

The Messenger

Programs for Active Adults 50 & Better

City of Farmington Hills
28600 Eleven Mile Road, Gate 4, Door C, Michigan, 48336

December 2016

UPCOMING EVENTS

HOLIDAY EXTRAVAGANZA

Friday December 9, 11:00 am - 3:00 pm

This holiday extravaganza will take you back to the days when the parties were glamorous affairs and dressing up was in vogue! You will enjoy a scrumptious meal, entertainment by the Mercyaires, prizes, and dancing to the Mike Wolverton band. Tickets are \$8.00 by Dec 5th and \$10.00 after. Tickets are available in Conway Hall at the Costick Center.

DECEMBER EVENTS	
Book Discussion	1
1st Friday Ballroom & Buffet	2
Shredding for Safety	6
The Holiday Extravaganza	9
Friday Film "Me Before You"	16
JANUARY EVENTS	
1st Friday Ballroom & Buffet	6
Travel Show	10
Friday Film "Florence Foster Jenkins"	20
Dine & Discover Titanic Remembered	25
Karaoke	27

SENIOR HOLIDAY PACKAGES

Items needed :

- Holiday print paper napkins & plates
- Dish towels (various colors and prints)
- Dish soap (small bottles)
- Laundry soap (small bottles)
- AA , C, and 9 volt batteries
- Paper towels
- Single boxes of tissues
- Toilet paper (pkg. of 4)
- Purell hand sanitizer
- Renuzit air fresheners

There will be a drop box in Conway Hall. All items need to be in by Friday December 9.

WEATHER POLICY

When the Farmington Public Schools are closed due to inclement weather the Senex Adult Day Program and Conway Hall will be closed, and Transportation will be limited. Listen to local news school closing list for Farmington Public Schools.

SHREDDING FOR SAFETY

Tuesday, December 6

10:00 am - 12:00 pm

Protect your identity, de-clutter your home, and recycle! Bring up to **4 paper grocery bags** of documents to be shredded in the Costick Center parking lot. Just drive up, entering at gate 3, and stay in your vehicle. No magazines, junk mail, or trash. Sponsored by Resource Recovery and Recycling Authority of SW Oakland County and provided by ShredCorp. Farmington & Farmington Hills residents 50 & Better only.



The Farmington Hills Special Services provides Adults 50 & Better with recreation, education, socialization, volunteer opportunities, referrals, and services.

All participants must have a current membership ID card to utilize Adults 50 & Better programs.

Residents of Farmington and Farmington Hills are free. Non-residents, \$20 annual fee.

The Center for Active Adults in the Costick Center is open Mon – Fri, 9:30 am to 3:30 pm.

To obtain information about programs, services, classes call 248-473-1830 or visit www.fhgov.com

SPEAKERS, CLASSES & EVENTS

CREATE PROJECTS IN MICROSOFT WORD USING YOUR COMPUTER

Friday December 2 - 9, 9:30 - 11:30 am

Use easy to follow templates to create greeting cards, envelopes, labels, flyers, invitations, calendars, business cards, certificates, and more! Template designs are practically done: all you do is choose the type of pre-design you want and type in your text! You will look like a pro! Save time and money by doing your projects yourself. (Six computers available. Optional: bring your fully charged laptop.) #130604-05
Fee: \$40 res, \$42 non-res



FRIDAY FILM

"Me Before You"

Friday December 16,

12:00 - 3:00 pm

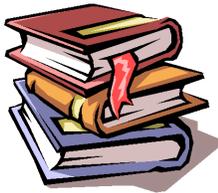
Adapted from the bestselling novel by Jo Jo Moyes, *Me Before You* tells the story of the unexpected relationship

that blossoms between a contented small-town Englishwoman (Emilia Clarke) and the wealthy, paralyzed Londoner (Sam Claflin) who hires her as his caretaker. "Bring a tissue to this intelligent weeper." Tickets in Conway Hall, by December 15 \$5 or \$7 at the door. Includes lunch.

