

CALENDAR

YOUR GUIDE TO

HEALTH

VACCINE CLINIC
Providence Medical Center, at 30055 Northwestern, near Inkster in Farmington Hills, will be holding an Immunization Clinic from 4-8 p.m. Tuesday, March 17. All shots are free, but there is a \$5 facility fee. Call (248) 865-4000.

QUIT SMOKING

Find out how you can quit smoking with acupuncture at 7 p.m. Tuesday, March 10, at Botsford's Health Development Network in Novi. Call 477-6100.

HEALTHY COOKING

Enjoy healthy cooking demonstrations throughout the month of February at Botsford's Health Development Network in Novi. Classes fill quickly so register early. The cost is \$6. Call 477-6100.

KID STUFF

DR. SEUSS
Celebrate the "Read Across America" campaign 4:15 p.m. Monday, March 2, at the Farmington Branch Library with a special Dr. Seuss birthday party featuring guest readers Mayors Aldo Vagmosi and Mary Bush as well as special door prizes. Call 474-7770.

SAFE ON YOUR OWN
Learn how to be "Safe on Your Own" at the Farmington Community Library. The American Red Cross will present a special video and workbook on this topic for elementary and middle school-aged children and their parents at 7 p.m. Monday, March 2, at the Farmington Hills Library and 7 p.m. Monday, March 16, at the downtown Farmington Branch Library. To register, call 553-0300 or 474-7770.

PRESCHOOL

PLAY GROUP
Orchard United Methodist Church sponsors a Mom & Tot Play Group that meets year-round from 10 a.m. to noon Tuesdays. There is no charge. The church is at 30450 Farmington Road, between 13 Mile and 14 Mile Roads. Call (248) 625-3620.

KEAP REGISTRATION
Kindergarten Enrichment Class offers opportunities for children and parents to explore hands-on enrichment activities Tuesday morning or afternoon classes at Farmington Community School. Call 489-3375.

CLARENCEVILLE

CHILD CARE
The Clarenceville Child Care Program housed at Botsford Elementary School has openings for 3-, 4- and 5-year-olds. This licensed program offers a balanced schedule of activities from 6:30 a.m. to 6 p.m. Monday through Friday. Call 473-8933 for registration details.

MAYFAIR CO-OP

Mayfair Co-op preschool in Farmington Hills will accept applications for the 1998-99 school year. Call 626-2769.

POTPOURRI

LECTURE AT BORDERS
A lecture on the ideas of Gurdjieff and Ouspensky will be given at 7 p.m. Wednesday, March 11, at Borders Books and Music in Farmington Hills.

HISTORICAL MUSEUM

The Farmington Historical Museum has reopened for the season. The hours are 1-5 p.m. and admission is a \$1 donation. Children under 6 are admitted free.

TOUCH OF IRISH
The Farmington Musical

presents "Musical Strings and a Touch of Irish" at 12:30 p.m. Wednesday, March 4, at the Farmington Hills Library on 12 Mile Road.

WILD BIRDS

A program on how and why we band birds for research will be presented at 7 p.m. Tuesday, Feb. 26, at Wild Birds Unlimited of Farmington Hills on 12 Mile Road. The program is free but reservations are required. Call 471-7334.

VISIT THE REP

State Rep. Andrew Ruckelshaus, R-Farmington Hills, is available to the community during the following hours:

~ 10-11:30 a.m. the first Monday of each month at the Farmington City Hall, 23000 Liberty St.
~ 10-11:30 a.m. the second Monday of each month at Farmington Hills City Hall, 31555 11 Mile.
~ 7-8:30 p.m. the third Monday of each month at the Farmington Hills Library, 32737 W. 12 Mile. Call 1-800-564-2103 to make an appointment.

VOLUNTEERS

ALZHEIMER'S ASSOCIATION

The Alzheimer's Association is seeking volunteers to provide companionship to those with memory loss. Volunteers receive an orientation that provides them with the information and skills to brighten the life of someone with Alzheimer's. Call 557-8277.

SENEX

Senex, a program for frail older adults, provides the sound sense, extra care and a variety of activities. If you would like to know more about this program or would like to volunteer, call 473-1830.

TRANSPORTATION

Volunteers are needed to drive older adults to medical appointments one day a week. Call Anne at 473-1864.

MEALS ON WHEELS

Make a difference. Substitute drivers needed to fill in periodically, one day per week, Monday-Friday, one to two hours per day. Call Diane or Chris, 473-1825.

NUTRITION VOLUNTEERS

Kitchen volunteers are needed from 9:30-11 a.m. Tuesday and Thursday. Call Chris or Diane, 473-1825.

