

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



Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month, a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2026 theme, **Champion Your Health**, focuses on prevention, wellness, and personal responsibility as cornerstones of healthy aging. It encourages taking an active role in managing your own health, advocating for yourself, accessing preventive care, and making informed decisions that support independence.

"An active life is a good life!" The Costick Activities Center invites you to elevate your mind, nurture your body and uplift your spirit with a diverse lineup of engaging programs. Let's come together to celebrate the joys of movement and vitality this spring, connecting with community for good information, uplift, and fun.

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

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

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

DEPARTMENT OF SPECIAL SERVICES ADULTS 50 & BETTER

General Information - 248-473-1830

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

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

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

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

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

OPEN MIC MONDAY

Monday | 5/11 | 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 May 8 and eat in Shannon while you enjoy the music.

Thank you to our sponsor



Right at Home offers a full spectrum of home care support — including check-In visits, personal care, companion care, and 24/7 around-the-clock care — ensuring families can find the right level of support at every stage. Home Safety and Fall Risk Assessments help identify hazards early, reducing the likelihood of falls and preventing unnecessary hospitalizations.

Through Guiding Seniors, Right at Home provides care management services to help families coordinate and plan long-term care; and with RightAssist, Right at Home offers senior health monitoring bracelets that track sleep patterns, health conditions, and detect emergencies such as falls in real time. For families navigating dementia, Right at Home partners with Dementia Forward and Deborah Seelhoff, Licensed Dementia Practitioner, to deliver specialized dementia family education that equips caregivers with the knowledge and tools they need; Right at Home also partners with Medicare, the VA Administration, and the Parkinson's Foundation further expand access to quality care for qualifying clients.

Whether care is needed today or planning is just beginning, Right at Home has the expertise and resources to guide families every step of the way.

TRANSFORMATIONAL BREATHWORK & SOUND JOURNEY A WORKSHOP



Thursday | May 28 | 10:30 am - 12:00 pm
#CS2516-03 | 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.



Welcome Summer Picnic & Ice Cream Social

Come welcome summer with us! Enjoy a picnic lunch, live music with Mark Harrington, and cool off with a delicious ice cream treat. Relax, unwind and celebrate the season!

Wednesday | June 24 | 11:30 am - 2:00 pm

#CS3200-01

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

Register by Tuesday June 16, 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**

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.

One Battle After

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.

May 15

by May 8 by 11:00 am

12:00 - 3:00 pm

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

Bob is a washed-up revolutionary who lives in a state of stoned paranoia, surviving off-grid with his spirited and self-reliant daughter, Willa. When his evil nemesis resurfaces and Willa goes missing, the former radical scrambles to find her as both father and daughter battle the consequences of their pasts.

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.

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.

Thank you to our sponsors:



Hospice of Michigan

By caring for our communities more than 40 years, we are the most experienced provider of hospice care in Michigan. Currently serving more than 4,000 patients annually in 50 counties, we're also the largest not-for-profit hospice in our state, and among the largest recognized 501c3 non-profit advanced illness management organizations in the nation.

We provide care for all—regardless of age, diagnosis, or ability to pay. Last year, our commitment extended \$4 million beyond what was reimbursed by insurance. Because we welcome those who are uninsured, or whose treatment is more expensive than what other hospices can provide, we depend on the financial support of our donors for the treatments, medications, services, and expanded grief support of patients and families in need.

Affinity Home Care Agency

Affinity Home Care Agency, a Five Star CMS Rated health care agency serving Wayne, Oakland, Livingston and Western Macomb Counties. We are celebrating our 20th year helping patients recover at home. We specialize in providing high-quality, compassionate in-home care to seniors, individuals with chronic illnesses, those recovering from surgery, and people with disabilities. Our team of skilled nurses, therapists and certified home health aides, is dedicated to helping our patients maintain independence, dignity, and quality of life in the comfort of their homes.

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*

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.

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.

Technology

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

13 Tech Tips to Stay relevant Today

Thursday | 4/30 - 5/21 | 11:15 am - 12:15 pm | #CS2412-02

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.

ACTIVITY CENTER AD HOC ADVISORY COMMITTEE MEETING

April 30 & May 14 6:00 - 8:00 pm

City Hall Council Chambers

Public Welcome

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.

