

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



TIME TO SPRING AHEAD

Daylight Savings Time Starts at 2:00 am on Sunday, March 9, 2025

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 Programmer/Planning - Catlin Goyer Fcasni 248-473-1823

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

2/26/2026

Costick/Community Center Update



Exciting progress is underway as we continue planning for a **new activities center to replace the Costick Activities Center.**

A Request for Proposals (RFP) for preliminary engineering and architectural services has officially been posted, and a review committee will begin evaluating submissions once proposals are received.

To guide this work, City Council plans to establish an ad-hoc steering committee by resolution in the near future. Looking ahead, the goal is to bring forward a contract for preliminary engineering and architectural services in March, marking another important mile stone in moving this project from planning to reality! The City was also recently awarded an \$850,000 federal grant to support the creation of the new center.

In case you missed it, City Council voted late last year to move forward with planning [a new stand-alone activities](https://www.fhgov.com/costickinput/) center on The Hawk's campus. Construction is anticipated to begin as early as late 2027, depending on permitting, engineering, funding, design approval and other variables. Community input and concerns are being evaluated and addressed all throughout the planning process, and you are encouraged to share your feedback online at <https://www.fhgov.com/costickinput/>.

As of now, no decisions have been made regarding the design, amenities, or layout of the future activities center, and all options remain under review as City Council evaluates consultant recommendations and community input. All project information, including that which regards facility design or financial details, will be shared publicly online and at public meetings.

We look forward to sharing more updates as this effort continues to take shape.

Thank you.

Karen Mondora
Acting City Manager
City of Farmington Hills

OPEN MIC MONDAY

Monday | 3/9 | 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 March 6 and eat in Shannon while you enjoy the music.

KARAOKE

Friday | 3/27 | 1:00 - 3:00 pm #CS2100-03 | 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.

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



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:



THE MANOR
OF FARMINGTON HILLS
NURSING & REHABILITATION

A Ciena Healthcare Community

WE'RE ALL ABOUT YOU

The Manor of Farmington Hills:

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



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.

Marty Supreme



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.

March 20

by March 13 by 11:00 am

12:00 - 3:00 pm

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

Marty Mauser, a young man with a dream no one respects, goes to hell and back in pursuit of greatness. A gripping odyssey about a nobody who wants to be somebody, *Marty Supreme* unfolds like a game of table tennis: explosive, unpredictable, and defined by agile movements executed with both passion and precision.

Dine & Discover

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

Detroit: 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.

Albert Kahn: Detroit's Architect

Dive into the life and legacy of Albert Kahn, the visionary architect who transformed Detroit's skyline and industrial landscape. Known as the "Architect of Detroit," Kahn's groundbreaking designs included factories, skyscrapers, and cultural landmarks that define the city's character and industrial strength. This lecture highlights his innovation approach to architecture, his influence on modern design, and his enduring impact on Detroit's architectural heritage.

Presenter: Micheal G. Smith, Detroit History Tours

Wednesday | 5/13 | 11:30 am - 1:30 pm CS2007-01 | R/NR \$15/\$18

Register by May 5, space is limited.

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



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



**adults 50
& better**

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*

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.

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 blockbusters 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

Join SOAR Lifelong Learning Institute (LLI) at the Hawk this spring.

SOAR LLI's 2026 Spring term begins in April and includes more than 50 unique classes that each meet one time, for 90 minutes. We offer classes in subject areas as diverse as Art & Architecture, Business & Finance; Film; History; Law, Politics, & Government; Performing Arts, Music, & Dance; and so much more. SOAR's academic-style classes are taught by current and retired University professors and experts in their fields. There is no studying, no tests, and no homework. It is learning the way you always hoped it could be!

Here are some examples of SOAR's spring classes:

Monday, April 27th: *The Civility Book: Building Bridges Across the Political Divide* with Stephen Henderson and Nolan Finley

Wednesday, April 29: Experiencing the Spiritual through Art with Wendy Evans

Monday, May 18: A Critique of Ethics in the Law & Media with Berl Faulbaum

As a lifelong learning institute, SOAR's mission is to provide intellectually stimulating, interactive, and entertaining classes, events, and social experiences for older adults where everyone feels included and welcome.

