

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



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

Embark on a journey of enrichment and well-being at the Costick Activities Center, tailored for residents and community members ages 50 & Better in the vibrant City of Farmington Hills. Inside this newsletter you will find information all about our summer special events, Friday Film, new fitness and dance class sessions.

Our service desk is located at the desk by door A and open 9:00 a.m. - 4:00 p.m. 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 \$20.00.

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.

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 - Stephen Dowhan 248-473-1823

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

Outreach - Teresa Jergovich 248-473-1826 Focus Hope - 248-473-1826

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

Transportation Appointments - 248-473-1864

6/25/2024

OPEN MIC MONDAY

Monday | July 8 | 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 July 5 and eat in Shannon while you enjoy the music.

EUCHRE 101 - New Session Each Month

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! Just \$15.00 for 3 sessions.

Monday | 7/8 - 22 | 11:00 am - 12:00 pm | #CS3423-01 | R/NR Fee: \$15/\$18



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.**

July 19 - IF #CS4001-07

Register by July 12 by 11:00 am

12:00 - 3:00 pm

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

From writer and director John Krasinski, IF is about a girl who discovers that she can see everyone's imaginary friends -- and what she does with that superpower -- as she embarks on a magical adventure to reconnect forgotten IFs with their kids.



Summer Courtyard Cookout

Come rock out with us in the beautiful Costick Center Courtyard with musical entertainment by Frany & FrankieG! Indulge yourself with a Hot Dog personalized with yummy toppings! Plus, side dishes that make your mouth water.

Don't forget to save some room for ice cream!

Register by August 6 online or at the Costick Center front desk.

Space is limited. No walk-ins.

Wednesday | 8/14 | 11:30 - 1:30 pm CS3201-03 | R/NR \$12/\$15

Thank you to our Sponsor:



BROOKDALE
— SENIOR LIVING SOLUTIONS —
SOUTHFIELD

At Brookdale Southfield, you can make every moment of your retirement count. That's because Brookdale's Independent Living experience provides everything you need to make the most of your retirement years. Centrally located near the heart of Southfield and on the border of Farmington Hills, Brookdale Southfield offers fine features, numerous amenities, community living, and attentive service; in well-appointed accommodations.

As a resident you will enjoy the convenience of fabulous restaurant-style dining, housekeeping, laundry, and transportation services plus lots of opportunities for social engagement. Hospitality and wellness are also key components to Independent Living at Brookdale Southfield. Offering a number of planned activities and award-winning programs, there is always something enriching, informative or entertaining to do. Contact our Sales Department today at 248.727.2000 to schedule a visit of your New Home!

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*

FIRE SAFETY & EMERGENCY PREPAREDNESS

Tuesday | 7/16 | 10:00 am - 12:00 pm | No Fee | #CS3003-01

Call 248-473-1830 or register online.

The Farmington Hills firefighters play an active role in educating the public about recognized safety practices. Come out to the Costick Center and learn how to protect your family from the hazards of fire, get valuable tips for preventing injuries. Plus learn about the variety of services provided by the Fire Department including information on smoke alarms and carbon monoxide alarms.

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

Instructor: Farmington Hills Fire Department

& Michelle Soho, Injury Prevention Coordinator Corewell Health-Farmington Hills

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

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

Fri July 5 - 12:00 - 1:00 pm - Wellness Walk and Talk at the Nature Center, FREE!

No need to register. Just show up!

July 20 - 10:00 am - 12:00 pm - Volunteer Day - Volunteer to make Heritage Park an even better place! All ages and skills welcomed.

July 10 & 24 - 10:30 am - 12:00 pm - Coffee & Stroll - Join this active social group every other Wednesday for a naturalist-guided stroll among the trails of Heritage Park. Discover new things each season! Afterwards, relax with a cup of coffee, snacks and share nature stories with friends. No need to register. Free activity, but donations are encouraged.

July 12 - 9:30 - 10:30 pm - Full Moon Friday Hike - After the sun goes down, Heritage Park comes alive! Join us on a night hike to listen for Nocturnal animals, observe the sky and heighten your senses along the way.

#PN3211-04 Fee: \$5.00

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 Collector on Tuesday and Thursday afternoon, 1 - 3 pm.

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

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

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

Dine & Discover

Join our Dine and Discover series as we learn about some new, local and interesting topics while enjoying a delicious lunch.

India: History & Culture

India is known for diversity in the region, diversity in languages, diversity in food, diversity in clothing, diversity in the festival, diversity in states, diversity in everything that represents the world, country and its people. Asian Americans are the fastest-growing racial group in the U.S., and Americans of Indian descent are now the largest sub-group within that. Indian Americans have a long history in the U.S. but their population was relatively small until the 1960s when a change in immigration policy helped lead to a migration boom of Indian tech workers. Over the generations, other family members also moved to the U.S. Come join us for this Dine & Discover and learn about our neighbor's culture through its food, history, music and dance!

Instructor:

Wednesday | 7/24 | 11:30am - 1:00pm #CS3301-01

R/NR Fee: \$12/\$15

Register by July 16, space is limited.

