



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

Community Health & Wellness Programs

MARCH 2022 – 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!

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
 313.882.9600

Tuesdays & Thursdays

4/5/22 – 4/28/22

1:15p.m. – 3:15 p.m.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
 313.833.7080 ext. 223

Tuesdays & Thursdays

(VIRTUAL)

5/3/22- 5/26/22
 (Session 0: 4/28/22)

12:00 p.m. – 2:00 p.m.

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.

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.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Thursdays

(VIRTUAL)

8/04/22- 9/8/22

(Session 0: 7/28/22)

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

Tuesdays

(VIRTUAL)

3/15/22- 4/26/22

(Session 0: 3/8/22)

11:30 a.m. – 2:00 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

3/17/22-4/28/22

10:00 a.m. – 12:30 p.m.



St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Thursdays

(VIRTUAL)

4/14/22-5/19/22

(Session 0: 4/7/22)

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.**

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.**

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Tuesdays

(VIRTUAL)

5/3/22-6/7/22

(Session 0: 4/26/22)

9:30 a.m. – 12:00 p.m.

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Wednesdays

8/24/22 – 9/28/22

10:00 a.m. –12:30 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.

La Sed Senior Center

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Tue,Wed,Thur

4/5/22-5/12/22

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.