Not only does SOAR LLI offer a diverse selection of non-credit lectures, but SOAR members also have access to wonderful field trips, amazing special events, and community driven Shared Interest Groups (SIG). This term we are planning trips to view the art at the Detroit Public Library with lunch at Shield's Pizza, Habatat Gallery, and a bus tour of impactful Labor site in the city. SOAR's Spring Term special events include a concert with Luke Pisani, a dance presentation with professional dancers, and an Evening with The Farmington Players. And SOAR's SIGs range from a Detective Novel Club to a First Friday Movie Group to a SIG focused on The Roaring Twenties.

Each year, more than 800 individuals from throughout metropolitan Detroit enjoy our programs and we would love to have you join them!

For more information, to see the full Spring Term catalogue, and to register please visit our website: www.soarexplore.com or call our office at 248-626-0296.

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**



EATING A RAINBOW OF FRUITS AND VEGETABLES

One of the best ways to maintain your health and improve your current health is to incorporate as many varieties as possible of fruits and vegetables into your regular diet. Follow the rainbow to colorful choices:

Blue-purple: May help reduce your risk of some cancers, keep your urinary tract healthy, help with memory and healthy aging. Blackberries, blueberries, dried plums or prunes, purple/black grapes, plums, raisins, eggplant, peppers and blue potatoes.

Green: Eat your greens to reduce your risk of cancer, to protect your eyes from cataracts and macular degeneration and to help keep bones and teeth strong. Avocados, green-skin apples, green grapes, honeydew melon, kiwi, limes, artichokes, asparagus, broccoli, cabbage, green beans, celery, cucumbers, peas, peppers, spinach and zucchini.

White: Eat white fruits and vegetables. It can help you have a healthy heart and reduce the risk of some cancers. Bananas, radishes, white peaches, cauliflower, garlic, ginger, mushrooms, onions, potatoes and turnips.

Yellow-orange: Include fruits and vegetables in this color range for a healthy heart and immune system, to protect your eyes from cataracts and macular degeneration and to reduce your risk of some cancers. Apricots, cantaloupe, grapefruit, lemons, mangos, nectarines, oranges, peaches, yellow pears, pineapples, butternut squash, pumpkin, carrots, rutabagas, summer squash, sweet potatoes.

Red: Think red-hot and healthy with these bright foods because they may help with memory, keep your urinary tract healthy and protect your heart. Cherries, cranberries, red grapes, pink grapefruit, red-skin pears, raspberries, strawberries, beets, red cabbage, radishes, radicchio, rhubarb and tomatoes.



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 March 9 you need to reserve by Friday March 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 March 17.**

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.



Costick Choir Practice

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

New members welcome!

The group will perform at various Adults 50 & Better events.

COSTICK CAFE DINE-IN MEAL PROGRAM

March 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 General Tsao Chicken, Vegetable Fried Rice, Asian Vegetable Blend, Orange, Fortune Cookie	3 Pasta Marinara Sauce with Meatballs, Italian Blended Vegetables, Garden Salad, Apple	4 Spanish Cheese Omelet, Hash Browns, Maui Vegetable Blend, Strawberry Yogurt Parfait	5 Seasoned Pork Chop, Roasted Red Skin Potato, Northwest Vegetable Blend, Applesauce Cup	6 Chili/Lime/Tortilla Tilapia. Far West Vegetables, Basmati Rice, Tangerine	7
8	9 Chicken Marsala, Cavatappi Pasta, Italian Blend Vegetables, Pear	10 Parmesan Tilapia, Vegetable Rice Pilaf, Spinach, Super Slaw, Apple	11 Pub Burger with Cheese, Vegetarian Baked Beans, Capri Blend Vegetables, Grapes	12 Seasoned Chicken Breast, Corn Bake, Winter Blend Vegetables, Cupped Peaches	13 Artesian Mac & Cheese, Stewed Tomatoes, Spinach Salad, Tropical Fruit Cup	14
15	16 Stuffed Cabbage, Whipped Potatoes, Midori Vegetables, Pear	17 No lunch Service today	18 Beef Taco with Peppers, Onions, Tomatoes, Refried Black Beans, Mexican Rice, Orange	19 Orange Ginger Chicken, Basmati Rice, Winter Blend Vegetables, Pineapple with Cherries	20 Fish Sandwich, Roasted Sweet Potatoes, Roasted Brussel Sprouts, Tangerine	21
22	23 Chicken Fried Steak, Mashed Potatoes, Riviera Blend Vegetables, Apple	24 Parmesan Salmon, Basmati Rice, Nantucket Vegetables Blend, Apricots	25 Seasoned Chicken Breast, Scalloped Potatoes, Northwest Blend Vegetables, Banana	26 Salisbury Steak, Mashed Potatoes, Caribbean Vegetable Blend, White Rabbit Salad	27 Roasted Vegetable Lasagna, Prince Charles Vegetable Blend, Ceaser Salad, Orange	28
29	30 Asian Beef Pepper Steak, Rice, Oriental Blend Vegetables, Tangerine	31 Barbeque Chicken, Corn Bake, Vegetarian Baked Beans, 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 funded through Title III, Older Americans Act Funds & distributed through the AgeWay Nonprofit Senior Services and the Office of Aging and Adult Services Agency. Complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employee program.