COSTICK CENTER — CENTER FOR ACTIVE ADULTS

NEWCOMER WELCOME TOUR

Thursday August 22, 10:00 - 11:00 am

The Special Services welcomes newcomers from Farmington and Farmington Hills, Adults 50 & Better, for a tour of the facility explaining the services, trips, classes, volunteer opportunities, and activities available. Includes a welcome packet with a coupon for a complimentary lunch, gym class, swim, or pickleball. Residents only.

Sign up at the front desk of the Costick Center or call (248) 473-1830.



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



**adults 50
& better**

**Location: Center for Active Adults at the Costick Activities Center 28600 W.
11 Mile Rd, Farmington Hills, MI 48336 (248)473-1830**

Farmington Area Commission on Aging on Paris Olympics Scams

The Farmington Area Commission on Aging continues their monthly series on Scams, Fraud, and Financial Exploitation. This is part of an effort to ensure that adults 50 years and better recognize scams and financial fraud before it happens and have resources to help should they become victims. A Paris Olympics scam is this month's topic.

The AARP warns that scammers use big events in the news to create scams and to expect to see scams related to the Paris Olympic Games.

PARIS OLYMPICS SCAM



- Scammers find ways to exploit big events in the news.
- Scammers devise a “fake emergency” around an event like the Olympics. Could work like this ...
 - ✓ A scammer hacks someone's email account.
 - ✓ Then all the person's contacts receive the same message:
 - ✓ “Hey guys, I'm in Paris and my wallet was stolen! Can you help me by sending gift cards or a Venmo deposit?”
 - ✓ Message recipients may be tempted to send money, but
- **Resist urge to react immediately** to person needing cash.
- **Try calling the person** or a trusted source who would know whether this person went to the Paris Olympics.

The email or text may look like it is actually coming from an email address or phone number that you know. The scammers have hacked the email address or telephone number.

Remember that requests for gift cards are always a sign of a scam, according to the FTC.

Slow down and take time to learn about scams and fraud. The Commission would welcome the opportunity to present their program on this topic to Farmington area groups, clubs, and organizations. For more information or to request a presentation, please call 248-473-1821.

The address of the new FACOA website is: <https://www.facoa.org>

Michigan Department of Health and Human Services (MDHHS) needs help on an important initiative aimed at ensuring a positive experience for older adults who contact Michigan's 988 Suicide & Crisis Lifeline.

We need your help to make the 988 Suicide and Crisis Lifeline in Michigan better for older adults. We are working in partnership with the Michigan Department of Health and Human Services to improve the new 988 Suicide & Crisis Lifeline for adults 60 and older and their caregivers.

About 988: The 988 Suicide & Crisis Lifeline is a crisis line that offers help 24/7 for people with suicidal thoughts, substance use issues, mental health crises, and more. It's available for anyone who needs support, including older adults and caregivers.

Why We Need Your Input: We want to know about your experiences and suggestions for making the 988 Suicide & Crisis Lifeline better. You don't need to know about the 988 Suicide & Crisis Lifeline or have used it before to take the survey. Everyone's input is welcome.

How Your Feedback Helps: Your answers will help us improve the 988 Suicide & Crisis Lifeline for older adults in Michigan. We want to make sure it's easy for you to get the help you need.

Your Role: Please complete the survey using this survey link: https://psconsultants.az1.qualtrics.com/jfe/form/SV_6Gw5KsckQPbqOW.

Your responses will be anonymous and kept private. Thank you for helping us improve 988 services for older adults.

If you have questions, please email Erin Lammers at elammers@publicsectorconsultants.com.

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 Jill McRoberts at 248-473-1851 if you or you know someone that should be added to our list.

STARS IN THE PARK

Free summer Concert Series Thursdays at 7 pm Heritage Park

24915 Farmington Road, Farmington Hills

July 11 - Toppermost Beatles Tribute

July 25 - FCB Big Band

August 8 - Indian Music Night

August 15 - Farmington Chorus

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**



BALANCING FRUITS AND VEGETABLES

Fruits and vegetables are important for the vitamins, minerals and fiber they provide. They also add color, flavor and texture. Explore these creative ways to bring fruits and vegetables to the table.

*Fire up the grill

Use the grill to cook vegetables and fruits. Try grilling mushrooms, onions, peppers or zucchini on a kabob skewer. Brush with oil to keep them from drying out. Grilled fruits like peaches, pineapple or mangos add variety.

*Take your casseroles to the next level

Mix vegetables such as sautéed onions, peas, pinto beans or tomatoes into your favorite dish for extra flavor.

*Get in on stir-frying

Stir-fry fresh or frozen veggies – like broccoli, carrots, cauliflower, or green beans – for a quick and easy addition to any meal. Add in chicken, beef, tofu, or shrimp with brown rice for an easy veggie bowl.

*Add them to your sandwiches

Whether it is a sandwich or wrap, vegetables make great additions to both. Try hummus, cucumber, or avocado on your usual sandwich or wrap.

