

The Messenger



Programs for Active Adults 50 & Better
 28600 Eleven Mile Road Gate 4 Door C
 City of Farmington Hills, Michigan

SEPTEMBER 2010

UPCOMING EVENTS COSTICK CENTER

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Coming September 21 is our 3rd annual **Total Wellness Fair**. This event will feature vendors promoting all aspects of a healthy lifestyle as well as an activity packed agenda from 10 am - 1 pm. Admission is free. Demos, screenings, door prizes and give-a-ways. A free lunch is available to all over 60 years of age at 1 pm. Oakland County Health Department will be on site to pre-register those wishing to receive a flu shot this year. Save the date!

Mark your calendar for **Flu Shots** coming October 26, 10 am - 1 pm, in partnership with the Oakland County Health Department. All those wanting a flu shot must be pre-registered, which can be done on line at www.oakgov.com/health.

Please take a minute to update your contact information if there should be changes. It is very helpful in the event that we need to access that information in the event of emergency. **All participants must be registered with yearly updated ID swipe cards** to attend classes and programs offered by the Senior Division. Please complete a new registration form. We require that you swipe your card daily in the lobby or Conway while attending the Center. Thank you.

Join us for **Brain Games** on the 2nd & 4th Friday at 1 pm to play brain fitness games and puzzles. Participants are welcome to bring along activities to share.

Sojourn Bear volunteers meet the 3rd Monday, Sept 20 at 1 pm, to sew stuffed bears for adult cancer patients and survivors. Cut, stuff, or sew.

Legal Advice specializing in Elder Law is available for 20 minute consultations, on Wednesdays, September 8 & 22, 12:30 - 2:30 pm, by appointment only.

Pickle Ball resumes at St. John's Lutheran Church, 23225 Gill Road on Fridays beginning September 3 from 9:30 am - 12:30 pm. Pickle Ball is a combination of tennis and ping pong, played on a badminton court. Come see why it is the fastest growing court sport for older adults in the country! Open sessions for all levels of experience. Fee \$4, resident discounted fee \$3, per session.

One of the longest-running programs in the Senior Division is the **Library Service** which allows participants in Conway Hall to peruse a wide and varied selection of books which they may check out at no cost. Many of these are large-print. This service is provided by the Farmington Community Library and the Senior Division for your convenience every Tuesday morning from 10 - 11 am.

On Saturday, September 25 from 10 am - 2 pm, the FH Police Department will partner with the Drug Enforcement Administration to coordinate a one-day **Controlled Substance Take-Back Initiative**. This effort will safely and anonymously remove potentially dangerous controlled substances (any medication requiring a prescription) from homes. A collection box will be located inside FH PD Headquarters at 31655 Eleven Mile Road for residents of any city.

Get your home ready for winter. Zero interest loans are available to low income homeowners within Farmington Hills for insulation or to replace windows, roofs and furnaces. Funding for this program is from the U.S. Housing and Urban Development Office through Community Development Block Grant Funds. For more information please call Charmaine Kettler-Schmult at 248-871-2543.

The **Coupon Clippers Club** meets the 1st Tuesday each month at 10 am in Conway. Bring Sunday newspaper coupon inserts and join us on September 7.

Free Appreciation Lunches are available for those 60 & over who participate in the congregate meal program in Conway on Mondays in September.

The Farmington Hills Senior Division provides Adults 50 & Better with recreation, education, socialization, volunteer opportunities, referrals, and services. The Center for Active Adults in the Costick Center is open Monday - Friday, 9:30 am to 3:30 pm. To obtain information about programs, services, classes call 248-473-1830.

BALLROOM SCENE

Fernando's Ballroom - Next 7-week series on Mondays, September 13 - October 25: **Tango** at 6 pm and **Samba** at 7 pm. Instructor Fred Caducio. \$47, Resident discounted fee \$42, \$10 drop-in. Must have previous ballroom dance experience. This class moves at a fast pace.