Join one of our support groups for a meeting:

Living On

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

Farmington Hills Parkinson's Support Group

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 March 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.

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 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, 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.

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

April - Happy-Go-Lucky by David Sedaris

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.

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!

Farmington Piecemakers

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

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.

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

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.



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 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.

March 24, 2026: Famous Female Singers Music Bingo: Come play bingo, but with a twist! A snippet of a song by a famous female singer 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.

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

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

No need to register. Just show up!

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 March 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

Resealable Card Holders & Lanyards

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

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

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

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

Pickleball - Drop-in Play at the Costick Center -

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

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

Monday | 9:00 - 11:30 am

All skill levels welcome.

Monday | 12:00 - 3:00 pm

All skill levels welcome.

Tuesday | 12:30 - 3:00 pm

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 | 9:00 - 11:00 am

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.

Friday | 9:00 - 11:00 am

All skill levels welcome.

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

All skill levels welcome.

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

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

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

FITNESS CLASSES

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 | 3/6 - 3/27 | 11:30am - 12:00 pm #CC2507-03

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 | 3/4 - 3/25 | 12:00 - 1:00 pm #CC2500-05

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

Friday | 3/13 - 3/27 | 12:00 - 1:00 pm #CC2500-06

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

Beginner Plus Line Dance

Friday | 3/13 - 3/27 | 1:00 - 2:00 pm #CC2505-03

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

Intermediate Line Dance

Wednesday | 3/4 - 3/25 | 1:00 - 2:00 pm #CC2506-03

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

Instructor: Christine Stewart

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

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

VOLUNTEERS NEEDED

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

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

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

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

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

Beginners Ballroom

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+

TRANSFORMATIONAL BREATHWORK & SOUND JOURNEY A WORKSHOP

Thursday | April 9 | 10:00 am - 11:30 pm | #CS2516-02 | 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.

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

Create Your Best Life - Vision Board Workshop

Monday | 3/16 | 1:00—4:00 pm | CS2414-01 | Fee: R/NR \$35/\$40

Register online or at Costick Front Desk or call 248-473-1830

Instructors: Liz Flynn & Michelle McCormick

Join us for an inspiring Vision Board Workshop where you'll bring your dreams to life! In this creative and reflective session, you'll focus on your passions, and desires through guided exercises. Then, you'll craft a personalized vision board—an empowering collage of images, pictures, and affirmations designed to motivate and inspire you to create the life you dream of and deserve. Remember, "You can't hit a target you cannot see"—this vision board will be your roadmap to an wonderful 2026! Supplies will be provided

Intermediate Knitting

Tuesday | 3/3 - 3/24 | 1:00 - 3:00 pm | #CS2405-01

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 | 4/15 - 5/20 | 11:00 am - 12:00 pm | #CS2401-03

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 | 4/15 - 5/20 | 12:30 - 1:30 pm | #CS2402-03

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

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!

Self Defense

Thursday |3/26 | 12:30 - 3:30 pm | CS2410-01 | No Charge

Register online or at Costick Front Desk. Space is limited.

Intro to self-defense – everyone welcome. Learn how to: identify risky situations, stay safe while doing everyday activities like walking to and from your car using your voice to deescalate a potential confrontation. You will learn to not look like a victim and basic self-defense moves against an attacker. No experience necessary. This is a hands-on class.

