

The Messenger

Programs for Active Adults 50 & Better

COSTICK CENTER - CENTER FOR ACTIVE

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



HAPPY 250TH ANNIVERSARY AMERICA!

Independence Day on July 4th, is an all-important American holiday. Enjoy this special day celebrating our nation's independence with family and friends!

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

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

The Nutrition program is serving lunch in the Costick Café, however you must call one day in advance by 11 am to order Monday - Friday. 248-473-1830. The suggested donation age 60+ \$3.50, under 60 \$6.00. We hope you come and dine with us.

Medical appointments are still our top priority for the Farmington Hills Senior Transportation. We provide Kroger grocery shopping service on Tuesdays along with Walmart and Meijer shopping on alternating Thursdays. Please call 248-473-1864 to sign up for an appointment.

DEPARTMENT OF SPECIAL SERVICES ADULTS 50 & BETTER

General Information - 248-473-1830

Program Supervisor - Marsha Koet 248-473-1821 Nutrition Coordinator - Teresa Bryant 248-473-1825

Programmer/Planning - Anna Durham 248-473-1822 Programmer/Planning - Caitlin Goyer Fcasni 248-473-1823

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

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

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

6/26/26

OPEN MIC MONDAY

Monday | 7/13 | 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 Jul 10 and eat in Shannon while you enjoy the music.

Thank you to our sponsor:



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.

Costick Job Openings

Applications: hr@fhgov.com

- Swim Instructor
- Van/Bus Driver-Senior Division



HAPPY

Retirement

LET'S CELEBRATE TOGETHER

HONORING

Teresa Bryant

WEDNESDAY JULY 22, 2026

1:00 - 3:00 PM

LIVE MUSIC, PUNCH, COFFEE & CAKE

Shannon Hall, Costick Center



Summer Courtyard Cookout

Enjoy the beautiful Costick Courtyard and indulge yourself with a Hot Dog personalized with yummy toppings! Plus, side dishes that make your mouth water. Don't forget to save some room for ice cream! After lunch, Detroit Tap Repertory will perform for us!

Wednesday | August 12 | 11:30 am - 1:30 pm | #CS3201-01

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

Register by Tuesday August 4, space is limited.

Thank you to our sponsor:



BROOKDALE
— SENIOR LIVING SOLUTIONS —
FARMINGTON HILLS

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

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



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.

The Great Awakening



Friday Film

Enjoy a recently released film.

Must register by 11:00 am

Friday the week before.

Call 248-473-1830 or register at the

Costick Center front desk.

Space is Limited.

July 17

Register by July 10 by 11:00 am

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

#CS4001-07

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

With the colonies on the brink of collapse, the Rev. George Whitefield unites an entire generation with his thundering sermons and proclamations of liberty. In a miraculous turn of events, Benjamin Franklin becomes one of Whitefield's closest friends and greatest promoters. With the nation's freedom hanging in the balance, the founders discover true liberty cannot only be written into law -- it must be awakened in the hearts of the people.

**FARMINGTON
HILLS**
SPECIAL SERVICES *Michigan*



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

**adults 50
& better**

[Thank you to our sponsor for the June 26th Continental Club](#)

[Cranberry Park of West Bloomfield](#)

A smaller community with a bigger heart, exceeding expectations is simply the beginning.

At Cranberry Park of West Bloomfield our philosophy is to provide the highest quality care in the most comfortable environment for every resident. We believe that by honoring elders, we bring richness to all our lives.

Nestled among mature lush greenery, Cranberry Park West Bloomfield offers the serenity of nature while being ideally situated in a convenient location close to shopping and dining.

Our stunning one-story community was specifically designed for those who are in need of assisted living and memory care. Our exceptional trained, caring, geriatric caregivers work closely with each resident and family to ensure they have the services and support needed not just to live but to thrive.

Assisted Living includes help with day-to-day tasks to support your independent lifestyle, while our Memory Care program offers an innovative approach to living with memory impairment in a nurturing environment.

Cranberry Park West Bloomfield is an all-inclusive community which allows you to age in place knowing your monthly fees year over year. We even offer fully furnished suites for respite stays in both communities.


We offer studios, one-bedroom and two-bedrooms apartments. You can bring your own furniture and decor to make your apartment home. Included are three chef prepared meals and snacks throughout the day. Personal care assistance, medication management, laundry and weekly housekeeping. Plus a wide variety of activities to keep our residents engaged. We also offer physician care through our visiting physician group, in-house license physical and occupational therapy, podiatry services and so much more.

