



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



"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. There's something for everyone in the April lineup! 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.

**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.

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**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 248-473-1826**

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

## OPEN MIC MONDAY

**Monday | 4/13 | 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 April 10 and eat in Shannon while you enjoy the music.

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## KARAOKE

**Friday | 4/24 | 1:00 - 3:00 pm #CS2100-04 | R/NR Fee: \$5/\$5**

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

Light refreshments will be served.

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## TRANSFORMATIONAL BREATHWORK & SOUND JOURNEY A WORKSHOP

**Thursday | April 9 | 10:30 am - 12:00 pm | #CS2516-02 | R/NR Fee: \$10/\$12**

**Instructor: Linda Hawkins and Claire Sophia**



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

Join Linda and Claire as they intertwine the ancient practices of intentional breathwork and sound healing for a relaxing and soothing morning of connection and nervous system reset. Together, they will guide you toward releasing anxiety, restoring balance, and awakening a quiet joy within.

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# Costick Derby Party

Enjoy an afternoon luncheon, “dressed to the nines,” in the atmosphere of the Kentucky Derby. Take part in the tradition of beautiful hats, delicious treats, musical entertainment with Suzie Marsh and of course, horse racing!

**Friday | May 1 | 11:30 am - 1:30 pm #CS2202-01**

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

Register by Thursday April 23, space is limited.



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



**adults 50  
& better**

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*

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

## YVONNE TREASURES GIFT SHOP IS OPEN AND STOCKED WITH TREASURES!

Most weekdays, Monday - Friday

9:30 am - 3:00 pm

Located inside the Costick Center

28600 Eleven Mile Road, Farmington Hills, MI 48336

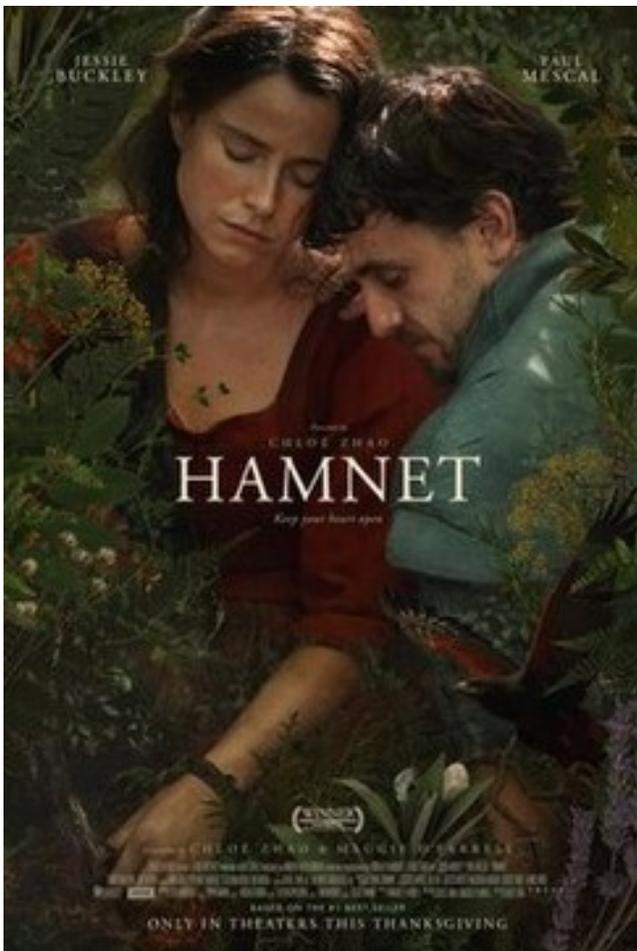
*We are now accepting your collectables, trinkets, & treasures to keep our shelves stocked.*

Proceeds benefit seniors in need in the Farmington/Farmington Hills area.