*Be creative with your breakfast

Add apples, bananas, blueberries or pears to your oatmeal, yogurt or pancakes for a special start to your day.

*Make a tasty fruit smoothie

Blend fresh or frozen berries and bananas with 100% fruit juice or Greek yogurt or milk of your choice. Add in chopped broccoli or kale for some added benefits. If you don't have frozen berries, add a few ice cubes to the blender.

*Live up an omelet for breakfast or dinner

Boost the color and texture with vegetables. Simply chop, sauté, and add them to the egg as it cooks. Try combining different vegetables such as mushrooms, spinach, peppers or green onions.



COSTICK CAFE DINE-IN MEAL PROGRAM

Our Congregate Dining program is located in Shannon Hall with full-service dining in returning (all meals must be eaten on the premises). Some key points:

You need to preregister by 11 a.m. the day before to reserve your meal. No walk ins.

Service will be from 12 – 12:30 p.m.

Meals must be reserved at least one day in advance by 11 a.m. (ex. If you would like a meal on Monday July 8 you need to reserve by Friday, June 5 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.**
- **Lunch will be served in Casey July 24, 25, 26, 29, 30, 31.**

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



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

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

COSTICK CAFE DINE-IN MEAL PROGRAM

July 2024 Menu

	Mon	Tue	Wed	Thu	Fri	Sat
	1 Stuffed Cabbage, Roasted Potatoes, Honey Glazed Carrots, Apple	2 Stuffed Florentine Shells, Riviera Vegetables, Garden Salad, Orange	3 Parmesan Crusted Tilapia, Brown and Wild Rice, Capri Blend Vegetables, Peach	4  Center Closed	5 Deli Sandwich, Three Bean Salad, Chips, Peach	6
7	8 Asian Meatballs, Noodles, Asian Blend Vegetables, Spinach Salad, Pear	9 Chicken Fried Beef Steak, Whipped Potato with Gravy, Key West Blend Vegetables, Pud- ding with Fruit	10 Italian Chicken Parmesan, Penne Pasta, Italian Vegetables, Garden Salad, Pear	11 Chicken Salad, Spring Greens/ Tomatoes, Potato Salad, Three Bean Salad, Honeydew Melon	12 Bratwurst/ Sauerkraut, German Potato Salad, Northwest Vegetables, Peach	13
14	15 Chicken Drumstick, Roasted Sweet Potato, French Green Beans, Orange	16 White Fish with Pesto, Brown and Wild Rice, Caribbean Blend Vegetables, Broccoli Slaw, Banana	17 Chicken Marsala, Basmati Rice, Caesar Salad, Apple	18 Stuffed Pepper, Mashed Potatoes, Cozumel Blend Vegetables, Cantaloupe	19 Pub Cheese Burger, Vegetari- an Baked Beans, Scalloped Pota- toes, Nectarine	20
21	22 BBQ Pulled Pork, Au Gratin Potatoes, Riviera Vegetable Blend, Pear	23 Chicken Alfredo Lasagna, Venetian Blend Vegetables, Garden Salad, Red Grapes	24 Italian Sausage, Peppers/Onions, Carrots and New Potato, Honey Dew Melon	25 Seasoned Chicken Breast, Rosemary Potatoes, Spinach, Peach	26 Stuffed Salmon, Scalloped, Roasted Brussel Sprout, Garden Salad, Plum	27
28	29 Chicken Teriyaki, Fried Rice, Asian Blend Vegetables, Egg Roll, Tropical Fruit Cup	30 Salisbury Steak with Mush- rooms, Mashed Potatoes, Ginger Carrots, Garden Salad, Apple	31 Mac and Cheese, Stewed Tomatoes, Normandy Blend Vegetables, Cantaloupe	Lunch will be served in Shannon Hall.		
						Highlighted dates, lunch will be served in Casey.

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

Reserve your meal by calling 248-473-1830

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

Join one of our support groups for a meeting:

Living On

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

Farmington Hills Parkinson's Support Group (No Meeting in July & August)

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 Loss Coffee Hour (No Meeting in July)

Join us the 2nd Wednesday of the month. Next meeting is August 14 from 10:30 - 11:30 am for a social hour as we discuss transitions of aging and loss participants have experienced in the recent past, whether it be loss of a loved one, home, friendships, job, etc. Come and join us as we support each other, foster connections, and enjoy coffee and light refreshments. Facilitated by Lisa Gardner, Interim Hospice of Oakland County Bereavement and Volunteer Coordinator.

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. Call or email Group Leader: John Robertson jayrobby5@gmail.com 248-892-5565 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.

First Step Stroke

All stroke survivors, their caregivers, and family members are invited the second Tuesday of the month from 1-3 pm, for socialization, activities, encouragement, and support. Most 1st Tuesdays each month the group meets at a local restaurant for lunch. Please call 248-473-1822 to verify the group is meeting each month.

Vision Support Group (No Meeting in July & August)

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

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

BINGO

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

Book Discussion (No meeting July, & August)

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

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

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.

