

The Messenger

Programs for Active Adults 50 & Better

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

January 2019

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ANNUAL VOLUNTEER RECOGNITION

The Farmington Area Commission on Aging is seeking nominations for their Annual Volunteer Recognition Program. The **Margaret Loidas Diamond Award** for those 75 & Better and the **Gold Award** for those 50 & Better. Candidates must be active volunteers providing community service in the Farmington area. Also the Commission on Aging will be recognizing a community based organization or business which goes above and beyond to serve the older adults of Farmington and Farmington Hills with the **Community Commitment Award**. The City of Farmington Hills Special Services Adults 50 & Better is also seeking nominations for the **Volunteer of the Year Award**. Nominees must be active volunteers in programs offered through the Adults 50 & Better Division. Applications are available in Conway or upon request. All nominations must be received by February 22. Awards will be presented at our Volunteer Recognition. Anyone may submit a nomination. For questions, please call Anna at 248 473-1822.

FREE COMPUTER HELP SEMINAR

**Wednesday, January 9
10:00 am - 12:00 pm**

Did you receive a new computer, tablet, iPad, Smart Phone over the holidays, or you want to learn how to use what you already have? Come meet our teachers, Mike Wilson and Rickey Eady. They will demonstrate and discuss what you can expect to learn in their classes here at the Costick Center and make you as smart as your smart phone!

SUPER BOWL BINGO

**Thursday, January 31
11:00 am - 2:00 pm**

Connect with friends and spend an entertaining afternoon with us! Enjoy an afternoon with entertainment, lunch, bingo and prizes. Sign up by January 28 and pay \$8, or \$10 after.



NEWCOMER WELCOME TOUR Thursday, January 24 10:00 - 11:00 am

The Special Services welcomes newcomers from Farmington and Farmington Hills, Adults 50 & Better, for a tour of the facility explaining the services, trips, classes, volunteer opportunities, and activities available. Sign up in Conway Hall or 248-473-1830.

VALENTINE CELEBRATION

**Friday, February 8
11:30 am - 3:00 pm**

Come feel the love! Spend the day enjoying a new musical band; The Steve Floyd Band. They will truly entertain you with their musical expertise with sounds that are sure to get you in the dancing and singing mood! Share a delicious meal with friends old and new! Tickets in Conway Hall. Sign up by Feb 1 and pay \$8, or \$10 after.

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, 9:00 am to 3:00 pm.

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

SPEAKERS, CLASSES & EVENTS

FRIDAY BALLROOM AND BUFFET

Friday, January 4, 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 Jan 3 deadline, \$12.00 after.

Beginning Knitting Class

Monday, January 7 - February 4

1:00 - 3:00 pm

Come in out of the cold and learn how to knit a scarf of your own! The class will start by teaching the basics, casting on, knitting and purling. As students perfect their techniques, we will move on to ribbing seed stitch and binding off. By the end of the 4th week, they will start either a washcloth or scarf. Materials fee of \$15.00 is payable to the instructor the first day of class.

Fee: Res \$55.00 Non-res \$60.00 #230615-01

TOTAL BRAIN HEALTH

2nd Monday of the month, 10:00 - 11:15 January 14 - Memory Fact or Fiction?

This class introduces the TBH Memory Program, teaches us how to tell memory "fact" from "fiction". And gives us a chance to get to know each other. Memory Builders - Getting to Know You, Fact or Fiction?, and The Memory Science. Sign up in Conway Hall, 248-473-1865

SKIN CARE 101

Tuesday, January 15 10:00 - 11:00 am What is the function of our skin and why do we need to know about our cover? Come learn about the importance of hydration, how our skin ages, health and healing and how to identify problems, rashes, cancer and other concerns. Skin care samples will be available. Sign up in Conway Hall, 248-473-1865

FRIDAY FILM - "The Children Act"

Friday, January 18 12:00 - 3:00 pm

Fiona Maye (Thompson) is an eminent High Court judge in London presiding with wisdom and compassion over ethically complex cases of family law. Her marriage to American professor Jack (Tucci) is at a breaking point. In this moment of personal crisis, Fiona is asked to rule on the case of Adam (Whitehead), a brilliant boy who is refusing the blood transfusion that will save his life. Adam is three months from his 18th birthday and still

legally a child. Should Fiona force him to live? Fiona visits Adam in the hospital and their meeting has a profound emotional impact on them both. Tickets available in Conway Hall and includes lunch, candy and popcorn, \$5 by January 17, \$7 at the door.



