



DEPARTMENT OF SPECIAL SERVICES
ELLEN SCHNACKEL, DIRECTOR

FOR IMMEDIATE RELEASE
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FOR MORE INFORMATION, CONTACT:
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Farmington Hills Center for Active Adults announces October 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.

Flu Shots. Tuesday, Oct. 1, 9 a.m. - 1 p.m. Bring a picture ID with your current address and Medicare/Medicaid card. Cash fee of \$20 for those without Medicare/Medicaid. Pre-register at www.oakgov.com/health. Please bring your registration confirmation.

Personal Action Toward Health (PATH). Tuesdays, Oct. 1 through Nov. 5 (six week session), 9 - 11:30 a.m. Learn strategies to deal with pain, fatigue, and difficult emotions. Plus learn to manage symptoms, work with health care providers, and communicate with family and friends. Call 248-473-1830 to sign up.

Book Discussion. Thursday, Oct. 3, 1 p.m. "The Best Exotic Marigold Hotel" by Deborah Moggach. 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, Oct. 4, 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. \$10 by Oct. 3 deadline, \$12 after, \$1 discount to members.

Home Sweet Home. Tuesday, Oct. 8, 10:30 - 11:30 a.m. A panel of professionals will discuss how to stay in your home safely and how to plan for care and costs. Complimentary lunch after the program. No cost. Call 248-473-1830 to sign up.

Sign Language Class. Tuesdays, Oct. 8 - Nov. 12, 10 a.m. - 12:00 p.m. This six week class will cover the alphabet, some numbers, signs for food, colors, weather, general and basic conversations. No cost. Call 248-473-1830 to sign up.

Friday's Film. Friday, Oct. 18, 12 - 3 p.m. Enjoy lunch, candy, popcorn, and a beverage and the film "Grease." Fee is \$5 in advance, \$7 at the door.

1950s Sock Hop. Friday, October 25, 11 a.m. - 3 p.m. Come dressed in 1950's style outfits and enjoy a special meal, entertainment, prizes, dancing the Mashed Potato and Twist to a live band, and a costume contest. Register by October 21. Tickets are \$8 by the registration deadline, \$10 after.

Press Release
www.fhgov.com

Get Organized. Wednesday, Oct. 30, 10 - 11:30 a.m. Join professional organizer Theresa Brune of Simplify It, LLC as she teaches pain-free techniques for getting organized for the holidays and beyond. Fee is \$5.

Senior Adults giving to education (SAGE) is looking for volunteers. S.A.G.E. is an intergenerational initiative that takes places adult volunteers, 50 & Better, into local elementary schools for direct interaction and tutoring with students. Call 248-473-1822 for more information.

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 to obtain additional information, please call 248-473-1830.

END

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