If you would like more information about Cranberry Park, please visit our website at www.CranberryPark.net or scan the QR Code.

To schedule a visit, please call Robin @ 248.247.9010, thank you and we hope to see you soon.



 (248) 671-4204

 Scan to Visit
Our Website

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.

Blood and Beer

Author and historian Scott M. Burstein details and dissects the Prohibition Era in Detroit, a bullet and booze-ridden period where the Motor City was the epicenter of American's booming bootlegging trade and the iconic Purple Gang became a household name around the country. The talk will focus on the area's unique geographic allocation among a cadre of colorful, yet incredibly violent Jewish, Italian, Irish, and Polish gangland figures and crews. Specifically, Burstein will discuss these groups' savvy order of operation for smuggling and distributing liquor across the entire nation.

Presenter: Scott Burstein

Wednesday | 7/15 | 11:30 am - 1:30 pm CS3301-01 | R/NR \$15/\$18

Register by July 7 space is limited.

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

Margaret Mitchell and Gone With The Wind

The book *Gone With The Wind* is celebrating 90 years in 2026. Join Kathleen Marcaccio as she provides background on author Margaret Mitchell and her Pulitzer Prize-winning novel *Gone With The Wind*; the 1939 film by the same name; Margaret Mitchell's post-GWTW life; and *Gone With The Wind* in popular culture. Kathleen has been presenting and sharing her memorabilia display since 1994. She presented at the Clark Gable Foundation 100th Celebration and hosted three weekends at the Redford Theatre along with numerous others around the country.

Presenter: Kathleen Marcaccio

Wednesday | 7/29 | 10:00 - 11:30 am | CS3006-01 | R/NR \$8/\$10

ATTN: True Crime Lovers!!

Nina Innstead is a credentialed victims advocate and the host of the long-running "Already Gone" podcast, which highlights cases from Michigan and the Great Lakes region. Her first book, *Unsolved Michigan*, released in March 2026. Join Nina as she shares compelling stories and fascinating insights!

Presenter: Nina Innstead

Wednesday | 8/19 | 10:00 - 11:30 am | CS3007-01

R/NR \$8/\$10

Thank you to our sponsor:



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.

If you are interested in volunteering, please call 248-473-1830 for an application.



Join Our Lifelong Learning Community

Learning the way you've always wanted it.
No Homework! No Studying! No Tests!

Each academic-style class meets one-time, for 90 minutes, and is taught by college-level faculty or an experts in their field.

Join other older adults in the community for field trips, special events, shared interest groups, and more.

Visit our website for more information.

SOAR Lifelong Learning Institute (LLI) provides intellectually stimulating, interactive, and entertaining classes, events, and social experiences for lifelong learners.

Join us at the Hawk or on Zoom!

www.soarexplore.com

248-626-0296

info@soarexplore.com



Summer Safety Tips - Firework Safety

Before heading out for an outdoor adventure in a park, on lakes, rivers and the beach make sure you do some research ahead of time. This is especially important if you're visiting an area with different weather or climate risks you may not be used to.

While fireworks are a beloved tradition during Fourth of July celebrations, they can bring risks. It's best to leave fireworks to professionals because they can be dangerous to people, pets and can start fires.

If you are using fireworks, follow these tips to stay safe:



- **Experiencing drought, dry conditions or high winds?** Do not use fireworks or sparklers because they may start a fire.
- **Check local laws.** There may be age requirements and restrictions on where and when you can use fireworks.
- **Never let children handle fireworks and be careful with sparklers.** Sparklers can cause serious burns.
- **Be mindful of your neighbors, pets and wildlife.** Fireworks can disturb people sensitive to loud sounds and frighten pets and wildlife, causing them to run away or become injured.
- **Choose a safe location.** Only use fireworks outdoors in a clear, open area away from homes, vehicles, dry grass, trees and anything else that can ignite.
- **Do not use commercial fireworks.** They are extremely powerful and dangerous.
- **Dispose of fireworks safely.** Pour plenty of water on all fireworks after they are completely burnt out.
- **Stay alert and sober.** Never use fireworks while impaired by alcohol or drugs. Designate a responsible adult to supervise all firework activities.

Handle fireworks safely: Avoid placing body parts over fireworks and never launch fireworks off any part of the body. Do not point or throw fireworks at another person. Never relight or pick up a firework that hasn't fully ignited.

