



DEPARTMENT OF SPECIAL SERVICES
DAVE BOYER, DIRECTOR

FOR IMMEDIATE RELEASE
January 25, 2012

FOR MORE INFORMATION, CONTACT:
April Heier
Senior Adult Division
248-473-1822

Farmington Hills Center for Active Adults announces February programs

The City of Farmington Hills offers dozens of programs for area adults age 50 and better at the Center for Active Adults, located in the Costick Center on 11 Mile Road between Middlebelt and Inkster. The Center is open Monday - Friday, 9:30 a.m. - 3:30 p.m. Lunch is served daily, \$2.75 for ages 60 and better, \$5 for under 60. Here are some of the programs available in February.

Book Discussion. Thursday, Feb. 2, 1 p.m. *Homer and Langley* by E. L. Doctorow. Join a lively, informal book discussion on the first Thursday of each month. Paperback copies are available in advance for checkout.

Tax Assistance. Tuesdays and Fridays, Feb. 3 - April 13. By appointment only at 9:30 a.m., 11 a.m., and 1 p.m. Get assistance with federal, state, homestead, and energy credit forms from specially-trained members of the AARP. Simple, E-file returns only. All information is confidential. Call 248-473-1830 to make an appointment.

First Friday Ballroom. Friday, Feb. 3, 3 - 6 p.m. Enjoy ballroom dancing, featuring the Mike Wolverton Band. All levels of experience, couples and singles welcome. Buffet dinner included. Fee is \$9 by Jan. 30, \$10 after, \$1 discount to members.

Roses are Red. Friday, Feb. 10, 11 a.m. - 3 p.m. Celebrate Valentine's Day with a special meal and chocolate fountain, followed by dancing to a live band, a dance contest, prizes, and more. Fee is \$8 by Feb. 6, \$10 after.

Lunch and the DIA. Monday, Feb. 13, 12 - 2 p.m. Enjoy a slide presentation about one of the DIA's impressive collections. Fee is \$6 in advance, \$8 at the door.

Friday's Film. Friday, Feb. 17, 12 - 3 p.m. After a delicious lunch, enjoy the movie "The Help." The afternoon includes popcorn, candy, and a beverage. Fee is \$5 in advance, \$7 at the door.

Updates from the Hill. Tuesday, Feb. 21, 11:30 a.m. - 12:15 p.m. U.S. Congressman Gary Peters will share the latest developments from Capitol Hill as well as answer questions.

Headaches and Neck Pain. Tuesday, Feb. 21, 10:30 - 11:30 a.m. Join physical therapist Mark Mijnsbergen as he shares insight on how to alleviate headaches and neck pain.

Several support groups are also available at the Center for Active Adults including **Caregivers**, **Grief and Loss**, **First Step Stroke**, and **Vision Impaired**. The Center also offers many clubs that meet regularly including **Coupon Clippers**, **Photography Club**, and the **Red Hat Society**. Call 248-473-1830 for meeting dates and times. Programs and activities are sponsored by the Senior Adult Division of the City of Farmington Hills. Advance registration is required for all programs. To register for events or for additional information, please call 248-473-1830.

END

Press Release
www.fhgov.com