FOCUS:HOPE

Drivers are needed for an hour or two to deliver food boxes to eligible seniors once a month. Call Gail, 473-1825.

COMMON GROUND

Common Ground, Oakland County's 24-hour crisis center, needs volunteers to provide telephone crisis intervention counseling. Call Liz Christopher at (248) 456-8128.

CATHOLIC SOCIAL SERVICES

Volunteers are needed to help improve relationships between parents and children, in a program sponsored by Catholic Social Services of Oakland County. Training for the program is provided. Call Francine Adams, (248) 334-3595.

DRIVERS NEEDED

If you have some free time to transport cancer patients in your area to nearby treatment centers, call Ivory Underwood at 443-5800.

CANCER INSTITUTE

The Karmanos Cancer Institute needs volunteers for the Novi office, 41935 12 Mile, Novi. In addition, cancer survivors and volunteers are welcome to be trained as health education speakers.

SENIORS

(55+)

BOOK DISCUSSION
Join in for a lively, informal book discussion at 1 p.m. on the third Thursday of each month. Regular attendance is not required. Call 473-1830.

REUPHOLSTER

Interior designer Thomas Grabowski of Hudson's Northstar Interior Design Studio will answer questions about problem chairs and sofas at 10:30 a.m. Tuesday, March 3, at the Senior Adult Center in Farmington Hills. The cost is \$2. Call 473-1830.

GOLF LEAGUES

Registration begins in February for the popular men's and women's golf leagues available to Farmington and Farmington Hills residents 65 and better. Call 473-1830.

TAX-AIDE

Seniors can receive tax counseling from 10:30 a.m. to 2:30 p.m. every Tuesday starting in February through April 14 at the Farmington Hills Senior Center. Call 473-1830.

MEMORIES AND MORE

Share your recollections of the past with Memories and More. This senior group will meet from 10 a.m. to noon every Friday at the Farmington Hills Senior Center. Call 473-1830.

BALLROOM DANCING

At 1 p.m. every Friday, dance to live Big Band music from the '40s and '50s at the Farmington Hills Senior Center, also called the William Costick Center, 11 Mile and Middlebelt. Admission is \$2.50 and includes refreshments, which are served at 2 p.m. Call 473-1830.

ERIDGE & PINOCCHIO

The Farmington Senior Drop-in Bridge and Pinocchio Club meets every Monday at the Farmington Masonic Temple. Call William, 474-4308.

WATER WALKING

Try Water Walking, an indoor exercise program, from 2-3 p.m. Tuesdays and Thursdays at the Farmington Hills Senior Adult Center. The cost is \$1 for residents and \$2 for non-residents. Call 473-1830.

TAI CHI

New this year at the Farmington Hills Senior Center is Tai Chi. The class meets at 9 a.m. every Tuesday and Thursday. The fee is \$2 for residents and \$3 for non-residents.

CLASSES

PARENTING

Farmington Public Schools' DELTA Gifted Department will sponsor six-week sessions of parenting classes to increase understanding of the social and emotional needs of highly able students and their families. Session 3 is from 7:30-9:30 p.m. every Monday starting March 2. Call the DELTA

office at 489-3399.

BABYSITTING

This two-session workshop (March 14 and 21) will provide kids, ages 11-14, with the skills needed to serve as responsible babysitters, including basic first aid, child management techniques and tips for what to do in an emergency. The cost is \$25. Pre-registration is required at Botsford's Health Development Network in Novi. Call 477-6100.

INFANT MASSAGE

Providence Hospital and Medical Center is offering a four-week class to help parents enhance the relationship between themselves and their babies through the art of massage. Classes will be held from 6:30-8 p.m., beginning March 5 and continuing through March 26 at Providence Medical Center in Farmington Hills. The cost is \$40. Call 800-968-5595 to register.

TAXES & LONG-TERM CARE

Learn about current tax law changes, new IRA options, capital gains, tax breaks for seniors and what long-term care encompasses. 7:15-8:45 p.m. Thursday, March 19, at the Grand Court of Farmington Hills. To register, call 476-7478.

INVESTMENT SERIES

The Farmington Community Library presents its 1998 Winter Investment Series at 7 p.m. every Tuesday through March 3 in the auditorium of the Farmington Hills Branch Library. Subjects such as retirement and estate planning will be covered. To register, call 553-0900, Ext. 332.

BEGINNING TAI CHI

Beginning Tai Chi will run from 8-9 p.m. Monday, starting March 2, at the Longacre House in Farmington Hills. The fee is \$55 and the class is seven weeks. To register call 477-8404.

