Frequently Asked Questions

- What are your hours?
  Senex Program hours: Monday through Friday from 9:00 a.m. to 3:00 p.m. Participants may attend full or half days.

- Is there a cost to attend?
  Yes. Senex program fees are based on residency and whether a participant attends for a full or a half day.

- Where are you located?
  In the Costick Activity Center located at: 28600 W. Eleven Mile Road Farmington Hills, MI 48336

- Do you provide transportation?
  Transportation may be provided for residents of Farmington and Farmington Hills.

Activities & Services

- Meals and Snacks
- Socialization
- Exercise
- Group Discussion
- Memory Stimulation
- Caregiver Support Groups
- Referrals
- Music Therapy
- Pet Therapy
- Arts and Crafts
- Holiday Parties
- Current Events
- Limited Transportation
- Bingo
- Dancing
- Wii Sports

For more information or to schedule a visit, please call:
(248) 473-1872
jaltschul@fhgov.com

SENEX
Adult Day Program

Improving the quality of life for senior adults and their caregivers.

Adults 50 & Better
Costick Activities Center
28600 Eleven Mile Road
Farmington Hills, MI 48336
(248) 473-1872
www.fhgov.com

1/16/19
What is Senex?

Admission Criteria

- Participants must be continent of bowel and bladder.
- Participants must be able to use the restroom themselves with no assistance.
- Participants must not wander.
- Participants must not be physically or verbally abusive.
- Participants must be able to bear their own weight and, if in a wheelchair, transfer themselves.

Objectives of Senex

- Keeping seniors connected to their communities.
- To provide support service for institutional care.
- To postpone deterioration and eliminate or delay the need for institutional care.
- To promote the independence of participants.
- To provide enjoyable and educational activities with socialization.
- A safe and secure environment.
- Enjoyable and educational activities with socialization.
- A safe and secure environment.

Senex is a social and recreational day program dedicated to serving older adults with functional needs in our community by becoming involved in the activities offered by the City of Farmington Hills. Senex provides opportunities for individuals to maintain or improve their functional abilities in a supervised, structured environment. This reduces isolation, enhances self-esteem, and maximizes their potential.

Participants include older adults who are experiencing a decrease in physical, mental or social functioning. Appropriate diagnoses may include isolation, Alzheimer’s disease, Parkinson’s disease, stroke survivors, and other challenges.

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