DINE & DISCOVER

Mississippi's Exiled Daughter - The Civil Rights Movements Relevance to Today - Tuesday, Jan. 22, 10:00 - 11:30 a.m.

Join Author John Obee as we honor the memory of Dr. Martin Luther King and learn about many others less known to history who sacrificed themselves and their lives to make our country's laws fair and equal. Includes brunch. Advance tickets only \$10.00

KARAOKE

Friday, Jan. 25, 1:00 - 3:00 p.m. Head to Conway Hall, the Center for Active Adults at the Costick Center for karaoke fun singing classics from the past and today's hits with Zack Entertainment. Light refreshments. Fee is \$2.

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 **Tuesday, 10:00 - 11:00 am.**

LIBRARY CORNER 10:00 - 11:00 am

Monday January 7 - World trivia, prizes !

Monday January 14 - Poetry sessions about Martin Luther King

BALLROOM DANCE LESSONS

FERNANDO'S ADVANCED BALLROOM

Fernando Caducio instructor. Prior ballroom dance experience required.

Mondays Jan 7 - Feb 25 (6 weeks)

No class Jan 21 & Feb 18

6 pm Waltz/Vien Waltz #230101-01

7 pm Rumba #230101-02

Fee: \$47, \$42 non-res disc.

\$10 drop-in.

FERNANDO'S THURSDAY & FRIDAY

BEGINNER BALLROOM

Basic level, easy to follow.

Thursdays Jan 10 - Feb 21

7 pm East Coast Swing #230103-01

8 pm Mambo/Salsa/Mergengue #230103-02

Fee: \$54, \$49 res disc., \$10 drop-in.

Fridays Jan 11 - Feb 22

7 pm Waltz #230103-03

8 pm Rumba #230103-04

Fee: \$54, \$49 res disc., \$10 drop-in.

FERNANDO'S SATURDAY

INTERMEDIATE BALLROOM

Must have completed beginner level class to participate.

Saturdays Jan 12 - Feb 23

3 pm Fox Trot #230105-01

4 pm Hustle #230105-02

Fee: \$54, \$49 res disc., \$10 drop-in.



FITNESS CLASSES

PICKLEBALL

Monday, Wednesday, Friday 9:00 - 11:30 am

Tuesday 12:15 - 2:00 pm

It's easy for beginners to learn, but can quickly develop into a fast-paced, competitive game for experienced players. Equipment will be provided. Costick Center Gym.



Fee: \$4, \$3 res disc. No Class Jan 21

STRENGTH TRAINING, Tuesday & Thursday

9:45 - 10:45 am. This is a low-impact class for all fitness levels. Focus is placed on the "core muscles", which are used for flexibility and balance. Bring a mat, weights and water. Fee: \$5.00 \$4.00 res disc.

GYM EXERCISE, Tuesday & Thursday 11 am - 12 pm All fitness levels welcome! Come exercise in a fun, friendly, upbeat atmosphere. Bring hand weights and resistance bands. Fee: \$2.50, \$2.00 res disc.

FELDENKRAIS: AWARENESS THROUGH MOVEMENT, Wednesday 9:30 - 10:30 am

Bring your body into alignment, reduce chronic pain. Gentle movements to enhance coordination, balance, mobility, breathing and posture. Bring mat and towel. Ages 18 + welcome. Fee: \$5, \$4 res disc.

