

Library outlines October programs

Today, more and more people are living longer, healthier, more active lives. These people have greater expectations for their lives than any generation before them.

In addition, the definition of retirement is changing. It can now mean a new full-time career, part-time employment, volunteer work, long-sought leisure pursuits or a combination of these activities. Each person must define his or her own retirement based on individual needs and aspirations.

Many people are spending 30 or more years in retirement. This vital phase of life is well worth planning for in a thoughtful, careful way before the actual retirement date arrives. The Farmington Community Library and the Farmington Area Commission on Aging have developed a five-part series of pre-retirement seminars for community residents. These seminars will be most useful to people 10-15 years away from retirement. The series format will consist of informal, small group seminars.

The seminars will take place at the Farmington Hills branch at 7 p.m. Thursdays, Oct. 15, 22, 29 and Nov. 5 and 12. Registration is limited to 25. There is no charge for the seminars but you must purchase your own workbook at a cost of no more than \$25.

Helen Gilbert, author of "Tonquish Tales," will present a film and answer questions about the history of the North American Indians who have lived in this area. As part of

our Michigan Sesquicentennial celebration, plan to join us of an interesting program at 7:30 p.m. Thursday, Oct. 8, at the Farmington branch.

LOSING WEIGHT need not be a losing battle. Come to the Farmington Hills branch at 7:30 p.m. Monday, Oct. 12, to learn effective tips on weight reduction from a registered dietitian from Providence Hospital. Learn how behavior modification techniques, along with sound nutritional principles, can be effective weapons against unwanted pounds. A question and answer period will follow the presentation.

Join us for three films at 7:30 p.m. Monday, Oct. 12, at the Farmington branch as part of our fall travel series. We will be showing "San Francisco: The Golden Gate," "San Diego: The Golden State" and "Grand Canyon of the Colorado."

Consumer awareness in choosing a financial planner will be the topic presented at 7:30 p.m. Tuesday, Oct. 13, at the Farmington Hills branch. Our speaker will be N. Craig Hathaway of IDS, American Express.

Dr. Joel Cohen of Oakland County Community College will be discussing relationships, how they are formed and what we can do to keep them. Join us as we examine the difficulty of loving at 7:30 p.m. Thursday, Oct. 22, in the Farmington branch auditorium.

John Dzwonkowski from Citizens Against Crime will present entertaining as well as informative presentation on the serious topic of

library watch

crime avoidance and survival. The program will begin at 7:30 p.m. Tuesday, Oct. 27, at the Farmington Hills branch.

Bennett Root, master gardener with the Oakland County Cooperative Extension Services, will present

a slide lecture and discuss the types of soil, containers and plant materials needed for growing a Bonsai tree. Root's slide presentation will include the Bicentennial Bonsai, which were a gift from Japan and are in Washington, D.C. Bring all

your questions at 7 p.m. Wednesday, Oct. 28, in the Farmington Hills branch auditorium.

THE POPULAR book discussion at the Farmington branch will meet three times in October, each at 10 a.m. The readings will be "Bright Lights, Big City" by Jay McInerney on Oct. 1, "Man Who Mistook His Wife For a Hat" by Oliver Sacks on Oct. 15 and "The Handmaid's Tale" by Margaret Atwood on Oct. 29.

Evening discussions at the Farm-

ington Hills branch will be Tuesdays at 7:30 p.m. This group will examine "Arctic Dreams" by Barry Lopez on Oct. 6 and "A Perfect Spy" by John LeCarre on Oct. 20. Both groups are open to all and no experience is necessary. Paperback copies of these titles are available from either branch.

Open programs for your children have been scheduled Fridays 10:30-11 a.m. at the Farmington branch.

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- modeling techniques
- hair style trends
- proper etiquette
- how to coordinate your wardrobe
- good nutrition
- proper manners
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The seminar will end with a Graduation Fashion Show. Professional models and fashion consultants Barbara Macer and Barbara Carey of Take Time Fashion Services will conduct the seminar.

Registration Fee: \$30.00 per person
For more information, call 353-4111

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I would like to register for the "Take Time for Teens" 4 week seminar.

Name _____ City/Zip _____

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Class Times: 10:30 a.m. - 12:00 noon

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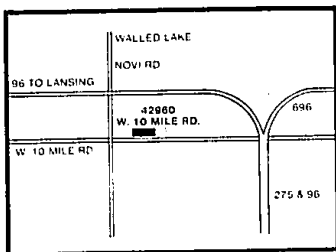
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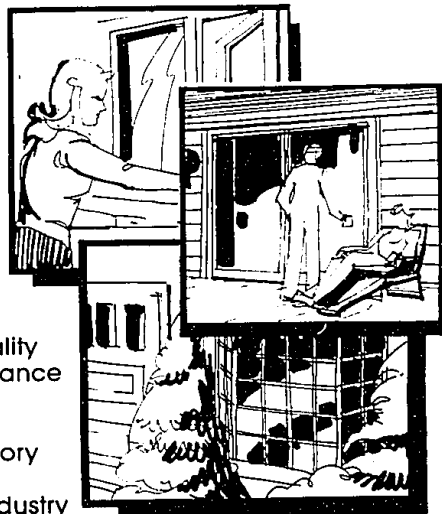
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