CONTINUING PROGRAMS

FARMINGTON COMMUNITY LIBRARY OUTREACH

The Farmington Community Library in partnership with the Senior Division provides a wide and varied selection of books, many in large print, available in Conway Hall each **Tues, 10 - 11:00 am.**



BOOK DISCUSSION

Join an informal book discussion group in cooperation with the Farmington Community Library on the 1st Thursday of the month at 1:00 pm. Paperback copies are available in advance for checkout in Conway Hall, \$.50 residents, \$1 non-residents per book.
Dec 1 - Destiny of the Republic by Candice Milard

INTERNET BASICS -

Get in Touch with the World

This class is offered on **Mondays at 1:15 pm** by library staff/volunteers. Please bring your own laptops, E-Readers, I-Pads, etc., if you have one. Topics vary each week.

December 5 - More Social Media Exploration

December 12 - Explore Resources Found on the Farmington Community Library's Home Page

No Class December 19 & 26

DANCE, DANCE, DANCE!

FIRST FRIDAY BALLROOM AND BUFFET

Friday December 2, 3:00 - 6:00 pm

Enjoy ballroom dancing featuring the Mike Wolverton Band with buffet dinner included. All levels of dance experience, couples and singles are welcome. \$10 by December 1 deadline, \$12.00 after.



FERNANDO'S ADVANCED BALLROOM

Mondays, through - Dec 19 - Rumba at 6 pm Waltz at 7 pm, Fernando Caducio instructor. Prior ballroom dance experience required. Fee: \$10 drop-in.

Next session: January 9 & 23 Cha Cha at 6 pm and Tango at 7 pm, \$10 drop in

FERNANDO'S THURSDAY & FRIDAY BEGINNER BALLROOM

Basic level, easy to follow.

Thursdays through Dec 15 Mambo/Salsa/Merengue at 7 pm and E Coast Swing at 8 pm, \$10 drop-in

Next session: Thursday January 5 - 26 (4 weeks)

Fox Trot at 7 pm, Hustle at 8 pm

Fee: \$32, \$28 res disc., \$10 drop-in.

Fridays through Dec 16, Cha Cha at 7 pm and Tango at 8 pm Fee: \$10 drop-in.

Next session: Friday January 6 - 20 (3 weeks)

Mambo/Salsa at 7 pm, Viennese Waltz at 8 pm

Fee: \$24, \$21 res disc., \$10 drop-in.

FERNANDO'S SATURDAY INTERMEDIATE BALLROOM *Must have completed beginner level class to participate.*

Next session: Saturday January 7 - 21 (3 weeks)

Waltz at 3 pm # 230105-01 and Rumba at 4 pm

#230105-02 Fernando Caducio instructor.

Fee: \$24, \$21 res disc., \$10 drop-in.

DAY LINE DANCE - Popular fun class and good exercise, two skill levels, Beginner 12 - 1 pm, Intermediate 1 - 2 pm on Wednesdays. Drop-in fee \$4.

Instructor Rosemary Krest.

THE COSTICK CENTER WILL BE CLOSED

FOR THE HOLIDAYS

MONDAY DECEMBER 26 &

MONDAY JANUARY 2



Happy Holidays!

FITNESS CLASSES



PICKLEBALL - Monday, Wednesday, & Friday from 8:30 am - 11:30 am. It's easy for beginners to learn, but can quickly develop into a fast-paced, competitive game for experienced players. Equipment will be provided. Fee: \$4, \$3 res disc. NO CLASS Dec 2, 9

STRENGTH TRAINING - This is a low-impact class for all fitness levels. Focus is placed on the "core muscles", which are used for flexibility and balance. The class will improve your flexibility, balance, and posture and build overall strength. Bring a mat and resistance bands. Tue & Thu at 9:45 am - 10:45 am. Fee: \$5.00 \$4.00 res disc. NO CLASS Dec 1

GYM EXERCISE - All fitness levels welcome! Come exercise in a fun, friendly, upbeat atmosphere. This class will help you increase your core strength, build cardiovascular endurance, tone and sculpt your muscles and more. Bring hand weights and resistance bands. Tue & Thur, 11 am - 12 pm in the Costick Center gym. Drop-in fee: \$2.50, \$2.00 res disc. NO CLASS Dec 1