Instructor Gloria Beren.

EVENING YOGA COSTICK CENTER 18 +

Tuesday 6:00 - 7:30 pm

Jan 8 - Feb 19 #230104-03

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 Fee: \$50, \$45 res disc., \$10 drop-in.

RISE & SHINE YOGA Saturday

8:00 - 9:15 am, Jan 12 - Feb 23 #230102-01

A perfect way to start your weekend! Breathing, moving and holding poses to relieve your stress. Wear loose clothing, have only a light meal, bring a mat, blanket and an open mind. Ages 18 & over welcome.

Fee: \$54, \$49 res disc., \$10 drop-in.

YOGA

Monday & Wednesday 9:45 - 10:45 am

Focus on inner awareness, external alignment, balance & flexibility. Wear loose clothing, bring a mat. Instructor, Dawn Priebe. Fee: \$5, \$4 res disc.

YOGALATES Tuesday 4:30 - 5:30 pm

Jan 8 - Feb 19 #230609-01

This combination of yoga and Pilates will strengthen your core muscles with emphasis on relaxing stretches to keep muscles safe. Taught by Dawn Priebe.

Fee: \$40, \$35 res disc., \$6 drop-in.

EVENING YOGA LONGACRE,

Thursday 5:30 - 6:30 pm

Jan 10 - Feb 21 #230104-01

Focus on inner awareness, external alignment, balance & flexibility. Wear loose clothing, bring a mat. Instructor Dawn Priebe. Longacre House

Fee: \$40 res, \$35 res disc., \$8 drop-in.

THERAPEUTIC YOGA

Thursday 9:45 - 10:45 am

Jan 10 - Feb 21 #230607-01

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.

Fee: \$40, \$35 res disc., \$6 drop-in.

LINE DANCE, Wednesday - Beginner 12:00 - 1:00 pm, Intermediate 1:00 - 2:00 pm. Popular fun class and good exercise, two skill levels. Fee: \$5.

New Instructor : Christine Stewart

TAI CHI

Instructor: Bill Harper

Wednesday Evening Tai Chi

(18 +) 6:00 - 7:00 pm

Jan 9 - Feb 20 #230201-01

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: \$40, \$35 res disc., \$6 drop-in.

Wednesday Evening Tai Chi Advanced

(18 +) 7:00 - 8:00 pm

Jan 9 - Feb 20 #230201-02

Fee: \$40, \$35 res disc., \$6 drop-in.

Thursday Afternoon

Wu Style Tai Chi Chuan Hand Forms

1:00 - 2:00 pm

Jan 10- Feb 21 #230104-03

Fee: \$35, \$30 res disc., \$6 drop-in.

Thursday Afternoon

Tai Chi for Movement and Balance

2:00 - 3:00 pm

Jan 10 - Feb 21 #230104-04

Low impact exercises to condition the body for fall prevention. This class will help increase circulation to improve joint mobility without increasing the heart rate.

Fee: \$35, \$30 res disc., \$6 drop-in.

Friday Morning Tai Chi, 10:00 - 11:00 am

Jan 11 - Feb 22 #230201-05

This class will consist of an organized routine to help with overall physical health and stress management based on Tai Chi principals. Fee: \$40 \$35 res disc., \$6 drop-in.




TAX ASSISTANCE Tue & Fri, Feb 1 - Apr 12

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: 2018 w forms, 1099 forms, records of 2017 interest received, dividends, Social Security card, real estate taxes or rent paid and to whom, and a copy of your 2017 tax return. **Perform simple E-file returns only.** By appointment only. Call (248) 473-1830 **starting Jan 2.**