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

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



ARE YOU **OKAY?**



Talk on Atrial Fibrillation

Speaker: Arafat Khan, MD - Chief of Cardiology, Henry Ford Wyandotte Hospital



Saturday, May 2



10:00AM



Carlow Room | Costick Center

For more information, contact Teresa Jergovich at 248-473-1826 or tjergovich@fhgov.com

ARE YOU OKAY?



Talk on Hypertension

Speaker: Manmeet Singh, MD - Assistant Professor of Medicine, Wayne State University



Saturday, June 6



10:00AM



Carlow Room | Costick Center

For more information, contact Teresa Jergovich at 248-473-1826 or tjergovich@fhgov.com



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 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 4th 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 11th 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 18th 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**

Location: Center for Active Adults at the Costick Center

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



**adults50
&better**



HAWK Theater Events

Detroit Metro Youth Symphony Orchestra, Mainstage Theatre

2:00pm & 3:45 pm-Sunday, May 3rd- \$15 in advance, \$20 at the door

Chamber Soloist of Detroit, Mainstage Theatre

Sunday, May 10th, 2:00pm-\$25 in advance, \$30 at the door

Addam's Family the Musical!-Mainstage Theatre

\$15 in advance, \$20 at the door

Friday, May 15th, 7:00pm

Saturday, May 16th, 1:00pm and 6:00pm

Sunday, May 17th, 1:00pm

Warren & Flick

Friday, May 22nd 7:00pm, Blackbox, \$20 in advance, \$25 at the door

All tickets are live and on our website at thehawktheatre.com. We offer Group Sales, for groups of 10 or more, get offered a discount on tickets, and for our Mainstage shows, reserved seating. If anyone is interested in that, please contact The Hawk Theatre Box Office at boxoffice@fhgov.com or call Joy at 248-699-6493.

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

EMERGENCY PREPAREDNESS-WHAT TO HAVE ON HAND

Do you know what to do in case of a flood, natural disaster, or the loss of power from high winds to keep your food safe? Knowing how to keep food safe and what to have on hand will minimize the potential loss of food and reduce the risk of foodborne illness.

*Be prepared by having items on hand that don't require refrigeration and can be eaten cold. Shelf-stable food boxed or canned milk (there are many varieties of non-dairy milk now available), water and canned goods should be part of a planned emergency food supply. Non-electric can opener for an emergency.

*Keep appliance thermometers in the refrigerator and freezer at all times. Refrigerator temperature should be at 40 F or below, the freezer, 0 F or below.

*Group foods together in both the refrigerator and freezer. This helps food stay cold longer.

*Keep the freezer full. If not typically full, keep items close together and/or 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.

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)

-milk, cream, yogurt, sour cream and soft cheeses

-cut fruits and vegetables (fresh)

-cooked vegetables

-creamy based salad dressings

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 May 4 you need to reserve by Friday May 1 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 May 1 and 25.**

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.

The Costick Choir will be performing their first concert on Tuesday May 26 at 12:30 in Shannon Hall. Everyone is welcome!

COSTICK CAFE DINE-IN MEAL PROGRAM

May 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 No lunch service	2
3	4 Artesian Macaroni & Cheese, Stewed Tomatoes, Vegetable Blend, Tropical Fruit Cup	5 King Ranch Chicken, Winter Vegetable Blend, Garden Salad, Tangerine	6 Sloppy Joe, Roasted Sweet Potatoes, Fresh Broccoli, Red Grapes	7 Chili Lime Tilapia, Rice Pilaf, Italian Vegetable Blend, Orange	8 Chicken Breast, Cheesy Potatoes, Sicilian Vegetable Blend, Fresh Pear	9
10	11 Barbeque Beef, Roasted Potatoes, Capri Vegetables, Fresh Orange	12 Oven Fried Chicken Leg, Baked Fries, Venetian Blend Vegetables, Banana	13 Stuffed Cabbage, Mashed Potatoes, Green Beans, Apple	14 Crispy Haddock Fillet, Vegetable Rice Blend, Northwest Vegetable Blend, White Rabbit Salad	15 Turkey & Swiss Burger, Vegetarian Baked Beans, Malibu Blend Vegetable, Fruit Cup	16
17	18 General Tso Chicken, Brown Rice, Oriental Vegetable Blend, Orange	19 Meat & Cheese Lasagna, Italian-Vegetable Blend, Garden Salad, Pear	20 Chicken Cacciatore, Risotto, Caesar Salad, Tangerine	21 Mediterranean Pork Chop, Roasted Potatoes, Baked Spiced Apples, Spinach Salad	22 Beef Tips with Mushrooms, Au Gratin Potatoes, Ginger Carrots, Apple	23
24	25 Center Closed Memorial Day	26 Stuffed Poppers, Mashed Potatoes, Vegetable Blend, Apple	27 Salisbury Steak with Mushroom Gravy, Roasted Red Skins, Capri Vegetable Blend, Fruit Cup	28 Crispy Chicken Sandwich, Roasted Potatoes, Caribbean Vegetable Blend, Super Slaw, Pear	29 Sweet N Sour Chicken, Basmati Rice, Oriental Vegetables, Garden Salad, Apple	30