CFAA (Cycling for Active Adults)

The goals of the club are to promote bicycle safety, enjoy fellow riders and a healthy lifestyle. \$20.00 for a year membership/volunteer ride leaders membership fee is waived. You can register online with program #CS4613. For more information call 248-473-1822.

ATTENTION CFAA MEMBERS: SAVE JULY 31 FOR THE ANNUAL SUMMER RIDE & PICNIC.

Computer Forum

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

Farmington Piecemakers

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

Fiber Artists

The Fiber Artists is a social club for artists whose material consists of natural or synthetic fibers. They meet at the Center for Active Adults at the Costick Center the 1st & 3rd Tuesday of the month, 5:30 – 8:30 pm in Shannon Hall. All techniques that involve using your hands with fiber or fiber techniques are welcome including: **Basketry, Beading, Bead Embroidery, Bead Weaving, Kumihimo, Crochet, Doll Making, Embroidery, Felting, Handmade Paper and Book Art, Knitting, Knotting, and Spinning.** The City of Farmington Hills, Adults 50 & Better Division welcomes fiber artists to meet and exchange ideas, encourage each other, inspire, and educate.

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

Meets 2nd Wed. of each month at 1:00 pm. You're invited to join us to meet fellow seniors and make new friends. Enjoy light snacks, develop meaningful relationships and fellowship with lighthearted conversations. Learn from interesting speakers, share any current challenges that you would like advice from the group.

Pinochle Group

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

Quilters

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

Red Hat Society Group

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

Sojourn Bears

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 (No meeting July & August)

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

Drop-In Welcome!

Wednesday Afternoon Creative Art Group (Painters Group)

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

Wii Sports

Join friends most Monday, Wednesday and Friday from 10:00 am - 12:00 pm to play Wii Sports.

ADULTS 50 & BETTER SERVICES

Outreach Services

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

Home Chore Program

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

Telephone Reassurance

Do you know anyone living alone and home-bound who would benefit from a daily phone call? The telephone reassurance Program provides daily contact with Farmington area seniors between the hours of 9 am and 10:30 am, Monday through Friday. Call 248-473-1851 for details.

Nutrition

The Home Delivered Meals Program services adults 60 years and better, home bound, and unable to prepare meals. For more information, call 248-473-1825. The Senior Adult Nutrition Program is funded through Age Ways Nonprofit Senior Services.

The Farmington Hills Senior Nutrition Program is funded 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. 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 3:30 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.

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.



SENIOR AQUATICS PROGRAMS

Everyone needs an Adult 50 & Better membership card. Please scan your card at the table in the main lobby by door A. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$20.00.

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

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

SENIOR ARTHRITIS EXERCISE

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

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

Resealable Card Holders & Lanyards

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

Card Holder or Lanyard

.50 each

Available to purchase at Costick Front Desk



Adults 50 & Better Fitness Classes

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

Our service desk is located at the front desk by door A and opened 9:00 am - 4:00 pm Monday - Friday. Please enter the Costick Center through door A in the front of the building facing 11 Mile Road. Everyone needs an Adult 50 & Better membership card. Scan your card and check off your name on the roster, sign in on the punch pass sheet and have your card punched or sign-in on the activity form. If you do not have a membership card, we have a form for you to fill out. There is no charge for Farmington/Farmington Hills residents, however, non-residents must pay a yearly membership fee of \$20.00.

Pickleball - Drop-in Play at the Costick Center

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

All skill levels welcome.


Monday | 12:00 - 2:00 pm

All skill levels welcome.

Tuesday | 12:30 - 3:30 pm

All skill levels welcome.

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

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

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

Saturday Morning Pickleball will return in September

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

10 session punch card R/NR Fee: \$30/\$40

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!

Outdoor Courts at the Hawk Community Center.

29995 W 12 Mile Road. Farmington hills, MI 48336

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

FITNESS CLASSES

NEW - Beginners Yoga

Instructor: Katielynn Marie

Wednesday | 6/5 - 7/10 | 11:00 am - 12:00 pm #CS3512-02

Wednesday | 7/24 - 8/28 | 11:00am - 12:00pm #CS3512-03

6week session

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

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. If you have a medical condition or a recent injury, usually, there are alternatives or modifications that can allow you to practice safely. This class can be seated yoga or floor yoga. When you're brand new to yoga, it can feel intimidating and be difficult to know exactly where and how to. **The best way to know if yoga is for you is to give it a try with our new instructor!**

Yoga

NEW - Tuesday | 6/4 - 7/9 | 9:45 am - 10:45 pm #CS3503-01

NEW - Tuesday | 7/23 - 8/27 | 9:45 - 10:45am #CS3503-03

Instructor: Linda Hawkins

Wednesday | 6/5 - 7/10 | 9:45 - 10:45 am #CS3503-02

Wednesday | 7/24 - 8/28 | 9:45 - 10:45am #CS3503-04

Instructor: Katielynn Marie

6 week session

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

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

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.

