

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



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.

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



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

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

CANCELLATIONS DUE TO UNFORSEEN CIRCUMSTANCES

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

WEATHER POLICY

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

DEPARTMENT OF SPECIAL SERVICES ADULTS 50 & BETTER

General Information - 248-473-1830

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

Programmer/Planning - Anna Durham 248-473-1822

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

Outreach - Teresa Jergovich 248-473-1826

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

Transportation Appointments - 248-473-1864

12/23/25

OPEN MIC MONDAY

Monday | 1/12 | 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 January 9 and eat in Shannon while you enjoy the music.

NEWCOMER WELCOME TOUR

Tuesday, January 27, 10:00 - 11:00 am

The Special Services welcomes newcomers from Farmington and Farmington Hills, Adults 50 & Better, for a tour of the facility explaining the services, trips, classes, volunteer opportunities, and activities available. Residents only. Sign up at the front desk of the Costick Center or call 248-473-1830.

KARAOKE

Friday | 1/23 | 1:00 - 3:00 pm #CS2100-01 | R/NR Fee: \$3/\$3

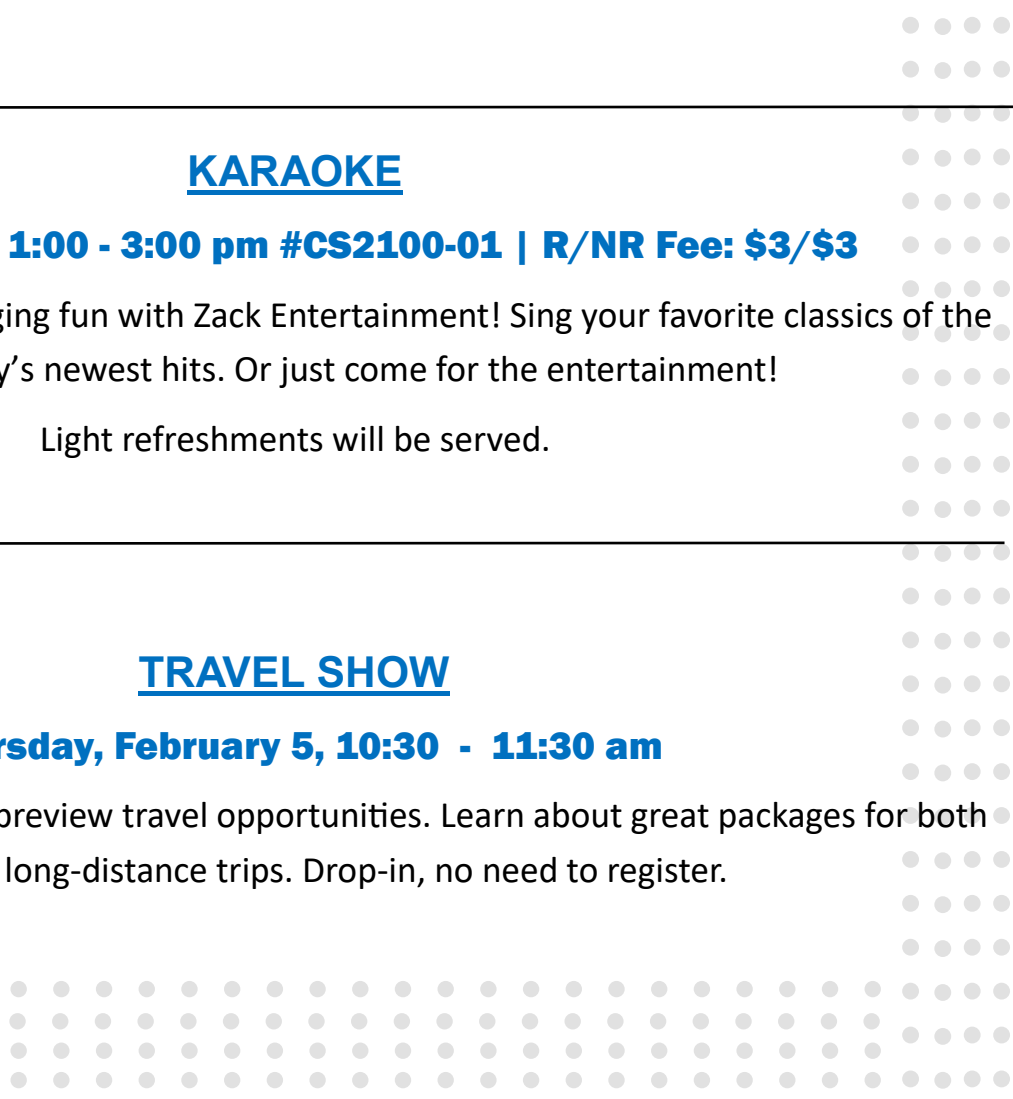
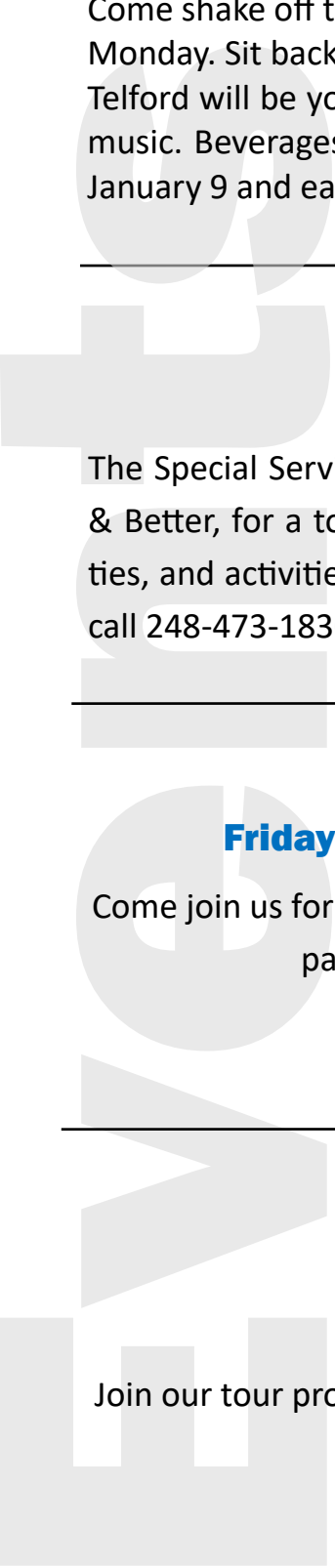
Come join us for some singing fun with Zack Entertainment! Sing your favorite classics of the past or today's newest hits. Or just come for the entertainment!