Back to Ballroom - Improve skills, poise, and confidence on the dance floor with 7-week classes taught by Ron & Linda Hiveley, coming September 7 - October 26. Beginning Waltz, 7 pm and Intermediate Waltz, 8:15 pm, \$47, Resident discounted fee \$42. No drop ins. (*No class October 5*)

Fernando's Ballroom Beginners Only - Learn the basics with Fred Caducio, high energy, easy-to-follow instructions, no dance experience necessary. **Fox Trot**, 7-8 pm and **East Coast Swing**, 8-9 pm, begin on Thursdays, September 16 - October 21, \$41, Resident discounted fee \$36, \$10 drop-in.

First Friday Afternoon Ballroom Dance - Buffet dinner and dancing with the Mike Wolverton Band. All levels of dance experience, couples, and singles are welcome. Next dance is **September 3, 3 - 6 pm**. Tickets in Conway Hall, \$9 by deadline, \$10 after, \$1 discount to members with active card. Deadline August 30.

"Simply Ballroom" Dance - Join us on Friday, September 10, for a **Fox Trot** lesson with Ron & Linda Hiveley at 7 pm and the dance from 8-10:30 pm. DJ, 50/50 raffle, door prizes, and refreshments, \$10 pp.

Fernando's Saturday Dance Club - Exciting day of dance with Fred Caducio. Saturday lessons, Country Two-step/Country Cha Cha, 12 - 1 pm, \$3 per class. Saturday party, 8-10:30 pm, with a complimentary **Quick Step** lesson, 7 - 8 pm, \$10 pp. Call 248 470-9989 for information. No dance Sept 4 & 11.

ZUMBA GOLD

Burn calories and tone up! Zumba Gold, a lower impact level of Zumba, is less rigorous with all the fun and fitness benefits. International music and a great workout. Next 6-week session is on Saturdays, September 18 - October 23, 1 - 2 pm. Taught by Fred Caducio. Fee \$41, resident discounted fee \$36, drop-ins \$8.

YOGA

Focus on inner awareness, external alignment, balance & flexibility. Wear loose clothing, bring a mat. Instructor Dawn Priebe. Next series Tuesday nights are September 7 - October 26, 5:30 - 6:30 pm, and Thursday nights, September 9 - October 21, 5:45 - 6:45 pm. Fee \$40, resident discounted fee \$35, drop-ins \$6, Longacre House.

PILATES

Increase strength, balance, flexibility, stamina, and overall well-being. Slow, controlled, and precise movements. Tone and lengthen the body without adding bulk. Relaxing and revitalizing. Mat level 1 class, taught by Rae Khanukov. Bring your own mat. Friday, 9:45 am. Drop-in \$5, resident discounted fee, \$4.

TAI CHI - EVENING

The Yang style of Tai Chi is a series of slow, continuous, graceful movements for relaxation, balance, flexibility, coordination, and muscle tone. Instructor Daniel Turse. New 7-week series on Wednesdays, September 15 - October 27, 6:30 - 7:30 pm (no class Oct. 20) Fee \$35, resident discounted fee \$30, drop-in \$6.

TAI CHI II

Maintain a healthy body, mind, and spirit with the continuation of this soft Martial Art. Focuses on forms II and III of unarmed tai chi (Yang Style). Instructor is Daniel Turse. Next 7-week series on Wednesdays, September 15 - October 27, 9 - 10 am. (no class Oct. 20) Fee \$35, resident discounted fee \$30, drop-ins, \$6.

STRENGTH TRAINING

This fitness class helps build bone density, tone muscles, and increase lean body mass. Bring hand weights (limited supply available) and resistance bands. Instructor Vanessa Tommack. Fridays, 11 am -12 pm, beginning this fall on September 17. Fee \$5, resident discounted fee \$4.

FELDENKRAIS

Bring your body into alignment, reduce chronic pain. Gentle movements to enhance coordination, balance, mobility, breathing, and posture. Bring mat and towel. Wed, 9:30 am. Fee \$5, resident discounted fee, \$4.

NEW OPEN BASKETBALL

Open basketball in the gym is now available to women on one half of the court and men on the other half, using a dividing curtain. Locker rooms with showers are available. In the Costick Center Gym on Wednesdays, September 8 - October 6, 6 - 9 pm. Fee \$4, resident discounted fee \$3.

