



1333 Brewery Park Blvd. Ste. 200 | Detroit MI 48207 | 313-446-4444
 www.DetroitSeniorSolution.org

Community Health & Wellness Programs

OCTOBER 2021 – SEPTEMBER 2022

A Matter of Balance – 8 sessions over 4 weeks: If you have fallen or are at risk for falling, this workshop can help!

<p>St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223</p>	<p>Tuesdays & Thursdays (VIRTUAL)</p>	<p>10/5/21- 10/28/21 (Session 0: 9/30/21)</p>	<p>10:00 a.m. – 12:00 p.m.</p>
<p>La Sed Senior Center 7150 W.Vernor Hwy., Detroit 48209 313.841.8840</p>	<p>Mondays & Wednesdays (SPANISH)</p>	<p>10/18/21 – 11/10/21</p>	<p>10:00 a.m. –12:00 p.m.</p>
<p>NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227</p>	<p>Tuesdays & Thursdays (VIRTUAL)</p>	<p>11/30/21 – 12/23/21 (Session 0: 11/23/21)</p>	<p>10:00 a.m. –12:00 p.m.</p>
<p>St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223</p>	<p>Tuesdays & Thursdays</p>	<p>2/8/22- 3/3/22</p>	<p>10:00 a.m. – 12:00 p.m.</p>
<p>The Helm at The Boll Life Center 158 Ridge Rd., Grosse Pointe Farms 48236 313.882.9600</p>	<p>Tuesdays & Thursdays</p>	<p>4/5/22 – 4/28/22</p>	<p>1:15p.m. – 3:15 p.m.</p>



NSO Northwest Wellness Center

Northwest Activities Center
 18100 Meyers Road, Detroit 48235
 313.397.8227

Wednesdays & Fridays**6/1/22 – 6/24/22****1:00 p.m. – 3:00 p.m.****The Helm at The Boll Life Center**

158 Ridge Rd., Grosse Pointe Farms 48236
 313.882.9600

Tuesdays & Thursdays**8/2/22 – 8/25/22****1:15p.m. – 3:15 p.m.**

Chronic Pain PATH (CPSMP) – 6-week workshop teaches techniques to self-manage chronic pain.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
 313.833.7080 ext. 223

Wednesdays**(VIRTUAL)****11/03/21- 12/8/21****(Session 0: 10/27/21)****1:00 p.m. – 3:30 p.m.****NSO Northwest Wellness Center**

Northwest Activities Center
 18100 Meyers Road, Detroit 48235
 313.397.8227

Wednesdays**(VIRTUAL)****4/13/22- 5/18/22****(Session 0: 4/6/22)****1:00 p.m. – 3:30 p.m.**

Diabetes Personal Action Toward Health (DPATH) – 6-week workshop teaches techniques to self-manage diabetes.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
 313.833.7080 ext. 223

Thursdays**(VIRTUAL)****11/3/21- 12/8/21****(Session 0: 10/27/21)****1:00 p.m. – 3:30 p.m.****NSO Northwest Wellness Center**

Northwest Activities Center
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 313.397.8227

Wednesdays**(VIRTUAL)****1/26/22- 3/2/22****(Session 0: 1/19/22)****1:00 p.m. – 3:30 p.m.**

La Sed Senior Center 7150 W.Vernor Hwy., Detroit 48209 313.841.8840	Thursdays (SPANISH)	2/3/22 - 3/10/22	10:00 a.m. –12:30 p.m.
St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	Tuesdays	2/8/22- 3/15/22	1:00 p.m. – 3:30 p.m.
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	Wednesdays (VIRTUAL)	7/13/22- 8/17/22 (Session 0: 7/6/22)	10:00 a.m. –12:30 p.m.

Personal Action Toward Health (PATH) – 6-week workshop teaches techniques to self-manage chronic health conditions.

La Sed Senior Center 7150 W.Vernor Hwy., Detroit 48209 313.841.8840	Thursdays (SPANISH)	9/30/21 - 11/11/21	10:00 a.m. –12:30 p.m.
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	Mondays (VIRTUAL)	10/25/21- 11/29/21 (Session 0: 10/18/21)	1:00 p.m. – 3:30 p.m
St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	Tuesdays (VIRTUAL)	10/26/21-11/30/21 (Session 0: 10/19/21)	1:00 p.m. – 3:30 p.m.
St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080 ext. 223	Wednesdays	3/2/22-4/6/22	1:00 p.m. – 3:30 p.m.