Light refreshments will be served.

TRAVEL SHOW

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

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



[TAX ASSISTANCE — In Person Method](#)

Limited number of appointments available.

By appointment only. Call (248) 473-1851 to be placed on the list starting on January 6th.

Appointments will be scheduled Tuesday & Friday, February 3 - April 7.

Members of AARP, with special training from the IRS, will assist with your tax return. Assistance is provided for Federal, State, homestead, and energy credit forms, but not for rental or business income. This will be an in person method. After you have an appointment scheduled, you will need to pick up an intake form at the Costick Center. This will need to be completed before your scheduled appointment.

Perform simple E-file returns only.

[ANNUAL VOLUNTEER RECOGNITION](#)

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

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

Applications are available at the Costick Center. All nominations must be received by February 20. Awards will be presented at our Volunteer Recognition. Anyone may submit a nomination.

The *All-New* Multisports Simulator at The Hawk January Special for Adults 50 & Better

Drop in and try it out, Tuesday and Thursday morning 10 am - 12 pm

Absolutely FREE for Adults 50 & Better!

January 6, 8, 13, 15, 20, 22, 27, 29

Experience the trill 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 stunning realism and accuracy. Whether you're fine tuning your golf swing or driving into action packed multiplayer games, our multisport simulator delivers non-stop entertainment for player of all ages and skill levels. Rain or shine, it's always game time here!



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.

Blue Moon



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.

January 16 — #CS4001-01

**Register by December 12 by 11:00 am
12:00 - 3:00 pm**

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

In 1943 lyricist Lorenz Hart confronts his shattered self-confidence in a bar as his former collaborator, Richard Rodgers, celebrates the opening night of his groundbreaking hit musical "Oklahoma!"

