

around Farmington

All announcements for this column must be mailed to Around Farmington, Farmington Observer, 33203 Grand River, Farmington 43024. Deadline is noon Monday for the Thursday publication and noon Thursday for the Monday publication. Requests for announcements will not be taken by telephone.

FASHION SHOW

Thursday, Feb. 5: Fashions from Laura Ashley Shop in 12 Oaks Mall shown from 3-5 p.m. in Farmington Community Center. Reservations are \$2, made in the center on Farmington Road, north of 10 Mile.

VALENTINE CARDS

Thursday, Feb. 5: Children are invited to a Valentine card-making party from 6:30-8:30 p.m. in Jacobson Children's Store, 275 N. Woodward, Birmingham. No charge.

PRESCHOOL NIGHT

Thursday, Feb. 5: "Preschool Night," sponsored by Farmington Area Preschool Council, whose members answer questions for parents concerning pre-school education, at 7 p.m. in Farmington Hills Branch Library, 12 Mile east of Farmington Road. Speaker is Joan Firststone, psychologist in early childhood education. No charge.

QUILT SHOW

Thursday through Saturday, Feb. 5-7: "To Warm Your Heart," quilt show from 10 a.m. to 5 p.m. each day in The Village Barn, 32760 Franklin Road. "Quilts in General - Amish in Particular," lecture at 7:30 p.m. Thursday and Friday only. No charge, but reservations are re-

quired for the lecture by calling Village Barn, 531-7877.

OCTETTE BRIDGE

Friday, Feb. 6: "The Octette Bridge Club," staged by Farmington Players at 7 p.m. in the Players Barn on 12 Mile, between Farmington and Orchard Lake roads. Tickets available for this date, Feb. 6-7, 12-14. The box office number is 628-5081.

TRIP TO REN-CEN

Friday, Feb. 6: Bus leaves Oakland Community College Farmington Road parking lot at 9:30 a.m. for day of shopping in Renaissance Center and returns at about 3:30 p.m. Fee of \$25 includes buffet lunch in Omni International Hotel in the Millender Center. Reservations taken by calling Farmington Community Center, 477-8404.

ARTISTS' BIRTHDAY

Friday, Feb. 6: Reception for the artists opens Birmingham Society of Women Painters exhibit celebrating the group's 30th anniversary, from 7-9 p.m. in Birmingham-Blountfield Art Association, 1516 Cranbrook, Birmingham. No charge. Exhibit continues through Feb. 28.

ART AUCTION

Friday, Feb. 6: Art auction to benefit Cloverdale Training Center begins with a preview at 7 p.m. in the center, 33000 Freedom Road. Auction coordinated by Fred Grossman Gallery. Advance tickets requested at \$2.50 each, from Sandy Elling, 477-3700.

TASTY TEMPTATIONS

Friday, Feb. 6: "Tasty Tempta-

tions," evening of sampling dishes prepared by those who contributed to The Goodenough Cookbook, from 6:30-8:30 p.m. in Farmington Community Center, 24705 Farmington Road. Donations will be accepted at the door. Reservations are necessary and can be made by calling the center, 477-8404.

TAX-AIDE

Friday and Tuesday, Feb. 6 and 9: Help in preparing 1986 income tax forms for persons over 60 years of age available from tax aides from noon to 3 p.m. every Friday in Farmington Branch Library, State and Liberty Street; and from 10:30 a.m. to 3 p.m. every Tuesday in Farmington Hills Senior Adult Center, in Mercy Center complex, through Gate 4 on 11 Mile Road, east of Middlebelt Road. Free assistance given through American Association of Retired Persons TAX-Aide program continues until April 14.

CHILD CARE FORUM

Saturday, Feb. 7: Parents to Legalize In-House Child Care host an open forum on the issues concerning child care in private homes within the sister cities from 11 a.m. to 3 p.m. in Farmington Hills Branch Library auditorium, 32737 12 Mile. Interested residents invited to bring questions and concerns.

URGENT CARE OPEN HOUSE

Saturday and Sunday, Feb. 7-8: The staff of Farmington Urgent Care Center hosts open house from noon to 7 p.m. in the center, Suite F, 23700 Orchard Lake Road.

H.M.S. PINAFORE

Saturday and Sunday, Feb. 7-8: "H.M.S. Pinafore" performed by Michigan Lyric Opera at 8 p.m. Saturday and at 2:30 p.m. and 8 p.m. Sunday in Marquis Theatre, 135 E. Main, Norville. Tickets at \$10 each, available at the box office. Credit

card purchases can be made by calling 349-8110. Show continues Feb. 15-16.

HEARTS AND FLOWERS

Monday, Feb. 9: Carolyn Arien teaches how to create a wall hanging or door piece from "Hearts and Flowers," in one-session workshop at 7 p.m. in Farmington Community Center. Registration information given by calling the center, 477-8404.