- **Know your surroundings.** When you arrive, locate exits, medical tents, and security staff. Choose a meeting spot in case your group gets separated.
- **Stay informed.** Make sure your phone can receive Wireless Emergency Alerts and follow instructions from local officials.

Prepare for weather. Check the forecast and take steps to [stay safe in the heat](#). Download the [FEMA App](#) to get real-time weather and emergency alerts for up to five locations.

- **Report concerns.** If you see something suspicious, notify event staff or law enforcement.

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**





MICHIGAN SECRETARY OF STATE **MOBILE OFFICE** **IS COMING TO YOU**

The Secretary of State Mobile Office will be visiting
COSTICK ACTIVITY CENTER
to provide service to
members and staff
to complete Secretary of State transactions

Date: Tuesday August 11th

Time: 10 A.M. TO 1 P.M.

Location: 28600 11 Mile Rd Farmington Hills

Register 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 Activity Center
at the front desk
248-473-1830



Tuesday September 15

10:00 am - 12:00 pm



Senior Shredding for Safety Day

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

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

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

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

LOCATION: Costick Center Parking Lot

28600 Eleven Mile,
Farmington Hills, MI
48336



HELP WANTED

Noon Supervisors and Aides

FOR FARMINGTON PUBLIC SCHOOLS



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

PART-TIME:

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

POSITIONS NEEDED:

Noon Supervisors - \$15.35/HR
Noon Aides - \$14.31/HR

LOCATIONS:

Elementary, Middle School,
and High School

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

To apply please visit

www.farmington.k12.mi.us/employment

STAY ACTIVE, STRONG AND HEALTHY

No matter your age, it's never too late to stay vibrant and improve your heart health, strength, balance and mobility by maintaining an active lifestyle even when you are limited to staying at home. Physical activity offers older women and men significant benefits, including helping to control arthritis, maintain healthy bones, stamina and muscle strength. If you have a chronic condition or haven't been physical active in years, check with your doctor first.

The National Institute on Aging (NIA) recommends the following types of exercise weekly:

Flexibility—older adults tend to have a range of motion problems in their joints. Practices such as yoga or Pilates can improve flexibility. Exercises that promote good balance help maintain mobility and reduce the risk of falls.

Strength—Strong muscles are important to daily living, whether you're getting out of a chair or carrying groceries. Strength training can reduce the rate at which your bones become weaker. Try to perform strength exercises on your major muscle groups at least twice a week for 30-minute sessions, focusing on your upper body one day and your lower body on another day.

Endurance—getting your heart rate up can benefit your entire body and make it easier for you to perform just about any everyday activity. Start with 10 minutes and build up to three times a day. Brisk walking, swimming, biking, even housework, like sweeping and dancing can all count as aerobic exercise and helps improve your balance and mobility.

Listen to your body. Start slowly and build gradually. Exercise at a level where you feel like you're working a bit, but it shouldn't feel extremely hard. Drink plenty of fluids. Staying hydrated is always important. There are currently many yoga, Pilates and strength training videos on line through the library and PBS. If you are a member of AARP, they offer videos online also. If walking or biking outside, keep an eye on the weather. Be sure to dress appropriately and move inside to exercise in extreme cold and heat.

Keep moving!

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 July 13 you need to reserve by Friday July 10 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 July 3.**

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



Costick Choir Practice

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

New members welcome!