FELDENKRAIS: AWARENESS THROUGH MOVEMENT - Bring your body into alignment, reduce chronic pain. Gentle movements to enhance coordination, balance, mobility, breathing and posture. Bring mat and towel. Wed from 9:30-10:30 am. Ages 18 + welcome. Drop in fee \$5, \$4 res disc Instructor Gloria Beren

YOGA CLASS - 18 +
This class will spend 1 1/2 hours using breath, movement and holding postures to ease tension, create inner awareness, strength, balance and flexibility. Wear loose clothing, have only a light meal, bring a mat, blanket and an open mind. Instructor, Dawn Priebe. Tuesday through Dec 20, 7:00 - 8:30 pm #130607-01 Saturday through Dec 17, 8:00 - 9:30 am #130607-04 Fee: \$10 drop-in.

Next session:
Tuesday Jan 3 - Feb 14, 7:00 - 8:30 pm #230108-01
Saturday Jan 7 - Feb 18, 8:00 - 9:30 am #230108-02
Fee: \$54, \$49 res disc., \$10 drop-in.

YOGA - Focus on inner awareness, external alignment, balance & flexibility. Wear loose clothing, bring a mat. Instructor, Dawn Priebe. Mon & Wed, 9:45 - 10:45 am, \$5, \$4 res disc.

YOGALATES - This combination of yoga and pilates will strengthen your core muscles with emphasis on relaxing stretches to keep muscles safe. Taught by Dawn Priebe. Tuesday through Dec 20, 4:00 - 5:00 \$6 drop-in.

Next session:
Tuesday Jan 3 - Feb 14, 4:00 - 5:00 pm #230609-01
Fee: \$40, \$35 res disc., \$6 drop-in.

EVENING YOGA - Focus on inner awareness, external alignment, balance & flexibility. Wear loose clothing, bring a mat. Instructor Dawn Priebe. Costick Center Tuesday through Dec 20, 5:30 - 6:30 Longacre House Thursday through Dec 22, 5:30 - 6:30 pm \$8 drop-in.

Next session:
Costick Center Tuesday Jan 3 - Feb 14, 5:30 - 6:30 pm #230104-03
Longacre House Thursday Jan 5 - Feb 16, 5:30 - 6:30 pm #23-104-01
Fee: \$40, \$35 res disc., \$8 drop-in.

THERAPEUTIC YOGA - Learn the valuable techniques of looking within for strength and peace. This class also enhances balance and flexibility. Wear loose clothing, bring a mat. Instructor, Dawn Priebe. Thursday through Dec 22, 9:45 - 10:45 am, Fee: \$6 drop-in.

Next session:
Thursday Jan 5 - Feb 16, 9:45 - 10:45 am #230607-01 Fee: \$40, \$35 res disc., \$6 drop-in.

TAI CHI



Dr. Alex Green teaches our Wed evening class. **Evening Tai Chi: (18 +)** through Dec 14 6:30 pm - 7:30 pm. This class consists of an organized routine to help with overall physical health and stress management based on Tai Chi principals. It includes many aspects of the Wu-style syllabus with a combination of chair and standing exercises. Fee: \$35, \$30 res disc.

Next session:
Wednesday Jan 4 - Feb 15, 6:30 - 7:30 pm #230201-05 Fee: \$40, \$35 res disc.

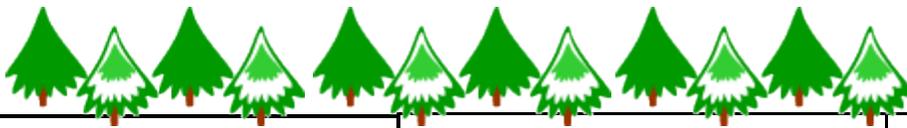
Bill Harper teaches Friday morning and Thursday afternoon Tai Chi classes. This class will consist of an organized routine to help with overall physical health and stress management based on Tai Chi principals.