Chair Yoga

Monday | 6/3 - 7/8 | 11:00 am - 12:00 pm #CS3504-01 (no class 7/1)

Monday | 7/22 - 8/26 | 11:00am - 12:00pm #CS3504-03

Instructor: Bharti Shah

6 week session

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

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

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 | 6/6 - 7/11 | 9:45 - 10:45 am #CS3501-01 (no class 7/4)

Thursday | 7/25 - 8/29 | 9:45 - 10:45am #CS3501-02

Instructor: Bharti Shah

6 week session

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

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

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.

NEW - Yoga Plus

Tuesday | 6/4 - 7/9 | 11:00 am - 12:00 pm #CS3516-01

Tuesday | 7/23 - 8/27 | 11:00am - 12:00pm #CS3516-02

Instructor: Linda Hawkins

6 week session

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

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

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.

Yoga Evening

Thursday | 6/6 - 7/11 | 5:30 - 6:30 pm #CS3502-02 (no class 6/20 & 7/4)

Thursday | 7/25 - 8/29 | 5:30 - 6:30pm #CS3502-04

Instructor: Bharti Shah

6 week session

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

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

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.

Balance, Strength & Stretch

Wednesday | 6/5 - 7/10 | 4:15- 5:00 pm #CS3514-01

Wednesday | 7/24 - 8/28 | 4:15 - 5:00 pm #CS3514-02

6 week session

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

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

Instructor: Christine Applebaum

Learn proper form & techniques for various strength training exercises using hand weights & bands. This class will focus mainly on balance & strength. It will be a full body routine with something different each time. Bring a mat, hand weights, resistance bands, sweat towel and water.

Feldenkrais: Awareness Through Movement

Wednesday | 6/5 - 7/10 | 9:30 - 10:30 am #CS3509-01

Wednesday | 7/24 - 8/28 | 9:30 - 10:30am #CS3509-02

6 week session

R/NR Fee: \$30/\$36

10 Class Pass R/NR \$65/\$75

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.

Gym Exercise

Tuesday | 6/4 - 7/16 | 11:00 am - 12:00 pm #CS3510-01

Tuesday | 7/30 - 8/27 | 11:00 am - 12:00 pm #CS3510-03

6 week session

R/NR Fee: \$15.00/\$18.00

Thursday | 6/6 - 7/18 | 11:00 am - 12:00 pm #CS3510-02 (No class 7/4)

Thursday | 8/1 - 8/29 | 11:00 am - 12:00 pm #CS3510-04

5 week session

R/NR Fee: \$12.50/\$15.00

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!

Tai Chi for Movement & Balance

Thursday | 6/6 - 7/11 | 1:00 - 2:00 pm #CS3508-01 (No class 7/4)

Thursday | 7/25 - 8/29 | 1:00 - 2:00pm #CS3508-02

6 week session

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

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

Instructor: Bill Harper

This class is designed to help improve movement, balance and decrease pain and falls through the use of Wu style Tai Chi Chuan.

Tai Chi

Wednesday | 6/5 - 7/10 | 6:00 - 7:00 pm #CS3506-01

Wednesday | 7/24 - 8/28 | 6:00 - 7:00pm #CS3506-03

Friday | 6/7 - 7/12 | 10:00 - 11:00 am #CS3506-02

Friday | 7/26 - 8/30 | 10:00 - 11:00am #CS3506-04

6 week session

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

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

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 | 6/5 - 7/10 | 7:00 - 8:00 pm #CS3507-01

Wednesday | 7/24 - 8/28 | 7:00 - 8:00pm #CS3507-03

Thursday | 6/6 - 7/11 | 2:00 - 3:00 pm #CS3507-02 (No class 7/4)

Thursday | 7/25 - 8/29 | 2:00 - 3:00pm #CS3507-04

Friday | 6/7 - 7/12 | 11:00 am - 12:00 pm #CS3507-05

Friday | 7/26 - 8/30 | 11:00am - 12:00pm #CS3507-06

6 week session

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

Instructor: Bill Harper

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

Instructor: Bill Harper

This class will offer Wu Style Tai Chi Chuan hand forms

Fit 5000

Tuesday | 6/4 - 7/9 | 9:45 - 10:45 am #CS3511-01

Tuesday | 7/23 - 8/27 | 9:45 - 10:45am #CS3511-03

Thursday | 6/6 - 7/11 | 9:45 - 10:45 am #CS3511-02 (No class 7/4)

Thursday | 7/25 - 8/29 | 9:45 - 10:45am #CS3511-04

6 week session

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

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

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.