Dine & Discover

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

The Real Downtown Abbey

What's a Wyvern? Why did the Prince of Wales want a portrait of Mrs. Musters? Explore the art and the stories from Highclere Castle, the location and inspiration for Downton Abbey TV series plus more stories, art and landscaping from other British treasure houses. You'll find the truth stranger and every bit as salacious and exciting as the fiction.

Presenter: Wendy Evans

Wednesday| 1/21| 11:30 am - 1:30 pm CS2003-01| R/NR \$15/\$18

Register by January 13, space is limited.

Lost Restaurants of Detroit

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

Presenter: Paul Vachon

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

Register by February 10, space is limited.

Detroit: The Ever-Changing City on the Strait

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

Instructor: Jeff Pollock, Detroit History Tours

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

Register by March 5, space is limited.

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

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

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

Presenter: Radford Jones

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

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

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



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**

Mardi Gras Party

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

Don't forget your beads!

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

Register by Thursday February 4, space is limited.

Music Bingo

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

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

Register by Wednesday March 9, space is limited.

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.

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

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**



FOOD SAFETY AT HOME

A few tips to have your refrigerator and freezer ready in case of lost power.

- Group foods together in both the refrigerator and freezer. This helps food stay cold longer.
- Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice or gel packs.

During a power outage

- Keep refrigerator and freezer doors closed.
- The refrigerator will keep food safe for up to 4 hours. If the power is off longer, you can transfer food to a cooler and fill with ice or frozen gel packs.
- A full freezer will hold the temperature for approximately 48 hours.
- During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers or cans with water and leave them outside to freeze. Use the homemade ice in your refrigerator, freezer or coolers.

After the power outage

- **Never** taste food to determine its safety. **When in Doubt, Throw it Out!**
- **Discard the following** if your refrigerator has been without power for more than 4 hours:
 - raw, cooked or leftover meat, poultry, fish, eggs and egg substitutes
 - Luncheon meat and hot dogs
 - casseroles, soups, stews and pizza
 - mixed salads (i.e. chicken, tuna, macaroni, potato)
 - gravy and stuffing
 - milk, cream, yogurt, sour cream and soft cheeses
 - cut fruits and vegetables (fresh)
 - cooked vegetables
 - creamy-based salad dressings
 - batters and doughs
 - custard, chiffon or cheese pies
 - cream filled pastries
 - garlic stored in oil

Frozen foods that have thawed, but still contain ice crystals, are still safe to eat.

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 January 5 you need to reserve by Friday January 2 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 January 1 & 19.**

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




We have some interest in putting together a Costick Choir group that would meet once or twice a week to learn songs, practice and perform at various Adult 50 & Better events. Day and time is still under consideration.

Anyone interested in joining this choir group, please stop by the Costick front desk to pick up a form. The group is also looking for someone that plays piano & could volunteer their time.

COSTICK CAFE DINE-IN MEAL PROGRAM

January 2026 Menu

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	Lunch will be served in Shannon Hall.	Highlighted dates, lunch will be served in Casey.		1  Center Closed	2 Spanish Cheese Omelet, Malibu Blend Vegetables, Hashbrown Potatoes, Apple	3
4	5 Chicken Breaded Cutlet, Mashed Potatoes, Gravy, Prince Charles Vegetables, Apple	6 Chicken Meatballs, Penne with Maria-na Sauce, Sicilian Vegetable Blend, Banana	7 Pork Chop, Potatoes Au Gratin, Normandy Blend Vegetables, Pear	8 Salisbury Steak/Gravy, Roasted Potatoes, Orange Ginger Carrots, Cutie Orange	9 Meat Lasagna, Capri Blend Vegetables, Garden Salad, Banana	10
11	12 BBQ Pork Sandwich, Roasted Red Skins, California Blend Vegetables, Tangerine	13 Haddock, Roasted Butternut Squash, Malibu Blend Vegetables, Applesauce	14 Beef Tacos, Mexican Rice, Refried Beans, Shredded Lettuce/Tomatoes, Tortilla	15 Chicken Alfredo Lasagna, Riviera Vegetable Blend, Caesar Salad, Orange	16 German Beef Stroganoff, Cavatappi Pasta, Scandinavian Blend Vegetables, Pear	17
18	19 Martin Luther King Day Center Closed	20 Artesian Mac & Cheese, Stewed Tomatoes, Vegetable Blend, Banana	21 Turkey Breast, Mashed Potatoes, Venetian Vegetable Blend, Tropical Fruit	22 Chicken Vegetable Stew w/Mixed vegetables, Baked Sliced Apples, Garden Salad	23 Crispy Fish Sandwich, Roasted Sweet Potatoes, Spinach, Tangerine	24
25	26 Stuffed Peppers, Whipped Potatoes, Capril Vegetable Blend, Tropical Fruit Cup	27 General Tso Chicken, Vegetable Fried Rice, Asian Vegetable Blend, Cutie Orange, Fortune Cookie	28 Pub Burger w/Cheese, Potatoes with Peppers & Onions, Northwest Blend Vegetables, Pear	29 Cheese Manicotti Marinara, Italian Green Beans, Garden Salad, Orange	30 Cabbage Rolls, Mashed Potatoes, Normandy Blend Vegetables, Apple	

