

community calendar

● STOP SMOKING SYSTEM
Monday and Tuesday, June 20-21: Free introductory to American Health Foundation's Stop Smoking System at 7:30 p.m. each night in Botsford Hospital's Administration and Education Building, Classroom C, 28050 Grand River. Fee for the course is \$125.

● POSTNATAL-PRENATAL EXERCISE
Monday and Tuesday, June 20-21: Postnatal and prenatal exercise classes begin in Botsford Hospital's Administration and Education Center with option of morning or evening classes. Registration information available by calling the hospital's department of health promotion and development.

● DANCEFIT
Monday, June 20: DanceFit summer classes begin this week in Mercy Conference Center with option of morning or evening sessions for the participants. Registration and inquiries taken by DanceFit at 553-7382.

● ART SHOW
Monday, June 20: Artists who take classes in Farmington Area Seniors Center exhibit their work in a display along the corridors of Farmington Hills City Hall through Wednesday, June 29.

● EXERCISE CONCEPTS
Tuesday, June 21: "Exercise Concepts," lecture by Dr. Lou Harp, at 7:30 p.m. in Harp Chiropractic Clinic, 23280 Farmington Road. No charge.

● LANDSCAPE WORKSHOP
Tuesday, June 21: Workshop for artists who paint in oils 10 a.m. to 3 p.m. on the grounds of Farmington Community Center led by Jerrine Habsburg. Registration information given by calling the center, 477-8404.

● APPRECIATION DAY
Tuesday, June 21: Free movies begin at 9:30 a.m. in Cinema Theater, Livonia Mall, Seven Mile and Middlebelt Road, sponsored by Livonia Mall Merchants Association for Customer Appreciation Day.

● WARDROBE PLANNING
Tuesday, June 21: "Summer Wardrobe Planning," lecture and demonstration by Marlene Coffey who tells how to dress for the season without investing a lot of money, at 10 a.m. in Farmington Community Center. Fee of \$8 payable with in-person registration in the center on Farmington Road, north of 10 Mile.

● ENERGY COMMITTEE MEETS
Tuesday, June 21: Farmington Hills Energy Committee invites residents to its meeting at 7:30 p.m. in Farmington Hills City Hall, 11 Mile and Orchard Lake Road, when the group discusses its plans for Founders' Festival.

● NEEDLEPOINT
Tuesday, June 21: Varying techniques of needlepoint are taught in classes that begin at 10 a.m., 12:30 and 2:30 p.m. in Golden Florence, 33305 Grand River. Advance registration is necessary, taken in the shop.

● CHANGE POINTS
Wednesday, June 22: "Change Points" leads off "His Stubborn Love" series at 7 p.m. in Farmington Hills Christian Center, corner of Drake and Freedom roads. Six-part series continues on Wednesdays through July 27. No charge.

● YOUTH ADULT VOLUNTEERS
Wednesday and Thursday, June 22-23: Organizational meeting tells of jobs, schedules and training sessions for young adults over the age of 11 who wish to work as volunteers in the libraries this summer, at 2 p.m. Wednesday in Farmington Branch Library, or at 2 p.m. Thursday in Farmington Hills Branch Library.

● CAPTIONED FILM
Thursday, June 23: "Breaking Away," captioned film for the deaf and hard of hearing, at 7 p.m. in Farmington Hills Branch Library, 12 Mile Road, east of Farmington Road. No charge.

● PRETTY FACES
Thursday, June 23: Marlene Coffey talks about the ABCs (Accent, Balance and Color) of beauty in Pretty Faces lecture and demonstration at 7 p.m. in Farmington Community Center. Fee of \$8 payable with in-person registration in the center on Farmington Road, north of 10 Mile Road.

● PATIO ENTERTAINING
Thursday, June 23: Judy Antlabin shares techniques and then serves a meal for patio or outdoor entertaining at 7 p.m. in Farmington Community Center. Fee of \$10 payable with in-person registration in the center, Farmington Road, north of 10 Mile.

