SO EASY AND PRACTICAL!

Thursday | 9/17 | 1:00 - 2:30 pm #CS1429-01

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

Instructor: Mike Wilson

Are you curious about AI (Ai)? Then this class is for you! 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! Also, never worry about grammar and spelling errors again!

GETTING TO KNOW YOUR IPHONE

Monday | 9/21 | 11:00 am - 12:30 pm #CS1425-01

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

Instructor: Mike Wilson

This class is designed for mature and recent iPhone users! Mike will cover cell phone topics, such as the photo app, texting, navigating, apps, contacts, e-mail, camera, App store, settings, and the Internet.

GETTING TO KNOW YOUR ANDROID

Tuesday | 9/22 | 11:00 am - 12:30 pm #CS1430-01

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

Instructor: Mike Wilson

Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent Android users! Mike will cover cell phone topics, such as the photo app, texting, navigating, apps, contacts, e-mail, camera, the Play Store, settings, and the Internet.

EXPLORING APPS ON YOUR SMART PHONE

Monday | 9/28 | 11:00 am - 12:30 pm #CS1431-01

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

Instructor: Mike Wilson

The word "apps" is short for applications. You have many standard apps on your phone for practical uses. Let's use many of these apps in this user-friendly class. We will discuss and demonstrate your maps, calendar, photo gallery, some settings, widgets, search, getting apps, and do more as time permits.

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 kpercini@fhgov.com for more info.

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



TRAVEL NEWS

Travel Show is Thursday, September 24, 10 :00 - 11:30 am. Drop-in, no need to register.

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 8/25/26

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.*

Waitlist Only! Thurs, Sept 10 - Detroit, MI. **"Detroit Princess Lunch Cruise"** Tickets include the cruise, live Motown entertainment and a delicious buffet lunch.

Price: **\$155** **Deadline: August 13**

Tues, October 13 - Battle Creek, MI - **Firekeepers Casino**. Enjoy your 4 hour casino visit! Casino Incentive - \$25 total!

Price **\$75** **Deadline: Sept 24**

NEW! Sun, November 15 - Marine City, MI. **Love or Best Offer** at the Riverwalk Theatre - Main Floor seating to the matinee performance with lunch prior at River Crab.

Price: **\$189** **Deadline: Oct 15**

NEW! Sun, November 22 - Detroit, MI. **"The Great Gatsby"** at the Fisher Theatre - Main Floor seating to the matinee performance. Gatsby Glam encouraged! (Show only.)

Price: **\$165** **Deadline: Oct 15**

NEW! Fri, December 4 - Petrolia, ON. **"Starbright Christmas"** at Victoria Playhouse - Orchestra Level seating to the matinee performance with lunch prior at Black Gold Brewery.

Price: **\$165** **Deadline: Nov 3**

NEW! Fri, December 11 - Detroit, MI. **"Home for the Holidays"** at DSO - Dress Circle seating to the morning performance with lunch following at Andiamo.

Price: **\$199** **Deadline: Nov 11**

NEW!! Fri, Dec 17 - Grosse Pointe Shores, MI. **Ford House for the Holidays**. Self-Guided Tour of the Main Residence, visit to the Garage, Playhouse + Visitor Center. Buffet lunch included.

Price: **\$135** **Deadline: Nov 19**

***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 2026/27

- September 30, 2026 - Horrocks Farm Market & Cider Mills Tour
- October 6, 2026 - Zehnder's Luncheon Show - Johnny Cash & Friends

- Vienna & Christmas Markets of the Danube River Cruise - December 10, 2026

Register for 2027 Trips:

- Ecuador & Galapagos Islands - February, 2027
- 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

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.