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 January 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. Facilitated by Nancy Crutchfield, Care Team Manager, Elara Caring.

Alzheimer's Association Caregiver Support Group

Support group for anyone who is caring for someone with dementia. Open discussion format provides education, support & understanding. Meets every Monday by zoom except holidays and in person at the Costick Center every 2nd Monday of the month 6:00 - 7:30 pm. Group Leader: John Robertson, Call or email Treena Horton: thorton@alz.org 248-996-1058 to register and the zoom link will be sent to you by email.

Brain Injury Support Group

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

Caregivers

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

Vision Support Group (no meeting in January)

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.

January - The Witches by Stacy Schiff

Euchre

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

Duplicate Bridge

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

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

CFAA (Cycling for Active Adults)

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy lifestyle. \$20.00 for a year membership/volunteer ride leaders membership fee is waived.

You can register online with program #CS4613. Here is the link:

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

For more information call 248-473-1822.



Computer Forum

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

Farmington Piecemakers

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

Join one of our clubs or groups:

Mahjong Group

Mahjong Group is looking for people to join them! The group meets Wednesday mornings, 10:00 am - 12:00 pm. If you have a Mahjong set please bring it with you. .50 cents

New Friends Social Club (No meeting in January & February)

Would you like to meet new friends? Join us on the 2nd Wed. of each month at 11:00 am to meet fellow seniors and make new friends. Enjoy light snacks, develop meaningful relationships and fellowship with light-hearted conversations. Learn from interesting speakers, share any current challenges that you would like advice from the group.

Pinochle Group

What a great way to spend Monday morning. Play pinochle with some friendly chatter and companionship, 9:30 am to 12:00 pm. 50 cents.

Quilters

Each Friday at 10 am, this informal group gets together to share ideas and techniques about their quilting, knitting, sewing, needlepoint and other fiber projects. Newcomers are always welcome.

Red Hat Society Group

Meets 3rd Wednesday of each month from 11:30 am - 1:00 pm.



Sojourn Bears

If you are interested in being a group leader for Sojourn Bears call Anna at 248-473-1822. The Adults 50 & Better Program sponsors this local chapter of the national program that makes teddy bears for distribution to adult cancer patients and survivors for support and comfort. This group meets to sew, stuff, cut out, and create the bears the 4th Monday each month at 1 pm. Many of the tasks can be taken home to complete. Patterns and instructions provided.

Tai Chi 50 cents

Tai Chi helps reduce stress and increases balance and flexibility. Meet at the Costick Center Tuesday 9 - 10 am, and Thursday 8:30 - 9:30 am. Tai Chi Video, 50 cents each session.

The Next Chapter Library Program

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.

January 27, 2026: New Year's Positive Affirmations Craft: Start off the year 2026 on the right foot! Come create a positive affirmation painting that'll provide you with words of inspiration, kindness, and gratitude you can draw from for the rest of the year. All art supplies will be provided. 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://mifarmingtonhillsweb.myvscloud.com/>

No need to register. Just show up!

