

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.

*For more information or to
schedule a visit, please call:*

(248) 473-1872

jaltschul@fhgov.com

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



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



What Is Senex?

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, Adults 50 & Better.

The Senex program 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.

Our 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, and stroke survivors, as well as other challenges.

**Keeping seniors
connected to their
communities.
Since 1985**

Admission Criteria

- Participants must be continent of bowel and bladder.
- Participants must be able to use the restroom themselves with no assistance.
- Participants must be able to feed themselves.

- Participants must not wander.
- Participants cannot be physically or verbally abusive.

- Participants must be able to bear their own weight and, if in a wheelchair, transfer themselves.



Objectives of Senex

- A safe and secure environment.
- Enjoyable and educational activities with socialization and peer support.
- Promote the independence of participants by helping them to maintain their highest level of functioning.
- To postpone deterioration and eliminate or delay the need for institutional care.
- To provide support service and daytime respite allowing caregivers to work, rest or run errands while being assured their loved one is being well cared for.

