

# 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



February 2026

The City of Farmington Hills Special Services Adults 50 & Better is seeking nominations for the **Volunteer of the Year Awards**. Nominees must be active volunteers in programs offered through the Adults 50 & Better Division. Nomination forms are available at the Costick Center and online at [www.fhgov.com](http://www.fhgov.com) and <https://www.facoa.org/>. All nominations must be received by February 23. Awards will be presented at our Volunteer Recognition. Anyone may submit a nomination. For questions, please call Anna at 248-473-1822.

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.

### 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.

### WEATHER POLICY

When the Farmington Public Schools are closed due to inclement weather The Center for Active Adults at the Costick Center daytime programs will be closed and Transportation will be limited. Listen to local news school closing list for Farmington Public Schools. Evening programs will run weather permitting. Call 248-473-1830 for information.

### 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

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

Outreach - Teresa Jergovich 248-473-1826

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

Transportation Appointments - 248-473-1864

1/27/2026

## TRAVEL SHOW

**Thursday, February 5, 10:30 - 11:30 am**

Join our tour providers to preview travel opportunities. Learn about great packages for both local and long-distance trips. Drop-in, no need to register.

## OPEN MIC MONDAY

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

Come shake off the Monday Blues, the second Monday of the month, at our Open Mic Monday. Sit back and relax to American Standards, Folk Blues, and Jazz favorites. John Telford will be your host. Bring your instrument if you want to join in, no charge to enjoy the music. Beverages will be available for purchase. Order lunch from Costick Café by 11:00 am February 6 and eat in Shannon while you enjoy the music.

## TRANSFORMATIONAL BREATHWORK & SOUND JOURNEY

### **A WORKSHOP**

**Wednesday | February 18 | 10:00 am - 11:30 pm | #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. Together, they will guide you toward releasing anxiety, restoring balance, and awakening a quiet joy within.

## KARAOKE

**Friday | 2/27 | 1:00 - 3:00 pm #CS2100-01 | R/NR Fee: \$5/\$5**

Come join us for 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.

## ANNUAL VOLUNTEER RECOGNITION

The Farmington Area Commission on Aging is seeking nominations for their Annual Volunteer Recognition Program. The **Margaret Loridas Diamond Award** for those 75 & Better and the **Gold Award** for those 50 & Better. Candidates must be active volunteers providing community service in the Farmington area. New this year the Commission on Aging will be recognizing a community based organization or business which goes above and beyond to serve the older adults of Farmington and Farmington Hills with the **Community Commitment Award**.

The City of Farmington Hills Special Services Adults 50 & Better and the Commission on Aging is also seeking nominations for the **Volunteer of the Year Awards**. Nominees must be active volunteers in programs offered through the Adults 50 & Better Division.

Applications are available at the Costick Center. All nominations must be received by February 23. Awards will be presented at our Volunteer Recognition. Anyone may submit a nomination.

For questions, please call Anna at 248 473-1822.

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# **Tuesday March 10th** **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



# 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.*

## Song Sung Blue



## 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.**

**February 20 — #CS4001-02**

**Register by February 13 by 11:00 am**

**12:00 - 3:00 pm**

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

*Song Sung Blue* is a 2025 American biographical musical drama film written, co-produced, and directed by Craig Brewer. It is based on the 2008 documentary film of the same name by Greg Kohs. The film stars Hugh Jackman and Kate Hudson as Mike and Claire Sardina, who performed as the Neil Diamond tribute band Lightning & Thunder. It also stars Michael Imperioli, Ella Anderson, Mustafa Shakir, Fisher Stevens, and Jim Belushi.

# 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.*

## Lost Restaurants of Detroit

Through stories and recipes nearly lost to time, author Paul Vachon explores the history of the Motor City's fine dining, ethnic eateries and everything in between. While some restaurants come and go with little fanfare, others are dearly missed and never forgotten. In 1962, patrons of the Caucus Club were among the first to hear the voice of an eighteen-year-old Barbra Streisand. Before Stouffer's launched a frozen food empire, it was better known for its restaurants with two popular locations in Detroit. The Machus Red Fox was the last place former Teamsters president Jimmy Hoffa was seen alive.