● VALIDATION THERAPY
Friday, June 24: Validation Therapy Workshop gives techniques to help the disoriented elderly 8:30 a.m. to 4 p.m. in Madonna College, corner of Schoolcraft and Levan. Fee is \$35 which includes lunch and all materials. Registration taken by calling the college, 591-5194.

● INTERPRETING FOR DEAF AND BLIND
Friday and Saturday, June 24-25: Orientation to tactile communication for interpreting to the deaf and blind 7 p.m. Friday through 3 p.m. Saturday in Madonna College, Schoolcraft and Levan, Livonia. Registration is necessary by calling the college's interpreting department, 591-5124.

● MIDSUMMER CELEBRATION
Saturday and Sunday, June 25-26: "Midsummer Celebration" begins at 3 p.m. Saturday and at 10:30 a.m. Sunday on the grounds of the Swedish Club, Freedom Road and Ruth Street. Celebration includes games, food booths, import gifts, silent auction, dancing

and cash bar. Groups from Scandinavian Symphony and Maypole Dancing scheduled for Sunday only. No charge to the grounds.

● MADONNA OPEN HOUSE
Sunday, June 26: Open House for prospective students begins at 2 p.m. in Madonna College, 35600 Schoolcraft, Livonia. Tours available. Academic programs and financial aid information discussed.

● AEROBIC FITNESS
Monday, June 27: Aerobic fitness classes begin this week with options of two, three or four times per week sessions in Botsford Hospital's Administration and Education Building, 28050 Grand River. Registration information given by calling 471-8090.

● PICNIC IN THE PARK
Monday, June 27: Children and their parents are invited to bring a lunch and a blanket for Picnic in the Park, with stories and fingerplays led by a children's librarian, at 1:30 p.m. in City Park, Shawwassee and Power Road. In case of rain picnic moves into Farmington Branch Library auditorium, on State and Liberty streets. No charge. Picnic in the Park will be repeated July 9 (during Kids' Day) and Aug. 1.

● PREPARED CHILD BIRTH
Tuesday, June 28: Lamaze method of prepared childbirth classes begins at 7:30 p.m. in North Farmington Baptist Church. Registration information is given by calling Professional Associates in Childbirth Education, 827-8750.

● STRESS, HEALTH AND YOU
Tuesday, June 28: "Stress, Health and You," lecture by Dr. Alan Post at 7:30 p.m. in Harp Chiropractic Clinic, 23280 Farmington Road. No charge.

● CLUTTERBUG SYSTEMS
Tuesday, June 28: "Clutterbug Systems," two-session workshop on the organization of self, time and space begins at 9:30 a.m. in Farmington Community Center. Registration information given by calling the center, 477-8404.

● ALPHABET FUN
Tuesday and Thursday, June 28 and 30: Fun With the Alphabet, program for preschoolers and kindergartners at 10:30 a.m. Tuesday in Farmington Branch Library and at 2 p.m. Thursday in Farmington Branch Library. No charge.

● JOIN THE ENCHANTMENT
Tuesday and Thursday, June 28 and 30: Join the Enchantment, program for elementary-age children at 2 p.m. Tuesday in Farmington Branch Library and at 10:30 a.m. Thursday in Farmington Hills Branch Library. No charge.

● CREATIVE MUSIC IDEAS
Wednesday, June 29: "Creative Music Ideas," workshop for teachers, librarians and parents, at 9:30 a.m. in Farmington Community Center. Fee of \$15 payable with in person registration in the center on Farmington Road, north of 10 Mile.

● SILK FLOWERS
Wednesday, June 29: Two-session workshop teaching the art of creating silk flowers begins at 9:30 a.m. in Farmington Community Center. Registration information given by calling the center, 477-8404.

● FASHION AWARENESS
Thursday, June 30: "Fashion Awareness," lecture and fashions demonstrations led by Marlene Coffey at 7 p.m. in Farmington Community Center. Fee of \$8 payable with in-person registration in the center on Farmington Road north of 10 Mile.

