

CALENDAR

YOUR GUIDE TO EVENTS IN AND AROUND FARMINGTON AND FARMINGTON HILLS

GOOD HEALTH

HEALTHY COOKING
Healthy cooking demonstrations are available throughout the month at Botsford's Health Development Network in Novi. Classes fill quickly so register early. The cost is \$6. Call 477-6100.

SENIORS (55 PLUS)

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

BALLROOM DANCING
Dance to live Big Band sounds from the '40s and '50s 1 p.m. Fridays at the Costick Center, 11 Mile and Middlebelt. Admission is \$2.50 and includes refreshments, which are served 2 p.m. Call 473-1830.

BRIDGE & PINOCCHLE
The Farmington Senior Drop-In Bridge and Pinochle Club meets Mondays at the Farmington Masonic Temple. Call William at 474-4309.

SINGLES

CARDS & DINNER
Everyone is welcome to join in for cards and dinner 6:30-10 p.m. every Monday at Tom's Oyster Bar in Southfield. Players of all skill levels are welcome.

WALLYBALL
Play wallyball starting 6:45 p.m. every Tuesday at Racquetball Farmington, at Nine Mile west of Farmington Road. Call 851-9909.

FUN & FINE DINING
Farmington Single Professionals will meet for dinner 5:30-7:30 p.m. Wednesday, Dec. 30, at Max & Erma's in Birmingham.

NEW YEAR'S PARTY
The FSP Sixth Annual New Year's Eve party will begin at 8 p.m. Thursday, Dec. 31, at the Botsford Inn in Farmington Hills. The cost is \$50 and holiday dress is required. Call 851-9909.

SINGLE MINGLE
The first Single Mingle of the year will be held 8 p.m. to 1 a.m. Saturday, Jan. 2, at the DoubleTree Guest Suites Hotel in Novi.

CLASSES

STICK HANDLING
The Farmington Hills Ice Arena is offering hockey stick handling 11 a.m. to 12:50 p.m. daily. This session is designed to practice passing skills and puck handling. No games are allowed. The fee is \$7 or a five-session pass for \$32. Participants must be at least 12 years old.

MEAL DRIVERS
The Longacre House of Farmington Hills will begin classes in January which will include: tap, psychic readings, drawing, creative dance for ages 3-5, belly dance, tai chi, healing kung fu, yoga, and private voice lessons. Also starting soon will be infant and child development, magic for ages 7-12, monster makers (how to make Hollywood effects, ages 8-12), crimebusters (for ages 8 and up to learn how detectives work), ballroom dance, drama, baton, country line dance as exercise, swing dance, Kelly Kirby Kindergarten piano, and social grace for youths.

LONGACRE CLASSES

BUILDERS' CLASSES
Farmington Community Education offers classes in home building, remodeling and licensing. For dates, cost and registration information, call 489-3333.

CLUBS

LIONS
The Farmington Area Lions Club meets 7 p.m. the first and third Tuesday of the month at Botsford Inn. Dinner will mark the new year. New members welcome. Call 476-6257 or 471-4361.

KIWANIS CLUB
The Kiwanis Club of Farmington Hills meets at 12:15 p.m. every Tuesday at Bill Knapp's Restaurant in Farmington Hills. New members are welcome. Call 661-8463.

TOASTMASTERS
The Windbaggers/Toastmasters Club meets 6:30-8:30 p.m. every Thursday at Ponderosa Restaurant in Farmington Hills.

BNI
Business Network International Farmington Hills Chapter will meet 7-8:30 a.m. Tuesday, Jan. 5, at the Grand Cafe in downtown Farmington. The Northwest Farmington Hills chapter will meet 7-8:30 p.m. Friday, Jan. 8, at Jax Restaurant, 33572 Grand River.

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 disease. Call 567-8277.

SENEX
Senex, a program for older adults, provides homebound people with extra care and a variety of activities. To learn more about this program or to volunteer, call 473-1830.

One for the community



Helping hands: Paula Reilly, a Farmington Hills resident and member of the American Association of University Women, helps load boxes of the new Entertainment '99 Ultimate savings guide into her vehicle. Among destinations was the Church of St. Alexander in Farmington, where the guides were sold to assist with the churches' renovation fund. This year, through the "One for the Community" promotional public awareness campaign, volunteers such as Reilly sold EPI Fund-Raising products (such as the Entertainment guides) to generate more than \$3 million for community schools and nonprofit groups.

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

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

FOCUS:HOPE
Drivers are needed for an hour or two to deliver food boxes to eligible senior citizens once a month. Call Gail at 473-1826.

COMMON GROUND
Common Ground, Oakland County's 24-hour crisis center, needs volunteers to provide telephone crisis intervention counseling. Call Liz Christopher at 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, 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.

SUPPORT GROUPS

MODERATION MANAGEMENT
MM is a free self-help group and nine-step program that provides guidelines for moderate drinking and support to change your drinking habits. Not intended for alcoholics. Meets 7:15-8:15 p.m. the first Tuesday of the month at Universalist Church,

25301 Halsted in Farmington Hills. Meetings are anonymous, with no fees. Call 788-8040.

A.I.M.
Agoraphobics in Motion is an organization to help people overcome panic/anxiety attacks. Call 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 (588) Rachel5. Sponsored by the Catholic Archdiocese of Detroit.

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

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

PROSTATE CANCER
The prostate cancer educational support group meets 7 p.m. 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 12:00-2 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 meets 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 9:30-10:30 a.m. Wednesdays 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.

OBSESSIVE-COMPULSIVE
Obsessive-Compulsive Disorder is a self-help program for youths and their families that meets 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 5:30-7:30 p.m. each Wednesday. Call 489-3447 for an appointment.

TINNITUS SUPPORT
Do you have ringing or buzzing noises in your ears that won't stop? 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.

HEADACHES
The National Headache Foundation, along with Providence Hospital, holds a free monthly support group meeting 7:30-8:30 p.m. the second Tuesday of each month at MedMax, 29305 Orchard Lake Road. To register, call 647-0614.

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 Longobucco 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.

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 7:30-8:30 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 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 344-4535.

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, 28301 Middlebelt. Call 476-3404, 478-0189 or 474-0003.

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, 39500 W. 10 Mile in Novi. Call Vicki at 960-1288.

CHEMICAL DEPENDENCE
An educational support group for children ages 4-11 affected by chemical dependency meets 10 a.m. to 2 p.m. Saturdays at the Farmington Area Counseling Center, 23332 Orchard Lake Road. Call Gina Schafer at 477-6767.

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.:

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. For registration information for most activities, contact the recreation office at 473-9570. For registration information for most activities, contact the recreation office at 473-9570.

MEN'S BASKETBALL
New team registration is open for men's open leagues Sunday and Monday nights and men's over 35 on Tuesday nights. Games are played at the Costick Activities Center gym. Call 473-9570.

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 starting Jan. 8, to Mt. Brighton. The bus will leave designated locations at 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 \$60 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 7-8:30 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.