Presenter: Paul Vachon

**Wednesday | 2/18 | 11:30 am - 1:30 pm CS2004-01 | R/NR \$15/\$18**

Register by February 10, space is limited.

## Detroit: The Ever-Changing City on the Strait

Celebrate 313 Day with renowned historian Jeff Pollock. Trace Detroit's dynamic evolution from a fur-trading post to an industrial powerhouse and beyond. This lecture uncovers the historical turning points, diverse communities, and innovations that shaped the city over the centuries. Detroit's resilience and adaptability make it a fascinating case study in American urban history.

Instructor: Jeff Pollock, Detroit History Tours

**Friday | 3/13 | 11:30 am - 1:30 pm CS2005-01 | R/NR \$15/\$18**

Register by March 5, space is limited.

## Detroit's Dream Palaces

We'll examine how the glamorous, exotic, opulent Dream Palaces evolved from silent movies shown in humble and sometimes shabby storefronts. You will hear the stories of two Detroit Dream Palaces. One had a Prince Charming and flourished. The other a sad but uniquely Detroit ending.

Presenter: Sherry Tuffin

**Wednesday | 4/22 | 11:30 am - 1:30 pm CS2006-01 | R/NR \$15/\$18**

Register by April 14, space is limited.

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



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



**adults 50  
& better**

**FARMINGTON  
HILLS**  
Michigan  
SPECIAL SERVICES

# Continental Club

You won't want to miss this 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**

## **Secret Service Agent Radford Jones Insight on Protecting John F. Kennedy**

Former U.S. Secret Service agent Radford Jones will provide a brief history of the U.S. Secret Service and his experiences while protecting President Kennedy during the summer and fall of 1963. Archived photographs will be shown during his PowerPoint presentation.

**Presenter: Radford Jones**

**Wednesday | 2/25 | 10:00 - 11:30 am | CS2300-01 | R/NR \$8/\$10**

**Thank you to our Sponsor:**



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

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



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



**Location: Costick Activities Center**

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

# Continental Club

You won't want to miss this 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**

## Myth of the Model City

This presentation explores both the causes and events of the 1967 uprising. Understanding what led to the riot/rebellion is imperative to understanding the unrest. Additionally, this lecture will seek to dispel many myths that surround '67.

**Instructor: Billy Wall-Winkel, Detroit Historical Society**

**Wednesday | 3/25 | 10:00 - 11:30 am | CS2301-01 | R/NR \$8/\$10**

**Thank you to our sponsor:**



Seniors Helping Seniors in-home care services brightens the lives of seniors who can benefit from a helping hand and a friendly smile. Our caregivers, who are seniors themselves, make your life easier by providing compassionate care in the comfort of your home. Our in-home senior care starts with a clear understanding of who you are and what we can do to make your life a little easier. Whatever services you need and whenever you need them – for yourself or a loved one – we think you'll discover that having assistance from a warm, caring, and dedicated senior caregiver can make all the difference in the world. Our care services empower seniors to continue to live independent lives by taking care of day-to-day tasks that can become more challenging as you age. As your health and personal requirements change, we're here to assist in the ways you find most helpful. Our caregivers enjoy friendly conversation and companionship while providing care for a fellow senior. Regular interactions with a kind, friendly caregiver can help lift a senior's spirits and keep them mentally active and engaged.

Our caregivers at Seniors Helping Seniors Farmington Hills are – friendly, compassionate seniors who know the challenges that come with aging. We provide assistance for seniors in Farmington, Farmington Hills, Northville, Novi, Wixom and Walled Lake. We also are always seeking to hire active seniors who are looking for an opportunity to make a difference in another senior's life.

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## Ford Wyoming Drive In

Shortly after World War II, three Dearborn brothers bought a vacant parcel to build a drive-in theater. Local groups opposed them, fearing such a place would elicit "immoral behavior." But the Clark family persevered to see its movie palace become a Metro Detroit mainstay, hosting celebrities, rock stars and a never-ending line of families with kids in footie pajamas. A handshake transferred ownership to movie magnate Charles Shafer and his business partner, Bill Clark, who expanded the theater to a massive nine screens. But block-busters and hordes of teens couldn't mitigate the effects of Detroit's decline, auto company bankruptcies and Michigan's economic malaise. Despite it all, the mighty Ford-Wyoming kept the movies showing, bringing a bit of Hollywood glamour to the gritty Motor City.