BLOOD PRESSURE

Monday, Feb. 9: Free blood pressure screenings offered from 1-4 p.m. in Botsford Hospital's Education Center, 28050 Grand River.

FILM SERIES

Monday, Feb. 9: Winter Film Series continues with "White Water: Grey Hair," "Deep South Town: Greenville, Mississippi," and "Mardi Gras" at 7:30 p.m. in Farmington Branch Library, 23500 Liberty. No charge.

SAFE BOATING

Monday, Feb. 9: "Safe Boating," 10-week class for sail and power boaters, begins at 7:30 p.m. in the south cafeteria of Farmington High School, 32000 Shawwassee. Open to all persons over the age of 12. Registrations taken first night of class. Fee is \$10.

TIME OUT

Tuesday, Feb. 10: "Time-Out," five-session class in stress management skills begins at 7 p.m. in Botsford Hospital's Education Center, 28050 Grand River. Fee is \$60. Registrations taken by calling the center, 477-8089.

EQUITY SECURITIES

Tuesday, Feb. 10: "Equity Securities," continues Investment Series at 7 p.m. in Farmington Hills Branch Library, 32737 12 Mile. No charge.

WILD GAME DINNER

Tuesday, Feb. 10: Wild game dinner served at 6:30 p.m. in Salem United Church of Christ, 33124 Oakland by Farmington Area Jaycees. Dinner is complimentary to all persons between 18-13 interested in learning about the service organization. Reservations are requested by calling 477-JC35.

DINNER FOR 2-4-6

Wednesday, Feb. 11: "Dinner for 2-4-6," economical dishes designed for the busy woman with lecture, preparation demonstration and tasting session, led by Judy Antishin at 7:30 p.m. in Farmington Community Center. Fee is \$10. Reservations taken by calling the center, 477-8404.

BRIDAL SHOW

Tuesday, Feb. 10: Spring and Summer Bridal Show at 7 p.m. in Jacobson's, Birmingham. No charge but reservations are requested by calling 644-6900.

IMMUNIZATION CLINIC

Wednesday, Feb. 11: Immunization Clinic open from 9 a.m. to noon in Clarensville United Methodist Church, 20300 Middlebelt. Those under 18 must be accompanied by a parent or guardian. Clinic operated by Oakland County Health Division.

YOU CAN DO ANYTHING

Thursday, Feb. 12: "You Can Do Anything You Want to Do," talk by Florine Mark, president of Weight Watchers Group, at 7:30 p.m. in Farmington Community Center. Reservations, at \$4 each, made by

calling the center, 477-8404.

CIGARETTE SEND OFF

Thursday, Feb. 12: "Cigarette Send-Off," sponsored by American Lung Association of Southeast Michigan, at 7 p.m. in Southeast Division, Center, Parks and Recreation Building, Room 118, 28000 Evergreen. Tickets are \$25 each. Registration is encouraged by calling the association, 559-9100.

AMERICAN FREEDOMS

Thursday, Feb. 12: An evening commemorating American freedoms and the bicentennial of the U.S. Constitution, begins at 7 p.m. in Farmington Branch Library, corner of State and Liberty Street. Speaker is Pjeter Iyasa, recently released from a Yugoslavist prison. Program sponsored by Family First. No charge, but reservations are requested by calling Dorothy Molnar, 591-1980.

BLOOD DRIVE

Friday, Feb. 13: Red Cross Blood Drive from 9 a.m. to 3 p.m. in the auditorium lobby of North Farmington High School, 32900 13 Mile. Donors are asked to make an appointment beforehand in the school office.

VALENTINE DANCE

Friday, Feb. 13: Valentine Dinner Dance, annual event sponsored by Farmington Community Band, begins at 6:30 p.m. with cocktails in Glen Oaks Country Club. Music for dancing furnished by the group's Jazz Band. Reservations taken by Fern Barber, 661-6604.

For healthy hearts

Continued from Page 1

HEART PATIENTS are encouraged to walk as soon as possible while they are in the hospital because "the longer one is inactive the longer it is going to take to get active again," Thomas said.

"And that applies to everyone. It applies to everyone who is under-exercised, everyone who is in a sedentary job. It takes a lot of doing to take that first step towards a three-times-a-week regimen, but a very short time to realize the benefits. Inactive exercisers even get an emotional boost, or a boost in their self-esteem."

Thomas also takes clients who have high blood pressure, are obese or who have other physical problems that might lead up to a heart attack in her Phase 2 classes conducted in Cardiovascular Health Associates, Suite 205, 25133 Orchard Lake Road. The bulk of her clients come to her after their release from Botsford Hospital, "but there is always room for more," she said. "We're exercising indoors now, but once the good weather comes we'll be in Shawwassee Park."

Thomas will take inquiries at her office, 474-1614.

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• Feb. 11 8 p.m.-9 p.m.
Orchard Lake Middle School
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Deadline Feb. 9th
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