**Creating Confident Caregivers – 6-week workshop for caregivers of a person with dementia still living at home.
Teaches you to be a more effective caregiver and how to manage your stress level.**

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Thursdays
(VIRTUAL)

11 /4/21 – 12/9/21
(Session 0: 10/28/21)

1:00 p.m. – 3:00 p.m.

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Wednesdays
(VIRTUAL)

11/10/21 – 12/15/21
(Session 0: 11/3/21)

1:00p.m. – 3:00 p.m.

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

Thursdays

04/21/22 – 5/26/22

1:00p.m. – 3:00 p.m.

Detroit Area Agency on Aging

313.446.4444 ext. 5288
Or email: whitecr@daaa1a.org

Tuesdays
(VIRTUAL)

5/3/22-6/7/22
(Session 0: 4/26/22)

5:00 p.m. – 7:00 p.m.

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

Thursdays

07/14/22 – 8/18/22

1:00p.m. – 3:00 p.m.

Powerful Tools for Caregivers – 6-week educational program for family caregivers of adults that is designed to help caregivers take care of themselves.

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

Wednesdays

10/06/21 – 11/10/21

1:00p.m. – 3:30 p.m.



St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Tuesdays**1/12/22- 2/16/22****9:30 a.m. – 12:00 p.m.****NSO Northwest Wellness Center**

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Tuesdays
(VIRTUAL)**2/8/22 – 3/15/22**
(Session 0: 2/1/22)**10:00 a.m. –12:30 p.m****Detroit Area Agency on Aging**

313.446.4444 ext. 5288
Or email: whitecr@daaa1a.org

Tuesdays
(VIRTUAL)**2/15/22-3/22/22**
(Session 0: 2/8/22)**10:00 a.m. –12:30 p.m****NSO Northwest Wellness Center**

Northwest Activities Center
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Wednesdays**8/24/22 – 9/28/22****10:00 a.m. –12:30 p.m**

Universal Dementia Caregivers– 4-class training and educational series to help raise awareness of dementia’s symptoms, management and coping techniques.

Detroit Area Agency on Aging

313.446.4444 ext. 5288
Or email: whitecr@daaa1a.org

Wednesdays
(VIRTUAL)**10/27/21-11/17/21****4:00 p.m. – 5:30 p.m.**

Tai Chi for Arthritis for Fall Prevention- movements and incorporated tai chi principles for improving health and wellness, as well as proven effective for fall prevention.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Wednesdays & Fridays**Ongoing****11:15 a.m. – 12:15 p.m.**

La Sed Senior Center

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Wednesdays**Ongoing****10:00 a.m. –11:00 a.m.**

Walk With Ease - 18 sessions over 6 weeks: Helps people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health.

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

Mon,Wed,Fri**10/04/21 – 11/12/21****11:45 a.m. – 12:45 p.m.****NSO Northwest Wellness Center**

Northwest Activities Center
18100 Meyers Road, Detroit 48235

Tues, Wed, Thur**10/5/21 – 11/11/21****9:00a.m. – 10:00 a.m.****La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Tue,Wed,Thur**3/1/22-4/7/22****9:30 a.m. – 10:30 a.m.****NSO Northwest Wellness Center**

Northwest Activities Center
18100 Meyers Road, Detroit 48235

Mon, Tues, Thur**5/2/22 – 6/13/22****9:00a.m. – 10:00 a.m.****NSO Northwest Wellness Center**

Northwest Activities Center
18100 Meyers Road, Detroit 48235

Mon, Tues, Thur**8/15/22 – 9/26/22****9:00a.m. – 10:00 a.m.**

Bingocize - 20 sessions over 10 weeks: an evidence-based health promotion program that combines exercise and health information with the familiar game of bingo, which has shown to be a great, fun way to get seniors moving and

The Helm at The Boll Life Center

Tuesdays & Thursdays

1/4/22 – 3/10/22

10:00 a.m. – 11:00 a.m.

158 Ridge Rd., Grosse Pointe Farms 48236

313.882.9600

Diabetes Prevention Program (DPP) – One year lifestyle change program designed to reduce their risk of type 2 diabetes and improve their overall health.

Detroit Area Agency on Aging

Tuesdays

1/18/22

2:30 p.m. – 3:30 p.m.

313.446.4444 ext. 5841

(VIRTUAL)

Session 0: 1/11/22

Or email: williamsamb@daaa1a.org

Ageing Mastery Program for Caregivers– 12-part class educates caregivers about the impacts of caregiving and also provides them with the tools they need to stay healthier and happier in the caregiving journey.