**Instructor: Karen Dybis**

**Friday | 5/8 | 10:00 - 11:30 am | CS2303-01 | R/NR \$8/\$10**

# Mardi Gras Party

Celebrate Mardi Gras, a celebration of life at the Costick Center with a festive lunch followed by live music. You will feel like you are in New Orleans's cafe on Bourbon Street.

Don't forget your beads!

**Friday | 2/13 | 11:30 am - 1:30 pm #CS2201-01 | R/NR Fee: \$15/\$18**

Register by Thursday February 4, space is limited.

## Music Bingo

Enjoy a special lunch with friends and spend an entertaining afternoon with MUSIC BINGO furnished with an array of prizes. You will play 3 rounds of Bingo and a coverall, only it will be with songs instead of numbers. It's easy and fun for everyone! Space is limited. No walk-ins.

**Tuesday | 3/17 | 12:00 pm - 3:00 pm #CS2200-01 | R/NR Fee: \$15/\$18**

Register by Wednesday March 9, space is limited.

Thank you to our sponsor for  
both the Mardi Gras and  
Music Bingo Parties!



**WE'RE ALL ABOUT YOU**

### The Manor of Farmington Hills:

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



**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**



# 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:** Thursday February 19th

**Time:** 10 A.M. TO 2 P.M.

**Location:** 28600 11 Mile Rd Farmington Hills

Sign up for your appointment at the Costick Center front desk, or call 248-473-1830.

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



First-time  
Michigan ID



Renew driver's  
license or ID



Vehicle services  
*Note: Instant title  
services not available*



Apply for/renew  
disability placard



For more information, contact

**Costick Activities Center**

at the front desk  
248-473-1830



## The Farmington Area Commission on Aging: Investment Scams

The Farmington Area Commission on Aging continues their 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.

The Federal Trade Commission recently reported to Congress that older Americans lost more of their money to investment scams than any other type of scam. An investment scam is essentially where a person is tricked into "investing" money in financial or real estate markets, precious metals or coins, cryptocurrency, or other products—typically with a promise of a return that seems too good to be true. With this in mind, we share examples of how these investment schemes might unfold and provide suggestions on how to avoid the scams.

### INVESTMENT SCAMS

While the scams may vary, they tend to share some common tactics. *Scammers may ...*

- Reach out via social media, infomercial, online ad, or unsolicited call, email, or text message
- Create a convincing online presence with a phony, yet realistic-looking website
- Pose as a representative of a financial association or regulatory agency
- Make exaggerated claims like "the system is proven," "incredible gains," or "almost no risk!"
- Pressure an individual to act quickly or lose out on this opportunity



*Sources: AARP & Federal Trade Commission*

**How to Protect Against Investment Scams** – Hang up from an unsolicited caller using a high-pressure investment pitch. Do not make investment decisions based on social media, an infomercial, or a phone or email solicitation. Independently research any new investment opportunity. Verify the credentials of the investment firm and its representative. The FTC and State of Michigan websites have resources to assist in evaluating the investment firm, broker, and investment product. Take your time when considering an investment. Understand the risk. Consider talking with a trusted advisor like an attorney or financial manager, or perhaps a family member for perspective. Lastly, report any investment scam to the Federal Trade Commission at [Report.Fraud.ftc.gov](http://Report.Fraud.ftc.gov). –Sources: AARP, FTC, & State of Michigan

Please continue to learn about the latest 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.

# 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**



**adults50  
&better**



## HOW FOOD CHOICES AFFECT CHRONIC ILLNESS

Half of adults have one or more chronic health conditions – heart disease, stroke, cancer, diabetes, obesity or arthritis. Science shows that when we adopt a diet rich in fruits, vegetables, whole grains and legumes, we can prevent and reverse chronic disease. Even modest changes offer benefits.

Good food choices are those that focus on whole plant foods versus highly processed foods and animal products, such as meat, dairy and eggs. Plants are our No. 1 source of vitamins and minerals and our only source of fiber and phytonutrients. Overall, vegetables provide about 16 % of our necessary proteins, but powerhouse beans, peas and lentils average 26% protein, and they're all cholesterol-free. There are 18,000 legumes (things that grow in a pod) to choose from.