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 New Day & Time

Join us the 2nd Tuesday of the month. Next meeting is May 12 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitator, Bill Willenbrock, Gentiva Hospice

Alzheimer's Association Caregiver Support Group

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

Brain Injury Support Group

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

Caregivers

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

Low Vision Support Group May Meeting is a field trip, No Meeting June, July August

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

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

Ban-joes of Michigan

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

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

Book Discussion

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.

May - The Berry Pickers by Amanda Peters

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



CFAA (Cycling for Active Adults)

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

Computer Forum

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

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

The Costick Choir will be performing on Tuesday May 26 at 12:30 pm in Shannon Hall.

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.

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.

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 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.

May 26, 2026: Spring Collages & Bookmarks: Create a beautiful collage or bookmark using various art materials. All 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 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 partially funded through Age Ways Nonprofit Senior Services.

The Farmington Hills Senior Nutrition Program is partially 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 May 16, 9:00 am - 12:00 pm

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



SENIOR AQUATICS PROGRAMS

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

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

SENIOR OPEN SWIM

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

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

SENIOR WATER EXERCISE

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

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

SENIOR ARTHRITIS EXERCISE

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

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

Resealable Card Holders & Lanyards

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

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

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

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

Pickleball - Drop-in Play at the Costick Center -

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

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

No Pickleball 5/23 & 5/25

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

Next Session: 6/1 - 7/6 #CS3503-01

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

Next Session: 6/2 - 7/7 #CS3503-02

Instructor: Linda Hawkins

6 week session

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

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

Next Session: 6/3 - 7/8 #CS3503-03

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

Next Session: 6/2- 7/7 #CS3516-01

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

Next Session: 6/1 - 7/6 #CS3504-01

Instructor: Bharti Shah

6 week session

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

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

Next Session: 6/3 - 7/8 #CS3512-01

This class can be seated yoga or floor yoga.

Instructor: Linda Hawkins

6 week session

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

Therapeutic Yoga

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

Next Session: 6/4 - 7/9 #CS3501-01

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

Next Session: 6/4 - 7/9 #CS3502-01

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

Next Session: 6/3 - 7/8 #CS3509-01

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.

Balance, Strength & Stretch

Wednesday | 4/15 - 5/20 | 4:15 - 5:00 pm #CS2513-02 5 week session, **No Class 4/29**

Next Session: 6/3 - 7/8 #CS3514-01

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.

Tai Chi

Wednesday | 4/15 - 5/20 | 6:00 - 7:00pm #CS2506-06

Next Session: 6/3 - 7/8 #CS3506-01

6 week session

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

Instructor: Bill Harper

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

Tai Chi

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

Next Session: 6/5 - 7/10 #CS3506-01

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

Next Session: 6/3- 7/8 #CS3507-01

6 week session

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

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

Next Session: 6/4- 7/9 #CS3507-02

6 week session

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

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

Next Session: 6/5- 7/10 #CS3507-03

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

Next Session: 6/4 - 7/9 #CS3508-01

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.