*The Farmington Hills Adults 50 & Better Division of Special Services is looking for a volunteer to help in the Gift Shop. If you are interested please stop at the front desk or call 248-473-1822.*

## Hamnet

## 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.**

**April 17**

**by April 10 by 11:00 am**

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

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

From Academy Award® winning writer/director Chloé Zhao, Hamnet tells the story of William Shakespeare and his wife, Agnes. It celebrates the birth of their son, Hamnet. However, when tragedy strikes and Hamnet dies at a young age, it inspires Shakespeare to write his timeless masterpiece "Hamlet." Jessie Buckley won the Best Actress Oscar at the 2026 Academy Awards for her role as Agnes in the film "Hamnet".

**FARMINGTON  
HILLS**  
SPECIAL SERVICES *Michigan*



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

**adults 50  
& better**

# Dine & Discover

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

## **Detroit's Dream Palaces**

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

**Presenter: Sherry Tuffin**

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

Register by April 14, space is limited.

## **Albert Kahn: Detroit's Architect**

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

**Presenter: Micheal G. Smith, Detroit History Tours**

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

Register by May 5, space is limited.

## **Bob Seger "Turn the Page"**

Join Dr. Edward Sarkis Balian as he discusses his biography Turn the Page: The Bob Seger Story. Discover how this Detroit rock legend never gave up on his dream, building the stamina and determination to take his music to an international audience. Although based in Southeast Michigan, Bob Seger has long maintained a low profile when off the road. Come learn more about the man behind the music and the remarkable journey that shaped his career.

**Presenter: Dr. Edward Sarkis Balian**

**Wednesday | 6/10 | 11:30 am - 1:30 pm CS3300-01 | R/NR \$15/\$18**

Register by June 2 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***

## **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**

## **Three Parks for your Bucket List...(that you may not know!)**

Some National Parks are so iconic that their images spring to mind instantly. But beyond these well-known treasures lie lesser-visited wonders just as breathtaking. In this program, we journey through three remarkable parks that deserve a place on every nature lovers list. Explore the stark, otherworldly beauty of Death Valley, experience the dynamic geothermal landscapes of Lassen Volcanic, and discover the remote wilderness of Isle Royale, the crown jewel of Michigan's park system. Join us for an unforgettable look at these extraordinary, often overlooked national treasures.

**Instructor: Maureen Allen**

**Friday | 6/26 | 10:00 - 11:30 am | CS3005-01 | R/NR \$8/\$10**

## **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.

**Instructor: Kathleen Marcaccio**

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

## [New Members Welcome - Cycling for Active Adults](#)

Farmington Hills is calling all cyclists 50 & Better to join an enthusiastic cycling club. The goals of the club are to promote bicycle safety by establishing new area routes, enjoy fellow riders and a healthy lifestyle. Enjoy meetings, rides and picnics. For more information, visit our

Facebook page at <https://www.facebook.com/cfaa.bikeclub/> or call 248-473-1822.

**Registration is open for the 2026-2027 season. Register early and pick up your membership card at the Spring Kick-Off Gathering**

**Thursday April 16, Costick Center, Registration open 4:00 - 7:30 pm**

**Bike Ride at 5:30 pm, meet in the parking lot on the East side of the Costick Center.**

*If you are a new member with CFAA you must register before the ride or stop in the Costick lobby to sign a waiver form.*

**Spring Kick-Off Gathering in Shannon Hall at 6:30 pm**

**Refreshments & light snack will be served.**

**\$25.00 for a year membership.**

**Volunteer ride leaders membership fee is waived.**

You can register & pay at the Costick Center front desk or online at,

<https://mifarmingtonhillsweb.myvscloud.com/webtrac/web/iteminfo.html?Module=AR&FMID=291168360>

When registering online, the waiver form will pop up, check the box to sign electronically.

Or you can print out the membership/waiver form and mail it to me with a check.