We all need protein, but it doesn't have to be packaged with saturated fat, cholesterol and hormones, as found in meat and dairy. For calcium, "beans and greens for teeth and bones" because not only do they have the calcium we need, but also the companion nutrients needed to escort calcium into the bones. Kale, turnip greens, broccoli, fortified orange juice and tahini are all high in calcium but free of cholesterol.

Studies show that when you eat fruits, vegetables, whole grains and legumes, all full of fiber, your body adjusts, your blood sugars come down and you're eating lighter yet feeling full. If you can cook rice, boil pasta, cut vegetables and cook beans, then you have the makings of many meals.

Our life spans are increasing, yet our health spans are not. For many of us, we are spending the final 10 to 15 years of our lives battling very serious chronic diseases that impact the quality of our lives. The body responds in 30 minutes to what you eat, positively or negatively at every level. Within one meal, you can alter what is going on.



## **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 February 9 you need to reserve by Friday February 6 at 11 a.m.)

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

**All meals must be reserved in advance.**

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

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

#### **Procedure upon arriving at the Costick Center:**

- Enter the Costick Center at door A.
- Swipe i.d. card at registration desk, proceed to Shannon Hall.
- Sign in for lunch and pick up envelope for donation.
- Place donation envelope in box and pick up lunch.
- **The congregate meal is plated for you to eat in Shannon Hall. No carry-out.**
- **No lunch services February 13 & 16.**

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

# February 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Garlic Ginger Beef Stir Fry, Asian Vegetable Blend, Brown Rice, Fruit Cup	3 Mediterranean Seasoned Chicken Breast, Vegetable Blend, Pineapple	4 Chilli Lime Tilapia, Scalloped Potatoes, Northwest Blend Vegetables, Pear	5 Chicken Drumstick, Roasted Red Skins, Broccoli, Applesauce cup	6 Italian Sausage, Peppers/Onions, Ginger Carrots, Orange	7
8	9 Salisbury Steak & Gravy, Mashed Potatoes, Carrots, Tangerine	10 Chicken Tortilla Bake, Mexican Corn, Roasted Brussel Sprouts, Garden Salad, Apple	11 Sloppy Joe, Roasted Sweet Potatoes, Vegeta- ble Blend, Super Slaw, Banana	12 Vegetable Lasagna, Stewed Tomatoes, Caesar Salad, Pear	13 No lunch Service	14 
15	16 Presidents Day  Center Closed	17 Stuffed Pepper, Mashed Potatoes, Prince Charles Vegetable Blend, Orange	18 Cod Fish Sandwich, Cheesy Potatoes, Maui Vegetable Blend, Coleslaw, Banana	19 Chicken Fajita, Peppers& Onions, Black Beans & Rice, Zucchini/Yellow Squash, Apple	20 Artesian Mac & Cheese, Green Beans, Stewed Tomatoes, Pear	21
22	23 Chicken Cutlet, Roasted Potatoes, Vegetable Blend, Applesauce Cup	24 Chinese Teriyaki Chicken, White Rice, Oriental Vegetable Blend, Orange	25 Meat Lasagna, Winter Blend Vegetables, Tropi- cal Fruit Cup, Garden Salad	26 Parmesan Crusted Salmon, Brown & Wild Rice, Vene- tian Blend Vegeta- bles, Red Grapes	27 Cheese Stuffed Shells with Marinara & Mozzarella, Italian Green Beans, Garden Salad, Pear	28
	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**

### **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**

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

## **Alzheimer's Association Caregiver Support Group**

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

## **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.**

## **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](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.

**February - A Calamity of Souls by David Baldacci**

**March - The Day the World Came to Town by Jim DeFede**

## **Euchre**

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

## **Duplicate Bridge**

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

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



## **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. On March 17th we will be meeting for a special workshop from 10 am - 6 pm.

**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 (No meeting in February)**

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 11:30 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**

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.

**February 24, 2026: Love Song Music Bingo:** Come play bingo, but with a twist! A snippet of a famous love song will be played, and you have to find the song name on your bingo card. If you get a bingo, you'll win a small prize! Drop-In Welcome!