January

<p>Department of Special Services</p> <p>COSTICK CENTER ADULTS 50 & BETTER 28600 Eleven Mile Rd. Farmington Hills, MI 48336</p> <p>General Information (248) 473-1830 Fax (248) 473-1801</p> <p>www.fhgov.com Click on Departments Adults 50 & Better Messenger Newsletter</p> <p>To Register Online: www.fhgov.com Click on Departments Special Services Online Program Registration</p> <p>Program Supervisor Marsha Koet 473-1821</p> <p>Nutrition Coordinator Teresa Bryant 473-1825</p> <p>Programmer/Planning Anna Durham 473-1822</p> <p>Programmer/Outreach Teresa Jergovich 473-1826</p> <p>Programmer/Center/Trips Angela Nazak 473-1823</p> <p>Nutrition/Center 473-1867</p> <p>Focus Hope/Outreach 473-1826 473-1827</p> <p>SENEX Coordinator Julie Altschul 473-1872</p> <p>Home Chore 473-1895</p> <p>Transportation Coordinator 473-1854</p> <p>Transportation Dispatch 473-1864</p> <p>Grant Center 29260 Grand River Longacre House 24705 Farmington Rd</p>	MONDAY	TUESDAY
		<p>CENTER CLOSED</p> <p>1</p> 
	<p>9:00 Pickleball 9:30 Pinochle 9:45 Yoga 10:00 Wii Sports 10:00 Library Corner - World trivia 12:00 Lunch - Chicken Chili 1:00 Duplicate Bridge 1:00 Knitting Class 6:00 Adv. Ballroom-Waltz/Vien Waltz 7:00 Advanced Ballroom - Rumba</p>	<p>7</p> <p>9:00 Tai Chi 50 Cents 9:45 Strength Training 10:00 Library 10:30 Travel Show 11:00 Gym Exercise 12:00 Lunch - Florentine Fish 12:15 Pickleball 1:00 Bingo 1:00 1st Step Stroke 4:30 Yogalates 6:00 Evening Yoga - Costick Center 18 +</p> <p>8</p>
	<p>9:00 Pickleball 9:30 Pinochle 9:45 Yoga 10:00 Wii Sports 10:00 Library Corner - Poetry session about Martin Luther King 10:00 Total Brain Health - Memory Fact or Fiction? 12:00 Lunch - Pork Sandwich 1:00 Duplicate Bridge 1:00 Knitting Class 6:00 Adv. Ballroom-Waltz/Vien Waltz 7:00 Advanced Ballroom - Rumba</p>	<p>14</p> <p>9:00 Tai Chi 50 Cents 9:45 Strength Training 10:00 Library 10:00 Skin Care 101 11:00 Gym Exercise 12:00 Lunch - Linguine Meatball Alfredo 12:15 Pickleball 1:00 Bingo 1:00 1st Step Stroke 3:00 Piecemakers 4:30 Yogalates 6:00 Evening Yoga - Costick Center 18 +</p> <p>15</p>
	<p>CENTER CLOSED</p> <p>Martin Luther King Holiday</p>	<p>21</p> <p>9:00 Tai Chi 50 Cents 9:45 Strength Training 10:00 Library 10:00 Dine & Discover 11:00 Gym Exercise 12:00 Lunch - Macaroni & Cheese 12:15 Pickleball 1:00 Bingo 1:00 1st Step Stroke 1:30 First Step Stroke Caregivers 4:30 Yogalates 6:00 Evening Yoga - Costick Center 18 +</p> <p>22</p>
	<p>9:00 Pickleball 9:30 Pinochle 9:45 Yoga 10:00 Wii Sports 12:00 Lunch - Chicken Cutlet 1:00 Duplicate Bridge 1:00 Knitting Class 6:00 Adv. Ballroom-Waltz/Vien Waltz 7:00 Advanced Ballroom - Rumba</p>	<p>28</p> <p>9:00 Tai Chi 50 Cents 9:45 Strength Training 10:00 Library 11:00 Gym Exercise 12:00 Lunch - Asian Pork 12:15 Pickleball 1:00 Bingo 1:00 1st Step Stroke 4:30 Yogalates 6:00 Evening Yoga - Costick Center 18 +</p> <p>29</p>