Every other Wednesday - Coffee and Stroll - 10:30 - 11:30 am - Join this social group every other Wednesday for a naturalist guided slow paced walk along the trails of Heritage Park. Please dress for the weather and wear sturdy boots. Call 248-473-1870 for dates.

Volunteer Day - Saturday January 17, 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 \$20.00.

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

POOL WILL BE CLOSED 1/1/26

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 \$20.00.

Pickleball - Drop-in Play at the Costick Center -

No pickleball 1/1, 1/19

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

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

Monday | 9:00 - 11:30 am

All skill levels welcome.

Wednesday, Friday | 9:00 - 11:00 am

All skill levels welcome.

Monday | 12:00 - 3:00 pm

All skill levels welcome.

Tuesday | 12:30 - 3:00 pm

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

Tuesday | 3:00 - 5:30 pm | Punch Pass Only

All skill levels welcome.

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

All skill levels welcome.

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

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

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

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

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

All skill levels welcome.

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

All skill levels welcome.

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

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

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

FITNESS CLASSES

NEW - Starting in January - HORSE Basketball

Thursday | 1/8 - 2/19 | 6:00 - 8:00 pm #CS2514-01

7 week session

R/NR Fee: \$28/\$35

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 - Starting in January - Fit Walk

Thursday | 1/8 - 2/12 | 4:00 - 4:35 pm #CS2515-01

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 with our new instructor!

Monday | 1/5 - 2/9 | 10:15 - 11:15 am #CS2500-01

Instructor: Claire Sophia

5 week session (No Class 1/19)

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 | 1/6 - 2/10 | 9:45 - 10:45 am #CS2500-02

Instructor: Linda Hawkins

6 week session

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

Wednesday | 1/7 - 2/11 | 9:45 - 10:45 am #CS2500-03

Instructor: Linda Hawkins

7 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 | 1/6 - 2/10 | 11:00 am - 12:00 pm #CS2503-01

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 | 1/5 - 2/9 | 11:00 am - 12:00 pm #CS2504-01

Instructor: Bharti Shah

5 week session (No class 1/19)

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

Wednesday | 1/7 - 2/11 | 11:00 am - 12:00 pm #CS2512-01

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 | 1/8 - 2/12 | 9:45 - 10:45 am #CS2501-01

Instructor: Bharti Shah

6 week session

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

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

Yoga Evening

Thursday | 1/8 - 2/12 | 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 | 1/7 - 2/11 | 9:30 - 10:30 am #CS2511-01

6 week session

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

Instructor: Susan Patton

A different lesson each week, verbally directed, relating to every aspect of human movement. Done in lying, sitting, standing and on hands and knees. They are designed to break old habits and instill new ways of thinking, feeling and moving. The exercises are non-judgmental, non-competitive and self-directed so that each person progresses at their own pace. They improve postures, flexibility, breathing, coordination and movement efficiency, and reduce and eliminate pain and discomfort. Wear comfortable clothing. Bring a mat and a bath towel.

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

Balance, Strength & Stretch

Wednesday | 1/7 - 2/11 | 4:15 - 5:00 pm #CS2513-01

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.

Gym Exercise

Tuesday | 1/6 - 2/10 | 11:00 am - 12:00 pm #CS2509-01

6 week session

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

Thursday | 1/8 - 2/12 | 11:00 am - 12:00 pm #CS2509-02

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 | 1/6 - 2/10 | 9:45 - 10:45 am #CS2510-01

6 week session

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

Thursday | 1/8 - 2/12 | 9:45 - 10:45 am #CS2510-02

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 | 1/6 - 2/10 | 1:15 - 2:15 pm #CC2515-01

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 | 1/8 - 12/18 | 1:00 - 2:00 pm #CS2508-01

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 | 1/7 - 2/11 | 6:00 - 7:00pm #CS2506-01

6 week session

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

Friday | 1/9 - 2/13 | 10:00 - 11:00am #CS2506-02

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 | 1/7 - 2/11 | 7:00 - 8:00pm #CS2507-01

6 week session

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

Thursday | 1/8 - 2/12 | 2:00 - 3:00pm #CS2507-02

6 week session

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

Friday | 1/9 - 2/13 | 11:00am - 12:00pm #CS2507-03

6 week session

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

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

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

Friday January 2 line dance class added:

