

recreation news

Each week, the Recreation Division of the Farmington Hills Department of Special Services presents a synopsis of upcoming activities in this column. For further information regarding programs, please contact the recreation office at 478-8570. Preregistration is required for most activities. For matters regarding city council agenda items, call the city's Newsline at 478-3833.

AMUSEMENT PARK TICKETS

Tickets for your favorite amusement park can be bought at a discount rate at the Recreation Office. If you are going to Bob-Lo Island, Cedar Point, Detroit Zoo, Four Bears Water Park, Greenfield Village, King's Island or Sea World, stop and see us first for a savings on tickets for these facilities.

PICNIC PAC

All you have to do is bring the food; the picnic pac has the rest.

Equipment included in the pac is a volleyball and net, complete badminton set, softball bat and softball, scoops and waffle ball, rubber horseshoes and stake, and a Frisbee disc. Reserve your picnic pac one week in advance. Fee is \$4 per week day and \$10 for the week-end. \$20 deposit is required when pac is picked up.

DAY CAMPS

Openings are still available for some of the day camp sessions for Camp All-U-Wanna (5-8-year-olds), Camp Com-On-A-Wanna (9-12 year olds), and Nature's Way (6-8 and 9-10-year-olds). Camps are held at Heritage Park except for Camp Wee-Wonna which is at Oakland Community College and begins the week of June 17. Fees range from \$50 to \$85 per person.

TENNIS LESSONS

Improve your tennis skills through this twice-a-week, four-week lesson program. You will learn backhand and forehand strokes, serve and volley. Classes are 50 minutes and begin the week of June 10 at Farmington and North Farmington High Schools. Classes are available for children, teens, adults and senior adults. Fee is \$28 per person, \$18 per person for senior adult classes.

NATURE DISCOVERY WAGON

Children ages 3-6 and a parent, grandparent or adult friend will explore the natural sights, sounds and textures that Heritage Park has to offer as you ride through the park in a hay wagon. You can register for either the June 20 program. The program runs from 7-8:30 p.m. Fee is \$5 per person.

Exhibit puts accent on safety for kids

Where's a police officer when you need one? Children can learn the answer to this and other safety questions when they visit the Safety City miniature community in downtown Farmington under the green-and-white striped tent at Grand River and Grove Street.

The event is scheduled for Wednesday, June 12, from 10 a.m. to 2 p.m.

The hands-on exhibit was produced by Encyclopaedia Britannica, USA. Included in the mock town is a fire station, police station, park, playground, streets, sidewalks, traffic signs and life-size police officer and safety patrol.

Children can travel through the miniature community in organized tours. The guide will describe the importance of observing traffic signals and other safety precautions, as well as how to obtain help from police or firefighters in an emergency.

FOLLOWING THE tour, children will receive safety certificates to indicate a successful completion of the "safety course."

The 15-minute tour is aimed at children between the ages of three and 12, and is intended to teach basic safety patterns in the community. Safety City is the first event in downtown Farmington's Summer Series.

Every Wednesday from June 12 to Aug. 14 an assortment of performances and interactive experiences will take place under the tent in downtown Farmington.

The Summer Fun Series will be presented by the Farmington Downtown Development Authority, an agency of the city of Farmington committed to maintaining a vigorous downtown district while retaining a small community atmosphere.

Arthritis Today
Joseph J. Weiss, M.D. Rheumatologist
18920 Farmington Road
Livonia, Michigan 48152
Phone: 478-7860

FEET ONLY GET BIGGER
As you age, your feet get bigger. Blood coming from your feet to your heart must overcome gravity, with the passing years your veins lose their elasticity and dilate. Consequently the tissues in the lower limbs expand.
Support hose help, but only completely, "water pills" are of no use as the problem is not excess fluid, but aging blood vessels. If you bring your concern of "swollen feet" to your doctor, he can respond in a limited way as no medicine retards aging.
The same limitation on physicians holds for your distress over undue stiffness on arising in the morning or after seating for a prolonged period at a movie, with friends, or upon dining out.
The stiffness likely is not an indication you are developing arthritis. The problem resides in ligaments that bind joints and tendons that act as pulleys for muscles anchoring nearby joints. With age, these sinews and blood vessels, lose elasticity and the ability to contract quickly. You feel the change as a resistance to initiating movement; medicine cannot overcome this age related change. Only stretching and moving while seated will counter the stiffness.
Your doctor's training and experience allow him to determine when foot swelling or joint stiffness go beyond aging and indicate a need for further investigation.