2019



WEDNESDAY		THURSDAY		FRIDAY	
9:00 Pickleball 9:30 Feldenkrais 10:00 Wii Sports 12:00 Lunch - Lemon Pepper Pollock 12:30 Vision Support Group 1:00 Painters Group	2	9:00 Tai Chi 10:00 Computer Forum 12:00 Lunch - Meat Loaf 1:00 Book Discussion 1:00 Bingo	3	9:00 Pickleball 10:00 Quilters 10:00 Needle Artists 10:00 Wii Sports 12:00 Lunch - Vegetable Lasagna 3:00 - 6:00 Friday Ballroom & Buffet	4
9:00 Pickleball 9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 10:00 FREE Computer HELP Seminar 12:00 Beginning Line Dance 12:00 Lunch - Baked Ham 12:30 Legal Advice 1:00 Painters Group 1:00 Intermediate Line Dance 1:30 Grief & Loss Support-Guest Speaker 6:00 Tai Chi Evening 7:00 Tai Chi Evening Advanced	9	9:00 Tai Chi 9:45 Strength Training 9:45 Therapeutic Yoga 10:00 Computer Forum 11:00 Gym Exercise 12:00 Lunch - Chicken Parmesan 1:00 Bingo 1:00 Tai Chi 2:00 Tai Chi for Movement and Balance 5:30 Evening Yoga - Longacre 7:00 Beginners Ballroom - E C Swing 8:00 Beginners Ballroom - Mam/Sal/Mer	10	9:00 Pickleball 10:00 Quilters 10:00 Needle Artists 10:00 Wii Sports 10:00 Tai Chi Morning 12:00 Lunch - Cheese Omelet 1:00 Open Cards & Games 7:00 Beginners Ballroom - Waltz 8:00 Beginners Ballroom - Rumba	11
9:00 Pickleball 9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 11:00 Red Hat Society 12:00 Beginning Line Dance 12:00 Lunch - Chicken Drumstick 1:00 Painters Group 1:00 Intermediate Line Dance 1:00 Caregivers Support 6:00 Tai Chi Evening 7:00 Tai Chi Evening Advanced	16	9:00 Tai Chi 9:45 Strength Training 9:45 Therapeutic Yoga 10:00 Computer Forum 11:00 Gym Exercise 12:00 Lunch - Crispy Fish Sandwich 1:00 Bingo 1:00 Tai Chi 2:00 Tai Chi for Movement and Balance 5:30 Evening Yoga - Longacre 7:00 Beginners Ballroom - E C Swing 8:00 Beginners Ballroom - Mam/Sal/Mer	17	9:00 Pickleball 9:30 Help Computer Class 10:00 Quilters 10:00 Needle Artists 10:00 Wii Sport 10:00 Tai Chi Morning 12:00 Lunch - Beef Stroganoff 12:00 Friday Film "The Children Act" 7:00 Beginners Ballroom - Waltz 8:00 Beginners Ballroom - Rumba	18
9:00 Pickleball 9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 12:00 Beginning Line Dance 12:00 Lunch - Turkey Pot Roast 1:00 Painters Group 1:00 Intermediate Line Dance 1:30 Grief & Loss Support 6:00 Tai Chi Evening 7:00 Tai Chi Evening Advanced	23	9:00 Tai Chi 9:45 Strength Training 9:45 Therapeutic Yoga 10:00 Computer Forum 10:00 Newcomer Welcome Tour 11:00 Gym Exercise 12:00 Lunch - Chicken Breat 1:00 Bingo 1:00 Tai Chi 2:00 Tai Chi for Movement and Balance 5:30 Evening Yoga - Longacre 7:00 Beginners Ballroom - E C Swing 8:00 Beginners Ballroom - Mam/Sal/Mer	24	10:00 Quilters 10:00 Needle Artists 10:00 Wii Sports 10:00 Tai Chi Morning 12:00 Lunch - Pollock Almondine 1:00 - 3:00 Karaoke 7:00 Beginners Ballroom - Waltz 8:00 Beginners Ballroom - Rumba	25
9:00 Pickleball 9:30 Feldenkrais 9:45 Yoga 10:00 Wii Sports 12:00 Beginning Line Dance 12:00 Lunch - Pub Cheese Burger 1:00 Painters Group 1:00 Intermediate Line Dance 6:00 Tai Chi Evening 7:00 Tai Chi Evening Advanced	30	9:00 Tai Chi 9:45 Strength Training 9:45 Therapeutic Yoga 10:00 Computer Forum 11:00 Gym Exercise 11:00 iPad Basics Part 1 11:00 - 2:00 Super Bowl Bingo 12:00 Lunch - Cheese Manicotti 1:00 iPhone Basics Part 1 1:00 Tai Chi 2:00 Tai Chi for Movement and Balance 5:30 Evening Yoga - Longacre 7:00 Beginners Ballroom - E C Swing 8:00 Beginners Ballroom - Mam/Sal/Mer	31		



