

Community Calendar

ARTS COMMISSION

Tuesday, Sept. 12: Farmington Area Arts Commission regular monthly meeting at 7 p.m. in Farmington Hills City Hall, 31555 Eleven Mile. Open to all interested persons.

NOVI CHORALAIRES

Tuesday, Sept. 12: Novi Choralaires, a mixed choral group, holds evening auditions for new members in Novi Middle School. Appointments made by calling Kathy Dudas, 477-3776.

BPM MEMBERSHIP MEETING

Tuesday, Sept. 12: Farmington Business and Professional Women's Club invites all prospective members to its membership meeting at 7:30 p.m. in Alexander Hamilton Life Insurance Company, Twelve Mile and Farmington Road. No charge. Reservations are not necessary.

ACCOMPANIST WANTED

Tuesday, Sept. 12: Kendallarks Chorus holds evening auditions for a piano accompanist. Appointments are taken by calling Jim Whitten, chorus director, at 459-1349.

YOUTH AND HI CLUBS

Tuesday and Thursday, Sept. 12 and 14: Parents meeting opens Youth Club Tuesday at 7:30 p.m. and Hi Club Thursday at 7:30 p.m. in the youth room of Nardin Park United Methodist Church, on Eleven Mile near Middlebelt. Youth Club is for those in grades four through nine and Hi Club is for senior high students, regardless of religious affiliation. Inquiries will be taken by calling the church office, 476-8860.

MUSICAL MEMBERSHIP TEA

Wednesday, Sept. 13: Annual membership tea, sponsored by Farmington

Musical, for all perspective members, at 12:30 p.m. in Farmington Hills Community Library, 32737 Twelve Mile. The musical is a member of National and Michigan Federation of Music Clubs. No charge. Reservations are not necessary.

BRAILLISTS TEA

Wednesday, Sept. 13: Nardin Park Braille Transcribers explain the work they do at an orientation tea for all persons who have signed up for braille classes and all persons interested in their service to the blind, at 1 p.m. in Nardin Park United Methodist Church, Eleven Mile and Middlebelt. Reservations are not necessary. No charge.

PUNCH AND LUNCH

Wednesday, Sept. 13: Women of North Farmington invite all area women to Punch and Lunch at noon in Farmington Community Center to learn about the workings of the service group. Reservations are not necessary. A donation of \$1 will be asked at the door.

IMMUNIZATION CLINIC

Thursday, Sept. 14: Free immunization clinic, sponsored by Oakland County Health Department, offers oral polio, and booster shots for measles, rubella, mumps and TB tests for all persons under the age of 17 in First United Methodist Church of Farmington, 33112 Grand River, from 9 a.m. to noon. Appointments are not necessary.

ART 'N' APPLES

Thursday through Sunday, Sept. 14-17: Art 'N' Apples offers art, music, food, music and entertainment from noon to 9 p.m. Thursday through Saturday and from noon to 6 p.m. Sunday in Rochester's Municipal Park. Parking and admission are free.

SUPER CLOTHING SALE

Thursday and Friday, Sept. 14-15: "Super Clothing Sale," sponsored by National and Michigan Federation of Music Clubs, offers next-to-new clothing, and a host of child care equipment, many of them two of a kind, from 9:30 a.m. to 4 p.m. at 2676 Skye Court, in East Lincolnshire Subdivision, near Eleven Mile and Middlebelt.

PAINTING EXHIBIT

Saturday, Sept. 16: The Birmingham Society of Women Painters opens its fall exhibition with a reception from 5-8 p.m. in Birmingham Bloomfield Art Association, Evergreen at Fourteen Mile, Birmingham. The show continues in the gallery, during regular gallery hours, through Oct. 6.

SOUTHFIELD ARTISTS CO-OP

Sunday, Sept. 17: Southfield Artists Co-Op holds open house in conjunction with art sale from 1-4 p.m. in Southfield Historical Bldg., 26800 Berg. No charge. Rain date is Sunday, Sept. 24.

AN EVENING OF BALLET

Sunday, Sept. 17: "An Evening of Ballet" with the Detroit Chamber Ballet and Detroit Ballet Society, at 7:30 p.m. in Our Lady of Mercy High School, 26300 Eleven Mile. Tickets, at \$3, available at the door.