Costick Center, 28600 Eleven Mile Road,  
Farmington Hills, MI 48336

Attn: Anna Durham or emailed to [adurham@fhgov.com](mailto:adurham@fhgov.com)

Membership cards for the current year will be issued after receipt of payment & signed waiver. CFAA members should carry their membership cards with emergency contact info on the back so they are visible to the ride leaders. Helmets are required on all rides. After you join members will be notified about upcoming rides, via email and a private Facebook group.





# SENIOR LAW DAY

May 5, 2026 | 9:45 a.m.–2 p.m.

## Costick Activities Center

28600 West 11 Mile Rd., Farmington Hills, MI 48336

9:45 a.m. –10:00 a.m.

CHECK IN

10:00 a.m.–11:00 a.m.

KEYNOTE ADDRESS

**SPEAKER:**

Scot Teter, *Division Chief, Michigan Department of the Attorney General*

**TOPIC:**

Senior Scams -  
*Scam Prevention*

11:10 a.m.–12:00 p.m.

PANEL DISCUSSION

Housing Stability and Aging in Place

12:00 p.m.–12:45 p.m.

LUNCH

12:45 p.m.–2:00 p.m.

ASK A LAWYER

**RSVP by April 27, 2026**

Call 248-473-1830, register online at [recreg.fhgov.com](http://recreg.fhgov.com) or stop by the Costick Center front desk. Code #CS3001-01.

Complimentary lunch provided by the Oakland County Bar Foundation.

OAKLAND COUNTY  
**CCBA**  
BAR ASSOCIATION



OAKLAND COUNTY  
BAR FOUNDATION





# 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:** Friday May 8th

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

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

**Register for an 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





## 3-PART GRIEF AND LOSS SERIES

*Presented by Interim Home Health and Hospice  
Bereavement Program*

We know that grief and loss can be a complex journey, and at times, challenging to navigate. Whether you are experiencing a loss yourself, know someone who is experiencing a loss, or just would like to learn more to increase your knowledge around this topic, please consider joining us for the following grief and loss workshop series:

**Monday, May 4<sup>th</sup> from 10-12 #CS3402-01**

*Different Types of Grief- Did you know that people grieve in many different ways? What do these different styles look like, and how do they impact one's grief journey? Come learn about how these different styles manifest themselves, and factors that may contribute to our grief journey.*

**RSVP required by Monday, April 27th.**

**Monday, May 11<sup>th</sup> from 10-12 #CS3402-02**

*Common Emotional Responses to Grief- Based on the Five Stages of Grief Model, this workshop will explore the different ways our bodies respond to the grief journey, and coping tips on how to best support ourselves or others as we process those responses.*

**RSVP required by Monday, May 4th.**

**Monday, May 18<sup>th</sup> from 10-12 #CS3402-03**

*Coping Tips and Suggestions- This workshop will explore some general coping strategies to help deal with grief and loss, and incorporate four dimensions of self-care, and how finding ways to support those dimensions can help us through the grief journey.*

**RSVP required by Monday, May 11th.**

**All workshops will take place at the Costick Activities Center  
28600 Eleven Mile Road, Farmington Hills, MI**

**You do not need to sign up for all 3 to attend, though it is encouraged.  
To RSVP by the above dates, please contact the Costick Center  
at (248) 473-1800**

# Farmington Hills

# Adult Day Program

**A Day Program for Older Adults with Memory Loss**

**Enriching participants' lives through:**

- ◆ **Mind and Group Activities**
- ◆ **Physical Exercise**
- ◆ **Current Events**
- ◆ **Social and Recreational Activities**
- ◆ **Discussion/Reminiscence**
- ◆ **Music, Singing & Arts**
- ◆ **Holiday Parties**

**Includes: Door-to-door transportation, nutritionally balanced breakfast, lunch and snack as well as caregiver support .**

**For more information or to schedule a visit,  
call (248)473-1872 or email [jaltschul@fhgov.com](mailto:jaltschul@fhgov.com)**

