



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

Community Health & Wellness Programs

JANUARY 2023 – SEPTEMBER 2023

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

2/7/23 – 3/2/23 10:00 a.m. – 12:00 p.m.

NSO Northwest Wellness Center

Northwest Activities Center
 18100 Meyers Road, Detroit 48235
 313.397.8227

Tuesdays & Thursdays

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
 313.882.9600

Tuesdays & Thursdays

4/4/23 – 4/27/23

1:15p.m. – 3:15 p.m.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
 313.833.7080 ext. 223

Tuesdays & Thursdays

(VIRTUAL)

6/6/23- 6/29/23 10:00 a.m. – 12:00 p.m.

NSO Northwest Wellness Center

Northwest Activities Center
 18100 Meyers Road, Detroit 48235
 313.397.8227

Tuesdays & Thursdays

8/8/23 – 8/31/23

10:00 a.m. – 12:00 p.m.

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
 313.882.9600

Tuesdays & Thursdays

8/8/23 – 8/31/23

1:15p.m. – 3:15 p.m.



La Sed Senior Center Tuesdays & Thursdays

(SPANISH)
7150 W. Vernor Hwy., Detroit 48209
313.841.8840

8/15/23 – 9/7/23

10:00 a.m. –12:00 p.m.

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

St. Patrick Senior Center Tuesdays

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

(VIRTUAL)

11/1/22- 12/6/22

(Session 0: 10/27/22)

10:00 a.m. – 12:00 p.m.

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

7150 W. Vernor Hwy., Detroit 48209
La Sed Senior Center Wednesday 2/1/23 - 3/15/23
313.841.8840
(SPANISH)

10:00 a.m. –12:30 p.m.

NSO Northwest Wellness Center Wednesdays 2/8/23- 3/15/23

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

(VIRTUAL)

(Session 0: 2/1/23)

1:00 p.m. –3:30 p.m.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Thursdays
(VIRTUAL)

2/16/23- 3/23/23
(Session 0: 2/9/23)

1:00 p.m. – 3:30 p.m.

7150 W.Vernor Hwy., Detroit 48209
La Sed Senior Center Wednesday

(SPANISH)

5/3/23 - 6/7/23

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 Wednesdays 3/22/23 - 4/26/23

7150 W.Vernor Hwy., Detroit 48209 (SPANISH)
313.841.8840

10:00 a.m. –12:30 p.m.

St. Patrick Senior Center Thursdays 4/6/23-5/11/23

58 Parsons St., Detroit 48201 (VIRTUAL)
313.833.7080 ext. 223

(Session 0: 3/30/23)

1:00 p.m. – 3:30 p.m.

NSO Northwest Wellness Center Thursdays 6/1/23- 7/6/23

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

(VIRTUAL)

(Session 0: 5/25/23)

11:00 a.m. – 1:30 p.m

La Sed Senior Center Wednesdays

(SPANISH) 7150 W.Vernor Hwy., Detroit 48209
313.841.8840

8/16/23 - 9/20/23 10:00 a.m. –12:30 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.

Detroit Area Agency on Aging

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

Tuesdays
(VIRTUAL)

2/7/23-3/14/23
(Session 0:1/31/23)

5:00 p.m. –7:30 p.m

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Tuesdays
(VIRTUAL)

4/18/23- 5/23/23
(Session 0: 4/11/23)

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.

7150 W.Vernor Hwy., Detroit 48209
La Sed Senior Center Thursdays
313.841.8840

Ongoing

9:30 a.m. – 10:30 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

Tue, Thur 1/10/23 – 3/9/23

1:00 p.m. – 2:00 p.m.

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235

Mon, Tues, Thur

4/17/23 – 5/25/23

9:00a.m. – 10:00 a.m.

La Sed Senior Center Tue,Wed,Thur 5/2/23-6/8/23

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

9:30 a.m. – 10:30 a.m.

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235

Tues, Wed, Thur

8/15/23 – 9/21/23

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.

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

Wednesdays 10/5/22 – 3/1/23

1:00 p.m. – 2:00 p.m.

Developing Dementia Dexterity- an introduction to dementia: open to anyone wanting to learn about Dementia.

Detroit Area Agency on Aging

313.446.4444 ext. 5288

Or email: whitecr@daaa1a.org

April 6, 13, 20

June 8, 15, 22

August 10, 17, 24

(VIRTUAL0029)

1:00 p.m. – 2:00 p.m.

5:30 p.m. – 6:30 p.m.

1:00 p.m. – 2:00 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

March, May, July

(VIRTUAL)

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.