TRANSPORTATION NEWS

The Transportation program provides curb-to-curb van service to adults (55 or better) and disabled residents of Farmington/Farmington Hills. Priority is given to medical appointments. Other destinations are offered based on availability. Current destinations include:

- **Medical appointments** in Farmington, Farmington Hills, Novi, West Bloomfield, Southfield, Livonia, and limited destinations in Royal Oak.
- **Farmington Hills Center for Active Adults Shuttle** - available daily with morning and afternoon stops.
- **Shopping** at Busch's & Kroger. Other shopping destinations are available with a minimum of 3 passengers.
- **12 Oaks Mall Shuttle** now runs on Thursdays. Shopper pick-ups begin at 8:30 am and are brought to the Costick Center. The shuttle departs from Door C at 9:45 am. The shuttle leaves 12 Oaks at 1:45 pm, returning shoppers to their homes.
- **Other destinations** include hospital/nursing home visits, beauty salons/barber appointments, banking or pharmacy trips.

Transportation is available Monday - Friday, 8:30 am - 3:30 pm. Reservations can be made by calling at least 3 - 4 working days prior to appointment. Please call for reservations between the hours of 8:00 am - 3:00 pm. **Do not leave a message for your appointment**, leave only your name and phone number and dispatch will call you back. A \$2 donation each way is critical to the survival of the program.

NEWCOMER WELCOME TOUR

Take 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, fitness, dance, or speaker series class. Farmington/Farmington Hills residents, 50 & better, only. September 16, 10:30 am, Costick Center.

SIGN LANGUAGE

Improve communication with the hearing impaired or simply learn a great new skill. This is a 4-week/6-hour course of basic and conversational sign language conducted in a small group for a high level of attention. All materials are included. Presented by Patty Holland-Soma, Deaf & Hearing Impaired Services. September 15 - October 6, 9:30 - 11 am. Register by September 14. Fee \$29, resident discounted fee, \$24.

SAFEGUARDING YOUR HOME

Hear how to live safely, independently, and comfortably in your own home. Learn how to avoid slips and falls, and improve bathroom and stair safety. Also learn ways to screen qualified contractors. **This seminar includes a coupon for a free lunch that will follow the seminar, compliments of Go Barrier Free.** Tuesday, September 28, 10:30 am. Register by September 24 for complimentary lunch.

LIFELONG LEARNING AT LONGACRE - SPIRITUALITY OF AGING: SELF REFLECTION

Embark on a spiritual journey to enhance harmony and well-being between self, other, and ultimate other. This 1st session will work on self-awareness of physical, emotional, and mental moods and explore coming to terms with mortality. Presented by Anita Herman, Wednesday, September 15, 10 am. Register by Sep 13, \$5.

PARLARE ITALIANO

Whether preparing for a trip to Italy, refreshing your skills from years ago or just learning something new, take this opportunity to learn the Italian language. This 5-week/7.5-hour course will cover the basics with an emphasis on conversational Italian. Presented by the Michigan Chapter of Societa Dante Alighieri on Tuesdays, September 14 - October 12, 10 - 11:30 am. Must register by September 10. Fee \$40, resident discounted fee \$35.

HEALTHY WORLD COOKING

Back by popular demand, our hands-on cooking class features regional cooking with nutritious ingredients that are simply prepared. Come and experience healthy Asian, Mediterranean, Mid-East techniques, recipes and more. 5-session series. Taught by Vanessa Tommack at the Costick Center on Fridays Sep 17 & 24, Oct 15, Nov 19, & Dec 17 at 1:30 pm. Register by Sep 15. Fee \$25, resident disc. fee \$20. Drop-ins \$6 per class.

SHREDDING FOR SAFETY

Sponsored by Resource Recovery and Recycling Authority of Southwest Oakland County and provided by E-Shred is scheduled for September 14, 10 am – noon. **Please abide by the following rules!** Enter gate 3 and exit gate 4, remain in your car, have all documents in up to 4 paper grocery size bags only in the trunk of your car. (no boxes, no plastic, no magazines, no flyers, no garbage) The bags will be unloaded from your car. Drive-up only, no one on foot will be serviced. Please follow the signs and directions. Remember, this is an opportunity to safely dispose of personal documents to protect your identity. Thanks for your cooperation!

