community calendar

O IT DOESN'T HURT WHEN I .

LAUGH
Monday, Jan. 30: "It Doesn't Hurt
When I Laugh," drama followed by lecture explaining how laughter can be
used to promote mental health, at 6.30
p.m. in Birmingham Temple, 28611 12,
Milo Road. Admission of \$3 at the door.

• ONE-WOMAN SHOWS
Monday, Jan. 30: Gladys McMillan
displays her work in a one-woman
show in Farmington Branch Library
and Jo Schmidt has a one-woman show
in Farmington Hills Branch Library
through Jan. 31.

• ARE YOU LISTENING

Thesday, Jan. 31: "Are You Listen-ling." Program led by Dr. Ray Daley, professor of psychology at University of Windsor, who tellis how to listen ef-fectively, at 7.30 p.m. in Farmington Hills Branch Library, 32737 12 Mile Road, Program sponsored by Farming-ton Parent Forum. No charge.

MACHINE APPLIQUE

Thuesday, Jan. 31: Machine applique, onfe-session workshop with Peggy Freeman, who teaches an easy method of appliquing using the sewing machine, at 9:30 a.m. in Farmington Community Center. Fee of \$7 payable with registripion in the center on Farmington Rhad, north of 10 Mile Road.

Rþad, north of 10 Mile Road.

HYPNOSIS

Tuesday, Jan. 31: "Hypnosis: Its Uses
and Misconceptions," program led by
brancherapist Kathleen Manasian
specific programs and street to the street of the st

TAX-AIDE
Tuesday, Jan. 31: Tax aldes will assist seniors with their 1983 income tax feurns from 10:30 a.m. to 2:30 p.m. in Parmington Hills Senior Center, 11 Mile. Enter through Gate 4 east of Middlebelt. No charge.

• AEROBICS

Tuesday and Thursday, Jan. 31 and Feb. 2: Aerobics for all persons who are at least age 12 from 1-8 p.m. each night in Our Lady of Sorrowa Church gym. 23615 Power. No registration. Fee at the door is \$2 or \$1 for students. Classes run each week until June.

**Decay of the Lorentz of the Lorent

● GOLDEN SONDANCE Tuesday, Feb. 4: Golden Sondance, an exercise program for women age do and older and those who haven't ex-ercised for a while. Runs twice a week in classes that begin at 10:30 a.m., 5:30 and 7 p.m. in the exercise room of Bel-Aire Lanes, Orchard Lake Road, south of 10 Mile. For registration informa-tion, call Marilyn Esser, 477-0590.

• TEDDY BEAR TO SHARE Thursday, Feb. 2: "Teddy Bear to Share," workshop led by sculptop Lois Bro, continues in Visiting Artists Series from 9 a.m. to 2 p.m. in Farmington Community Center. For registration in-formation, call the center, 477-8104

Thursday, Feb. 2: "Egypt: Quest for Eternity," travel film shown at 7:30 p.m. in Farmington Branch Library , 28500 Liberty, No charge.

 DENTAL HEALTH
 Thursday, Feb. 2: Kindergarten-children are invited to a free der custoren are invited to a free dental health awareness program offered by Dr. Robert Coleman in Farmington Dental Center in observance of Dental Health Month. Appointments can be made throughout the month by calling Rena Swanson, 478-6749.

● HARBINGER
Friday and Saturday, Feb. 3-4: Harbinger Dance Company In concert at 8
pm. each day in Wallace F. Smith Performing Arts Theatre, on Orchard
Ridge Campus, Oakland Community
College. Tickets are \$5 at the door.

FURNITURE MIXING

Friday, Foh. 3: "Furniture Mixing and Floor Plan," interior design seminar led by Kay Isols at 1 p.m. in Farmington Community Center. Fee of \$7 payable with in-person registration in the center on Farmington Read, north of 10 Mille. Baby-sitting services available.

● THE CONSTANT WIFE
Friday through Sunday, Feb. 3-5:
"The Constant Wife," staged by the
Farmington Players in the Players
Barn, 32332 12 Mile. Ticket information given by calling the box office,
535-8322, Play continues Feb. 9-12; and
Feb 16-18.

• MAN-IN-THE-MOON MARI-GOLDS

GOLDS
Friday through Sunday, Feb. 3-5:
"The Elfect of Gamma Rays on Manin-the-Moon Marigolds," staged in
Genesius Theatre at Mercy High
School, at 6 p.m. Friday and Saturday
and at 2 p.m. Sunday, corner of 11 Mile
and Middlebolt. Tickets are \$5, avail-

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able by calling the school, 474-4440. Play continues Feb. 10-11.