### **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 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**

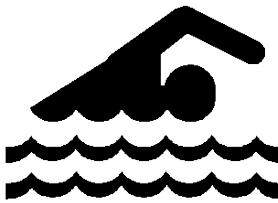
To register go to: <https://mifarmingtonhillsweb.myvscloud.com/>

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

**Every other Wednesday - 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.

#### **Volunteer Day - Saturday February 21, 1:00 - 3:00 pm**

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



## 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

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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 \$30.00.

## **Pickleball - Drop-in Play at the Costick Center -**

### **No pickleball 2/16**

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.

#### **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**

There will be at least 1 court to instruct beginners. The other 2 courts will be open play.

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

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

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

All skill levels welcome.

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

All skill levels welcome.

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

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

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

## **FITNESS CLASSES**

### **NEW - HORSE Basketball**

**Thursday | 2/26 - 4/2 | 6:00 - 8:00 pm #CS2514-02**

6 week session

**R/NR Fee: \$24/\$30**

Remember the game of HORSE you played as a kid? Join this league and see if you still got what it takes to sink a shot! We'll play AROUND THE WORLD, CRAZY PIG, and KNOCK OUT. You'll have fun while also getting some exercise.

### **NEW - Fit Walk**

**Thursday | 2/26 - 4/2 | 4:00 - 4:35 pm #CS2515-02**

6 week session

**R/NR Fee: \$27/\$33**

**Instructor: Deb Koss**

Enjoy indoor walking to improve your cardiovascular system, burn calories, tone muscles and have fun with others. Class is short, about 35 minutes and approximating 2 miles in distance. Walk to the beat of popular and classic music, including oldies from the 60's. Sets include upper torso muscle work for full body conditioning. Wear walking shoes or cross trainers with good sole support, and bring a towel and water.

**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 | 2/23 - 3/30 | 10:15 - 11:15 am #CS2500-04**

**Instructor: Claire Sophia**

6 week session

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

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

**Tuesday | 2/24 - 3/31 | 9:45 - 10:45 am #CS2500-05**

**Instructor: Linda Hawkins**

6 week session

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

**Wednesday | 2/25 - 4/1 | 9:45 - 10:45 am #CS2500-06**

**Instructor: Linda Hawkins**

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.

### **Yoga Strength**

**Tuesday | 2/24 - 3/31 | 11:00 am - 12:00 pm #CS2503-02**

**Instructor: Linda Hawkins**

6 week session

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

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 | 2/23 - 3/30 | 11:00 am - 12:00 pm #CS2504-02**

**Instructor:** Bharti Shah

6 week session

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

**Wednesday | 2/25 - 4/1 | 11:00 am - 12:00 pm #CS2512-02**

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

**Instructor:** Linda Hawkins

6 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.

## Therapeutic Yoga

**Thursday | 2/26 - 4/2 | 9:45 - 10:45 am #CS2501-02**

**Instructor:** Bharti Shah

6 week session

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

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

## Yoga Evening

**Thursday | 2/26 - 4/2 | 5:30 - 6:30 pm #CS2502-01**

**Instructor:** Bharti Shah

6 week session

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

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

## Feldenkrais: Awareness Through Movement

**Wednesday | 2/25 - 4/1 | 9:30 - 10:30 am #CS2511-02**

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.

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

## **Balance, Strength & Stretch**

**Wednesday | 3/11 - 4/1 | 4:15 - 5:00 pm #CS2513-02**

4 week session

**R/NR Fee: \$24/\$28**

**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.

## **Gym Exercise**

**Tuesday | 2/24 - 3/31 | 11:00 am - 12:00 pm #CS2509-03**

6 week session

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

**Thursday | 2/26 - 4/2 | 11:00 am - 12:00 pm #CS2509-04**

6 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 | 2/24 - 3/31 | 9:45 - 10:45 am #CS2510-03**

6 week session

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

**Thursday | 2/26 - 4/2 | 9:45 - 10:45 am #CS2510-04**

6 week session

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

**Instructor:** Deborah Koss

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

## **EZ Beginner Hustle**

**Tuesday | 2/24 - 3/31 | 1:15 - 2:15 pm #CC2515-02**

6 week session

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

**Instructor:** Debra Koss

Have fun, learn favorite party hustles and keep fit with low impact, easy to learn line dance 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 | 2/26 - 4/2 | 6:00 - 7:00pm #CC2512-02**

