community calendar

PALS
 Thursday, May 24: Screening is being done for PALS (Potentially Able Learners), a parent and child program in Fairview Developmental Center. Parents wishing to make a screening appointment for their 4-year-olds may call the center at 626-833; Appointments will be made through mid-June.

**ACNE CONTROL

Thursday, May At. Dr. Edwin Cohen, formatiologist, talks about the latest indinging in acne-control medicine at 7,36 p.m. in Farmington Hills Library, Center through May 31. Guests enter 37,371 72 Mile, No charge.

Thursday and Friday, May 24-25: Center through May 31. Guests enter the Thursday and Friday, May 24-25: Center through May 31. Guests enter the Complex through Gate 4 or 31 Mile, can for Middlebelt; then enter the building through the blue doors under the blue canopy. Many of the pieces in the canopy. Many of the pieces in the canopy. Many of the pieces in the canopy. May 32-27 May February and 9 am. to 1 pm. Friday.

**MAT EXHIBIT*

**Chart E

Rimmagg sale, spongored by Farming.

Iton Garden Cub. 9 a.m. to 5 p.m.

Thursday and 9 a.m. to 1 p.m. Friday, the First Presbyrian Church of Farmington, on Systemic Church of Farmington, or Systemic Church of Farmington, the Systemic Church of Farmington, the Systemic Church Center, 1810e Eight Mile. According to The Systemic Church Churc

sored by Farmington High School Class of '85, from 11 a.m. to 3 pm. in the school's student parking lot, Shiswas-see, west of Orchard Lake Road, Cost is

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ANTIQUE SHOW
 Monday, May 28: Antique show from noon to 7 p.m. in Botsford Inn, Grand River, east of Eight Mile. No admission charge.

MEMORIAL DAY PARADE Monday, May 28: Memorial Day Parade begins at 10 a.m. on Grand River, east of Orchard Lake Road, and proceeds wert passed Farmington Road.

grounds include entertainment, dancing every night, food, games, rafts, bligo, shopping and special activities for children. No charge to the grounds.

CAR WASH
Saturday, May 26: Car wash, sponSaturday, May 2

© POISON-PROOF
Thursday, May 31: "Poison-Proof
Your Home," program gives by staff of
Urgent Care Center, at 7:30 j.m. in
Farmington Illis Brisach Mibrary,
3273/ 12 Mile. No charge but reservations are requested by calling the library, 653-0300.

© RUMMAGE SALE
Priday and Saturday, June 1-2:
Rummage sale, 9 a.m. to 5 p.m. Friday
and 9 a.m. to 3 p.m. Saturday, in Our

WELCOME COPPEE (III.)

Thursday, May 31: Welcome Corio, house of beautiful and increased in the member of Welcome Wason, at 10 a.m. in one of the members, and the members of Welcome Wason, at 10 a.m. in one of the members, and the members of Welcome Wason, at 10 a.m. in one of the members, and the members of Welcome Wason, at 10 a.m. in one of the members, and the members of Welcome Wasone of 10 a.m. in one of the members, and the members of the member

Germany Country Apper Trons Country Co

Pie bakers called Dierroby by bakes a layorile ble is invited to enter the same a saverile ble

Everybody who bakes a favorite pie is invited to enter the Pie Raking Coests to be held at the annual YWON Strawlerry Fertical Sunday, June 10 in the YWOA building, 23900 Grand River. The event will include a number of activities and is a community celebration of the beginning of summer. Pies may be entered in the open of two crust categories. Crusts must be two countries and prought to the YWOA early on June 10 for judging Prizes will be awarded for first, second and third places.

Wathana calls campers

"Our summer program provides a fun and adventurous approach to camping." Podgorny said. "Wathans means beautiful place," and it's no wooder, as campers have a chance to enjoy two spring-fed lakes, wild birds and deer, nature trails and lots of opportunities to have fun together and learn from each other at Camp Wathans.

Situated on 370 acres of rolling hills and meadows near Holly, Camp Pire's clamp Wathans is an inviting place for Detroit area girls and boys to experience summer camping.

The camp specialist for Camp Fire before the camp specialist for Camp Fire bettoit Area Council. Elizabeth podgomy, said applications are being accepted for Camp Wathans's summer sessions, which run from July 1 to Aug.

"Fodgormy said.

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To unders laud DIA volunteers

Martha Katz will be among the 500 members of the Volunteer, Committee of Founders Society Detroil Institute of Arts who meet for their annual spring meeting and luncheon hosted by the founders May 31. Katz, who is a Farming founder May 31. Katz, who is a Farming founder May 31. Katz, who is a Farming founders May 31. Katz, who is a Farming founder May 31. Katz, who is a Farming founder May 31. Katz, who is a Farmington Hills resident and works in the museum shop, will receive a pin for 20 years of service.

Luncheon speaker for the day will be Evan Maurer, director of the University of Milling and assisting the staff.

Nurse 100.

Nurse 101.

The home will be open for viewing during Twelve Oaks' normal shopping hours.

Twelve Caks Mall is at Novi Road and I-95. Mall hours are 10 a.m. to 9 p.m. Monday-Saturday and noon to 5 p.m. Sunday.

Me, "Polgorny said. "Our camp program is designed to provide an organized, innovative, out-door experience in group living for children. Working as we do with well-trained counselors and small groups of campers, there is a client of opportunity for the kids to create their own schedules for arist and craits and craits and hiting, swimming and overnights," she said, and in the on display through through the on display through the ond display through the ond display through the ond display through the ond display through th

TWELVE OAKS, setting a new pace in abopping-center merchandising, needs and tomorrow. Events will include cooking and entertaining ideas, wardrobing suggestions and electronic decironic denominations. Gift ideas for the bride-to-be, mon, dad and grad will be special features in the 12 Oaks Paccestter Home.

Tours outlining the Pacesetting Home's unique features will be conducted by the 12 Oaks Fashion Panel on weekends. The tours are scheduled Fridays 7-9 p.m.; Saturdays and Sundays 1-4 p.m.

Shoppers watched construction of the home being built in 12 Oaks Mall Center Court and are invited to a houseverning that runs noon to 0 j.m. Joday and tomorrow. Specially conducted tours are svallable Friday evenings through June 17. one's self to a program and choosing an activity one enjoys are the keys to maintaining a fit mind and body for lifetime.

fitness and lifestyle disease. She i nurse and coordinator of Fit-s for Health, an aerobic program which is one of the many compo-tents of the Wellness Program of-ered by Botsford General Hospi-al's Health Promotion Center.

Nurse tells about being fit through exercise

fered by Botsford General Hospitol's Health Promotion Center.

Much interest has spawned in the area of physical filness within the past two decades. More than ever people are aware of the impact they have one their state of health. Many of the so-called "lifestyle diseases" are the district result of inactivity. The goal of any filness program. The goal of any filness program seemal prefors, it or restore some semilance of the termal vigorous activity which has been replaced by seednary jobs, automobiles and television.

There are four major types of exercise aerobic, isotonic; iso-metric.

While all exercise is beneficial, it is aerobic exercises which has the most functions. Aerobic activity is conserved with the uptake of organ over the seem of the control of the control

20 minutes. During this time the heart rate is raised to the individual's target meant range.

Target beart range is calculated by subtracting the person's age from 220 that number. The activity about be not at least three times a week, five times for maximum benefits.

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