SEPTEMBER

Department of Special Services

SENIOR DIVISION

28600 Eleven Mile Rd.
Farmington Hills, MI 48336

General Information
(248) 473-1830
Fax (248) 473-1801

www.fhgov.com

Click on Departments, Adults 50 &
Better, Senior Division

Check us out on our Facebook page:
[facebook.com/pages/Farmington Hills
Special Services](https://facebook.com/pages/FarmingtonHillsSpecialServices)

Program Supervisor

Mary DiManno
473-1830

Nutrition Coordinator

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Nutrition/Senior Center

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Focus Hope/Outreach

473-1826 473-1827

S.A.G.E.

473-1822

Home Chore

473-1895

Transportation

Coordinator

473-1854

Transportation Dispatch

473-1864

Grant Center

29260 Grand River

Longacre House

24705 Farmington Rd

MONDAY

TUESDAY

SENIOR POOL SCHEDULE

RATES

Res Non-Res

Exercise In Pool	Daily	10:00 am	\$1.75	\$3.00
Open Swim	Daily	11:00 am	\$1.25	\$2.25
Open Swim	M, W, F	2:00 pm	\$1.25	\$2.25
Arthritis Aquatic	T, Th	1:00 pm	\$1.75	\$3.00

ALL POOL PARTICIPANTS MUST SHOWER BEFORE ENTERING POOL

NOTE: Pool closed for cleaning September 6 - 10

6

*Labor Day
Center Closed*

7

9:00 Tai Chi
10:00 FH Trekkers
10:00 Library
10:00 *Coupon Clippers*
11:00 Gym Exercise
12:15 *Lunch-Florentine Fish*
1:00 Bingo
1:30 1st Step Stroke/Lunch Out
5:30 Yoga - Longacre

13

9:45 Yoga
9:45 Pinochle
10:00 Wii Bowling
11:00 Gym Exercise
11:00 Organ Group
12:15 *Lunch-Stuffed Pepper*
1:00 Duplicate Bridge
1:15 Getting Started on Internet
6:00 Fernando's Ballrm-Tango
7:00 -Samba

14

9:00 Tai Chi
10:00 FH Trekkers
10:00 Library
10:00 Parlare Italiano
10:00 *Shredding For Safety*
11:00 Gym Exercise
12:15 *Lunch-Sliced Turkey*
1:00 Bingo
1:00 1st Step Stroke
5:30 Yoga - Longacre

20

9:45 Yoga
9:45 Pinochle
10:00 Wii Bowling
11:00 Gym Exercise
11:00 Organ Group
12:15 *Lunch-Swedish Meatballs*
1:00 Duplicate Bridge/*Sojourn Bears*
1:15 Getting Started on Internet
6:00 Fernando's Ballrm -Tango
7:00 - Samba

21

Wellness Fair 10 am - 1 pm
9:00 Tai Chi
10:00 FH Trekkers *canc.*
10:00 Library/*Blood Pressure*
10:00 Parlare Italiano
11:00 Gym Exercise *canc.*
12:15 *Lunch-Lemon Chicken*
1:00 *Focus Hope/Investment Forum*
1:00 Bingo *canc.*
1:00 1st Step Stroke/Caregivers
5:30 Yoga - Longacre

27

9:45 Yoga
9:45 Pinochle
10:00 Wii Bowling
11:00 Gym Exercise
12:15 *Lunch-Cheese Omelet*
1:00 Duplicate Bridge
1:15 Getting Started on Internet
6:00 Fernando's Ballrm - Tango
7:00 - Samba

28

9:00 Tai Chi
10:00 FH Trekkers/Library
10:00 Parlare Italiano
10:30 *Safeguarding Your Home*
11:00 Gym Exercise
12:15 *Lunch-Baked Hoki*
1:00 Bingo
1:00 1st Step Stroke
5:30 Yoga - Longacre cancelled