6 week session R/NR Fee: \$36/\$42

**Instructor:** Debra Koss

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

## Tai Chi for Movement & Balance

**Thursday | 2/26 - 4/2 | 1:00 - 2:00 pm #CS2508-02**

6 week session

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

**Instructor:** Bill Harper

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

## Tai Chi

**Wednesday | 2/25 - 4/1 | 6:00 - 7:00pm #CS2506-03**

6 week session

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

**Friday | 2/27 - 3/27 | 10:00 - 11:00am #CS2506-04**

5 week session

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

**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 | 2/25 - 4/1 | 7:00 - 8:00pm #CS2507-04**

6 week session

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

**Thursday | 2/26 - 4/2 | 2:00 - 3:00pm #CS2507-05**

6 week session

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

**Friday | 2/27 - 3/27 | 11:00am - 12:00pm #CS2507-06**

5 week session

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

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

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

## Absolute Beginner Line Dance

**Friday | 2/6 - 2/27 | 11:30am - 12:00 pm #CC2507-02**

**R/NR Fee: \$16/\$16** 4 week session

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

## Beginner Line Dance

**Wednesday | 2/4 - 2/25 | 12:00 - 1:00 pm #CC2500-03**

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

**Friday | 1/9 - 1/23 | 12:00 - 1:00 pm #CC2500-02**

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

## Beginner Plus Line Dance

**Friday | 2/6 - 2/27 | 1:00 - 2:00 pm #CC2505-02**

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

## Intermediate Line Dance

**Wednesday | 2/4 - 2/25 | 1:00 - 2:00 pm #CC2506-02**

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

**Instructor:** Christine Stewart

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

Kick up your heals at our popular line dance classes that are fun and good exercise, too!

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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. Program volunteers can make a difference for seniors by offering to:

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

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

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

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

## **Beginners Ballroom**

**Tango | Wednesday | 2/25 - 4/1 | 6:30 - 7:20 pm #CC2501-03**

**Cha Cha | Wednesday | 2/25 - 4/1 | 7:30 - 8:20 pm #CC2501-04**

6 week session

**R/NR Fee: \$48/\$54**

**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**

**Rumba | Tuesday | 2/24 - 3/31 | 6:30 - 7:20 pm #CC2502-03**

**Waltz | Tuesday | 2/24 - 3/31 | 7:30 - 8:20 pm #CC2502-04**

6 week session

**R/NR Fee: \$48/\$54**

**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**

**East Coast Swing | Monday | 2/23 - 3/30 | 6:30 - 7:20 pm #CC2503-03**

**Mambo/Salsa/Merengue | Monday | 2/23 - 3/30 | 7:30 - 8:20 pm #CC2503-04**

6 week session

**R/NR Fee: \$48/\$54**

**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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## **TRANSFORMATIONAL BREATHWORK & SOUND JOURNEY**

### **A WORKSHOP**

**Wednesday | February 18 | 10:00 am - 11:30 pm | #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. Together, they will guide you toward releasing anxiety, restoring balance, and awakening a quiet joy within.

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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)

### **Advanced Beginners Knitting**

**Tuesday | 2/3 - 2/24 | 1:00 - 3:00 pm | #CS2404-01**

**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.

### **Spanish Beginner**

**Wednesday | 2/25 - 4/1 | 11:00 am - 12:00 pm | #CS2401-02**

**6 week session**

**R/NR Fee: \$50/\$56**

**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 | 2/25 - 4/1 | 12:30 - 1:30 pm | #CS2402-02**

**6 week session**

**R/NR Fee: \$50/\$56**

**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.

### **EUCHRE 101 - New Session Each Month**

**Monday | 3/9 - 3/23 | 11:00 am - 12:00 pm | #CS2423-03**

**4 week session**

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

**Instructor: Cindy Rose**

One-hour sessions at 11 a.m., four 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 | 2/5 - 2/25 | 9:30 am - 11:30 am | #CS2432-02**

**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 cash or check on the first day of class. You can register online, at the Costick front desk or by calling 248-473-1830.