● MASSAGE THERAPY
Thursday, June 30: "Massage Therapy and Biokinesiology" lecture by Sue Vrbal at 7:30 p.m. in Harp Chiropractic Clinic, 23280 Farmington Road. No charge.

● JAYCETTES TEA
Thursday, June 30: Farmington Area Jaycettes invite women between 18-35 years to its "Pet Rally Tea," a get-together gathering for potential new members at 7:30 p.m. in the home of one of its members, 25100 Branchcaster, Farmington Hills. Directions or inquiries will be taken by Pat McKervy, one of the hostesses for the evening, 478-5554.

● WELCOME COFFEE
Thursday, June 30: Welcome Wagon of Farmington Hills hosts a coffee at 10 a.m. in the home of one of its members for newcomers to the community or for those wishing to learn about the workings of the club. Call Cathie Cullen, 471-7338.

Classes prepare couples for Cesarean deliveries

Cesarean Childbirth Preparation Classes are being offered by Lamaze Childbirth Education Association of Livonia on the third and fourth Mondays of each month at St. Matthew's United Methodist Church, 30900 Six Mile, Livonia.

The two-week series is taught by registered nurse Marcy Zwally, who is the mother of three children, the second of which was delivered by Cesarean section. She is also a resource person for vaginal birth after a Cesarean. Her third child was a vaginal delivery.

The first class in the series is used to discuss the entire Cesarean experience in detail along with the positive and negative reactions from a previous Cesarean birth. Detailed information on anesthetics, sensations experienced during the Cesarean delivery, ways to


minimize post-Cesarean complications, coping with recovery from surgery and baby care at the same time, how to smoothly start breastfeeding and nutrition considerations in the third trimester are discussed.

THE SECOND class begins with a Cesarean film showing two births and the reactions of the parents to each delivery. This is followed by a discussion of the expectant parent's reaction to the film.

The goal of the class is to help make each couples delivery more birth oriented and less surgically oriented.

Fee for the series of Cesarean classes is \$10. Registration for the next class is June 20 and June 27. For more information on any future class, call the registrar at 464-1215.

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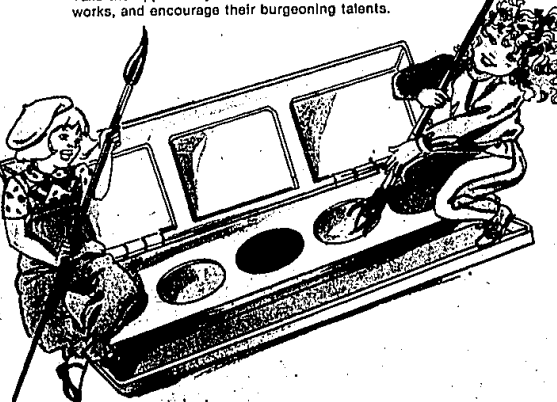
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CHILDREN'S ART EXHIBIT
SEE THE CREATIVE WORK OF LOCAL YOUNGSTERS
JUNE 20TH THRU JUNE 25TH, BIRMINGHAM

All next week we will exhibit the pictures and sculptures of our area's talented young people in kindergarten through ninth grade. See fascinating views of life and the world, rendered in various media, interpreted from the fresh perspective of a child. Displays throughout our Children's Store.

MEET THE ARTISTS, JUNE 25, 1 TO 3 P.M.
We are hosting a party in honor of these creative artists. Take the opportunity to meet them, discuss their recent works, and encourage their burgeoning talents.



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INVITATION

ADELE SIMPSON
FALL/WINTER COLLECTION SHOW

Wednesday, June 22
10 a.m. to 5 p.m.
Birmingham

Adele Simpson, the grand lady of fashion, calls this her "Everything Beautiful" collection, and rightly so. Her devotion to fashion integrity is evident in every tasteful design, magnificent fabric and meticulously hand-finished detail. Sizes 4 to 18.

The highlights
See her artistry with fabrics surface in English country tweeds, haberdasher suits in Savile Row weaves, rich double-faced meltons, plaid and big check combinations. Informally modeled.



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