Flamenco Dance

Thursday | 6/6 - 7/11 | 6:30 - 8:00 pm #CC3504-01

4 week session (No Class 6/20 & 7/4)

R/NR Fee: \$38/\$42

Instructor: Michelle Millman

No partner needed. No special shoes or props are needed at this time. We wear athletic shoes, a swingy midi skirt is nice or a scarf tied around the hips is fine too. Wear this over leggings /tights. Bright colors and funky earrings are encouraged. Bring a willingness to try something new, dance to beautiful guitar music and experience the joy of moving. Class open to students 18+

EZ Beginner Hustle

NEW DAY & TIME Tuesday | 6/4 - 7/9 | 1:15 - 2:00 pm #CC3515-01

Tuesday | 7/23 - 8/27 | 1:15 - 2:00pm #CC3515-02

6 week session

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

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

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 | 6/6 - 7/11 | 6:00 - 7:00pm #CC3512-01 (No Class 6/20 & 7/4)

Thursday | 7/25 - 8/29 | 6:00 - 7:00PM #CC3512-02

6week session

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

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

Instructor: Debra Koss

Have fun, learn favorite party hustles and keep fit with low impact, easy to learn line dance steps. Geared for line dancers who have some experience with the basics; hustle patterns will generally be longer and more complex. Experience is encouraged but not required. Routines are a mix of current and classic hustles. Recommended attire: comfortable clothing and smooth-soled shoes or sneakers. Bring water and a sweat towel.

Absolute Beginner Line Dance

Friday | 7/12 - 7/26 | 11:30am - 12:00 pm #CC3507-02

3 week session

R/NR Fee: \$12/\$12

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

Beginner Line Dance

Wednesday | 7/3 - 7/24 | 12:00 - 1:00 pm #CC3508-03

4 week session

R/NR Fee: \$24/\$24

Friday | 7/12 - 7/26 | 12:00 - 1:00 pm #CC3508-04

3 week session

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

Beginner Plus Line Dance

Friday | 7/12 - 7/26 | 1:00 - 2:00 pm #CC3505-02

3 week session

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

Intermediate Line Dance

Wednesday | 7/3 - 7/24 | 1:00 - 2:00 pm #CC3506-02

4 week session

R/NR Fee: \$24/\$24

Instructor: Christine Stewart

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

Beginners Ballroom

Rumba | Wednesday | 7/24 - 8/28 | 6:00 - 6:50 pm #CC3501-07

Waltz | Wednesday | 7/24 - 8/28 | 7:30 - 8:20 pm #CC3501-08

6week 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

E.C. Swing | Tuesday | 7/23 - 8/27 | 6:30 - 7:20 pm #CC3502-03

Mam/Sal/Mer | Tuesday | 7/23 - 8/27 | 7:30 - 8:20 pm #CC3502-04

6week 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

Hustle | Monday | 7/22 - 8/26 | 6:30 - 7:20 pm #CC3503-03

Foxtrot | Monday | 7/22 - 8/26 | 7:30 - 8:20 pm #CC3503-04

6 week session

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

Instructor: Fernando Caducio

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

Adults 50 & Better Life Long Learning

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

Intermediate Knitting

Tuesday | 6/25 - 7/16 | 1:00 - 3:00 pm #CS2405-05

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

Instructor: Naomi Frenkel

Take your skills to the next level

Put Your Best Brain Forward: The Critical Role of Mental Stimulation in Preserving Brain Health

Tuesday | 8/20 | 10:00 - 11:00 am #CS3004-01

R/NR Fee: Free - you must register online, Costck Center front desk or call 248-473-1830

Instructor: Jewish Family Services of Metro Detroit

As we grow older most of us are aware that strong cognition is critical to aging well and on our own terms! Yet those who are lucky enough to live long life will experience some form of age related cognitive decline. Despite this, many of us do not know what to do to maximize our brain health. While there are several lifestyle factors that can help, getting enough of the right kind of cognitive stimulation is critical. Just like we exercise our bodies to be strong as possible as we age, there are specific exercises we can do to have our cognition as strong as possible!

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.

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

Rybicki will not be checking as travelers get on the bus unless a venue requires it. And if a venue requires it, we will be reminding those registered prior to the tour departure. Masks are optional.

Jersey Boys at The Huron Country Playhouse, July 25 (Thursday), \$159

Lunch at the beautiful Hessenland Inn prior to the show. Enjoy a full sit down meal, including coffee/tea, dessert, tax & gratuity. They had a look, an attitude, and a sound like no other. Sure, they were born in Jersey – but they were made in America. Jersey Boys is the international musical phenomenon that takes you behind the scenes – and behind the music – of Frankie Valli and The Four Seasons. Discover the secret of a 40-year friendship as four blue-collar guys work their way from the wrong side of the tracks to the heights of stardom, thrilling audiences with electrifying performances of chart-topping hits including “Sherry,” “Big Girls Don’t Cry,” “Oh What a Night,” and “Can’t Take My Eyes Off You.”

IT’S A MYSTERY! August 1 (Thursday), \$175

A mystery tour is a fun & exciting adventure where you don't know where you're going or what you'll be doing until you get there! It's full of surprises, designed to create a memorable experience that you won't forget!

VISIT 1: Admission included- giving you the opportunity to step back in time!

VISIT 2: Prepare your taste buds for lunch included at this historic restaurant! Note: A delicious chicken entree will be served. Vegetarian option available upon request at registration.

VISIT 3 : Put on your walking shoes, be sure to dress for the weather, and get ready to explore this site. Adorned with iconic landmarks and rich history, this included tour promises an inspiring experience! Note: Be prepared to walk 1-1.5 miles- this tour is approximately 75 minutes long.