CLUBS

RETIRED SCHOOL PERSONNEL

The Farmington Area Association of Retired School Personnel will meet for lunch at 11:30 a.m. Tuesday, March 10, at the Farmington Hills Beef House. A business meeting will follow.

EMBROIDERER'S GUILD

The Farmington Hills EGA will meet at 9:30 a.m. Wednesday, March 10, at Faith Covenant Church in Farmington Hills. Call Judy Griffin, (248) 788-1073.

FARMINGTON GARDEN CLUB

A new herb group is being organized by the Farmington Garden Club. This offers members the opportunity to meet at each other's homes and discuss the many uses of herbs and how to grow them. Plans will be made at the next meeting, noon Monday, March 2, at the Longacre

House in Farmington Hills. Call Rosanne Linden at 861-1620.

HILL & DALE GARDEN

Hill and Dale Garden Club will meet at 7 p.m. Thursday, March 12, at the Farmington Hills Library on 12 Mile Road.

LIONS CLUB

The Farmington Area Lions Club meets the first and third Tuesday of each month at the Botsford Inn. Call Carole at 553-4650 or Dick at 476-6257.

N. FARM. GARDEN CLUB

The North Farmington Garden Club will meet at noon Tuesday, March 10, at the Farmington Hills Library on 12 Mile Road. The public is invited. Call 477-2511 or 553-2388.

OWL

The Farmington OWL (Older Women's League) will meet at 7 p.m. Monday, March 2, at the Downtown Farmington Library. Call 345-8012. The public is welcome.

AARP

AARP meetings are held at 1 p.m. the third Friday of each month at the Senior Adult Center - Wexford Room in Farmington Hills. **TOASTMASTERS**
The Wixom Toastmasters, an International Speech Club, meets 6:30-8:30 p.m. every Thursday at Ponderosa Restaurant. Contact Derek at (248) 616-9191.

BNI

Business Network International, Farmington Hills Chapter, will meet from 7:30-8:30 a.m. Wednesday, March 4, at the Grand Cafe in downtown Farmington. The NW Farmington Hills Chapter will meet from 7:30-8:30 a.m. Friday, Feb. 27 and March 6, at Jaz Restaurant, 35672 Grand River.

SUPPORT GROUPS

PREGNANT TEENS

Catholic Social Services of Oakland County offers support to pregnant teens with the Teen-Parent Program. The goal of the program is to offer moral and emotional support to pregnant and parenting teens. If you are or anyone you know is a pregnant teen, contact Sharon Longbucco at 333-3700, Ext. 122.

STROKE SURVIVORS

First Step Stroke Club is a support group for stroke survivors and their caregivers. Meet at 1 p.m. every Tuesday at the Senior Adult Center in Farmington Hills for fellowship, fun, exercise and coping strategies. Call 473-1830.

LEARNING DISABLED

Joel's Group is a group for the learning disabled and the educable mentally impaired looking for members. The group meets for social and educational activities on Saturday nights. Call Joel Marwell at 476-8741.

WOMEN'S PRIME TIME

Women's Prime Time for women ages 40-60 discusses issues and concerns dealing with midlife changes. This forum is scheduled from 7-8:30 p.m. the third Thursday of each month, at Botsford Hospital's 3 West Conference Room. Call 477-6100.

FREE ADULT SUPPORT

Share your experiences in a safe, healing environment from 6:30-8:30 p.m. every Wednesday at Botsford Hospital in Farmington Hills. This program is offered through the Metro Detroit Center for Attitudinal Healing. Call Lois at 344-4635.

PARKINSON'S DISEASE

The Western Oakland Parkinson Support Group meets 7:30-9 p.m. the second Tuesday of every month at Farmington Hills Baptist Church, 25301 Middlebelt. Call 476-3404, 478-0189 or 474-0093.

BIPOLAR/DEPRESSIVE

The Manic-Depressive and Depressive Association support group meets 7:30-9 p.m. the first and third Wednesday of each month at the Mission Health Professional Office Center, 35500 W. 10 Mile, Novi. Call Vicki at 960-1288.

CHEMICAL DEPENDENCE

An educational/support group for children ages 4-11 impacted by the effects of chemical dependency is held from 10 a.m. to 2 p.m. Saturdays at the Farmington Area Counseling Center, 23332 Orchard Lake Road. Call Gina Schaefer, 477-6767.

LIFE CARE MINISTRIES

Have a problem? Want to talk? Call Life Care Ministries at (313) 427-LIFE from 11 a.m. to 11 p.m. Monday-Saturday. There is no charge.