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

COSTICK CAFE DINE-IN MEAL PROGRAM

July 2026 Menu

Sun Mon	Tue	Wed	Thu	Fri	Sat
Lunch will be served in Shannon Hall. 5 Mediterranean Chicken, Cranberry Potatoes, Green Sloppy Joe, Cheesy Beans, Orange 6 Wild Rice, Roasted Vegetables, Pear 7	14 Lemon Pepper Tilapia, Brown & Wild Rice, Sicilian Blend Vegetables, Broccoli Slaw, Banana 15 Pasta Salad with Chicken, Cheese & Veggies, White Rabbit Salad, Melon, Mini Croissant 16 Swedish Meatballs, Cavatappi Pasta, Scandinavian Blend Vegetables, Spinach Salad, Mandarin Orange 17 Chicken Fried Steak, Mashed Potatoes, Gravy, Green Beans, Apple 18	8 Chicken Drumstick, Roasted Red Skins, Capri Blend Vegetables, Applesauce 9 Pork Chop, Au Gratin Potatoes, Normandy Blend Vegetables, Cantaloupe 10 Salisbury Steak, Mashed Potatoes, Carrots, Peach 11	12 Teriyaki Chicken, Vegetable Fried Rice, Oriental Vegetables, Orange 13	19 BBQ Beef, Au Gratin Potatoes, Nantucket Blend Vegetables, Tropical Fruit Cup 20	25 Roasted Vegetable Blend Lasagna, California Blend Vegetables, Plum 24
27 Stuffed Cabbage, Mashed Potatoes, Scandinavian Vegetable Blend, Pear 28 Chicken Marsala, Penne Pasta, Broccoli, Banana 29 Beer Battered Cod, Mashed Sweet Potatoes, Key West Vegetables, Cantaloupe 30 Crispy Chicken Sandwich, Vegetarian Baked Beans, Coleslaw, Peach 31 Bratwurst, German Potato Salad, Malibu Blend Vegetables, Apple	21 Artisan Mac & Cheese, Stewed Tomatoes, Garden Salad w/Ranch, Nectarine 22 Chicken Cacciatore, Peppers/Onions/Olives/Tomatoes, Roasted Potatoes, Caesar Salad, Peach 23 Stuffed Pepper, Mashed Potatoes, Capri Blend Vegetables, Apple 24	26	27	28	29

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

Reserve your meal by calling 248-473-1830

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Join one of our support groups for a meeting:

Living On

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

Farmington Hills Parkinson's Support Group

Meeting location has moved to the Kirk Gibson Center

31440 Northwestern Hwy, Suite 185 Farmington Hills, MI 48334

Join us the 1st Wednesday of the month starting at 2:00 pm. The Michigan Parkinson Foundation is dedicated to offering valuable support and encouraging connections among individuals affected by Parkinson's disease, and their caregivers. By nurturing social connections and fostering a sense of community, we can create a supportive network that empowers individuals and caregivers on their Parkinson's journey.

Navigating Change and Aging Coffee Hour New Day & Time

Join us the 2nd Tuesday of the month. Next meeting is July 14 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitator, Bill Willenbrock, Gentiva Hospice

Alzheimer's Association Caregiver Support Group

Support group for anyone who is caring for someone with dementia. Open discussion format provides education, support & understanding. Meets every Monday by zoom except holidays and in person at the Costick Center every 2nd and 4th Monday of the month 6:00 - 7:30 pm. Group Leader: John Robertson, Email Jean Barnas at jbarnas@alz.org to register and the zoom link will be sent to you by email.

Brain Injury Support Group

The Brain Injury Association of Michigan aims to provide information, resources, and support for all brain injury survivors and families with a new support group offered 2nd Thursday of the month, 6:30 - 8:00 pm at the Costick Center. Call 248-974-2554 for more information. Hosted by Steve Copley.

Caregivers

Share encouragement, support and learn with others who are caring for someone the 1st & 3rd Wednesday each month at 1 pm. Topics of discussion cover financial and legal considerations, emotional needs, and practical solutions.

Low Vision Support Group No Meeting June, July August

This group meets the 1st Thursday each month at 12:30pm to provide information, socialization, speakers, and support to those with low vision. Facilitator, Ashley Livshiz, Coordinator Support Groups with Detroit Institute of Ophthalmology and Henry Ford Health.

Join one of the following clubs or groups. Please sign in at the table in the main lobby.

Ban-joes of Michigan

The Ban-Joes of Michigan are one of the oldest jazz banjo band and club in the U.S.A and have been in operation for over 50 years. They are a group of diverse individuals who all share a love of Americas favorite instrument...the banjo...!! We are working hard to preserve this great instrument and the jazz music of the early 20th century. The group meets to jam and practice every Wednesday from 1:00 - 4:00 pm. Come join the fun or just stop in to enjoy the music!

BINGO Do you love to meet new friends and play BINGO? You are in luck, the BINGO group meets each Tuesday and Thursday at 1:00 pm. 10 cents per card.

Book Discussion No meeting July and August

Join an informal book discussion group in cooperation with the Farmington Community Library on the 1st Thursday each month at 1 pm at Costick Center. Greg Harrison will lead the discussion.

Registration will be required to attend book discussion at Costick, people will need to register through the library calendar on the Farmington Library website for each meeting. The website is easy to use - go to www.Farmlib.org, then select Events, then the Event Calendar. Once you locate the program you are looking for, it will allow you to register. If participants want to receive a reminder email about the book discussion, you will need to sign up through the library event calendar and choose the email reminder option.

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



CFAA (Cycling for Active Adults)

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy lifestyle. \$25.00 for a year membership/volunteer ride leaders membership fee is waived. For more information call 248-473-1822.