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 home-bound 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 Aging & Adult Services Agency 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's. Other destinations are available with a minimum of 3 passengers.
- **Thursday Shopping Trips**
 - 1st & 3rd Thursday - 12 Oaks Mall
 - 2nd Thursday - Meijers
 - 4th Thursday - Walmart
 - 5th Thursday - Laurel Park (if there is a 5th Thursday)

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.

FOOD SAFETY AT HOME

A few tips to have your refrigerator and freezer ready in case lose power.

*Group foods together in both the refrigerator and freezer. This helps food stay cold longer.

*Keep the freezer full. Fill empty spaces with frozen plastic jugs of water, bags of ice or gel packs.

During a power outage

*Keep refrigerator and freezer doors closed.

*The refrigerator will keep food safe for up to 4 hours. If the power is off longer, you can transfer food to a cooler and fill with ice or frozen gel packs.

*A full freezer will hold the temperature for approximately 48 hours.

*During a snowstorm, do not place perishable food out in the snow. Outside temperatures can vary and food can be exposed to unsanitary conditions and animals. Instead, make ice. Fill buckets, empty milk containers or cans with water and leave them outside to freeze. Use the home-made ice in your refrigerator, freezer or coolers.

After the power outage

***Never** taste food to determine its safety. **When in Doubt, Throw it Out!**

***Discard the following** if your refrigerator has been without power for more than 4 hours:

-raw, cooked or leftover meat, poultry, fish, eggs and egg substitutes

-luncheon meat and hot dogs

-casseroles, soups, stews and pizza

-mixed salads (i.e. chicken, tuna, macaroni, potato)

-gravy and stuffing

-milk, cream, yogurt, sour cream and soft cheeses

-cut fruits and vegetables (fresh)

-cooked vegetables

-creamy-based salad dressings

-batters and doughs

-custard, chiffon or cheese pies

-cream filled pastries

-garlic stored in oil

Frozen foods that have thawed, but still contain ice crystals, are still safe to eat.

CLUBS & GROUPS

Quilters - Meet each Friday at 10:00 am

Farmington Piecemakers - Meet the 3rd Thursday of the month 3:00 - 10:00 pm

Book Discussion - 1st Thursday of the month
Jan. 3 - Underground Railroad by Colson Whitehead
Feb 7 - Pachinko by Min Jin Lee

Red Hat Society - Meet the 3rd Wed. at 11:00 am

Computer Forum - Each Thursday at 10:00 am

Pinochle Group - Each Monday at 9:30 - 12:00 pm

Duplicate Bridge - Every Monday at 1:00 pm

Painters Group - Every Wednesday at 1:00 pm

Needle Artists - Meet every Friday 10:00 am - 2:00 pm. New members welcome!