Thursday through Dec 15, 1:00 - 2:00 pm \$6 drop-in.

Next session:
Thursday Jan 5 - Feb 16, 1:00 - 2:00 pm #230201-01 Fee: \$40, \$35 res disc. \$6 drop-in.

Friday through Dec 16 10:00 - 11:00 am \$6 drop-in.

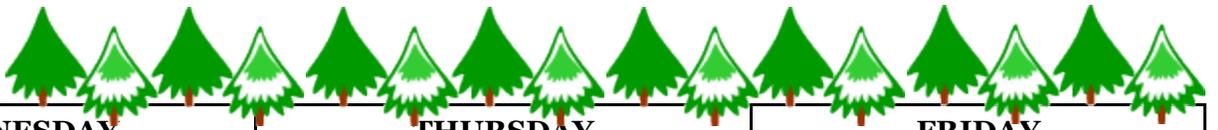
Next session:
Friday Jan 6 - Feb 17, 10:00 - 11:00 am #230201-05
Fee: \$40, \$35 res disc. \$6 drop-in.



DECEMBER

Department of Special Services COSTICK CENTER ADULTS 50 & BETTER 28600 Eleven Mile Rd. Farmington Hills, MI 48336 General Information (248) 473-1830 Fax (248) 473-1801 www.fhgov.com Click on Departments Adults 50 & Better Messenger Newsletter To Register Online: www.fhgov.com Click on Departments Special Services Online Program Registration Program Supervisor Marsha Koet 473-1821 Nutrition Coordinator Teresa Bryant 473-1825 Programmer/Planning Anna Durham 473-1822 Programmer/Outreach Teresa Jergovich 473-1826 Programmer/Center/Trips Angela Nazak 473-1823 Nutrition/Center 473-1867 Focus Hope/Outreach 473-1826 473-1827 SENEX Coordinator Julie Altschul 473-1872 Home Chore 473-1895 Transportation Coordinator 473-1854 Transportation Dispatch 473-1864 Grant Center 29260 Grand River Longacre House 24705 Farmington Rd	MONDAY	TUESDAY		
	<u>SENIOR POOL SCHEDULE</u>		<u>RATES</u>	
		Res	Non-Res	
	Exercise In Pool Daily 10:00 am	\$1.75	\$3.00	
	Open Swim Daily 11:00 am	\$1.25	\$2.25	
	Open Swim M, W, F 2:00 pm	\$1.25	\$2.25	
	Arthritis Aquatic T, Th 1:00 pm	\$1.75	\$3.00	
ALL POOL PARTICIPANTS <u>MUST</u> SHOWER BEFORE ENTERING POOL				
	8:30 Pickleball 9:30 Arthritis & Fall Prevention 9:45 Yoga 9:45 Pinochle 10:00 Wii Sports 12:00 Lunch - Salisbury Steak 1:00 Duplicate Bridge 1:15 Internet Basics 6:00 Fernando's Ballroom - Rumba 7:00 Fernando's Ballroom - Waltz	5	9:00 Tai Chi 9:45 Strength Training 10:00 Library 11:00 Gym Exercise 12:00 Lunch - Citrus Salmon 1:00 1st Step Stroke - Out to lunch 1:15 Bingo 4:00 Yogalates 5:30 Evening Yoga - Costick Center 7:00 18 & over Yoga	6
	8:30 Pickleball 9:45 Yoga 9:45 Pinochle 10:00 Wii Sports 12:00 Lunch - Turkey Burger 1:00 Duplicate Bridge 1:15 Internet Basics 6:00 Fernando's Ballroom - Rumba 7:00 Fernando's Ballroom - Waltz	12	9:00 Tai Chi 9:45 Strength Training 10:00 Library 11:00 Gym Exercise 12:00 Lunch - Shepherds Pie 1:00 1st Step Stroke 4:00 Yogalates 5:30 Evening Yoga - Costick Center 7:00 18 & over Yoga	13
	8:30 Pickleball 9:45 Yoga 9:45 Pinochle 10:00 Wii Sports 12:00 Lunch - Herb Chicken Breast 1:00 Duplicate Bridge 1:15 Internet Basics - canceled 6:00 Fernando's Ballroom - Rumba 7:00 Fernando's Ballroom - Waltz	19	9:00 Tai Chi 9:45 Strength Training 10:00 Library 11:00 Gym Exercise 12:00 Lunch - Egg Bake - Spinach, Mushrooms & Swiss Cheese 1:00 1st Step Stroke 1:15 1st Step Stroke Caregivers 1:15 Bingo 4:00 Yogalates 5:30 Evening Yoga - Costick Center 7:00 18 & over Yoga	20
	CENTER CLOSED  Joy to the World	26	9:00 Tai Chi 9:45 Strength Training 10:00 Library 11:00 Gym Exercise 12:00 Lunch - Mediterranean Chicken Breast 1:00 1st Step Stroke 1:15 Bingo 7:00 18 & over Yoga	27  