POSTPARTUM DEPRESSION

A postpartum depression group meets at 7:30 p.m. the first and third Tuesday of each month at Providence Hospital in Southfield. Call 737-3612.

MODERATION MANAGEMENT

MM is a free self-help group and nine-step program that provides guidelines for moderate drinking as support to change your drinking habits. Not intended for alcoholics. Meets from 7-8 p.m. every Tuesday night at Universalist Church, 25301 Halsted, Farmington Hills. Meetings are anonymous, with no fees. Call (248) 788-8040.

A.I.M.

Agoraphobias in Motion is an organization to help people overcome panic/anxiety attacks. Call (248) 547-0400 for a listing of individual chapters.

PROJECT RACHEL

Project Rachel can help heal the wounds of abortion in a sensitive and confidential 11-week program. All faiths are welcome. Call 1-888-Rachel5. Sponsored by the Catholic Archdiocese of Detroit.

PEER SUPPORT

The teen peer support group is a 12-week educational program for teens ages 12-18 struggling with chemical abuse, family problems, and other life stress issues that affect themselves and their loved ones. It is held from 3:30-5 p.m. Tuesdays at the Farmington Area Counseling Center, 23332 Orchard Lake Road. Call 473-1290.

DIABETES SUPPORT

An educational support group at Botsford's Health Development Network offers day and evening classes. Call 477-6100.

PROSTATE CANCER

The prostate cancer educa-

tional support group will meet at 7 p.m. on the third Monday of each month at Botsford Hospital in Farmington Hills. This support group provides both encouragement and education about prostate cancer. Call 477-6100.

PARENTING

Pathways to Parenting, sponsored by Botsford Hospital, is a new monthly support group that meets from 12:30-2 p.m. the first Monday of each month at Holy Cross Episcopal Church in Novi. New moms can share concerns and obtain information and network with peers. Call 477-6100.

GAMBLERS ANONYMOUS

Gamblers Anonymous will meet at 7:30 p.m. every Wednesday at Grace Chapel in Farmington Hills. Call (313) 882-0489.

TOPS

Take Off Pounds Sensibly - TOPS - is a support group dedicated to providing information to those seeking to lose and control their weight. TOPS meets from 9:30-10:30 a.m. every Wednesday at Nardin Park Church in Farmington Hills.

OVEREATERS

Learn how to take steps toward changing your relationship with food permanently in a comfortable, supportive atmosphere at Botsford General Hospital in Farmington Hills. Sessions are scheduled on a weekly basis. The cost is \$10 per session. Call 477-6100.

DIVORCECARE

DivorceCare divorce recovery seminar and support group meets at 7 p.m. each Tuesday at Forest Park Baptist Church in Farmington Hills. Experts on divorce and recovery topics will be featured guests. Call 476-0080.

OBSSIVE-COMPULSIVE

Obsessive-Compulsive Disorder is a self-help group for youths and their families that meets from 7-9 p.m. the third Wednesday of each month at Davis Counseling Center in Farmington Hills. Call Greg at (313) 438-3293.

FREE COUNSELING

Free counseling services to all community members are available from Eastern Michigan University graduate counseling students in partnership with Farmington Schools. Counseling appointments are available from 5:30-7:30 p.m. each Wednesday. To schedule an appointment, call the FHS Counseling Office at 489-3447 during daytime hours.

TINNITUS SUPPORT

Do you have ringing or buzzing noises in your ears that won't leave? If so, then join the free Tinnitus Support Group. It meets 7-9 p.m. the first Tuesday of each month at Botsford Hospital in the Ziegler building, Classroom C. Call Jack at 352-1646.

SINGLES

CARDS & DINNER

Join the Farmington Single Professionals for euchre or pinocchle and dinner from 7-10 p.m. every Monday at the Maples of Novi Golf Course Clubhouse on 14 Mile. The cost is \$7 for members and \$8 for non-members.

SINGLE MINGLE DANCE

The Farmington Single Professionals along with the Metropolitan Single Professionals will host the Single Mingle Dance from 8 p.m. to 1 a.m. Friday, March 5, at the Doubletree Guest Suites Hotel in Southfield. Cost is \$4 for members and \$7 for non-members. Call (248) 851-9909.

CALENDAR FORM

The Farmington Observer, without charge, welcomes Calendar items. Items should be from non-profit community groups or individuals announcing a community program or event. Please type or print the information below and mail your item to The Calendar, Farmington Observer, 33411 Grand River, Farmington, MI 48335, or by fax to 248-477-9722. Items will appear at least once. Deadline for Calendar items is noon Friday for the following Thursday's paper.

Event: _____

Date and Time: _____

Location: _____

Telephone: _____

Additional info: _____