2010

WEDNESDAY		THURSDAY		FRIDAY	
9:30 Feldenkrais 9:45 Yoga 11:00 Gym Exercise 12:00 Beginning Line Dance 12:15 Lunch-Rosemary Pork Roast 1:00 Intermediate Line Dance 1:00 Oil Painting 1:00 Low Vision Support 1:00 Caregivers Support	1	9:00 Tai Chi 10:00 FH Trekkers 10:00 Computer Forum 11:00 Gym Exercise 12:15 Lunch- Mostaccioli & Meatballs 1:00 Bingo 1:00 Book Discussion "People of the Book"	2	9:30 Pickle Ball (<i>St. John's</i>) 9:45 Pilates 10:00 Quilters/Wii Sports 12:15 Lunch-Crispy Fish Sandwich First Friday Ballroom Buffet Dinner & Dancing Mike Wolverton Band 3 - 6 pm	3
9:30 Feldenkrais 9:45 Yoga 10:00 DHIS 11:00 Gym Exercise 12:00 Beginning Line Dance 12:15 Lunch-Veal Picata 12:30 Legal Advice 1:00 Intermediate Line Dance 1:00 Oil Painting 1:30 Grief & Loss Support 6:00 Open Basketball	8	9:00 Tai Chi 10:00 FH Trekkers 10:00 Computer Forum 11:00 Gym Exercise 12:15 Lunch-Sweet & Sour Chicken 1:00 Bingo 5:45 Yoga - Longacre	9	9:30 Pickle Ball (<i>St. John's</i>) 9:30 Friday's Film "Date Night" 9:45 Pilates 10:00 Quilters/Wii Sports 12:15 Lunch-Chef's Salad 1:00 Brain Games "Simply Ballroom" Fox Trot Lesson 7 pm Dance 8 - 10:30 pm \$10	10
9:00 Tai Chi II 9:30 Feldenkrais/Sign Language 9:45 Yoga 10:00 Lifelong Learning Longacre <i>The Spirituality of Aging: Self-Reflection</i> 11:00 Gym Exercise 11:30 Red Hat Society 12:00 Beginning Line Dance 12:15 Lunch-Baked Tilapia 1:00 Intermediate Line Dance 1:00 Oil Painting/ Caregivers Support 6:00 Open Basketball	15	9:00 Tai Chi 10:00 FH Trekkers/Computer Forum 10:30 Newcomer Welcome Tour 11:00 Gym Exercise 12:15 Lunch- Bar-B-Q Ribbie 1:00 Bingo 5:45 Yoga - Longacre Fernando's Ballroom Beginners 7:00 Fox Trot 8:00 East Coast Swing	16	9:30 Pickle Ball (<i>St. John's</i>) 9:45 Pilates 10:00 Quilters/Wii Sports 11:00 Photography Club 11:00 Strength Training 12:15 Lunch-Pub Cheese Burger 1:30 Healthy World Cooking	17
9:00 Tai Chi II 9:30 Feldenkrais/Sign Language 9:45 Yoga 10:00 DHIS 11:00 Gym Exercise 12:00 Beginning Line Dance 12:15 Lunch-Pineapple Baked Ham 12:30 Legal Advice 1:00 Intermediate Line Dance 1:30 Grief & Loss Support 6:00 Open Basketball 6:30 Evening Tai Chi	22	9:00 Tai Chi 10:00 FH Trekkers 10:00 Computer Forum 11:00 Gym Exercise 12:15 Lunch-Vegetable Lasagna 1:00 Bingo 5:45 Yoga - Longacre Fernando's Ballroom Beginners 7:00 Fox Trot 8:00 East Coast Swing	23	9:30 Pickle Ball (<i>St. John's</i>) 9:45 Pilates 10:00 Quilters 10:00 Wii Sports 11:00 Strength Training 12:15 Lunch-Seafood Pasta Salad 1:00 Brain Games	24
9:00 Tai Chi II 9:30 Feldenkrais/Sign Language 9:45 Yoga 11:00 Gym Exercise 12:00 Beginning Line Dance 12:15 Lunch-Meatloaf 1:00 Intermediate Line Dance 1:00 Oil Painting 6:00 Open Basketball 6:30 Evening Tai Chi	29	9:00 Tai Chi 10:00 FH Trekkers/Computer Forum 11:00 Gym Exercise 12:15 Lunch-Cheesy Chicken Broccoli 1:00 Bingo 5:45 Yoga - Longacre Fernando's Ballroom Beginners 7:00 Fox Trot 8:00 East Coast Swing	30	Spelling Bee Tuesday, October 5 Lunch served at noon \$5 per person Costick Center	