Gym Exercise

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

Next Session: 6/2 - 7/7 #CS3510-01

6 week session

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

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

Next Session: 6/4 - 7/9 #CS3506-02

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

Fit 5000

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

Next Session: 6/2 - 7/7 #CS3511-01

6 week session

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

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

Next Session: 6/4 - 7/9 #CS3511-02

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 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 No Class May 5

Next Session: 6/2 - 7/7 #CC3515-01

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 | 4/16 - 5/28 | 6:00 - 7:00pm #CC2512-03 No Class April 30 & May 7

Next Session: 6/4 - 7/9 #CS35012-01

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 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

Next Session: 6/5 - 6/26 #CC3507-01

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

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

Beginner Line Dance

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

Next Session: 6/3 - 6/24 #CC3500-01

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

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

Next Session: 6/5 - 6/26 #CC3500-02

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

Beginner Plus Line Dance

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

Next Session: 6/5 - 6/26 #CC3505-01

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

Intermediate Line Dance

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

Next Session: 6/3 - 6/24 #CC3506-01

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

Instructor: Christine Stewart

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

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

Beginners Ballroom

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

Next Session: Tango | 6/3 - 7/8 | #CC3501-01

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

Next Session: ChaCha | 6/3 - 7/8 | #CC3501-02

6 week session

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

Instructor: Fernando Caducio

This class is for the dancers-to-be, those with no ballroom experience. learn the basics with high-energy, but easy to follow instructions.

Class open to students 18+

Beginner/Intermediate Ballroom

Mambo/Salsa/Merengue | Tuesday | 4/24 - 5/19 | 6:30 - 7:20 pm #CC2502-05

Next Session: Rumba | 6/2 - 7/7 | #CC3502-01

East Coast Swing | Tuesday | 4/24 - 5/19 | 7:30 - 8:20 pm #CC2502-06

Next Session: Waltz | 6/2 - 7/7 | #CC3502-02

6 week session

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

Instructor: Fernando Caducio

Must have beginner level class to participate. Take the next step in high excitement ballroom lessons. Class open to students 18+

Intermediate/Advanced Ballroom

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

Next Session: East Coast Swing | 6/1 - 7/6 | #CC3503-01

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

Next Session: Mambo/Salsa/ Merengue | 6/1- 7/6 | #CC3503-02

6 week session

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

Instructor: Fernando Caducio

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

Adults 50 & Better Life Long Learning

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

Intermediate Knitting

Tuesday | 4/28 - 5/19 | 1:00 - 3:00 pm | #CS2405-03

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.

EUCHRE 101 - New Session Each Month

Monday | 5/4 - 5/18 | 11:00 am - 12:00 pm | #CS2423-05

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!

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



Tuesday June 9th, 10:00 am - 12:00 pm
Senior Shredding for Safety Day

PROTECT YOUR IDENTITY, de-clutter your home, and recycle!
RESIDENTS 50 & BETTER can bring up to 4 paper grocery bags of documents to be shredded in the Costick Center parking lot. **Drive up only. No magazines, junk mail or trash, please. NO FEE.**

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

LOCATION: Costick Center Parking Lot

28600 Eleven Mile,
Farmington Hills, MI
48336



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



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 kpercina@fhgov.com for more info.

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



TRAVEL NEWS

Availability changes, call 248 473-1830 for status!

Cancellation policies vary, check flyers.

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

Credit card payments are accepted for all trips.

RYBICKI TOURS

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

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

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

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

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

WHAT TO LOOK FORWARD TO FOR SUMMER TRAVELING...

June 3 - "Always a Bridesmaid" at Meadow Brook Theatre

June 21 - "A Beautiful Noise" at Stranahan Theatre

TBD - A "Winery Adventure" Day Tour

July 9 - "Fiddler on the Roof" at Encore Theatre

TBD - "It's a Mystery!" Day Tour

July 22 - "The Full Monty" at Huron Country Playhouse

TBD - Frederik Meijer Gardens - Chihuly Exhibition

TBD - "Emma's Wedding" at Purple Rose Theatre

TBD - A Casino Day Tour

TBD - Shaw Festival Overnight

TBD - Stratford Festival Overnight



Timeless Memories, Adventures & Events

Barb Smith, Owner and Operator

Cell: 248-497-0291

Email: TimelessMemoriesAnE@gmail.com

Website: www.TimelessMemoriesAnE.com

Day & Adventure Trips 2026

- 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 – second bus added
- September 23 – Tigers Baseball Game vs Washington Nationals
- October 6, 2026 - Zehnder's Luncheon Show - Johnny Cash & Friends

- National Parks & Historic Trains of Colorado – August 2, 2026 – 9 days – 2 seats left
- 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 24, 2027
- North Carolina & The Outer Banks – September 9, 2027
- South Africa & Victoria Falls Adventures – September 23, 2027
- Christmas Season in Victoria & Vancouver – December 1, 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!

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.



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**