DEPARTMENT OF SPECIAL SERVICES
ELLEN SCHNACKEL, DIRECTOR

Press Release
www.fhgov.com

FOR IMMEDIATE RELEASE
December 18, 2012

FOR MORE INFORMATION, CONTACT:
Senior Adult Division
248-473-1830

Farmington Hills Center for Active Adults Announces January 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 from 9:30 a.m. - 3:30 p.m. Lunch is served daily, $2.75 donation for ages 60 and better, $5 for under 60. Here are just a few of the programs available in January:

Book Discussion. Thursday, Jan. 3, 1 p.m. *Safe from the Sea* by Peter Geye. Join a lively, informal book discussion on the first Thursday of each month. Paperback copies are available in advance for checkout.

First Friday Ballroom. Friday, Jan. 4, 3 – 6 p.m. Enjoy ballroom dancing featuring the Mike Wolverton Band along with a buffet dinner. All levels of dance experience, couples and singles welcome. Fee is $9 by Jan. 1, $10 after, $1 discount to members.

Travel Show. Tuesday, Jan. 8, 10:30 – 11:30 a.m. Join Rybicki Tours to preview winter and spring travel opportunities for both local and long distance trips.

Creating Confident Caregivers. Wednesdays, Jan. 9 – Feb. 13, 10 a.m. – 12 p.m. Six-week program offering educational training and resources for family members caring for a person with dementia related illness. No fee.

Healthy Back. Tuesday, Jan. 15, 10:30 – 11:30 a.m. Learn how good posture and body mechanics will help keep you healthy and flexible with an instructor from the Hands-On-Center.

Chronic Pain Self Management Program. Wednesdays, Jan. 16 – Feb. 20, 9 – 11:30 a.m. Six-week program offering strategies for management of chronic pain and better general health. Families, friends, and caregivers welcome. No fee.

Friday's Film. Friday, Jan. 18, 12 – 3 p.m. After a delicious lunch, enjoy the movie *The Odd Life of Timothy Green* with popcorn, candy, and a beverage. $5 advance tickets, $7 at the door.

Newcomer Welcome Tour. Thursday, Jan. 24, 10:30 – 11:30 a.m. Tour the facility and learn about services, trips, classes, activities, and volunteer opportunities. Welcome packet includes a coupon for a free lunch, fitness, dance or speaker series class. Farmington Hills and Farmington residents 50 and better only.

Safety Tips from the Farmington Hills Police Department. Tuesday, Jan. 29, 10:30 - 11:30 a.m. Learn about crime prevention, self defense, and how to stay safe in your home.

Most dance and fitness classes start new sessions in January. Several support groups are also available including Caregivers, Grief and Loss, First Step Stroke, and Vision Impaired. The Center also offers many clubs that meet regularly including Computer Forum, the Painters Group, and the Red Hat Society. 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 to obtain additional information about meeting dates and times, call 248-473-1830.

END

31555 West Eleven Mile Road • Farmington Hills, MI 48336 • 248.871.2500 Phone • 248.871.2501 Fax

Become a Fan of the City of Farmington Hills on Facebook