2016



WEDNESDAY		THURSDAY		FRIDAY		
		9:00 Tai Chi 9:45 Strength Training - canceled 9:45 Therapeutic Yoga 10:00 Computer Forum 11:00 Gym Exercise - canceled 11:00 I-Pad Basics 12:00 Lunch - General Tso Chicken 1:00 Bill's Tai Chi 1:00 Book Discussion 1:15 Bingo 5:30 Evening Yoga - Meet at Spicer House 7:00 Mambo/Salsa/Merengue 8:00 East Coast Swing	1	8:30 Pickleball - canceled 9:30 Projects in Microsoft Word 10:00 Bill's Morning Tai Chi 10:00 Quilters 10:00 Wii Sports 12:00 Lunch - Mac & Cheese 1:00 Open Cards & Games 3:00 - 6:00 First Friday Ballroom & Buffet 7:00 Cha Cha 8:00 Tango	2	
	8:30 Pickleball 9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 10:00 Neighborhood Watch 12:00 Beginning Line Dance 12:00 Lunch - Stuffed Cabbage 12:30 Low Vision Support 1:00 Intermediate Line Dance 1:00 Painters Group 1:00 Caregivers Support 6:30 Evening Tai Chi	7	9:00 Tai Chi 9:45 Strength Training 9:45 Therapeutic Yoga 10:00 Computer Forum 11:00 Gym Exercise 11:00 I-Pad Basics 12:00 Lunch - Ruby's Pork Chop 1:00 Bill's Tai Chi 1:15 Bingo 5:30 Evening Yoga - Longacre 7:00 Mambo/Salsa/Merengue 8:00 East Coast Swing	8	8:30 Pickleball - canceled 9:30 Projects in Microsoft Word 10:00 Bill's Morning Tai Chi 10:00 Quilters 10:00 Wii Sports 11:00 - 3:00 The Holiday Extravaganza 12:00 Lunch - Seasoned Chicken Breat 1:00 Open Cards & Games 7:00 Cha Cha 8:00 Tango	9
	8:30 Pickleball 9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 12:00 Beginning Line Dance 12:00 Lunch - Stuffed Salmon Boat 12:30 Legal Advice 1:00 Intermediate Line Dance 1:00 Painters Group 1:30 Grief & Loss Support 6:30 Evening Tai Chi	14	9:00 Tai Chi 9:45 Strength Training 9:45 Therapeutic Yoga 10:00 Computer Forum 11:00 Gym Exercise 11:00 I-Pad Basics 12:00 Lunch - Southern Chicken Stew 1:00 Bill's Tai Chi 1:15 Bingo 3:00 Piecemakers 5:30 Evening Yoga - Meet at Costick Center 7:00 Mambo/Salsa/Merengue 8:00 East Coast Swing	15	8:30 Pickleball 10:00 Bill's Morning Tai Chi 10:00 Quilters 10:00 Wii Sports 11:00 Photo Club 1:00 Open Cards & Games 12:00 Lunch - Meat Loaf 12:00 Friday Film "Me Before You" 7:00 Cha Cha 8:00 Tango	16
						