**Location: Center for Active Adults at the Costick Center**

**28600 W. 11 Mile Rd, Farmington Hills, MI 48336**



**adults50  
&better**



## HEALTHY FOOD CHOICES AT HOME

Many of us prefer to make our own meals, versus going out to eat. Maintaining a balanced diet is important whether eating at home or going out to a restaurant. When you are preparing your meals at home, remember to make healthy choices for your food options and keep some of the following in mind:



\*Know what a healthy plate looks like. Make half your plate fruits and vegetables. Add fruit to meals as part of main or side dishes. Choose red, orange, or dark-green vegetables like tomatoes, sweet potatoes, kale and broccoli, along with other vegetables.

\* Look for important nutrients. Make sure to eat a variety of foods to get all the nutrients you need. Your plate should look like a rainbow. A healthy meal should include a lean protein (lean meats, seafood, eggs, beans). Fruits and vegetables as mentioned above. Whole grains (brown rice, whole wheat pasta). Drink or use low-fat dairy (milk and its alternatives).

\*Stay hydrated. Water is an important nutrient too. Don't let yourself get dehydrated, drink small amounts of fluids consistently throughout the day. Tea, coffee and water are your best choices. Keep fluids with sugar and salt at a minimum, unless your doctor has suggested otherwise. It is also possible to get some of your daily water requirements by eating foods high in water content such as: celery, tomatoes, cucumbers, iceberg lettuce, cauliflower, green peppers, watermelon, baby carrots and cantaloupe.

\*Read nutrition facts labels. The healthiest foods are whole foods. These are often found on the perimeter of the grocery store in the produce, meat and dairy sections. Whole grains and foods with higher fiber content can help give a feeling of fullness and also provide key nutrients. When you do choose to eat packaged foods, read the labels to find items that are lower in fat, added sugars and sodium.

**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](http://www.farmington.k12.mi.us/employment)

## **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 April 13 you need to reserve by Friday April 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 April 3.**

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



### **Costick Choir Practice**

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

**New members welcome!**

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

## COSTICK CAFE DINE-IN MEAL PROGRAM

# April 2026 Menu

<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
Lunch will be served in Shannon Hall.		Highlighted dates, lunch will be served in Casey.	<b>1</b> Shepherd's Pie with Mixed vegetables, Mashed Potatoes, Hot Peaches, Garden Salad	<b>2</b> Bratwurst, German Potato Salad, Malibu Blend Vegetables, Apple	<b>3</b> Center Closed at noon for Good Friday No lunch Service today	<b>4</b>
<b>5</b>	<b>6</b> Stuffed Pepper, Whipped Potatoes, Capril Vegetable Blend, Tropical Fruit Cup	<b>7</b> Crispy Fish, Baked Potato Wedges, Ginger Carrots, Cole Slaw, Apple	<b>8</b> Chicken Alfredo Lasagna, Key West Vegetable Blend, Pear, Garden Salad	<b>9</b> Chicken Salad on Spring Greens & Tomato, Potato Salad, Three Bean Salad, Orange	<b>10</b> Mac and Cheese, Stewed Tomatoes, Maui Vegetable Blend, Tangerine	<b>11</b>
<b>12</b>	<b>13</b> Italian Meatballs & Pasta Marinara, Italian Vegetable Blend, Apple	<b>14</b> Chicken Leg, Cheesy Potatoes, Nantucket Vegetable Blend, Banana	<b>15</b> Chicken Fajitas, Roasted Peppers & Onions, Black Beans, Pear	<b>16</b> Chili/Lime/Tilapia, Rice Pilaf, Broccoli, Orange	<b>17</b> Marinated Chicken Breast, Au gratin Potatoes, Prince Charles Vegetable Blend, Fruit Cup	<b>18</b>
<b>19</b>	<b>20</b> General Tsao Chicken, Vegetable Fried Rice, Far East Vegetable Blend, Pear	<b>21</b> Italian Sausage, Roasted Peppers & Onions, Steamed Potato/Carrots, Red Grapes	<b>22</b> Chicken Marsala, Cavatappi Pasta, Winter Blend Vegetables, Mango Papaya Cup	<b>23</b> Meat & Cheese Lasagna, North West Vegetable Blend, Garden Salad, Tangerine	<b>24</b> Sloppy Joes, Roasted Potatoes, Capri Blend Vegetables, Orange	<b>25</b>
<b>26</b>	<b>27</b> Stuffed Cabbage, Mashed Potatoes, Caribbean Blend Vegetables, Applesauce Cups	<b>28</b> Parmesan Tilapia, Veggie Wild Rice, Normandy Blend Vegetables, Super Slaw, Banana	<b>29</b> Sliced Turkey & Gravy, Mashed Potatoes, Green Beans, Fruit Cup	<b>30</b> Spanish Cheese Omelet, Malibu Blend Vegetables, Hashbrown Potatoes, Apple		