Five Wishes & Advanced Directives

Thursday |4/16 | 10:00—11:00 am | CS2422-01 | No Charge

Register online or at Costick Front Desk. Space is limited.

Sponsored By: Cathy Fuerstnau, Community Liaison Angela Hospice

Five Wishes speaks to all of one's needs: medical, personal, emotional, and spiritual. No one wants to think about getting a serious illness. But if that day should come, having advance directives in place can help ensure you'll get the care you want, and your loved ones won't have to face the stress and conflict of making decisions for you without your guidance. Learn the ins and outs of how to make your wishes known from the caring team at Angela Hospice. Register for free online or at the Costick front desk.

Activ8 Your Brain

Tuesday |4/21 | 10:30 am - 12:00 pm | CS2409-01 | No Charge

Free lunch, must register by April 14

Register online or at Costick Front Desk. Space is limited.

Sponsored By: Global Alzheimer's Platform Foundation & Quest Research Institute

Come learn about activities that reduce the risk of memory loss and may prevent the onset of symptoms of Alzheimer's disease. A8YB is centered around the eight pillars of brain health including diet, brain exercises, sleep and other tactics. This program provides evidence-informed information to help you keep your brain healthier.

Driving at Night

Tuesday |5/12 | 10:00—11:00 am | CS2413-01 | No Charge

Register online or at Costick Front Desk.

Instructor: Michelle Soho, Corwell Health Farmington Hills

Driving at Night: Free 45-min workshop. Learn about vision changes, headlight technology, assistive driving tools, and essential tips for safer, more confident nighttime driving.

Drivers Safety Program

Tuesday & Wednesday | 5/19 - 5/20 | 10:00am — 3:00pm | CS2408-01

AARP Member \$23/Non/AARP Member \$28

Instructor: Donna Bucciarelli

AARP and Special Services Adults 50 & Better offer a comprehensive driver refresher course geared toward the specific needs of older motorists. Class participation may warrant a reduction in the cost of auto insurance. Participants must attend both days. You can register online, at Costick Center front desk. or by calling 248-473-1830.

Technology

Classes are available online or Costick Center front desk. fh.gov.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.

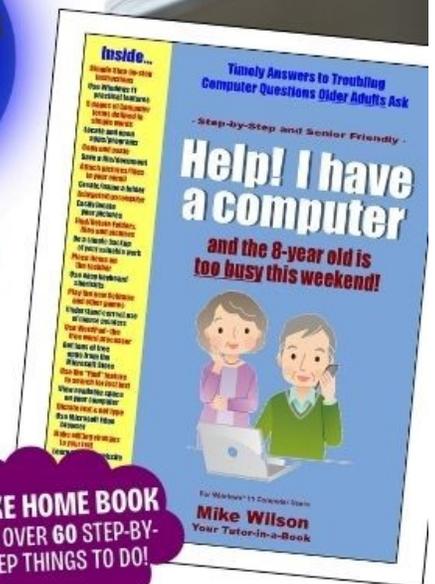
Limited registration. Register today!

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

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

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!



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

Tuesday | 4/7 | 10:00am — 11:30am | CS2406-01 | R/NR Fee: \$40/\$45

Instructor: Mike Wilson

Learn to edit beautiful looking template designs you can print out, save, send by e-mail or use in Facebook or for practically any type of print and social media project. No more working from scratch! The instructor will show how to get the free user-friendly Canva program. This class is especially for beginning and novice non-designers. You will be amazed at how professional your projects will look. Why pay designers hundreds of dollars when you can do it yourself in no time?

Help! I Have a Computer and Don't Know What to Do Next!

Wednesday | 4/29 | 10:00am — 3:00pm | CS2427-01 | R/NR Fee: \$50/\$55

Instructor: Mike Wilson

This demonstration seminar is perfect for anyone who wants to feel more confident using a computer. You will be guided through everyday computer skills, including: Using Windows 11 features, using software programs, sending and receiving email, printing, transferring photos from a camera, and much more. Your take-home book includes easy-to-follow instructions for over 60 essential computer tasks. There is a one hour break for lunch on your own. Bring your laptop if you have one. A book fee of \$25 is due to the instructor at the beginning of class.

Do you Need help with your iPhone?