HEALTH AND NUTRITION NEWS

STOP IN FOR LUNCH IN CONWAY AT THE COSTICK CENTER Monday - Friday served at 12:15 pm. Please sign in by 11:30 am. A 2nd lunch choice is available most days offering fresh salads, and/or delicious sandwiches. Please sign up early to reserve your choice. Stop by and try something new for lunch. If having lunch on site, you are entitled to a second take home meal. Fee for the on-site meals is a \$2.75 donation for those over 60 and \$5 for those under 60 per meal.

If you are looking for value, there is no better time to take advantage of this meal for \$2.75 - plus the second take-home frozen meal for only \$1. Where else can you find two meals for \$3.75? Come in and check out our menu.

Meals on Wheels are available to Farmington area residents, homebound and unable to prepare their own meals. Ensure products, for those needing additional nutrients, are available with a prescription from your physician. Help deliver or pack meals, make a difference and volunteer. Call 248 473-1825 for information.

Nutrition Services are funded through Title III, Older Americans Act Funds, & through the Area Agency on Aging 1-B, through the Office of Services to the Aging and 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 employer program. Reasonable accommodations will be provided upon notification or request.

PORTION DISTORTION

As Americans, we have lost perspective on what is actually a serving size. Even the size of our plates, bowls and cups has grown and with that, we feel we must fill these larger items or we won't have enough. An average cookie is 12% larger than it was 12 years ago. A cup of coffee is about 22% bigger than the USDA suggested portion. The average size portion of meat served in a restaurant has more than doubled in the past 10 years. Be aware of portion sizes and only eat until you are comfortably full.

PASTA DON'TS

Don't break pasta to fit in the pan. Let the ends stick out until it softens, then stir to make sure it is under water. Don't add oil to the pasta to keep it from sticking. Oil prevents the sauce from coating the pasta. Don't rinse cooked pasta. Rinsing cools the pasta down and rinses away the flavorful starch that helps the sauce stick.

PHYSICAL ACTIVITY & COGNITION

Everyone knows the positive connection between physical activity and physical health - exercise can reduce the risk of cardiovascular disease, some types of cancer, type 2 diabetes, etc. Now new evidence shows that physical exercise also helps cognition or mental processes. Walking as few as three times per week at a pace of 30 minutes per mile resulted in improved mental performance. Interestingly it was walking distance, not walking speed, that made a difference. The activity must be aerobic, that is, it must get the blood pumping for a sustained period of time. Aerobic activities include walking, swimming, rowing, bicycling, etc. The functions that improved included memory, multitasking, planning, scheduling, and dealing with ambiguity.

PHOTOGRAPHY CLUB

Each 3rd Friday at 11 am members of the Photography Club meet to share photos, tips, and advice. You are invited to join this group on September 17 for a presentation by Asif Rohela on digital editing of photos.

INVESTMENT FORUM

This informal group meets the 3rd Tuesday each month at 1 pm, to share investment ideas, tips, and strategies. Learn more about the stock market and other financial matters.

NEW INVESTMENT CONCEPTS

Learn the basics of sound investing with a local financial advisor. Topics will cover fundamental concepts such as building asset allocation and risk vs. reward. This group will meet on select Fall days. Dates & topics to be announced.

BOOK DISCUSSION

Join an informal book discussion group in cooperation with the Farmington Community Library on the 1st Thursday each month at 1 pm. Paperback copies are available in advance for checkout in Conway Hall, \$.50 residents, \$1 non-residents per book.

