

Fun-Fitness is more than exercise alone

Elaine Serling believes that fitness is more than a one-dimensional state. "It is a concept and a way of life," she said. "The idea of fitness encompasses a potpourri of activities, not exercise alone."

The nurse, health educator and fitness instructor combines physical exercises with diet information, emphasis on mental and emotional health, and behavior modification for the program she's leading now called "Fun-Fitness With Elaine."

She invites newcomers to walk in for

one of her classes that are given from 9:30-10:30 a.m. Mondays in Temple Kol Ami, 1085 Walnut Lake Road; and at the same time Wednesdays and Fridays in Potomac Club, on Maple and Farmington Roads.

Participants in the stretch-out, shape-up and sit-down sessions increase flexibility, tone and stamina, while learning nutritional tips and tricks.

FUN-FITNESS is composed of exercise routines which combine various

disciplines of physical exercise: isometrics, yoga, aerobic movements, ballet, conditioning and stretching.

"After integrating these techniques regularly, you can expect a weight loss and firming of excess flabby tissue," Serling said.

"This leads to shaping and to the building of muscle tissue. Then your muscles perk up and you have more body awareness. Flexibility is increased, and you have more body and muscle control."

You demand better posture from

your self and are pleasantly pleased with the fact that everyday routines become easier with this renewed physical and mental energy," she said.

In the area of behavioral modification, Serling places emphasis on giving positive alternatives, choices and changes in order to create new eating and fitness attitudes, patterns, habits and routines.

Overall, she says, "This teaches how to custom design your own personal preferences and goals." Fee for the walk-in class is \$5. Fee for a 10 week course is \$40.

Displaced homemakers offered special program

The Women's Resource Center (WRC) of Schoolcraft College offers Project HERS (Homemakers Employment Re-Entry System), a program for displaced homemakers.

The program includes a Self-Directed Career seminar designed to help participants examine their work history, to look at the reality factors involved in career planning, and to research careers that interest them. Interest tests and group sharing will aid in identifying a new career possibilities.

A second weekly session will offer assertiveness training, a small group process to help one learn how to express opinions and claim valid rights without infringing on the rights of others.

Assertive skills are said to reduce

anxiety by increasing one's effectiveness in dealing with everyday problems. Participants will practice assertive skills by role playing their own problem areas.

Displaced homemakers are people who have worked in the home most of their lives for their families without pay and who have lost their source of income due to death, disability, desertion, divorce or separation from the person on whom they have been dependent, and who lack adequate job skills as well as recent, skilled, full-time employment.

Students must not be receiving other federal educational aid.

Registration is by interview only. For an appointment, call the WRC at 591-6400, Ext. 432. The Project HERS class begins Feb. 7.

Senior adults called to participate in SAGE

SAGE (Senior Adults Giving to Education) needs older volunteers for its winter session beginning the week of Feb. 13. The session will be four to six weeks long with a 45 minute to one hour commitment per week.

SAGE is the Intergenerational program whereby men and women go into schools to share their talents with youngsters. The grandparent (so-called because it is not necessary to be a grandparent to participate) may tell

stories, do woodworking, teach needlepoint, talk about travels, do creative writing; whatever he or she is interested to impart.

SAGE will continue at Lakeshore Elementary School and begin at Long-

acre Elementary School. It is sponsored by Farmington School District, Farmington Area PTA Council and Farmington Branch, American Association of University Women.

Call Phyllis Cummings at 476-4735.

Continuum Center plans workshops for singles

Three workshops for single people will be offered by Oakland University Continuum Center from 7-10 p.m. on consecutive Mondays beginning Feb. 13 in Troy Hilton.

Sylvia Fink, a psychotherapist in private practice in Birmingham and Jane Goodman, associate director of the Continuum Center, will lead the open-

ing workshop "Making It Alone" Feb. 13.

"Learning to count on oneself as a resource is an important first step in seeing the positive side of being alone," says Goodman. "Being alone doesn't necessarily mean being lonely."

"Making Connections with People" will be led by Judith Schneider, of the

Continuum Center staff, who is also a therapist in private practice in Birmingham with Barbara Halpern, communications specialist.

"In this workshop, we offer a variety of creative ways to help singles reach out for more satisfying connections. We also deal with fears of rejection and ways to end relationships," Schneider

says of the Feb. 20 session.

Halpern will be the leader for the final workshop, "Roles, Relationships, and Sexuality," Feb. 27.

All three sessions may be taken for registration call the city department, 474-6115, Ext. 286.

Joins staff

Orchard Hills Psychiatric Center in Farmington Hills announces the association of Richard L. Todd as a psychologist on staff. Dr. Todd has recently been in practice at Midwest Mental Health Clinic in the Dearborn and Plymouth offices. He has a doctorate in counseling psychology from the University of Missouri-Columbia and is fully licensed in the state of Michigan.



Richard Todd

Parks and Rec offers Florida trip to seniors

Reservations are being for Farmington Hills Parks and Recreation Department's trip to Indian Rocks Beach, Fla. scheduled for senior adults March 24-31.

The eight-day, seven-night trip includes round-trip air transportation, accommodations at condominiums on the Gulf of Mexico, transportation

aboard a deluxe motorcoach while in Florida, all baggage handling, taxes and gratuities, admission to many attractions in the area, and optional side trips to Disney World-Epcot Center, Busch Gardens and Seminole Bingo of Florida.

While at the condominiums, travelers will get breakfast, dinner and

theater performance in St. Petersburg, and admission to Tiki Gardens for a haw and entertainment. They will also receive admission to Weeki-Wachee, Captain Anderson's Boat Cruise, John's Pass Village, the Derby Lane Greyhound Track, and an evening of music, entertainment and dancing. The double occupancy rate if \$604

per person. Insurance is available. For registration call the city department, 474-6115, Ext. 286.

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