BENEFIT LUNCHEON

Monday, Sept. 18: Luncheon and fashion show by Alvins, in Magic Pan's San Francisco Creperie, second level of Twelve Oaks Mall, sponsored by Farmington Hills Junior Women's Club for the benefit of New Horizons of Oakland County, begins at 11:30 a.m. Tickets at \$7.50 available by calling Sandy Donlon at 661-1684 or Sheila Wade at 661-2126.

OPEN REHEARSAL

Tuesday, Sept. 19: Kendallarks Chorus holds open rehearsal at 8 p.m. in North Farmington Baptist Church, Thirteen Mile, west of Orchard Lake Road for new member prospects to sing and get acquainted.

BOOK SALE

Thursday through Sunday, Sept. 21-24: Used Book Sale, sponsored by the

Farmington Branch of American Association of University Women for the 29th consecutive year in Livonia Mall, Middlebelt and Seven Mile during regular mail hours.

BASKETRY

Thursday, Sept. 21: Two session workshop in the art of basketry begins at 9:30 a.m. in Farmington Community Center with Helen Mueller, an instructor at Greenfield Village, Res-

ervations are necessary by calling the center, 477-8404.

SILK FLOWERS

Thursday, Sept. 21: Two session workshop on the art of creating silk flowers with Mary Foran begins at 1 p.m. or 7:30 p.m. in Farmington Community Center. Registration is necessary by calling the center, 477-8404.

REGISTRATION DEADLINE

Friday, Sept. 22: Deadline for all

adult education class registration in Ten Mile Community School, 2788 Ten Mile. In person enrollments are taken in the school Monday through Thursday from 9 a.m. to 3 p.m. and from 7-9 p.m. Inquiries will be taken by calling the school, 474-5233.

COMMISSION ON AGING

Tuesday, Sept. 26: Farmington Area Commission on Aging, regular monthly meeting at 7:30 p.m. in Farmington City Hall, 23000 Liberty. Open to all interested persons.

Farmington artists host Lucille Nawara

Farmington Artists Club opens its fall season at 7 p.m. Wednesday, Sept. 13, in Farmington Hills Community Library on Twelve Mile, with guest speaker Lucille Nawara.

The artist and violinist teaches drawing in Macomb County Community College and has had works of art shown in numerous juried exhibitions nationally.

She is the co-founder and co-chairperson of Project Retiree, a group which is working with east side Detroit neighborhood groups and business associations in redesigning commercial strips and parks.

This spring Project Retiree was commended by a resolution from the Michigan House of Representatives and the Detroit City Council.

She is also an honorary member of the Whittier-Kelly-Hayes Business Association, which grew out of a Project Retiree effort to increase business and neighborhood cooperation and growth.

Joyce O'Brien will take inquiries on Farmington Artists Club membership by calling her at 478-4851.



LUCILLE NAWARA

DanceFit described as fun approach to physical fitness

DanceFit is the Farmington Area YMCA's newest class offered in its physical fitness program of total exercise.

Kay Burns, a physical fitness specialist, describes the classes as "A combination of basic elements of a good fitness workout and the fun of dancing, giving women a fun approach to becoming fit. Fitness doesn't have to be a chore."

Participants sway, stretch, stretch, hop, skip and jump to the cha-cha, samba, waltz or rock carrying the class through a complete workout.

Y instructors consider the aerobic activity with getting the same results as jogging, but students do not get bored in the interim.

"Thirty minutes of dancing can earn you from four to eight points on the aerobic point system," Ms. Burns said, depending on the level of intensity at which one dances. "All of the dances we teach can be done at a walking, jogging or running level. This allows women of all ages and all levels of fitness to participate."

She summed it up by saying "DanceFit is a fun fitness program com-

bing easy-to-learn dances, with the non-dancer in mind, with the health benefits of jogging for the woman who hates to jog but knows she should."

MS. BURNS is adamant that the benefits people see in their figures will bring them back for more.

Classes begin with a free demonstration Tuesday, Sept. 19, in Bonaventure Roller Rink on Halstead at 1:15 p.m. in Novi Middle School North on Taft and Eleven Mile at 8:15 p.m.; and in First Presbyterian Church Barn, on Farmington Road and Eleven Mile at 8 p.m.

All of the sites continue with classes the following week, on Tuesdays and Thursdays.

"Twice a week sessions are a must for students to get the maximum benefit," Ms. Burns said.

Class registrations are being taken now, by calling the Farmington Y at 553-4020. The twice a week sessions run for ten weeks with a fee of \$30 for members of the Y and \$40 for non-members.

Participants are asked to wear stretch clothing, with good gym or jogging shoes.

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