

RECREATION NEWS

Each week, the Recreation Division of Farmington Hills' Department of Special Services presents a synopsis of upcoming activities. For further information regarding programs, contact the recreation office at 473-9570. Pre-registration is required for most activities. For

matters regarding Farmington Hills City Council agenda items, call the news line at 473-9532.

SELL/SHOP DAY

Dig out your old and outgrown sports equipment and sell it from 8:30 a.m. to 12:30 p.m. Saturday, Dec. 5, at the Costick

Activities Center in Farmington Hills. This annual event offers the opportunity to buy or sell skates, downhill and cross-country skis, ski clothing, sleds, toboggans, in-line skates and other sports equipment. People wishing to sell items at the event must register by Dec. 2. Concessions will be available for purchase. Call 473-9570.

TEEN NIGHT

Check out the place to be on Friday nights and have the opportunity to participate in a variety of activities or just hang out with

some friends. This program is co-sponsored by the Recreation Division and Farmington Area Youth Assistance, and is open to Farmington area teens ages 12-16. Participants must register on a Friday at East Middle School during the time the program is being held (7-9:45 p.m.). Registration is a one-time fee of \$2 for the duration of the 1998-99 Friday Night Teen Center Program. The program began in mid-September and will end in April. Call 473-9570.

FRIDAY NIGHT MADNESS

Kids ages 6-12 can enjoy an evening of swimming, movies, food and organized games from 7-11 p.m. Friday, Dec. 11, at the Costick Activities Center in Farmington Hills. The cost is \$10 per person.

OPEN VOLLEYBALL
Adult open volleyball is 7:30-9:30 p.m. every Tuesday at the Costick Activities Center now through Dec. 14. The cost to participate is \$3 for residents and \$5 for non-residents. Call 473-9570.

OPEN GYM

Get your exercise at the Costick Activities Center in Farmington Hills. Choose from **Adult Basketball**: 7:30-9:30 p.m. Thursdays and 9-11 a.m. Sundays; **Teen Basketball**: 3-5 p.m. Saturdays and 1-3 p.m. Sundays; **Adult Volleyball**: 11 a.m. to 1 p.m. Sundays; **Family Gym & Swim**: 12:30-3 p.m. Saturdays. Cost to participate for residents 17 and under is \$2, non-residents \$4. Residents 18 and over \$3 and \$5 for non-residents. Call 473-9570.

YMCA HIGHLIGHTS

ARTHRITIS WATER EXERCISE
Designed in cooperation with the Arthritis Foundation, this class emphasizes range of motion and flexibility with very low cardiovascular activity. Classes are available Mondays, Wednesdays and Fridays in 88-degree water.

YOUTH BASKETBALL

Basketball season for grades two-five runs from Dec. 5 through Feb. 6. Players will be allowed equal play time throughout the season and learn the importance of fair play. Registration begins Monday, Nov. 9. Games will be played at various elementary schools in the Farm-

ington area.

HOLIDAY DANCE

Join your friends at the first Holiday Dance from 8 p.m. to midnight, Saturday, Dec. 5, at the Farmington YMCA. Wear your best holiday outfits - no jeans allowed. Dance the night away with a disc jockey and have a

great time.

MIDDLE SCHOOL LOCK-IN

Middle school students (grades six-eight only) can enjoy total use of the YMCA from 8 p.m. to midnight, Saturday, Dec. 19. Enjoy the Youth Center, food, basketball, volleyball, swimming and more.

REAR ENDS

MEN'S SALE

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& All Shirts
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Sutter s • Donovan • Blue System
Silver • And Others

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- ◆ Carved Prime Rib & Carved Ham
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- ◆ Shrimp Cocktail & Pasta
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Providence Hospital and Medical Centers

Welcomes



Ban Michael, MD
Board-Certified in Internal Medicine

Dr. Michael specializes in the primary care of men and women, and the treatment of diseases such as asthma, diabetes, hypertension, and others. She holds to the philosophy that patient education is the key to disease prevention, and she is well known for her caring and compassion.

Dr. Michael graduated from Wayne State University Medical School and completed her internship and residency at Northwestern University McGaw Medical Center. She practiced in Massachusetts for four years before returning to Michigan.

Dr. Michael speaks fluent Chaldean and Arabic, and is a member of the American College of Physicians and the American Medical Association. She is currently accepting new patients.

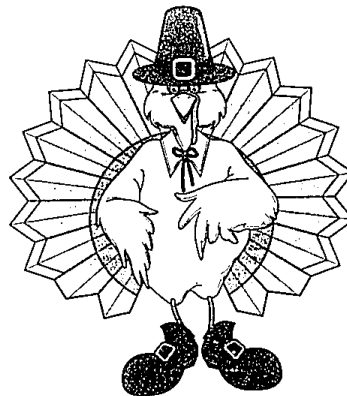
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THANKSGIVING SALE

SAVINGS UP TO
* **60% OFF**
*At Participating Stores



November 27, 28, 29
Friday • Saturday • Sunday

Baggit • Clippers Unisex Hair Salon • Cloverleaf Wine Store
Don's Salon • Empire Szechuan Garden • Le Metro Restaurant
Little Daddy's • M.B. Jewelers • Mira Linder • Roland Optics • Sew Biz
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Applegate

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