	8:30 Pickleball 9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 11:30 Red Hat Society 12:00 Beginning Line Dance 12:00 Lunch - Penne Pasta & Meatballs 1:00 Caregivers Support 1:00 Intermediate Line Dance 1:00 Painters Group	21	9:00 Tai Chi 9:45 Strength Training 9:45 Therapeutic Yoga 10:00 Computer Forum 11:00 Gym Exercise 12:00 Lunch - Western Chili with Beans 1:15 Bingo 5:30 Evening Yoga - Longacre	22	8:30 Pickleball 10:00 Quilters 10:00 Wii Sports 12:00 Lunch - Pollock Almandine 1:00 Open Cards & Games	23
9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 12:00 Beginning Line Dance 12:00 Lunch - Vegetable Lasagna 12:30 Legal Advice 1:00 Intermediate Line Dance 1:00 Painters Group 1:30 Grief & Loss Support	28	9:00 Tai Chi 9:45 Strength Training 10:00 Computer Forum 11:00 Gym Exercise 12:00 Lunch - Sweet Potato White Fish 1:15 Bingo	29	10:00 Wii Sports 10:00 Quilters 12:00 Lunch - Beef Pepper Steak 1:00 Open Cards & Games	30	

The published menu is subject to change.

HEALTH AND NUTRITION NEWS

Join us for Lunch!

Deli Station available each Tues, Wed & Thurs...check out the “you pick” selections. Choice of soups, salad, sandwich, or salad bar. Lunch line is open Noon – 12:30 pm each day. Register daily for meals in Conway Hall by 11:30 am

HOT LUNCH CONTINUES IN CONWAY HALL Monday - Friday. Stop by and try something new for lunch, \$2.75 donation for those over 60 years, a fee of \$5 to all others.

GRAB AND GO On the Go and need something nutritious for lunch? Try our Grab and Go located in Conway Hall. A delicious way to support the Farmington Hills Lunch program. All of the donations made for the Grab and Go items are put back directly into the lunch program.

VOLUNTEERS ARE NEEDED for the Senior Nutrition program to drive for Meals on Wheels, pack homebound meals and assist in serving meals Mon-Fri. Please call (248) 473-1825 for more information.

MEALS ON WHEELS are available to Farmington area residents, homebound and those unable to prepare their own meals. Ensure products, for those needing additional nutrients, are available with a prescription from your physician.

Nutrition Services are funded through Title III, Older Americans Act Funds, & through the Area Agency on Aging 1-B, through the Office of Services to the Aging and complies with terms and regulations of Title V of Civil Rights Act of 1964 as amended in Section 504 of the Social Rehabilitation

TRANSPORTATION NEWS

The Transportation program provides curb-to-curb van service to adults (55 or better) and disabled residents of Farmington/Farmington Hills. Priority is given to medical appointments. Other destinations are offered based on availability. Current destinations include:

- **Medical appointments** in Farmington, Farmington Hills, Novi, West Bloomfield, Southfield, Livonia, and limited destinations in Royal Oak.
- **Farmington Hills Center for Active Adults Shuttle** - available daily with morning and afternoon stops.
- **Shopping** at Busch's & Kroger. Other shopping destinations are available with a minimum of 3 passengers.
- **Thursday Shopping Trips - Starting in April**
 - 1st & 3rd Thursday - 12 Oak Mall
 - 2nd Thursday - Meijers
 - 4th Thursday - Walmart
 - 5th Thursday - Laurel Park (if there is a 5th Thursday)
- **Other destinations** - hospital/nursing home visits, salon/barber appointments, banking or pharmacy trips.

Transportation is available Monday - Friday, 9:00 am – 3:30 pm. Reservations can be made by calling at least 3 to 4 working days prior to appointment. Please call 248-473-1864 for reservations between the hours of 8:00 am - 3:00 pm.

Do not leave a message for your appointment. Leave your name and phone number and dispatcher will call you back. **A \$2 donation each way is critical to the survival of the program.**

Two SMART services are available for you!

The SMART Dial-A-Ride Service and the SMART Connector Service are both a Monday through Friday service. The hours are 6:00 am until 6:00 pm. Last pick-up must be made by 5:00 pm. Call 866-962-5515 for more details.