Computer Forum

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

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

Duplicate Bridge

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

Euchre

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

Join one of our clubs or groups:

The Farmington Hills Chapter of EGA

The Farmington Hills Chapter of EGA, The Embroiderers' Guild of America meets on Wednesday at 10:00 am – 12:30 pm. If you are interested in Embroidery, we welcome anyone to come and stitch with us. Our members cross-stitch, needlepoint, and all forms of hand stitching. We welcome experienced stitchers and beginners. Looking for a relaxing hobby? Embroidery can be very relaxing and fulfilling! Bring your latest project and stitch with us or come and see what we are stitching to give your ideas.

Farmington Hills Sewing Group

There is a new Sewing Group coming to the Costick Center! Our Group will begin meeting on the second Monday of each month. Please join us from 12:30 to 3:00 pm if you are interested in doing sewing projects and Community Service sewing. Our members are interested in garment sewing, quilting, and projects for the home as well as purses, bags and personal items. We welcome new or experienced sewers who enjoy making things on their sewing machines. We often bring sewing machines to our meetings to work on projects. Come sew with us!

Farmington Piecemakers

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

Mahjong Group

Mahjong Group is looking for people to join them! The group meets Wednesday mornings, 10:00 am - 12:00 pm. 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 No meeting July & August

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.

Join one of our clubs or groups:

Tai Chi 50 cents

Tai Chi helps reduce stress and increases balance and flexibility. Meet at the Costick Center Tuesday and Thursday 9:00 - 10:00 am. Tai Chi Video, 50 cents each session.

The Next Chapter Library Program No Meeting in July

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.

Drop– In Welcome!

Wednesday Afternoon Creative Art Group

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

ADULTS 50 & BETTER SERVICES

Outreach Services

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

Home Chore Program

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

Telephone Reassurance

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

Nutrition

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

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

Knox Box

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

Transportation Program

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



SENIOR AQUATICS PROGRAMS

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

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

SENIOR OPEN SWIM

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

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

SENIOR WATER EXERCISE

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

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

SENIOR ARTHRITIS EXERCISE

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

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

Resealable Card Holders & Lanyards

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

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

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

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

Pickleball - Drop-in Play at the Costick Center -

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

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

Monday | 9:00 - 11:30 am

All skill levels welcome.

Monday | 12:00 - 3:00 pm

All skill levels welcome.

Tuesday | 12:30 - 3:00 pm

All skill levels welcome. (One court is designated for beginners)

Tuesday | 3:00 - 5:30 pm

All skill levels welcome.

Tuesday Evening Pickleball | 6:00 - 8:00 pm | Punch Pass Only

All skill levels welcome.

Wednesday | 9:00 - 11:00 am

All skill levels welcome.

Wednesday Evening Pickleball will return in September | 6:00 - 8:00 pm

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

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

Thursday | 3:00 - 5:30 pm

All skill levels welcome.

Friday | 9:00 - 11:00 am

All skill levels welcome.

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

All skill levels welcome.

Drop-in R/NR Fee: \$4.50/\$5.50, 10 session punch card R/NR Fee: \$35/\$45

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

Outdoor Courts at the Hawk Community Center.

29995 W 12 Mile Road. Farmington Hills, MI 48336

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

FITNESS CLASSES

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

Yoga The benefits of yoga are almost endless! Practicing yoga helps build healthy virtues and good values. Yoga empowers you to make conscious choices toward living a more healthy and fulfilling life.

The best way to know if yoga is for you is to give it a try!

Monday | 7/27 - 8/24 | 10:15 - 11:15 am #CS3503-04

Instructor: Claire Sophia

5 week session

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

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 | 7/21 - 8/25 | 9:45 - 10:45 am #CS3503-05

Instructor: Linda Hawkins

6 week session

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

Wednesday | 7/22 - 8/26 | 9:45 - 10:45 am #CS3503-06

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 | 7/21 - 8/25 | 11:00 am - 12:00 pm #CS3516-02

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 | 7/20 - 8/24 | 11:00 am - 12:00 pm #CS3504-02

Instructor: Bharti Shah

6 week session

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

Wednesday | 7/22 - 8/26 | 11:00 am - 12:00 pm #CS3512-03

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 | 7/23 - 8/27 | 9:45 - 10:45 am #CS3501-02

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 | 7/23 - 8/27 | 5:30 - 6:30 pm #CS3502-04

Instructor: Bharti Shah

6 week session

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

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

Feldenkrais: Awareness Through Movement

Wednesday | 7/22 - 8/26 | 9:30 - 10:30 am #CS3509-02

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.