VISIT 4: Special stop enroute home for dinner (on own) and shopping.

Stratford Festival Overnight, August 20-21 (Tues - Wed) \$599 per person dbl, \$699 pp sgl

Featuring Boucicault’s “London Assurance” & Shakespeare’s “Twelfth Night.” One night at Best Western Plus The Arden Park Hotel. Lunch at The Parlour Inn + dinner at “The Marquee” in the Festival Theatre, overlooking the Avon River. Enjoy a fun and informal Q&A session with Festival artists and staff and time for lunch on own & to explore the quaint village with its many shops and boutiques.

Celebrated as one of the great British stage comedies, London Assurance is a brilliant precursor to the works of Oscar Wilde & George Bernard Shaw.

In Shakespeare's celebrated romantic comedy, Viola finds herself shipwrecked on the island of Illyria. For protection, she disguises herself as a young man, Cesario, & enters the service of Duke Orsino to deliver love letters to Countess Olivia. Drama arises in a tangle of mistaken identities & passions, with Olivia falling for Cesario, whose heart belongs to Orsino, who is still smitten with Olivia. When Viola's twin brother appears, complications peak!

Ann Arbor Farmer's Market, August 14, 2024 (Wednesday), \$54

Ann Arbor Farmers Market proudly brings fresh produce, farm products, prepared food, beverages, and artisan items to the community all year. Our 105-year-old market is producer-only, featuring 125 vendors from Michigan. Enjoy 4 hours of free time for the Ann Arbor Farmers Market and all that surrounding area has to offer! There are popular restaurants and shops within walking distance of the Farmers Market: Kerrytown Market & Shops, Fustini's Oils & Vinegars, Mudpuddles Toy Shop, Zingerman's Delicatessen, Mindo Chocolate Makers Shop, Tea Haus, Detroit Street Filling Station, and more!

Put-In-Bay, Ohio, September 4, 2024 (Wednesday), \$179

Off the shores of Lake Erie on South Bass Island lies Put-in-Bay, a quaint Ohio village accessible by Put in Bay Ferry. Travel shore-to-shore from Port Clinton to Put-in-Bay! The Jet Express is a safe,

ocean-approved catamaran offering passengers a choice of all-weather protected, indoor seating or an open air ride. Upon arrival, a private Put-In-Bay tram will greet the group at the Island's dock. An experienced guide will give a narrated tour of the Island, plus take you to these specific attractions:

PERRY'S VICTORY & INTERNATIONAL PEACE MEMORIAL VISITOR'S CENTER - The Memorial, a Doric column, rising 352 feet over Lake Erie is situated 5 miles from the longest undefended border in the world.

THE BUTTERFLY HOUSE – Enjoy a leisurely stroll through the 4,000 square foot aviary with over 50 different types of butterflies from Costa Rica and Malaysia. There is also a 5,000 square foot gift shop to peruse.

THE ANTIQUE CAR MUSEUM – The oldest automobiles on the island are on view here as well as rare Model T's, vintage snowmobiles, road signs, and gasoline station memorabilia. This is a chance to get up close and personal with these beautiful vehicles.

HEINEMAN WINERY & CRYSTAL CAVE – Explore 136 years of history at Put-In-Bay's oldest operating, family-run winery since 1888, and the largest known geode in the world!

LUNCH & FREE TIME DOWNTOWN – Lunch voucher included, with six restaurants to choose from and pointed out by tour guide.

Zehnder's of Frankenmuth – Rockin' Oldies Show, September 16, 2024 (Monday), \$129

The Johnny Rogers Show, Buddy & Beyond, and The History of Rock-n-Roll, will pay tribute to artists such as Buddy Holly, Elvis, Roy Orbison, Jerry Lee Lewis, Ricky Nelson, Chuck Berry, Johnny Cash and many more. Johnny is the most versatile performer in America today. Voted best of show two years in a row in Branson, Missouri, Johnny was inducted into the Iowa Rock-n-roll Hall of Fame in 2016. He was voted the most versatile artist in Nashville at the Josie Radio Show award program. Johnny captures the infectious spirit, freewheeling excitement, and thrilling sounds of a singular moment with his extraordinary talent in his creative prime for a show that will raise the roof and bring you back to your youth. Also performing in the show, Johnny's wife Debbie Rogers, with her tribute to Brenda Lee, Patsy Cline, Linda Ronstadt and many other great female artists. You won't want to miss this show! Enjoy a Zehnder's Chicken Luncheon in their beautiful main dining room, as well as some shopping time on Main Street in downtown Frankenmuth.

See our travel display in the Costick Center lobby for detailed information about these trips!



These trips include round trip transportation, some meals (See specific trip info), hotel accommodations, motorcoach transportation, transfers & baggage handling, admissions & sightseeing per itinerary and Professional Tour Director.

Idaho Resorts and Rivers – September 18-24, 2024.