MICHIGAN ARTHRITIS PROGRAM (MAP)

The Michigan Arthritis Program (MAP) acts to improve the quality of life among people with arthritis by providing statewide support and infrastructure for implementation, expansion and coordination of evidence-based self-management and physical activity programs.

The term “arthritis” covers more than 100 diseases and conditions affecting joints, the surrounding tissues and other connective tissues. Arthritis and other rheumatic conditions include osteoarthritis, fibromyalgia, rheumatoid arthritis, juvenile rheumatoid arthritis, gout, bursitis, rheumatic fever, Lyme arthritis, carpal tunnel disease and other disorders. Arthritis is **the** leading cause of disability in the United States and it limits the activities of more than one million adults in Michigan.

The Michigan Department of Community Health Arthritis Program supports programs to help people manage their arthritis through Enhance Fitness exercise classes and learning self-management techniques in Personal Action Toward Health (PATH). This program has been shown to reduce pain and decrease health distress. This workshop involves small group discussion with a focus on goal setting, problem solving, exercise, relaxation and communication.

Physical activity can reduce the risk of losing body functions by 38-41% and reduce the risk of disability caused by arthritis by 47% among adults with arthritis.

Obesity is associated with the most common form of arthritis, osteoarthritis. Losing excess weight can reduce the risk of knee osteoarthritis and limit progression of disease. Losing as little as 11 pounds may reduce the risk of developing knee osteoarthritis by 50%. Weight loss programs incorporating both exercise participation and dietary restriction are the most effective and result in significant improvements in pain and function.

Physical and rehabilitation therapy are effective in reducing pain and improving function and disability. Learn more at www.michigan.gov/arthritis.

CLUBS & GROUPS

Quilters - Meet each Friday at 10:00 am
Farmington Piecemakers - Meets the 3rd Thursday of the month 3:00 - 10:00 pm
Red Hat Society - Meet the 3rd Wed. at 11:00 am
Sojourn Bears - Meet 4th Monday at 1:00 pm
Computer Forum - Each Thursday at 10:00 am
Pinochle Group - Each Monday at 9:45 - 12:00 pm
Duplicate Bridge - Every Monday at 1:00 pm
Painters Group - Each Wednesday at 1:00 pm
Photography Group - Meet 3rd Friday at 11:00 am
Sojourn Bears - Meet 4th Monday at 1:00 pm
Heritage Hikers - Meet at Heritage Park each Sat at 10:00 am. Call 248-473-1823 for more information.
CFAA - (Cycling for Active Adults) - Call 248-473-1822 for more information or visit our facebook page at:
<https://www.facebook.com/cfaa.bikeclub>

SUPPORT GROUPS

The Adults 50 & Better provides support groups that provide encouragement, activities, speakers, socialization, & more:

- **First Step Stroke** - Meet Tues at 1 pm
(dines out the 1st Tuesday)
- **Stroke Caregivers**- Meet most 3rd Tues at 1 pm
- **Low Vision Support**- Meets 1st Wed at 12:30
- **Caregivers** - Meet 1st & 3rd Wed at 1:00 pm
- **Grief & Loss** - Meet 2nd & 4th Wed at 1:30 pm

TAX ASSISTANCE

Tue & Fri, Feb 2 - Apr 11

9:30 am, 11:00 am, 1:00 pm

Members of AARP, with special training from the IRS, will assist with your tax return. Assistance is provided for Federal, State, homestead, and energy credit forms, but not for rental or business income. Bring along the following items: 2016 w forms, 1099 forms, records of 2016 interest received, dividends, Social Security, real estate taxes or rent paid and to whom, and a copy of your 2015 tax return. **Perform simple E-file returns only.** By appointment only.

Call (248) 473-1830 **starting Jan 3.**

No tax dates: Mar 17

SENEX Adult Day Program

Senex is a social and recreational day program dedicated to serving seniors with functional needs in our community by becoming involved in the activities offered by the City of Farmington Hills
Adults 50 & Better.