Balance, Strength & Stretch

Wednesday | 7/22 - 8/26 | 4:15 - 5:00 pm #CS3514-02

6 week session

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

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.

Tai Chi

Wednesday | 7/22 - 8/26 | 6:00 - 7:00pm #CS3506-03

6 week session

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

Instructor: Bill Harper

This class will consist of an organized routine to help with overall physical health and stress management; it will include many aspects of the Wu Style syllabus with a combination of chair and standing exercises.

Tai Chi

Friday | 7/24 - 8/28 | 10:00 - 11:00am #CS3506-04

6 week session

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

Instructor: Bill Harper

This class will consist of an organized routine to help with overall physical health and stress management; it will include many aspects of the Wu Style syllabus with a combination of chair and standing exercises.

Advanced Tai Chi

Wednesday | 7/22 - 8/26 | 7:00 - 8:00pm #CS3507-03

6 week session

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

Thursday | 7/23 - 8/27 | 2:00 - 3:00pm #CS3507-04

6 week session

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

Friday | 7/24 - 8/28 | 11:00am - 12:00pm #CS3507-06

6 week session

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

Instructor: Bill Harper

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

Tai Chi for Movement & Balance

Thursday | 7/23 - 8/27 | 1:00 - 2:00 pm #CS3508-02

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.

Gym Exercise

Tuesday | 7/21 - 8/25 | 11:00 am - 12:00 pm #CS3510-03

6 week session

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

Thursday | 7/23 - 8/27 | 11:00 am - 12:00 pm #CS3510-04

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 | 7/21 - 8/25 | 9:45 - 10:45 am #CS3511-03

6 week session

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

Thursday | 7/22 - 8/27 | 9:45 - 10:45 am #CS3511-04

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 choose their own level of desired intensity. Bring hand weights, water and your Fitbit, Pedometer, or Apple Watch.

EZ Beginner Hustle

Tuesday | 7/21 - 8/25 | 1:15 - 2:15 pm #CC3515-02

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 | 7/23 - 8/27 | 6:00 - 7:00pm #CC3512-02

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.

Absolute Beginner Line Dance

Friday | 7/10 - 7/31 | 11:30am - 12:00 pm #CC3507-02

4 week session

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

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 | 7/1 - 7/29 | 12:00 - 1:00 pm #CC3500-03

5 week session

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

Friday | 7/10 - 7/31 | 12:00 - 1:00 pm #CC3500-04

4 week session

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

Beginner Plus Line Dance

Wednesday | 7/1 - 7/29 | 1:00 - 2:00 pm #CC3506-02

5 week session

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

Friday | 7/10 - 7/31 | 1:00 - 2:00 pm #CC3505-02

4 week session

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

Instructor: Christine Stewart

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

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

Beginners Ballroom

Hustle | Wednesday | 7/22 - 8/26 | 6:30 - 7:20 pm #CC3501-03

Foxtrot | Wednesday | 7/22 - 8/26 | 7:30 - 8:20 pm #CC3501-04

6 week session

R/NR Fee: \$54/\$65

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

ChaCha | Tuesday | 7/21 - 8/25 | 6:30 - 7:20 pm #CC3502-03

Tango | Tuesday | 7/21 - 8/25 | 7:30 - 8:20 pm ##CC3502-04

6 week session

R/NR Fee: \$54/\$65

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

Waltz | Monday | 7/20 - 8/24 | 6:30 - 7:20 pm #CC3503-03

Rumba | Monday | 7/20 - 8/24 | 7:30 - 8:20 pm #CC3503-04

6 week session

R/NR Fee: \$54/\$65

Instructor: Fernando Caducio

Advanced Ballroom High intensity and high excitement ballroom lessons with a Latin flair. Fast pace, prior experience required. Class open to students 18+

Adults 50 & Better Life Long Learning

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

Intermediate Knitting

Tuesday | 6/2 - 7/21 | 1:00 - 3:00 pm | #CS2405-05

Next session: Tuesday | 7/28 - 8/18 | 1:00 - 3:00 pm | #CS2405-06

4 week session

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

Instructor: Naomi Frenkel

Take your skills to the next level.