Thursdays in April | 4/2 - 4/30 | 3:00 — 3:30pm | No Fee

Sign up at the Costick front desk or call 248-473-1830 for an appointment with a one on one student lead technology support. Participants can receive help on iPhone settings, apps, calling, texting, set up or just



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.

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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 kpercina@fhgov.com for more info.

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



TRAVEL NEWS

Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

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

Credit card payments are accepted for all trips.

RYBICKI TOURS

Fri, March 27 – Detroit, MI. DSO Pop Series “Rick Steve’s Europe: A Symphonic Journey” at Orchestra Hall
- morning performance with lunch following at Slows BBQ. Price: \$155

Thurs, April 2 - Rochester, MI. “Come From Away” - at Meadow Brook Theatre - matinee performance with lunch prior at Lelli’s Restaurant. Price: \$75

Wed, April 8 - Wayland, MI. “Gun Lake Casino” - enjoy 4.5 hours of casino fun with \$20 total in casino incentives! Price: \$75

Sat, April 11 - Detroit, MI. “& Juliet “ at The Fisher Theatre - matinee performance with lunch prior at Sinbad’s Restaurant. Price: \$199

Sat, May 2 - Holland, MI. “Holland’s Tulip Time” Quilts, a Makers Market & Tulips Galore! Also, enjoy free time in the Downtown Holland Shopping District. Price: \$129

Wed, May 20 - Frankenmuth, MI. “Earth Wind & Fire” at Zehnder’s - chicken luncheon followed by a performance and free time for shopping in downtown Frankenmuth. Price: \$149

Fri, May 22 - Ann Arbor, MI. “U of M Museum of Natural History + Detroit Observatory” with lunch at Gandy Dancer. Price: \$129

Fri - Mon, June 12-15 - Mackinac Island, MI. “Lilac Festival: The Jewel of the Great Lakes” 3 nights on Mackinac Island, Two Meals, Roundtrip Ferry, Mackinac Island Carriage Tour, Grand Hotel Lunch Experience, Lilac Festival Activities and more!!!! Price: \$1399 double occ

Thurs - Fri, November 5-13 - Tuscan, Sedona, Grand Canyons, Winslow & more! “Arizona Adventure”. Airfare, Motorcoach Transportation, Professional Guide from Southwest Adventure tours, Rybicki Tours Group Leader, 8 Night Lodging, 16 Meals, Kitt Peak Observatory Tour, Arizona-Sonora Desert Museum, Sabino Canyon Tram Tour, National Historic District of Old Town Artisans, San Xavier del Bac Mission, Montezuma Castle National Monument, Tuzigoot National Monument, Jerome, Sedona Pink Jeep Ancient Ruin Tour, Guided Tour at Grand Canyon National Park, Wuptaki National Monument Guided Tour, Sunset Crater National Monument Guided Tour, Guided Tour at Petrified Forest National Park & more! Price: \$5,199 double occ

WHAT TO LOOK FORWARD TO FOR SUMMER TRAVELING...

June 3 - “Always a Bridesmaid” at Meadow Brook Theatre	TBD - Frederik Meijer Gardens - Chihuly Exhibition
June 21 - “A Beautiful Noise” at Stranahan Theatre	TBD - “Emma’s Wedding” at Purple Rose Theatre
TBD - A “Winery Adventure” Day Tour	TBD - A Casino Day Tour
July 9 - “Fiddler on the Roof” at Encore Theatre	TBD - Shaw Festival Overnight
TBD - “It’s a Mystery!” Day Tour	TBD - Stratford Festival Overnight



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

- April 28 - Selfridge Military Air Museum & Stahl's Car Museum
- May 28 - Tigers Baseball game vs Las Angeles Angles
- 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

- 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
- Branson Holiday Tour Ozark Mtn Christmas – November 16, 2026 - 6 days -Bus
- Prague, Budapest & Danube Christmas Market River Cruise - December 4, 2026
- Smokey Mountains & Pigeon Forge Holiday – December 6, 2026
- Coming in 2027**
- Ecuador & Galapagos Islands - February, 2027
- Historic Savannah & Charleston - April, 2027
- Alaska Fairbanks & Denali National Park with Cruise - June 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!



NOW HIRING

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

APPLY HERE



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



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