The Senex Program is open:
Monday through Friday
from 9:30 a.m. to 3:30 p.m.

Participants may attend full
or half days.

**For more
information:**

Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336

(248) 473-1872
www.fhgov.com
jaltschul@fhgov.com



VOLUNTEERS NEEDED FOR:

Meals on Wheels (deliver meals, pack meals)
Home Chore (varied tasks around the home)
S.A.G.E. (Senior Adults Giving to Education)
Kitchen (helping prepare meals)
Gift Shop Attendant
Special Events

Please inquire in Conway Hall or call 248-473-1830.

Learn about Neighborhood Watch

Joel Sloan will be in Conway Hall the first Wednesday on the month from 10:00 am - 12:00 pm with information and handouts about the Neighborhood Watch program. He has been a Neighborhood Watch Coordinator in his subdivision for the past 35 years,



TRAVEL NEWS

Availability changes, call 248 473-1823 for status! Cancellation policies vary, check flyers. No refunds for any trips within 24 hours of trip departure. Credit card payments are accepted for overnight trips only. Thank You!

“A Gentleman’s Guide to Love and Murder” Wharton Center, E Lansing, MI Saturday December 17, Departs 9:30 am, Returns 6:00 pm. Lunch at Alexander’s Land & Sea Grille in Brighton prior to the performance. Reserved main floor seating \$149.00 pp Rybicki Tour

“Beautiful” The Carole King Musical, Wharton Center, E Lansing, MI Saturday January 14, 2017 Departs 10:15 am, Returns 6:00 pm. Lunch at Alexander’s Land & Sea Grille in Brighton prior to the performance. Reserved main floor seating for to the 2:00 performance. \$159.00 pp Rybicki Tour

Jewels of Detroit, Thursday January 26 2017, Departs 9:45 am - Returns 4:15 pm, Tour the world’s largest Masonic temple and discover the mysteries behind this secret society. Lunch at Detroit Beer Co. including a Sander’s Hot Fudge Sundae for dessert! Also a tour of the Detroit Public Library where docents will share with you the history, art and architects of Detroit’s acclaimed Main Library. \$82.00 pp Bianco Tour

DSO, A Night at the Academy Awards, Sunday, February 26, 2017, Departs 11:45 am - Returns 6:00 pm, Lunch at Granite City Detroit first. 3:00 pm Showtime at Detroit Orchestra Hall where the Detroit Symphony Orchestra presents some of Hollywood’s most enduring scores from Academy Award winning films! \$116.00 pp Bianco Tour

Niagara Falls Getaway, Monday - Tuesday April 24 - 25, 2017, Round trip transportation, 1 night accommodations at the Clifton Victoria Inn. Breakfast at the hotel included. Free day to explore Niagara Falls, Optional trips to Fallsview Casino & Falls Viewing Area, shopping and lunch on own at White Oak Mall, shopping at World Duty Free America/Ammex. \$188.00 pp dbl occ Bianco Tour

“Getting Mama Married” at Cornwell’s Dinner Theatre, Marshall, MI Wednesday May 3, 2017, Departs 9:30 am, Returns 6:00 pm. Cornwell’s own delious carved turkey luncheon. \$89.00 pp Rybicki Tour



SPECIAL EVENT SPONSORS

A special thanks to our sponsor for the additional support that their help gives our program!

Lypka Hearing Service, has been a dedicated sponsor of the Holiday party for the past 11 years. Lypka Hearing Service’s mission is to help hearing impaired people hear and communicate better with the latest hearing technology available. They offer comprehensive hearing tests, hearing aid evaluations, hearing aid sales, hearing aid repairs, and cleaning. Complimentary demonstrations of the latest hearing instruments are available. Lypka Hearing Service has a board certified and licensed audiologist on staff. Please feel free to stop in or call for an appointment. They are located at 31148 Grand River Farmington Hills. (248) 477-6682

IN MEMORIAM

OUR SYMPATHY TO FAMILY AND FRIENDS

Jan Dolan, Sister Mary McFarland, Lowell Strayer