

FOR IMMEDIATE RELEASE July 24, 2013

FOR MORE INFORMATION, CONTACT: Anna Durham Senior Adult Division 248-473-1822

## Farmington Hills Center for Active Adults Announces August 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 for ages 60 and better, \$5 for under 60.

First Friday Ballroom. Friday, Aug. 2, 3 - 6 p.m. Enjoy ballroom dancing featuring the Mike Wolverton Band with buffet dinner included. All levels of experience and adult ages, singles and couples welcome. \$9 by July 29 deadline, \$10 after, \$1 discount to members.

Living with Alzheimer's. Wednesdays, Aug. 7, 14 and 21, 1 - 3 p.m. This program will help those who are in the early stages of Alzheimer's or a related dementia, as well as their caregivers. Learn about symptoms, communication changes, memory loss, and more. No cost.

Friday's Film. Friday, Aug. 16, 12 - 3 p.m. Enjoy watching "Pitch Perfect." Includes lunch, candy, popcorn, and a drink. \$5 advance tickets, \$7 at the door.

Concert in the Courtyard. Tuesday, Aug. 20, 7 - 9 p.m. Celebrate the end of summer at a meet and greet with great live music provided by local band "Strings and Rhythm."

Newcomer Welcome Tour. Thursday, Aug. 22, 10:30 - 11:30 a.m. Residents of Farmington and Farmington Hills, 50 and better, can tour the Center for Active Adults at the Costick Center and learn more about services, trips, classes, volunteer opportunities, and activities. Includes a welcome packet with a coupon for a complimentary lunch, gym class, swim or line-dance.

Adult Immunizations. Tuesday, Aug. 27, 10:30 - 11:30 a.m. Learn about which immunizations are recommended for seniors and how often.

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 the New Bicycling Club and the Heritage Hikers, Coupon Clippers, Quilters, Sojourn Bears, Computer Forum, Pinochle, Duplicate Bridge, and the Red Hat Society. Call 248-473-1830 for meeting dates and times.

Programs and activities are sponsored by the Senior Division of the City of Farmington Hills. <u>Advance registration is required for all programs</u>. To register for events or to obtain additional information, call 248-473-1830.

Please note: The Book Discussion, Painter's Group, and Photography Club will not meet in August. These groups will resume in September.

## MARK YOUR SEPTEMBER CALENDAR:

**Total Wellness Fair**. Tuesday, Sept. 17, 10 a.m. – 1 p.m. Enjoy exhibits, demonstrations, door prizes, free lunch to all over 60 years. Join in discussions with financial, housing, health, and safety professionals promoting healthy lifestyles.

**END** 

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