Absolute Beginner #CC2507-06 \$4.00

Beginner #CC2500-11 \$7.00

Beginner Plus #CC2505-06 \$7.00

Absolute Beginner Line Dance

Friday | 1/9 - 1/23 | 11:30am - 12:00 pm #CC2507-01

R/NR Fee: \$12/\$12 3 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 | 1/7 - 1/21 | 12:00 - 1:00 pm #CC2500-01

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

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

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

Beginner Plus Line Dance

Friday | 1/9 - 1/23 | 1:00 - 2:00 pm #CC2505-01

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

Intermediate Line Dance

Wednesday | 1/7 - 1/21 | 1:00 - 2:00 pm #CC2506-01

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

Instructor: Christine Stewart

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

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

Foxtrot | Wednesday | 1/7 - 2/11 | 6:30 - 7:20 pm #CC2501-01

Hustle | Wednesday | 1/7 - 2/11 | 7:30 - 8:20 pm #CC2501-02

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

Cha Cha | Tuesday | 1/6 - 2/10 | 6:30 - 7:20 pm #CC2502-01

Tango | Tuesday | 1/6 - 2/10 | 7:30 - 8:20 pm #CC2502-02

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

Waltz | Monday | 1/5 - 2/9 | 6:30 - 7:20 pm #CC2503-01

Rumba | Monday | 1/5 - 2/9 | 7:30 - 8:20 pm #CC2503-02

5 week session, (No class 1/19)

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

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+

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

Beginning Knitting

Tuesday | 1/6 - 1/27 | 1:00 - 3:00 pm | #CS2403-01

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 | 1/7 - 2/11 | 11:00 am - 12:00 pm | #CS2401-01

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 | 1/7 - 2/11 | 12:30 - 1:30 pm | #CS2402-01

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 | 1/5 - 1/26 | 11:00 am - 12:00 pm | #CS2423-01

4 week session

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

Instructor: Cindy Rose

One-hour sessions at 11 a.m., four Mondays of the month. Euchre is a fun, social card game that's frequently played around town -- and here at Costick Center on Mondays at 1 p.m.

Come and learn the basics in a relaxed, hands-on setting. Then let the games begin!

Learn to Play Mahjong

Wednesday | 2/5 - 2/25 | 9:30 am - 11:30 am | #CS2432-02

4 week session

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

Instructor: Donna Mandell

The game of Mahjong is fairly easy to learn, though mastering the game is said to take a lifetime! Join this 3 week class and you will learn the basis. Students can purchase the Mahjong cards directly from the instructor for \$15.00 cash or check on the first day of class. You can register online, at the Costick front desk or by calling 248-473-1830.

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 kpercin@fhgov.com for more info.

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

Seniors and Kitchen Safety: Tips for the "Heart of the Home"

What's considered a primary gathering place in the home can become a nightmare for seniors. People age 65 and older have a 2.5 times greater risk of dying in a kitchen fire than the general population. When's the last time you looked for potential hazards

For those that want to ensure that the kitchen is as safe as possible for their senior loved ones, there are three key areas to consider:

Fire prevention and safety – The primary cause of kitchen fires is unattended food – seniors should never leave the kitchen when food is cooking. Automatic shut-off devices are a great tool to help seniors that have memory issues but like to spend time cooking. Loose clothing, kitchen towels and potholders can all catch fire if too close to the stove, so it is good to be mindful about fabric near flames. And, on a regular basis, a qualified electrician should check wiring and outlets to ensure safety compliance – this is a common cause of fires in older homes

Foodborne illness prevention – Because of the ways our bodies change when we get older, foodborne illness can become a much more serious issue. This can be prevented by properly storing food, checking fridge temperatures often, properly reheating food, cleaning old items out of the fridge and pantry often and checking expiration dates.

Reduce fall risks – When seniors need to reach an item, whether stored too high or too low, it can cause a balance issue that may lead to a fall. Keeping cooking items within reach is critical. Clutter on counters should be removed, bright lights are helpful, and the heaviest objects should be stored at waist level. Water is often a problem in the kitchen – possible issues include spilled water from the sink, leaking refrigerators and pipe leaks. Spilled water can make kitchen floors slippery, so adding mats and checking water sources often is important.