**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](mailto:cpalmer@hom.org)

## **Farmington Hills Parkinson's Support Group**

### **Meeting location has moved to the Kirk Gibson Center**

31440 Northwestern Hwy, Suite 185 Farmington Hills, MI 48334

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

## **Navigating Change and Aging Coffee Hour New Meeting Time: 1:00pm**

Join us the 2nd Wednesday of the month. Next meeting is April 8 from 1:00 - 2:00 pm 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 Monday of the month 6:00 - 7:30 pm. Group Leader: John Robertson, Email Jean Barnas at [jbarnas@alz.org](mailto:jbarnas@alz.org) to register and the zoom link will be sent to you by email.

## **Brain Injury Support Group**

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

## **Caregivers**

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

## **Vision Support Group**

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

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

## **Ban-joes of Michigan**

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

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

## **Book Discussion**

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

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

**April - Happy-Go-Lucky by David Sedaris**

**May - The Berry Pickers by Amanda Peters**

## **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)**

### **Spring Kick-off Gathering Thursday, April 16 4:00 - 7:30 pm**

**Bike Ride at 5:30 pm, meet in the parking lot on the east side of the Costick Center**

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!

## **Farmington Piecemakers**

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

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

## ***Join one of our clubs or groups:***

### **Mahjong Group**

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

### **New Friends Social Club**

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

### **Pinochle Group**

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

### **Quilters**

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

### **Red Hat Society Group**

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

### **Sojourn Bears**

The Adults 50 & Better Program sponsors this local chapter of the national program that makes teddy bears for distribution to adult cancer patients and survivors for support and comfort. This group meets to sew, stuff, cut out, and create the bears the 4th Monday each month at 1 pm. Many of the tasks can be taken home to complete. Patterns and instructions provided.

### **Tai Chi 50 cents**

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

### **The Next Chapter Library Program**

Join the Farmington Library's Outreach Specialist on the 4<sup>th</sup> Tuesday of the month from 10:00 – 11:00 am here at the Costick Center to learn about the library and the programs they offer. Large print books will be available to check out. Topics and/or activities vary monthly. Sign up in the Costick Library.

**April 28, 2026: Library Learning Hour/Library Card Sign Ups:** Create a free Farmington Community Library card and learn about the various resources and services the library offers! Please bring a valid driver's license or state ID that indicates proof of residence in Farmington/Farmington Hills. The Senior Outreach Librarian will also help you get set up with Hoopla and Libby, the Farmington Community Library's ebook and audio-book platforms. Handouts about upcoming library programs and services 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 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. The Senior Adult Nutrition Program is funded through Age Ways Nonprofit Senior Services.

The Farmington Hills Senior Nutrition Program is funded through Title III, Older Americans Act Funds & distributed through the AgeWay Nonprofit Senior Services and the Office of Aging and Adult Services Agency. Complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation Act of 1973. Equal opportunity employee program. Reasonable accommodation will be provided upon notification or request.