◆ ADVENTURE STORIES Saturday, Feb. 4: Adventure Stories for elementary schoolchildren at 2 p.m. in Farmington Branch Library, State and Liberty. No charge.

ANT AUCTION Saturday, Feb. 4: Art auction, coordinated by Oxford Art Galleries to benefit Farmington Community Center, begins with a preview at 7 p.m. in the center, Farmington Road north of 10 Mile. Donation of \$1 at the door.

● INSTANT PUPPET PLAYS
Saturday, Feb. 4: "Instant Puppet
Plays," workshop led by Nancy Henk
who teaches the basic methods of puppet play production from 10 a.m. to
2:30 p.m. in Farmington Community
Center. Fee of \$15 payable with in-person registration in the center on Farmington Road north of 10 Mile.

THE LITTLE YOU
Sunday, Feb. 5: "Identifying and
Raising the Little You" continues Marriage Enrichment Series at 7 p.m. in
Nardin Park United Methodist Church,
11 Mile, west of Middiebelt. No charge.

● PREPARING FOR ADOLES-CENCE Sunday, Feb. 5: "Preparing for Ado-

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THE ROLE OF TENSION AND FATIGUE

IN ARTHRITIS

It is often thought that tension and fallique can set off an attack of arthritis. In my experience the reverso is much more common: It is the attack of arthritis that leads to tonsion and fallique.

Once an arthritis attack begins, the individual be-comes tense, anticipating pain and the diaruption of usual activities. Failgue sets in rapidly because the surrounding muscles are under a strain stemning from their attempt to protect the inflammed areas.

Uninvolved joints and muscles are burdened as the body places more demands on them in order to compensate for the work loss by involved joints. This further strain only leads to more exhaustion and con-cern for the individual.

The best way to prevent this spiral of disability is for the individual to make use of heat and rest to the fullest extent possible. These treatments can be used repeatedly and their amounts variod as needed. No drug now available has such flexibility.

MASTER LIGHTING ANNOUNCES

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DR.

lescence: Origins of Solf Doubt," con-tinues Focus on the Family series at 6:30 p.m. in Hope Lutheran Church, 32200 12 Mile. No charge. Baby-sitting services provided.

VIVE LA FRANCE
 Monday, Feb. 6: "Vive in France,"
program for preschoolers and kindergardeners at 2 p.m. in Farmington
Hills Branch Library, 12 Mile, east of
Farmington Road. No charge.

 PATCHING AND QUILTING Tuesday, Feb. 7: Peggy Freeman teaches a fast method of patching and quilting using the sewing machine in two seasion workshops beginning at \$30 a.m. in Farmington Community Center. Fee of \$12 payable with in-person registration in the center on Farmington Road north of 10 Mile.

CASTING CALL

CASTING CALL
Tuesday and Wednesday, Feb. 7-8:
Casting call for Oakland Community
College Performing Arts Theatre's production of "A Funny Thing Happened
on the Way to the Forum," at 7 p.m.
each day in the theater on Orchard
Ridge Campus, Appointments are not
necessary. Singers, dancers, actors,
backstage technicians, musicians and
cosiumers are needed. On-tagge cast
calls for men and women between the
ages of 18-30. Musical will be ataged
two weekends in April.

● CARD PARTY
Tuesday, Feb. 7: Card Party, sponsored by Farmington Chapter Order of
the Eastern Star, at 7 pm. in Farmington Masonic Temple, Parmington Road
and Grand River. Tickets are \$3 at the
door.

Goor.

CHRONIC PAIN
Wednesday, Feb. 8: "Chronic Pain,"
lecture by Dr. David Wartel who gives
psychological approaches to treating
and coping chronic pain at 7:30 pm. in
Farmington Community Center. Fee is
\$7, psyable with registration in the
center, Farmington Road north of 10
Mile.

● IMMUNIZATION CLINIC
Wednesday, Feb. 8: Free immunization cillufe from 9 a.m. to noon in Ten
Mile Community School, 32789 10 Mile,
sponsored by Oakland County Health
Division. Open to all persons under 18
years, who must be accompanied by a
parent or guardian.

SMOCKING ARTS GUILD
 Thursday, Feb. 9: Southeastern Michigan Smocking, as new chapter of Smocking Arts Guild of America, invites all persons interested in English smocking to a "Show and Share" session for getting acquainted from 10 a.m. to noon in Farmington Hills Branch Library, 32737 12 Mile. No charge.



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