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



TRAVEL NEWS



RYBICKI TOURS

Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

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

Credit card payments are accepted for all trips.

COVID-19 Vaccine Policy: "***Reminder- Be sure to bring your proof of vaccination with you on tour in case it is required at any venues we will be attending." (Some overnights do state proof of vaccination is required on the flyer, some venues do require this and Rybicki will follow through.)

All Shook Up at Meadow Brook Theatre, January 14, 2026 (Wednesday), \$145/pp

Enjoy lunch at Loccino Italian Grill & Bar in Troy prior to the matinee performance. Enjoy a plated meal served at your table from a limited menu. Following lunch, enjoy a main floor ticket for the matinee performance at the Meadow Brook Theatre. Inspired by & featuring the songs of Elvis Presley. This crowd-pleasing musical is inspired by and featuring the songs of Elvis Presley. It's 1955 and into a square little town in a square little state rides a guitar-playing young man who changes everything & everyone he meets in this hip-swiveling, lip-curling musical fantasy that'll have you jumpin' out of your blue suede shoes with such classics as "Heartbreak Hotel," "Jailhouse Rock," & "Don't Be Cruel". In collaboration with Oakland University's School of Music, Theatre & Dance.

Captain Fantastic, a Tribute to Elton John at Zehnder's, February 25, 2026 (Wednesday), \$145/pp

Enjoy Zehnder's Chicken Luncheon in their beautiful main dining room followed by a performance delivering all the iconic hits, dazzling piano flair, and show-stopping energy of a true Elton John concert! For many decades, Elton John has been one of the greatest entertainers and continues to astonish audiences all around the globe with his music and outstanding performances. Ron Foss' Captain Fantastic Detroit is not only an amazing tribute to this great entertainer, he also bears a striking resemblance to Sir Elton John. His piano style and vocals will have you thinking you are part of the real concert event. Following the concert, enjoy some free time on Main Street of downtown Frankenmuth for shopping and exploring.

The Outsiders at the Fisher Theatre, March 15, 2026 (Sunday), \$215/pp

Enjoy Bruch Buffet prior to the performance at Andiamo Detroit Riverfront. Main floor ticket for the 1:00 pm performance of the four 2024 Tony Awards, including Best Musical, The Outsiders. With a dynamic score, The Outsiders is a story of friendship, family and the realization that there is still "lots of good in the world". Roundtrip via modern motorcoach transportation. Departure Time: 9:30 am - Approx. Return: 5:00 pm

Rick Steve's Europe a Symphonic Journey, March 27, 2026 (Friday), \$155/pp

DSO Pop Series at orchestra Hall in Detroit, MI

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

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

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



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

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

- Best of Australia & New Zealand – March 9, 2026 – 17 days
- Washington Cherry Blossom's & Williamsburg – April 7, 2026 – 6 days Bus Tour
- Holland Windmills, Waterways & Tulips River Cruise – April 20, 2026 – 9 days
- Music Cities – New Orleans, Memphis & Nashville – May 11, 2026 – 8 days
- Pacific Coast Adventure - July 12, 2026 – 8 days
- Highlights of Scandinavia – July 16, 2026 – 11 days
- National Parks & Historic Trains of Colorado – August 2, 2026 – 9 days
- Highlights of Scotland – Collette – August 15, 2026 – 10 days
- Western Road Trip – September 3 – 14, 2026 – 12 day bus tour west
- Athens & The Greek Islands – September 29, 2026 – 9 days
- New England Rails & Trails – September 30, 2026 – 9 days
- Explore America's Historic East - October 11, 2026 - 9 days- Celebrate 250 Anniversary
- Spain & Portugal Highlights – November 5, 2026 – 9 days
- Vermont – New Hampshire (3) Historic Rail Excursions – OCT 2026 – 8 days-Bus
- Branson Holiday Tour Ozark Mtn Christmas – November 16, 2026 - 6 days -Bus
- Smokey Mountains & Pigeon Forge Holiday – December 6, 2026

City of Farmington Hills Department of Special Services

Adults 50 & Better Code of Conduct

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

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

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

Together we can achieve anything!

Have the happiest New Year! Wishing you good health and prosperity.





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