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) - 248-473-1822 for more information or visit our facebook page at: <https://www.facebook.com/cfaa.bikeclub/events>

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**- Meet 1st Wed at 12:30
- **Caregivers** - Meet 3rd Wed at 1:00 pm
- **Grief & Loss** - Meet 2nd & 4th Wed at 1:30 pm

ADULTS 50 & BETTER POOL SCHEDULE

			<u>RATES</u>	
			Res	Non-Res
Exercise In Pool	Daily	10:00 am	\$2.25	\$3.50
Open Swim	Daily	11:00 am	\$1.75	\$2.75
Open Swim	M, W, F	2:00 pm	\$1.75	\$2.75
Arthritis Aquatic	T, Th	1:00 pm	\$2.25	\$3.50

ALL POOL PARTICIPANTS MUST SHOWER BEFORE ENTERING POOL



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



SMOKE ALARMS FOR FARMINGTON HILLS VETERANS

If you are in need of a smoke alarm or your current smoke alarms are more than 10 years old please contact Teresa Jergovich at 248-473-1826 for a possible free replacement.



TRAVEL NEWS

TRAVEL SHOW - TUESDAY JANUARY 8, 10:30 AM

Join Mike Rybicki & Barbara Bianco, our tour providers to learn all about great packages for both local and long-distance trips. Trip registration with payment will be accommodated immediately after the presentation.

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!

Ford Rouge Factory Tour Thursday, February 21, 2019 Departs, 9:00 am - Returns, 4:15 pm. Roundtrip modern motorcoach transportation. A self-guided, five-part tour that puts you in the center of one of America's most famous manufacturing complexes. The five stations include: The Legacy Theater, The Manufacturing Innovation Theater, The Observation Deck Tour, The Assembly Walking Plant Tour, The Legacy Gallery, \$15 Lunch voucher is included for you to use toward your lunch at one of three restaurant options in the Museum. Comfortable, flat-soled shoes are recommended for this tour. \$95.00 per person Rybicki Tour

Rain, A Tribute to the Beatles, Fox Theater Detroit, MI Friday March 22, 2019 Departs, 4:15 - Returns, 11:30 pm. Roundtrip modern motorcoach transportation. Dinner at the Fishbone's Detroit. Main floor tickets to 8:00 pm performance. \$149.00 per person Rybicki Tour

Ark Encounter April 9 - 11, 2019 (Tuesday - Thursday) Roundtrip modern motorcoach transportation. Two nights at the Holiday Inn Cincinnati Riverfront in Covington, Kentucky on the Ohio River. Four Meals total. Two hot breakfast buffets & two dinners - one a dinner cruise on the Belle of Cincinnati. Ark Encounter located in Williamston, KY, less than an hour south of Cincinnati featuring a full size Noah's Ark. Also you will visit the Creation Museum. \$499.00 per person Dbl Occ. Rybicki Tour

Ragtime Festival, Frankenmuth, MI Friday April 26, 2019 Departs, 9:30 am - Returns, 5:30 pm. Roundtrip modern motorcoach transportation. Lunch at Zehnder's of Frankenmuth, after lunch, get ready to stomp your feet during the 25th annual Ragtime Festival! Come enjoy ragtime music performed by our featured pianist, Bob Milne and other world re-known musicians. Free time after the show to browse Frankenmuth's Main Street. \$99.00 per person Rybicki Tour

Tulip Time Festival, Holland, MI Tuesday May 7, 2019 Departs, 8:00 am - Returns, 8:15 pm. Roundtrip modern motorcoach transportation. Lunch at Boatworks Waterfront restaurant, Holland Tulip Time Tour, Windmill island Gardens \$129.00 per person Rybicki Tour

The staff in Conway Hall and the entire Special Services Adults 50 & Better Division would like to thank you for your kindness and generosity this holiday season. We wish you a happy and healthy 2019!

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*.

IN MEMORIAM

OUR SYMPATHY TO FAMILY AND FRIENDS

Roberta Smith, Joann Sweeney, Ginny Morris