## Technology

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

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

Tuesday | 3/10 | 10:00 - 11:30 am | #CS2407-01

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

Instructor: Mike Wilson

Do you want to know about AI (Ai)? Then this class is for you! We will explore the practical benefits of using a basic form of AI called ChatGPT. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. Find quick written solutions to problems based on your exact needs. AI will quickly generate any text for you based on your interest.

### 13 Tech Tips to Stay relevant Today

Thursday| 4/2 - 4/23 | 11:15 am - 12:15 pm | #CS2412-01

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

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.

Costick Activities Center (Course code: #CS2417-01)

- Meet author, & instructor of 1000s of seniors -

# Mike Wilson's 1-DAY Computer Seminar for older adults

INSTRUCTOR'S  
99-PAGE BOOK &  
5-HOUR TRAINING  
\$ 75



Step-by-step book used for our Windows 11 class. Large screen demonstration.

Register at Costick front desk, online, or call (248) 473-1822

THURSDAY  
**MARCH 19, 2026**  
10:00 A.M. - 3:45 P.M.

#### WHAT YOU WILL LEARN:

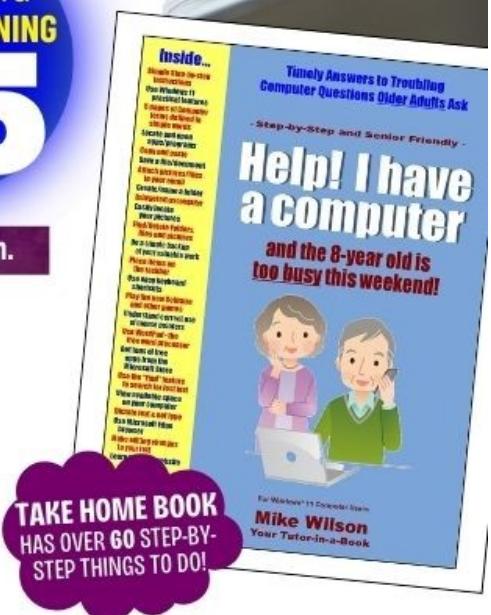
Basic computer terms / Windows 11 / E-mail / Organizing pictures / "How Do I" features / keyboard shortcuts / Use of a browser / tips & tricks / copy and paste / Desktop functions / & more!

Limited registration. Register today!

(45-minute lunch. Lunch on your own.)

You may bring your laptop.  
(Not for Apple/Mac users.)

**TAKE HOME BOOK**  
HAS OVER 60 STEP-BY-  
STEP THINGS TO DO!



# 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!



Private Rentals are available!

Email [kpercin@fhgov.com](mailto:kpercin@fhgov.com) for more info.



### Book a Time

Monday-Thursday  
10am-9pm  
  
Friday  
10am-8pm  
  
Saturday  
10am-7pm  
  
Sunday  
10am-6pm

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

## How to Prevent Falls with Home Safety Modifications

Many older adults choose to continue living at home as they age. However, their homes may not be as functional as they once were. In fact, over half of all falls take place at home. With a few modifications, however, you can make your home a safe and comfortable place to age in place, independently, and reduce the risk of falling.

### 5 quick and easy home modifications you can make on your own:

1. **Secure some support:** Buy a shower seat, grab bar, and adjustable-height handheld shower head to make bathing easier and safer.
2. **Light it up:** Replace burnt-out bulbs with bright, non-glare lightbulbs.
3. **Have a seat:** Place a sturdy chair in your bedroom so you can sit while getting dressed.
4. **Clear the way:** Keep items off the stairs, and fix simple but serious hazards such as clutter and throw rugs.
5. **Store for success:** Keep frequently used items between your waist and shoulder height.



### 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 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)





# TRAVEL NEWS

Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

No refunds for any trips within 24 hours of trip departure. Some trips are 48 hours.

Credit card payments are accepted for all trips.