### **Knox Box**

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

### **Transportation Program**

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

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

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

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

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

**Volunteer Day - Saturday April 18**

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



## SENIOR AQUATICS PROGRAMS

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

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

### SENIOR OPEN SWIM

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

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

### SENIOR WATER EXERCISE

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

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

### SENIOR ARTHRITIS EXERCISE

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

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

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## Resealable Card Holders & Lanyards

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

### Card Holder or Lanyard

**.50 each**

Available to purchase at Costick Front Desk



# Adults 50 & Better Fitness Classes

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

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

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

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 | 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**

All skill levels welcome.

### **Friday | 9:00 - 11:00 am**

All skill levels welcome.

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

All skill levels welcome.

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

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

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

## FITNESS CLASSES

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 | 4/13 - 5/18 | 10:15 - 11:15 am #CS2500-07**

**Instructor:** Claire Sophia

6 week session

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

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

**Tuesday | 4/14 - 5/19 | 9:45 - 10:45 am #CS2500-08**

**Instructor:** Linda Hawkins

6 week session

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

**Wednesday | 4/15 - 5/20 | 9:45 - 10:45 am #CS2500-09**

**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 | 4/14 - 5/19 | 11:00 am - 12:00 pm #CS2503-03**

**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 | 4/13 - 5/18 | 11:00 am - 12:00 pm #CS2504-03**

**Instructor:** Bharti Shah

6 week session

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

**Wednesday | 4/15 - 5/20 | 11:00 am - 12:00 pm #CS2512-03**

**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 | 4/16 - 5/21 | 9:45 - 10:45 am #CS2501-03

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 | 4/16 - 5/21 | 5:30 - 6:30 pm #CS2502-03

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 | 4/15 - 5/20 | 9:30 - 10:30 am #CS2511-03

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 | 4/15 - 5/20 | 4:15 - 5:00 pm #CS2513-02

5 week session, No Class 4/29

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

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 | 4/15 - 5/20 | 6:00 - 7:00pm #CS2506-05

6 week session

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

Friday | 4/17 - 5/22 | 10:00 - 11:00am #CS2506-06

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 | 4/15 - 5/20 | 7:00 - 8:00pm #CS2507-07**

6 week session

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

**Thursday | 4/16 - 5/21 | 2:00 - 3:00pm #CS2507-08**

6 week session

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

**Friday | 4/17 - 5/22 | 11:00am - 12:00pm #CS2507-09**

6 week session

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

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

## Tai Chi for Movement & Balance

**Thursday | 4/16 - 5/21 | 1:00 - 2:00 pm #CS2508-03**

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 | 4/14 - 5/19 | 11:00 am - 12:00 pm #CS2509-05**

6 week session

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

**Thursday | 4/16 - 5/21 | 11:00 am - 12:00 pm #CS2509-06**

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 | 4/14 - 5/19 | 9:45 - 10:45 am #CS2510-05**

6 week session

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

**Thursday | 4/16 - 5/21 | 9:45 - 10:45 am #CS2510-06**

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 | 4/14 - 5/26 | 1:15 - 2:15 pm #CC2515-03**

6 week session **No Class May 5**

**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 | 4/16 - 5/28 | 6:00 - 7:00pm #CC2512-03**

5 week session **No Class April 30 & May 7**

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

**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 | 4/10 - 4/24 | 11:30am - 12:00 pm #CC2507-04**

**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 | 4/1 - 4/29 | 12:00 - 1:00 pm #CC2500-07**

**R/NR Fee: \$35/\$35** 5 week session

**Friday | 4/10 - 4/24 | 12:00 - 1:00 pm #CC2500-08**

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

## Beginner Plus Line Dance

**Friday | 4/10 - 4/24 | 1:00 - 2:00 pm #CC2505-04**

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

## Intermediate Line Dance

**Wednesday | 4/1 - 4/29 | 1:00 - 2:00 pm #CC2506-03**

**R/NR Fee: \$35/\$35** 5week session

**Instructor:** Christine Stewart

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

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

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

## Beginners Ballroom

**Waltz | Wednesday | 4/15 - 5/20 | 6:30 - 7:20 pm #CC2501-05**  
**Rumba | Wednesday | 4/15 - 5/20 | 7:30 - 8:20 pm #CC2501-06**