Adults 50 & Better Virtual Technology Classes

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

A PRACTICAL COMPUTER CLASS FOR OLDER ADULTS

7/14 4:00 – 5:00 p.m. \$20.00 #MS2402-02

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

DEFINING AND DEMONSTRATING BASIC COMPUTER TERMS FOR BEGINNERS

7/7 4:00 – 5:00 p.m. \$20.00 #MS2406-02

Do you know how a basic backup of pictures is done? How about what a web address is, and how to use it? Do you have a working knowledge of what a browser is, saving documents, and email attachments? The instructor will define and demonstrate other very basic terms from A-Z. Some terms include search box, PDF file, scrolling, wi-fi, folders, and operating systems (Windows). If you are a recent learner and struggle with basic computer terms, this class is for you!

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

7/21 1:00 – 2:00 p.m. \$20.00 #MS2418-03

7/26 3:00 – 4:00 p.m. \$20.00 #MS2418-04

8/4 7:00 – 8:00 p.m. \$20.00 #MS2418-05

Are you curious about AI (Ai)? Then this class is for you! (Older adults will find this class very rewarding!) We will explore the practical benefits of using a basic form of AI called ChatGPT. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI will quickly generate any text for you based on your interest. Take your search, research, inquiries, and answers to questions to a whole new level! Also, never worry about grammar and spelling errors again! You will be amazed at how user-friendly this session will be. Take this class; you won't be disappointed!

WINDOWS 11 – STARTING FROM THE BEGINNING

8/9 2:00 – 3:00 p.m. \$20.00 #MS2404-02

This is an adult-friendly Windows 11 class! See how to use the desktop and the new taskbar. We'll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets, and how Windows 11 is organized. (Not for Apple/Mac users.) Meet us on Zoom for this informative class! 4-5 star ratings from 1000s of older adults!

USING BROWSERS, EXPLORING WEBSITES AND GETTING THE MOST OUT OF SEARCHING THE WEB

7/9 11:00 a.m. – 12:00 p.m. \$20.00 #MS2407-01

8/8 11:00 a.m. – 12:00 p.m. \$20.00 #MS2407-02

Learn about browsers and how to use them. Create favorites, use browser tabs, and enlarge web pages, as well as use 'Read aloud', and search. Get the best out of search engines such as Google. Explore websites and get cooking recipes, access free games, shop, get free stuff, and visit practical websites for adults and seniors!

COMPUTER SCAMS, AND WHAT NOT TO CLICK ON!

7/28 6:00 – 7:00 p.m. \$20.00 #MS2411-02

Don't let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about; frustrating and suspicious popups; advertisements; your haywire computer, e-mail ads, and links. (Not for Apple/Mac users, or tablets.) We'll use Zoom as our classroom. 4-5 star ratings from 1000s of older adults!

GETTING TO KNOW YOUR iPhone

8/11, 12, 13 6:00 – 7:00 p.m. \$55.00 #MS2417-01

Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users! Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, App store, settings, and the Internet. Your patient instructor and class will meet over Zoom. 4-5 star ratings from 1000s of older adults! **Not for Android users.**

GETTING TO KNOW YOUR ANDROID

7/15, 16, 17 2:00 – 3:00 p.m. \$55.00 #MS2416-01

Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent Android users! Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, the Play Store, settings, and the Internet. Your patient instructor and class will meet over Zoom. 4-5 star ratings from 1000s of older adults! **Not for iPhone users.**

FOR THE NON-DESIGNER: DESIGN BUSINESS CARDS, FLYERS, INVITATIONS, AND MORE!

8/26, 27 6:00 p.m. – 7:00 p.m. \$40.00 #MS1410-01

Learn to edit beautiful looking designs for practically any type of online or print project. The instructor will show how to easily get and use the free user-friendly Canva program. This class is for novice and beginning designers and 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!

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.

YOUR GAME, ALL YEAR.



The *All-New* Multisport Simulator at The Hawk.

Experience the thrill of world-class golf without leaving town! Tee off at over 50 legendary courses including TPC Sawgrass, Pebble Beach, and the historic St. Andrews – all with stunning realism and accuracy. But the fun doesn't stop there. When you're ready to switch things up, choose from 12 other exciting sports like Football, Baseball, Soccer, and even Zombie Dodgeball for an unforgettable twist. Whether you're fine-tuning your golf swing or diving into action-packed multiplayer games, our multisport simulator delivers non-stop entertainment for players of all ages and skill levels. Rain or shine, it's always game time here!



Book a Time

Monday-Thursday

10am-9pm

Friday

10am-8pm

Saturday

10am-7pm

Sunday

10am-6pm



Private Rentals are available!