September 2 - People of the Book by Geraldine Brooks

October 7 - The Space Between Us by Thrity Umrigar

November 4 - City of Refuge by Tom Piazza

December 2 - Belong to Me by Marisa de los Santos



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FRIDAY'S FILM

On September 10 at 9:30 am we present our first Friday Film, "Date Night," an action comedy about a mild-mannered married couple who impetuously steal a dinner reservation (belonging to a pair of thieves!) leading to a case of mistaken identity. Steve Carell (The Office) and Tina Fey (Saturday Night Live) star as the married couple who are now threatened by a number of unsavory characters as they try to survive a wacky night and rediscover the spark in their marriage. Includes coffee and donuts at 9:30 am, lunch in Conway, and movie. Must register by September 9, \$5.

DAYTIME FITNESS/DANCE/SWIM CLASSES

Call 248-473-1830 for more information

Line Dance - Good, upbeat workout. Two skill levels: beg., 12 pm, and inter., 1 pm. Wednesdays.

Yoga - Enhance flexibility, balance and strength. Feel serene & rejuvenated. Mon & Wed. 9:45 am.

Feldenkrais - Gentle movement for balance, breathing, natural body alignment and posture. Reduce chronic pain. Wednesdays, 9:30 am.

Gym Exercise - Low impact aerobics, full body workout, all levels of ability. Mon - Thurs, 11 am.

Open Swim - 2 lanes/ lap swims, the rest for individual use. Mon - Fri, 11 am. Mon, Wed, Fri, 2 pm.

Exercise in Pool - Water aerobics class in waist to chest deep water. Full body workout. Need not be able to swim. Mon - Fri, 10 am.

Arthritis Aquatics - Gentle water exercise class specifically for adults with mobility or other limitations. Need not swim. Tues & Thurs, 1 pm.

Pickle Ball - Fun with a racket. Combination of tennis and ping pong on badminton court. All levels of experience. Fridays, 9:30 am. (Located at St. John's Church)

Wii Sports - Virtual bowling, golf, tennis, and baseball. Alone or with friends. Great workout. No experience necessary. Mon & Fri 10 am.

Pilates - Tone entire body, increase strength, balance, flexibility, stamina & overall well being. Slow, controlled movements. Relaxing & revitalizing. Mat level 1 class. Fridays, 9:45 am.

Zumba Gold - Lower level of Zumba. Burn calories, feel great, tone up. High energy international music. Saturdays 1 - 2 pm.

Strength Training - Build bone density, tone muscles, increase lean body mass. Fridays, 11 am.

Tai Chi II - Maintain healthy body, mind and spirit. Foster relaxation, balance, flexibility, coordination, & muscle tone. Wednesday, 9 am.

SUPPORT GROUPS

The Senior Division provides support groups for those in need of these services with encouragement, activities, speakers, socialization & more:

- **First Step Stroke** - Tues. 1 pm (first Tuesday is lunch out, 3rd Tues. Stroke Caregivers)
- **Vision Impaired** - Low vision. 1st Wed., 1 pm.
- **Caregivers** - 1st & 3rd Wed., 1pm.
- **Grief Support**, 2nd & 4th Wed., 1:30 pm.



TRAVEL NEWS

Availability changes, call 248 473-1862 for status! Cancellation policies vary, check flyers.
No refunds for any trips within 24 hours of trip departure.

All checks for Rybicki trips must be made out to "Rybicki Tours."
Credit card payments are accepted for overnight trips only. Thank You!

DETROIT SYMPHONY POPS CONCERT SERIES. There are still several dates available in the DSO Thursday morning pops concert series such as "Trick or Treat" featuring edge of your seat symphonic blockbusters, "Irving Berlin: From Rags to Ritzes," "Gershwin and the American Songbook" and more. Includes coffee and pastry hour, main floor ticket, and transportation. \$55 R., \$60 NR per concert.