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

**Mambo/Salsa/Merengue | Tuesday | 4/24 - 5/19 | 6:30 - 7:20 pm #CC2502-05**  
**East Coast Swing | Tuesday | 4/24 - 5/19 | 7:30 - 8:20 pm #CC2502-06**

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

**Foxtrot | Monday | 4/13 - 5/18 | 6:30 - 7:20 pm #CC2503-05**  
**Hustle | Monday | 4/13 - 5/18 | 7:30 - 8:20 pm #CC2503-06**

6 week session

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

**Instructor:** Fernando Caducio

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

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## 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.

## Adults 50 & Better Life Long Learning

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

### Intermediate Knitting

Tuesday | 3/31 - 4/21 | 1:00 - 3:00 pm | #CS2405-02

4 week session

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

Instructor: Naomi Frenkel

Did you always want to learn how to knit a scarf of your own! The class will start by teaching the basics, casting on, knitting and purling. As the students perfect their techniques, we will move on to ribbing seed stitch and binding off. By the end of the 4th week, they will start either a washcloth or a scarf.

Materials fee of \$15.00 is payable to the instructor the first day of class.

### Spanish Beginner

Wednesday | 4/15 - 5/20 | 1:30 - 2:30 pm | #CS2401-03

6 week session

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

Instructor: Manuela Thompson

Learning a new Language is a great way to keep the mind sharp. This fun class will teach Castilian Spanish through games and activities. First day of class a Book fee of \$15.00 to be paid to instructor.

### Spanish Advanced Beginner

Wednesday | 4/15 - 5/20 | 3:00 - 4:00 pm | #CS2402-03

6 week session

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

Instructor: Manuela Thompson

Learning a new language is a great way to keep the mind sharp. This fun class will teach Castilian Spanish through games and activities. First day of class a Book fee of \$15.00 to be paid to instructor.

### EUCHRE 101 - New Session Each Month

Monday | 4/6 - 4/20 | 11:00 am - 12:00 pm | #CS2423-04

3 week session

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

Instructor: Cindy Rose

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

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

### Five Wishes & Advanced Directives

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

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

Sponsored By: Cathy Fuerstnau, Community Liaison Angela Hospice

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

## **Activ8 Your Brain**

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

**Free lunch, must register by April 14**

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

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

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

## **Self Defense NEW DATE**

**Tuesday |4/28 | 12:30 - 3:30 pm | CS2410-01 | No Charge**

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

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

## **Driving at Night**

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

**Register online or at Costick Front Desk.**

**Instructor: Michelle Soho, Corwell Health Farmington Hills**

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

## **Drivers Safety Program**

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

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

**Instructor: Donna Bucciarelli**

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

## **3-Part Grief and Loss Series**

**Presented by Interim Home Health and Hospice Bereavement Program**

We know that grief and loss can be a complex journey, and at times, challenging to navigate. Whether you are experiencing a loss yourself, know someone who is experiencing a loss, or just would like to learn more to increase your knowledge around this topic, please consider joining us for the following grief and loss workshop series.

**May 4: Different Types of Grief**

**May 11: Common Emotional responses to Grief**

**May 18: Coping Tips and Suggestions**

You do not need to sign up for all 3 to attend, though it is encouraged.

No Fee, call 248-473-1830, or at the Costick Center front desk

## Technology

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

### 13 Tech Tips to Stay relevant Today

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

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

Instructor: Rickey Eady

Technology is ever-changing, and sometimes it's hard to keep up. How can you keep pace with these changes and ensure you're using technology safely? This hands on class will cover some of the best technology tips that you'll be able to utilize in everyday, real life situations. Bring your fully charged phone with you to class.