## **RYBICKI TOURS**

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### **Rick Steve's Europe a Symphonic Journey, March 27 (Friday) \$155/pp**

#### **DSO Pop Series at orchestra Hall in Detroit, MI**

Main floor ticket to the 10:45 am performance. Best know for his acclaimed PBS series and bestselling travel guides, Rick Steves takes audience on a different kind of journey - A Symphonic Journey. From Italy and England to Austria, Norway, and beyond, into the history and culture that shaped these timeless works. After the show lunch at Slows Bar BQ in Corktown Detroit. Roundtrip via modern motorcoach transportation. Departure Time: 9:30 am - Approx. Return: 3:30 pm

### **Come From Away at Meadow Brook Theatre, Rochester, MI, April 2 (Thursday) \$145/pp**

Enjoy lunch at Lelli's restaurant in Auburn Hills prior to the show, your choice of entre. Main floor ticket for the 2:00 pm matinee performance at the meadow Brook Theatre. Following a true story during the 9/11 attacks, 38 planes and 6579 passengers were forced to land in Gander, Newfoundland, doubling the population of one small town on the edge of the world. Based on interviews with locals, Come From Away is about how hosting this international community of strangers spurred unexpected camaraderie in extraordinary circumstances. Roundtrip via modern motorcoach transportation. Departure Time: 10:30 am - Approx. Return: 5:30 pm

### **Gun Lake Casino, April 8, 2026 (Wednesday) \$75/pp**

Enjoy 4.5 hours of casino fun! Roundtrip via modern motorcoach, reclining seats and restroom equipped for your comfort. With plenty of seating, easy accessibility, and lots of space to unwind, it's the perfect place to enjoy a carefree day out! So leave the driving to us, enjoy great company, and spend the day playing, dining, and having fun at one of Michigan's favorite casino destinations! Plus \$20 in casino incentives. Departure Time: 7:00 am - Approx. Return: 7:30 pm

**Holland's Tulip Time, May 2 (Saturday) \$129/pp** Roundtrip via modern motorcoach, reclining seats and restroom equipped for your comfort. Experience the Tulip Time Quilt Show, Tulip Time Makers Market, Tulip Immersion Garden, Plus free time in downtown Holland shopping district. Departure Time: 7:30 am - Approx. Return: 9:00 pm

### **Lilac Festival on Mackinac Island, June 12 - 15 (Friday - Monday), \$1,399/pp double**

Roundtrip via modern motorcoach, reclining seats and restroom equipped for your comfort. Enjoy 3 nights on Mackinac Island at the charming Lake View Hotel, ideally located in downtown! One breakfast and one lunch included at the Grand Hotel, Round trip Ferry and portage service to and from the island. Mackinac Island Carriage Tour, Grand Hotel Lunch Experience with free time to explore this exceptional property at your leisure. Lilac Festival activities will be ongoing throughout our stay. Visit Frankenmuth enroute home for lunch and shopping (on your own).



Timeless Memories, Adventures & Events

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## *Day & Adventure Trips 2026*

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- March 19 - Zehnder's Luncheon Show - Simon & Garfunkel Tribute
- April 28 - Selfridge Military Air Museum & Stahl's Car Museum
- May 29 - DSO Trip & Lunch - American Songbook
- June 4 - Frederik Meijer Garden & Chihuly Glass Exhibit
- June 22 - Detroit Princess Riverboat - Detroit Fireworks & Dinner
- June 30 - Saugatuck Riverboat and Sand Dune Rides
- October 6, 2026 - Zehnder's Luncheon Show - Johnny Cash & Friends

- Best of Australia & New Zealand – March 9, 2026 – 17 days
- Washington Cherry Blossom's & Williamsburg – April 7, 2026 – 6 days Bus Tour
- 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
- National Parks & Historic Trains of Colorado – August 2, 2026 – 9 days
- Highlights of Scotland – Collette – August 15, 2026 – 10 days
- Western Road Trip – September 3 – 14, 2026 – 12 day bus tour west
- Athens & The Greek Islands – September 29, 2026 – 9 days
- New England Rails & Trails – September 30, 2026 – 9 days
- Explore America's Historic East - October 11, 2026 - 9 days- Celebrate 250 Anniversary
- Spain & Portugal Highlights – November 5, 2026 – 9 days
- Vermont – New Hampshire (3) Historic Rail Excursions – OCT 2026 – 8 days-Bus
- Branson Holiday Tour Ozark Mtn Christmas – November 16, 2026 - 6 days -Bus
- Smokey Mountains & Pigeon Forge Holiday – December 6, 2026

## **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](http://FHGOV.COM/EMPLOYMENT) TO APPLY**