This is the trip that will give you history of Lewis and Clark as you will explore historic mining town of Wallace, the town of Lewiston. You will explore the Lewis & Clark Discovery Center and take a Snake River Jetboat tour as well. For Whom the Bell Tolls was finished being written by Ernest Hemingway here in the Sun Valley. Highlights of the trip include: two nights at Coeur d’Alene Resort, two nights in Sun Valley, Snake River Jetboat, Silver Mine Tour, Rider Ranch Cookout, Resort town of McCall, Ketchum, and the Sawtooth Mountains. This is a 7 day trip that includes roundtrip airfare, 6 Nights Hotel Accommodations, 11 Meals: 6 Breakfasts, 1 Lunch & 4 Dinners. \$3,699 pp/double.

Colorful Costa Rica, November 6 – 14, 2024.

This trip is a 9 day tour with ability to add on an extra 4 day extension to Tortuguero National Park. This trip leaves on November 6, 2024 and the booking discount rate is \$3775 per person for double occupancy. Tortuguero extension rate is an additional \$725 per person. Trip Includes: San Jose, Poas Volcano National Park, Coffee Plantation visit, Arenal Volcano National Park, Sarchi Artisan Village, Monteverde Cloud Forest Reserve, Selvatura Park & Hanging Bridges, Butterfly Garden & Hummingbird Gallery, Manuel Antonio National Park, Carara National Park, Orchid Garden Tour, and Jungle Crocodile Safari Cruise. It includes 8 breakfast and 6 dinners, Professional Naturalist Tour Director, roundtrip air. Deposit of \$600 at time of reservation.

Washington DC - A Capital Christmas, December 12 - 16, 2024.

We will be stopping first in Cambridge, OH for a night to tour Dickens Victorian Village and 1881 Courthouse Light Show. Then we will continue to Washington DC for shows at the Ford’s theatre and the Kennedy Center. We will have a step on guide from Washington to take us on a tour of the monuments then a luminated tour of Christmas in Washington! Trip includes: Modern Motorcoach Transportation, 3 Nights Washington DC Downtown, 1 Night Cambridge, OH 4 Breakfast, 3 Dinners. \$1,899/dbl, deposit: \$150 at registration. Final balance due October 12, 2024.

Switzerland Christmas Markets on the Rhine Cruise, December 9 – 17, 2024.

Enjoy a 6 Night Cruise on the Amadeus Silver II, 1 Night in Lucerne, Switzerland, and 6 Excursions & Christmas Markets in Lucerne, Strasbourg City, Speyer, Koblenz, Cologne, Cochem, and Reichsburg Castle & Wine Tasting, Rudesheim Visit, and two afternoons of leisure in Strasbourg and Cologne. Includes: Roundtrip Airfare, 1 Night Hotel - Lucerne, Switzerland, 18 Meals (7-B, 5-L & 6-D), Tour Directors, English Speaking Ship Staff, Hand Selected Wines & Beer w/ Dinners, Welcome & Farewell Dinners. \$4495 pp dbl, \$600 due at registration.

Hawaii 3 Island Adventure - February 18 – 26, 2025, \$6275 pp double

Get out of the Michigan Winter and head to Hawaii on February 18, 2025. You will tour the islands of Oahu, Hawaii (the Big Island) and Maui. These include Peal Harbor, Volcanos National Parks, Black Sand Volcanic Beach, and much more. The trip includes: 3 nights in Honolulu, Oahu, 2 nights on the Big Island, and 3 nights on Maui. Enjoy 3 Islands tours, Two National Parks, a Honolulu City Tour, the USS Arizona Memoria, Kailua Kona, a Maui Tropical Plantation, Iao Needle, Whalers Village, and Hawaiian Luau on Maui. Price includes: Roundtrip Airfare, 11 Meals: 8-Breakfasts & 3-Dinners

Timeless Memories Day Trips

Fire Keepers Casino Trip – Wednesday, July 17, \$60.00 per person, Includes: Motor Coach transportation to and from Fire Keepers Casino, \$25 in Red Hot Credits and \$5 in Points at Fire Keepers. Time at Fire Keepers is approximately 5 hours.

The Dow Gardens and Canopy Walk – Tuesday, August 20, \$85 per person

Experience a dazzling 110-acre display of annuals and perennials punctuated by distinctive bridges, towering pines, and delightful water features. Designed to be accessible for all ages and abilities, the Canopy Walk has three arms, each end at a unique viewing platform, including views of a forest pond from 25 feet up, a large cargo net in a grove of spruce trees at 25 feet high, and an orchard view which includes a viewing platform with a glass floor and railings at 40 feet high.

Michigan Princess Riverboat Luncheon & Horrocks Farm Market - Friday, October 18, 2024,

\$125.00 per person A replica of a 19th-century steamboat, the Michigan Princess has graced the Grand River for over 30 years, becoming an iconic Lansing tourist attraction. Enjoy views of the Grand River, creating an intimate atmosphere with picturesque scenery, and a buffet luncheon and entertainment on the river cruise. Following the cruise, transportation and time to shop at Horrocks Farm Market in Lansing. Serving Lansing for over 60 years, This unique market offers fresh produce, gourmet coffee, candy, beer, wine & a full nursery and floral department.

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!