### Canva For the Non-Designer:

#### Design Business Cards, Flyers, Invitations, and More!

Tuesday | 4/7 | 10:00am - 11:30am | CS2406-01

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

Instructor: Mike Wilson

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

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

Wednesday | 4/29 | 10:00 - 3:00 pm | #CS2427-01

R/NR Fee: \$50/\$55

Instructor: Mike Wilson

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

### Do you Need help with your iPhone?

Thursdays in April | 4/9 - 4/30 | 3:00 - 3:30pm | No Fee

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

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## Telephone Reassurance Program is Accepting New Clients

If you know of any family members or seniors who could use some companionship please give us a call to have them added to our call list. Our volunteers make phone calls Monday - Friday between 9 and 11 am.

They are a friendly voice checking in daily with our clients and then reporting back to the Costick Center staff on everyone's well being.

Please call 248-473-1851 if you or you know someone that should be added to our list.

**Tuesday June 9th**



# 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



## 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](http://www.soarexplore.com)**

248-626-0296

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# 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](mailto: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.

### ***RYBICKI TOURS***

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

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

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

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

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

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

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

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

### **WHAT TO LOOK FORWARD TO FOR SUMMER TRAVELING...**

June 3 - "Always a Bridesmaid" at Meadow Brook Theatre	TBD - Frederik Meijer Gardens - Chihuly Exhibition
June 21 - "A Beautiful Noise" at Stranahan Theatre	TBD - "Emma's Wedding" at Purple Rose Theatre
TBD - A "Winery Adventure" Day Tour	TBD - A Casino Day Tour
July 9 - "Fiddler on the Roof" at Encore Theatre	TBD - Shaw Festival Overnight
TBD - "It's a Mystery!" Day Tour	TBD - Stratford Festival Overnight
July 22 - "The Full Monty" at Huron Country Playhouse	



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: [TimelessMemoriesAnE@gmail.com](mailto:TimelessMemoriesAnE@gmail.com)

Website: [www.TimelessMemoriesAnE.com](http://www.TimelessMemoriesAnE.com)

## *Day & Adventure Trips 2026*

- May 28 - Tigers Baseball game vs Las Angeles Angles
- May 29 - DSO Trip & Lunch - American Songbook
- June 4 - Frederik Meijer Garden & Chihuly Glass Exhibit
- June 22 - Detroit Princess Riverboat - Detroit Fireworks & Dinner
- June 30 - Saugatuck Riverboat and Sand Dune Rides
- September 23 - Tigers Baseball Game vs Washington Nationals
- October 6, 2026 - Zehnder's Luncheon Show - Johnny Cash & Friends

- Pacific Coast Adventure - July 12, 2026 - 8 days
- Highlights of Scandinavia - July 16, 2026 - 11 days
- National Parks & Historic Trains of Colorado - August 2, 2026 - 9 days
- Highlights of Scotland - Collette - August 15, 2026 - 10 days
- Western Road Trip - September 3 - 14, 2026 - 12 day bus tour west
- Athens & The Greek Islands - September 29, 2026 - 9 days
- New England Rails & Trails - September 30, 2026 - 9 days
- Explore America's Historic East - October 11, 2026 - 9 days- Celebrate 250 Anniversary
- Spain & Portugal Highlights - November 5, 2026 - 9 days
- Branson Holiday Tour Ozark Mtn Christmas - November 16, 2026 - 6 days -Bus
- Prague, Budapest & Danube Christmas Market River Cruise - December 4, 2026
- Smokey Mountains & Pigeon Forge Holiday - December 6, 2026

### **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 2027

## City of Farmington Hills Department of Special Services

### Adults 50 & Better Code of Conduct

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

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

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

Together we can achieve anything!



# NOW HIRING

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

**APPLY HERE**



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



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