"TWILIGHT" RIVER CRUISE ADVENTURE, September 22. Relax in Victorian comfort cruising the Mississippi River with meals on board, a variety of live entertainment, "Riverboat" bingo, a gift shop, and a narrated history. 3 nights in Iowa, 8 meals, National Mississippi River Museum and Aquarium. \$699 pp, dbl. occ

CHARLESVOIX'S CASTLES, CRUISES & MORE. September 28. Three days, two nights, five meals. Downtown Charlesvoix within walking distance of shops and waterfront. Attractions include Jordan Valley Glass Works, Castle Farms & Gardens, Bullfrog Candle Company, Earl Young Architecture Tour, "Keweenaw Star" Dinner Cruise, and Friske Orchards and Farm Market. Transportation. \$399 pp, dbl. occ.

BRANSON, October 2. Enjoy six shows during your six day trip to Branson, Missouri. Yakov Smirnoff, Shoji Tabuchi, Clay Coopers Country Music Express, The Twelve Irish Tenors, Showboat Branson Belle, and Dolly Parton's Dixie Stampede Dinner & Show. Includes 9 meals, transportation, Ozark arts & crafts stop, Branson Landing, historic St. Charles, and a photo stop at the St. Louis Arch. \$949 pp, dbl. occ.

NEW RIVER TRAIN RIDE, Oct. 11. Train excursion through New River Gorge in West Virginia. Hatfield & McCoy's feud sites, tour of the Greenbrier Bunker and lunch at Greenbrier Resort. Seven meals, Tamarack Craft Center, Heritage Farm Museum, "We Are Marshall" tour, Blenko Glass tour & more. \$649 pp, dbl. occ.

MARSHALL, MI., October 21. A tour of the historic Honolulu House, "turkey fest" lunch at the original Schuler's restaurant, and a "stop & shop" at Wiard's Orchards Country Store & Farm Bakery. \$69 pp.

MICHIGAN PRINCESS BOAT CRUISE, October 28. Boat cruise on Lansing's Grand River with bountiful buffet and entertainment by the "Bayou River Band." Also docent-led tour of Michigan's State Capitol. \$85 pp.

JIMMY STEWART - A HUMOROUS LOOK AT HIS LIFE, October 29. Impressionist, Rich Little, pays tribute to his friend, Jimmy Stewart, in a one-man show that brings 25 well-known and well-loved celebrities to life. Includes transportation, a visit to the Toledo Museum of Art, sit-down lunch, and main floor seats at the intimate Peristyle Theater in the museum. \$109 pp.

CORNWELL'S DINNER THEATER, November 18. "It's a Wonderful Life," the beloved story of George Bailey and his bumbling guardian angel, Clarence. Delicious carved turkey luncheon and transportation. \$79 pp.

LOUISVILLE'S "KALIGHTOSCOPE" CHRISTMAS, November 17. Kalightscope is a landscape of larger-than-life, lighted holiday sculptures inspired by ancient Chinese art appearing for the first time in the U.S. This is a celebration of the holidays in a 16,000 square foot pavilion in the heart of Louisville. 3 days, 2 nights at the luxurious, Galt House Hotel, 4 meals, transportation as well as a live performance of "A Christmas Story," Louisville Slugger Museum, Kentucky Derby Museum, and a holiday dinner show. \$599 pp, dbl. occ.

A TRIBUTE TO BOB HOPE, November 30. Chicken lunch at Frankenmuth at the Bavarian Inn. Also includes Christmas and holiday music and a memory-invoking tribute to Bob Hope by Lynn Roberts. Time to browse in Bronner's, the world's largest Christmas store. \$89 pp.

DIANA - A CELEBRATION, December 8. Journey to the Frederik Meijer Gardens in Grand Rapids for "Christmas and Holiday Traditions Around the World," an indoor world transformed with the glow of 300,000 lights and more than 40 captivating international trees. Lunch at Charlie's Crab on the river. Visit the Grand Rapids Art Museum for the award-winning exhibit showcasing the life and humanitarian work of a remarkable woman, Diana, Princess of Wales. With audio tour. \$99 pp.

IN MEMORIAM

OUR SYMPATHY TO FAMILY AND FRIENDS

John Fushman

Hugh Morrison

Sam Mousa

Donald Roble Jr.

Beatrice Urevig