FLYING HIGH ON A DRUG FREE LIFE
First Annual
HOT AIR BALLOON FESTIVAL
Presented by the International Airport
MERILLAT INTERNATIONAL AIRPORT
TECUMSEH, MICHIGAN
SATURDAY, JUNE 15, 1991 8 a.m. to 9 p.m.
(RAIN DAY SUNDAY, JUNE 16, 1991)
ANTICIPATED ACTIVITIES
9 a.m. ULTRA-LIGHT AIRCRAFT SHOW
10:30 a.m. MAPLETTES POLO
11 a.m. & 2 p.m. ATA TAE KWON DO DEMONSTRATION
11 a.m. & 2 p.m. PIERCE INNOVATIVE ARTS & CRAFTS SHOW
12 noon & 2 p.m. NATIVE AMERICAN DANCE
1 p.m. HOT DRINK QUESTION
2 p.m. MAPLETTES BATON TWIRLERS MEDICAN DANCE DEMONSTRATION
3 p.m. DRUG DOO DEMONSTRATION
3:30 p.m. DRUMMED KITCHEN BAND
3:30 p.m. SHAWNEE SQUARE DANCE
3 p.m. & 8 p.m. GYMNASIUM KITE SHOW
3:30 p.m. COTTAGEWOOD CLOUTIER
6 p.m. HOT AIR BALLOON LAUNCH
8 a.m. & 4 p.m. CHILDREN'S GAMES BY McDONALDS
8 a.m. & 4 p.m. CLOUTIER ARTS & CRAFTS AND MUCH MORE!!!!!!
PURPOSE
A family oriented hot air balloon festival to raise drug and alcohol prevention money for Lenawee County Children and adolescents. All proceeds will be used to help the County's youth.

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Revelation Seminars Presents...
SECRETS TO THE UNSOLVED MYSTERIES
Beginning Mon., June 17th at 7:00 p.m. in the following locations:
Farmington: The Conference Center • 29831 Ten Mile Rd.
Troy: The Conference Center • 2775 Crooks Rd.
• Discover who the Beast of Revelation really is.
• What is represented by the number 666?
• Are there other Worlds out there with Life?
• How will the Arab-Israeli Conflict be settled?
With answers to all of these questions, make plans now to attend.
For Reservations Call:
Farmington...591-5976 or Troy...643-6768

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PARKING FEE
\$5.00 PER VEHICLE
FOR MORE INFORMATION
CONTACT
DEBBIE VARNY AT
(517) 423-2141 EXT. 3557

Barbara Hatch
School of Dance
SUMMER DANCE PROGRAM BEGINS JULY 8
Come Dance With Us...
• BALLET & POINTE Ages: Pre-School thru Adult
• TAP Beginner-Intermediate
• JAZZ Advanced
*Barbara Hatch S/D Annual Dance Recital
June 17 & 18 Clarenceville H.S. 7:00 p.m.
33305 Grand River Avenue
1/4 Block E. of Farmington Road - Behind Art Alcove
Studio 478-7074 Res. 471-2759
Barbara Masak Hatch • Director
Bachelor Fine Arts in Dance
Training Farmington Area Dancers Since 1976

Join us for the summer!
Swim Club Memberships now at Franklin.
Join Franklin for the summer and enjoy full use of all the club's facilities...including a great outdoor pool, bar and grill!
Your Summer membership also means you'll take advantage of the latest in workout equipment. Like a floating aerobics floor. Nautilus, treadmills, and Lifecycles. And dozens of tennis and racquet courts.
This summer, enjoy all the extras that make Franklin the Midwest's finest workout facility. Stop by at 29350 Northwestern Highway, just west of Franklin Road in Southfield, or call us at 352-8000.
But hurry! Our special Swim Club Membership Offer ends June 15.
Call today! 352-8000.
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