Email kpercini@fhgov.com for more info.

THE HAWK

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



TRAVEL NEWS

Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

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

Credit card payments are accepted for all trips.



COSTICK ACTIVITY CENTER TRAVEL PLANS

UPDATED 6/25

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

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

Thurs, July 23 - Grand Bend, ON (Canada). **The Full Monty** at Huron Country Playhouse - matinee performance with lunch prior at Dark Horse Estate Winery. **\$199**

Thurs, Aug 6 - East Lansing, MI. **A Taste of East Lansing: Culinary Class, Art & Gardens**. Private hands-on culinary experience at Local Epicurean East Lansing followed by a visit to the Eli and Edythe Broad Art Museum, the MSU Dairy Store and MSU Horticulture Gardens. **\$209**

Mon, August 10 - Grand Rapids, MI. **CHIHULY** at Meijer Gardens. Guided Tram Tour, Lunch, Chihuly: "Radiant Forms" indoor exhibition, free time to explore. Stop at Horrocks Farm Market. **\$165**

Thurs, August 13 - Chelsea, MI. **"Emma's Wedding"** at Purple Rose Theatre - matinee performance with lunch prior at Gandy Dancer. **\$189**

Fri, August 14 - Marshall, MI. **"Escape to Margaritaville"** at Cornwell's - Carved Turkey luncheon and performance. Free time for shopping in Cornwell's gift shop & bakery. **\$135**

NEW! Wed, August 26 - Detroit, MI. **Michigan Central Station** tour. Guided walking tour, Lunch, Cullen Plaza for free time along the riverwalk. **\$130**

NEW! Thurs, Sept 10 - Detroit, MI. **"Detroit Princess Lunch Cruise"** Tickets include the cruise, live Motown entertainment and a delicious buffet lunch. Price: **\$129**

Tue, September 15 - Frankenmuth, MI. **"Zehnder's Elvis Lives"** chicken luncheon followed by a performance and free time for shopping in downtown Frankenmuth. Price **\$139**

NEW! Sat, September 19 - Petrolia, ON (Canada) **"Music of the Beatles"** at Victoria's Playhouse - matinee performance with lunch prior at Black Gold Brewery. Price **\$165**

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**

Note: A dedicated Rybicki Tours Tour Manager will be with you on tour every step of the way to ensure a smooth & enjoyable experience. On day tours, gratuity is included in the tour price. Additional gratuity is welcome & at your discretion. Driver gratuity is not included.



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: TimelessMemoriesAnE@gmail.com

Website: www.TimelessMemoriesAnE.com

Day & Adventure Trips 2026

- September 23 – Tigers Baseball Game vs Washington Nationals
- October 6, 2026 - Zehnder's Luncheon Show - Johnny Cash & Friends
- Watch for new day trips coming soon!!!

- 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
 - Prague, Budapest & Danube Christmas Market River Cruise - December 4, 2026
 - Smokey Mountains & Pigeon Forge Holiday – December 6, 2026
- Register for 2027 Trips:
- Ecuador & Galapagos Islands - February, 2027
 - Historic Savannah & Charleston - April, 2027
 - Discover Japan by Bullet Train – May 6, 2027
 - Alaska Fairbanks & Denali National Park with Cruise - June 24, 2027
 - Oregon Coast Pacific Northwest – August 8 – 17, 2027 – Shoreline Trip - Flying
 - North Carolina & The Outer Banks – September 9, 2027
 - Newport, Rhode Island – September 12 – 17, 2027 – Shoreline Trip – Bus Tour
 - South Africa & Victoria Falls Adventures – September 23, 2027
 - Autumn Colors of the Adirondacks & Canada's 1000 Islands – Oct 9 – 15, 2027 Shoreline Trip
 - Christmas Season in Victoria & Vancouver – December 1, 2027

Watch a few new 2027 Trips with Premier World Discovery and Mayflower coming in July.

City of Farmington Hills Department of Special Services

Adults 50 & Better Code of Conduct

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

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

Thank you for complying with the Code of Conduct and treating others with respect.

Together we can achieve anything!

CANCELLATIONS DUE TO UNFORSEEN CIRCUMSTANCES

On occasion, the City of Farmington Hills may need to cancel an individual class or event due to unforeseen circumstances beyond our control such as, but not limited to, inclement weather, power outages, instructor illness, etc. The City will make true effort to contact all registered participants. Prorated refunds will not be issued, but every effort will be made to reschedule.