

FARMINGTON 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.

Preregistration is required for most activities. For matters regarding Farmington Hills City Council agenda items, call the news line at 473-9532.

DINNER SHOW Enjoy a Thursday evening of entertainment, including a pasta dinner and a performance by Richard Paul, ventriloquist. The event will take place 6 p.m. Thursday, Jan. 28, at the Costick Activities Center in Farmington Hills. Fee is \$9 for adults and \$6 for children under 12.

DOWNHILL SKIING The Farmington Hills Recreation Division is offering a complete downhill ski program for all participants, fourth grade through high school, each Friday night, to Mt. Brighton. The bus will leave designated locations 4:30 p.m. and return at approximately 10 p.m. Fee includes lift ticket, ski lessons and bus transportation. The \$11.50 ski rental is not

included and will be collected on the bus. The fee is \$50 for a two-week session. Call 473-9570 for exact dates and departure sites.

DADDY/DAUGHTER DANCE The Recreation Division announces two special evenings for fathers and daughters 7:30 p.m. Friday, Feb. 5, or Saturday, Feb. 6, at the Costick Activities Center in Farmington Hills. The evening will include entertainment, refreshments, dancing, a corsage for daughter, a boutonniere for dad, and a memorable photo. Tickets are \$15 per couple, \$7.50 per additional daughter. Registration deadline is Jan. 29. 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, nonresidents \$4. Residents 18 and over \$3 and \$5 for nonresidents. Call

473-9570. PUBLIC SKATING Ice skating at Founders Sports Park is available 7-8:50 p.m. Tuesday and Friday; noon to 1:50 p.m. Saturday; and 3:30-5:20 p.m. Sunday. \$3.50 residents and \$6 nonresidents.

ADULT SKATING SESSION Ages: 16 years and older, 8:30-10:20 p.m. Saturdays. \$3.50 residents and \$6 for nonresidents.

DROP-IN HOCKEY New Drop-In Hockey will be held 11 p.m. to 12:50 a.m. every Saturday. Fee \$7. Ages 15 and up. Full hockey gear must be worn, including helmets. Under 18 years of age, face mask must be worn. ID required.

STICK HANDLING Stick Handling sessions will be held 11 a.m. to 12:50 p.m. every Tuesday and Friday. Helmets required for all. Practice puck handling and passing skills.

YMCA HIGHLIGHTS

CAMP SLEEPOVER All 1998 Summer Day Camp participants are invited to attend a sleepover 7 p.m. to 7 a.m. Saturday, Feb. 13, at the Farmington YMCA. Campers and staff will have activities in the gym, pool and youth center.

SHAPEDOWN The YMCA in collaboration with the Children's Hospital of Michigan will offer a weight management program designed especially for teens 12-18. Learn about nutrition, exercise, physical fitness, and improved family communication and shapedown to a better body image and improved

self-esteem. The class will be held 6-8 p.m. every Wednesday. Call the DMC referral service at (313) 745-5000 for registration and more information.

FEEL GOOD AT 50 "Looking into the Crystal Ball" is a seminar for women who want to look good and feel good well into their 50s. A family practitioner from Providence Hospital will look into her medical crystal ball and share her view of the science available today for healthy transition from birthing through menopause into the freedom of mature later years. This seminar is scheduled noon

to 3 p.m. Sunday, Feb. 28, at the Farmington YMCA. PERSONAL FITNESS YMCA Personal Fitness Program began Jan. 4. It's a three-month, one-on-one program designed to teach and support good health and wellness. You will have your own coach to help lifestyle changes that will have far-reaching effects on your long-term quality of life as well as your physical health. The cost for this program is \$230. Call 653-4020.

WATER MASSAGE Enjoy being gently held, moved

and stretched in warm water. Shiatsu massage in warm water can help strengthen muscles, increase flexibility, improve range of motion, reduce muscle aches and relieve stress. Call 653-1933.

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.

AJ CREMATION SERVICES, INC. For Those Who Prefer an Alternative to the Traditional Funeral Service. DIRECT CREMATION \$890.00 No Society or Membership Fees

FREE ENTERPRISE SOCIETY PUBLIC NOTICE Dear Fellow Citizens, Evidence exists which conclusively proves that the 16th Amendment was never ratified by the States in 1913. Philander C. Knox, the Secretary of State in 1913, fraudulently certified that the 16th Amendment was ratified.

SCORE BIG IN THE CARRY OUT ZONE WITH OUR SUPER BOWL XXXIII SPECIALS FOR \$33.33 FEEDS 4-6 HUNGRY FANS SUPER BOWL BUNDLE INCLUDES: SLAB OF RIBS - 1LB. OF PULLED PORK - QUART OF BBQ BEANS - QUART OF SLAW OR POTATO SALAD BREAD - BBQ SAUCE CALL AHEAD TO PLACE YOUR ORDER FOR "THE BIG GAME!"



wintersale 1999 An inspired blend of Mission influences and Western motifs, our new American Artisan collection can be as sophisticated or relaxed as the dinner you're serving. Crafted of oak for longlasting appeal. Now at introductory prices.

Table with 5 columns: item name, price, item name, price, item name, price. Items include mission trestle table (\$1599), mission side chair (\$449), mission armchair (\$539), baker's rack (\$999), and wood server (\$1149).

Ann Arbor 734.995.5585 Saginaw 517.793.8000 Birmingham 248.540.8558 Lakeside 810.566.9999 Grand Blanc 810.695.7746 Livonia 734.261.7780

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