



FARMINGTON HILLS/FARMINGTON
COMMISSION ON CHILDREN, YOUTH AND FAMILIES

FAMILY ORIENTED ACTIVITIES AND RESOURCES

MAY 2012

BOTSFORD HOSPITAL PROGRAMS

- Walk with a Doc – **Thursday, May 17, Noon**

An Oncologist discusses preventing and treating skin cancer. Heritage Park Nature Center on Farmington Road between 10 and 11 Mile Roads, a free program sponsored by Botsford Hospital, Info and to register call 1-877-477-DOC1, option #1

- Family and Friends of Military Support Group – **3rd. Saturday of the month, 4 PM**

Support group includes children, Zieger Center, Class Room A/B, Info: 248.442.2565 or www.Botsford.org click on Education and pull up classes, events and etc., scroll to the 3rd Saturday of the month and click on the group

WOMEN OF RAVENSBRUK – **now through June 24**

An exhibit that details the lives of the prisoners in a major Nazi concentration camp for women, the focus is on the survivors including five local women, artist Julia Terwillgers's art work and the stories of the women survivors make a powerful viewing experience, Holocaust Memorial Center, 28123 Orchard Lake North of 12 Mile Road, Info: on hours, admission fees and directions: 248.553.2400 or www.holocaustcenter.org

16th ANNUAL ICE SHOW – **Friday May 11, 7 PM and Saturday, May 12, 4 PM**

Enjoy an ice show performed by community skaters, Adults \$8 and children, K-12 \$6, Farmington Hills Ice Arena, 35500 W. Mile Road, Info: 248.478.8800

ST. MARY'S POLISH COUNTRY FAIR - **Friday, May 25 – Monday, 5/28**

Features carnival rides, Polish and American food, dancing, music, entertainment, Vegas style games of chance, kids' activities and shopping opportunities, admission is free, parking \$10, Info for hours, directions and details:

www.stmaryspolishcountryfair.com

DOWNTOWN FARMINGTON ACTIVITIES

- Farmer's and Artisan Market opens - **Saturday, May 5, 9 AM – 2 PM**

Join the crowds for cooking demos, fitness walks, educational classes and health assessments, artisan booths and of course products from the farm to you.

- Governor Warner Mansion Tours – **Wednesdays 1 – 5 PM and Sundays 1 – 5 PM**

(check www.ci.farmington.mi.us for schedule updates)

NATURE DISCOVERY HAY RIDES - **Saturday, May 5, 1 – 2 pm and Friday, May 18, 1 – 2 PM**

Families with small children or older children on their own can enjoy a tractor pulled hayride around Heritage Park. \$5 per person, meet at the Park's Nature Center, Info: 248.473.1800 or www.fhgov.com

HAZARDOUS WASTE DROP OFF – Saturday, May 5, 9 AM - 2 PM

Properly recycle your hazardous waste by dropping them off at Oakland Community College, Orchard Ridge Campus on the Orchard Lake entrance, Info: www.rrrasoc.org

POPULAR BIKE- PATHS –

Oakland, Livingston and Wayne Counties host a variety of safe and secure bike paths, balmy weather and this year's gas prices make us think about biking, info:

www.trail.com/michigan

**GRANDPARENTS IN ACTION – Second Tuesday of each month, 6:30 -7:30 PM
4/1, 5/8 and 6/12**

Open discussions among grandparents, involved fully or partially raising grandchildren, to share issues and techniques, resources and tips in dealing with the school and community institutions, 10 Mile Building, 32789 10 Mile Road, Info: Marybeth Sikora at 248.426.4876 or email marybeth.sikora@farmington.k12.mi.us

PERFORMANCE NETWORK CHILDREN'S THEATER – Saturday, May 19, 1 PM

From lumber jacks to Lug Nuts, Wolverine William takes kids on a whirlwind tour of Michigan, the show was created by a teacher and theater educator to augment Michigan history in a fun way, adults \$10 and children under 16 \$7, 120 E. Huron Street, Ann Arbor, 734.663.0618 or www.performancenetwork.org

COOL COLLECTIONS -

- [Gilmore Car Museum](http://www.gilmorecarmuseum.org) - www.gilmorecarmuseum.org
- [Kalamazoo Air Zoo](http://www.airzoo.org) - www.airzoo.org
- [Kelsey Museum of Archeology](http://www.lsa.umich.edu/kelsey) – www.lsa.umich.edu/kelsey

MICHIGAN NATURE ASSOCIATION VOLUNTEER ACTIVITY – Saturday, May 12, 10 AM – 2 PM

Join a group of volunteers at the Alice Moore Woods Nature Sanctuary to pull Garlic Mustard weeds, Info and to reserve a place: 866.223.2231 or email michigannature@michigannature.org

INFORMATION WEBSITES

These sites are for information only and are not evaluated or endorsed by the Farmington Hills/Farmington Commission on Children, Youth and Families

INFO ON PREVENTING ILLNESS AND POOR HEALTH – www.sc.edu type in prevention research center

CONSUMER FINANCE INFO – www.consumerfinance.gov

INFORMATION ON DIETARY SUPPLEMENTS – www.ods.od.nih.gov -

HELP TO QUIT SMOKING – www.smokefree.gov -
<http://www.womenshealth.gov/heartattack>

INFO ON FAMILY HEALTH HISTORY – www.cdc.gov/genomics/famhistory or
www.talkhealthhistory.org

HEART HEALTH - www.heart.org

SOME DATES IN MAY

SUNDAY, 5/13
SATURDAY, 5/19
MONDAY, 5/28

MOTHER'S DAY
ARMED FORCES DAY
MEMORIAL DAY