## 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!**

<table>
<thead>
<tr>
<th>Location</th>
<th>Days</th>
<th>Dates</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>NSO Northwest Wellness Center</td>
<td>Tuesdays &amp; Thursdays</td>
<td>2/7/23 – 3/2/23</td>
<td>10:00 a.m. – 12:00 p.m.</td>
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<tr>
<td>18100 Meyers Road, Detroit 48235</td>
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<tr>
<td>313.397.8227</td>
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<tr>
<td>The Helm at The Boll Life Center</td>
<td>Tuesdays &amp; Thursdays</td>
<td>4/4/23 – 4/27/23</td>
<td>1:15 p.m. – 3:15 p.m.</td>
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<tr>
<td>158 Ridge Rd., Grosse Pointe Farms 48236</td>
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<td>313.882.9600</td>
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<tr>
<td>St. Patrick Senior Center</td>
<td>Tuesdays &amp; Thursdays</td>
<td>6/6/23- 6/29/23</td>
<td>10:00 a.m. – 12:00 p.m.</td>
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<tr>
<td>58 Parsons St., Detroit 48201</td>
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<tr>
<td>313.833.7080 ext. 223</td>
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<tr>
<td>The Helm at The Boll Life Center</td>
<td>Tuesdays &amp; Thursdays</td>
<td>8/8/23 – 8/31/23</td>
<td>1:15 p.m. – 3:15 p.m.</td>
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*Note: Some programs are offered virtually.*
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<th>Event Name</th>
<th>Dates</th>
<th>Time</th>
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<tbody>
<tr>
<td><strong>Chronic Pain PATH (CPSMP)</strong> – 6-week workshop teaches techniques to self-manage chronic pain</td>
<td>8/15/23 – 9/7/23</td>
<td>10:00 a.m. – 12:00 p.m.</td>
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<tr>
<td><strong>Diabetes Personal Action Toward Health (DPATH)</strong> – 6-week workshop teaches techniques to self-manage diabetes</td>
<td>10:00 a.m. – 12:30 p.m.</td>
<td>8/15/23 – 9/7/23</td>
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<tr>
<td><strong>La Sed Senior Center</strong> Tuesdays &amp; Thursdays</td>
<td>2/1/23 – 3/15/23</td>
<td>10:00 a.m. – 12:00 p.m.</td>
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<tr>
<td><strong>St. Patrick Senior Center</strong> Tuesdays</td>
<td>11/1/22 - 12/6/22</td>
<td>10:00 a.m. – 12:00 p.m. (Session 0: 10/27/22)</td>
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<tr>
<td><strong>NSO Northwest Wellness Center</strong> Wednesdays</td>
<td>2/8/23 - 3/15/23</td>
<td>1:00 p.m. – 3:30 p.m. (Session 0: 2/1/23)</td>
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<tr>
<td><strong>St. Patrick Senior Center</strong> Thursdays</td>
<td>2/16/23 - 3/23/23</td>
<td>1:00 p.m. – 3:30 p.m. (Session 0: 2/9/23)</td>
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<tr>
<td><strong>La Sed Senior Center</strong> Wednesdays</td>
<td>5/3/23 - 6/7/23</td>
<td>10:00 a.m. – 12:30 p.m. (SPANISH)</td>
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</table>
**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.  
(Session 0: 3/25/23)

St. Patrick Senior Center Thursdays 4/6/23-5/11/23  
58 Parsons St., Detroit 48201 (VIRTUAL)  
313.833.7080 ext. 223  
1:00 p.m. – 3:30 p.m.  
(Session 0: 3/30/23)

NSO Northwest Wellness Center Thursdays 6/1/23- 7/6/23  
Northwest Activities Center (VIRTUAL)  
18100 Meyers Road, Detroit 48235  
313.397.8227  
11:00 a.m. – 1:30 p.m  
(Session 0: 5/25/23)

La Sed Senior Center Wednesdays 8/16/23 - 9/20/23  
7150 W.Vernor Hwy., Detroit 48209  
313.841.8840  
10:00 a.m. –12:30 p.m.  
(Session 0: 9/13/23)

**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  
2/7/23-3/14/23  
(VIRTUAL)  
5:00 p.m. –7:30 p.m  
(Session 0: 1/31/23)

St. Patrick Senior Center  
58 Parsons St., Detroit 48201  
313.833.7080 ext. 223  
10:00 a.m. – 12:30 p.m.  
(Session 0: 4/11/23)
### Tai Chi for Arthritis 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
  - Ongoing
  - 9:30 a.m. – 10:30 a.m.

### Walk With Ease - 18 sessions over 6 weeks

- **The Helm at The Boll Life Center**
  - 158 Ridge Rd., Grosse Pointe Farms 48236
  - 313.882.9600
  - Mon, Tues, Thur
  - 4/17/23 – 5/25/23
  - 9:00 a.m. – 10:00 a.m.

- **NSO Northwest Wellness Center**
  - Northwest Activities Center
  - 18100 Meyers Road, Detroit 48235
  - Tues, Wed, Thur
  - 8/15/23 – 9/21/23
  - 9:00 a.m. – 10:00 a.m.

- **NSO Northwest Wellness Center**
  - Northwest Activities Center
  - 18100 Meyers Road, Detroit 48235
  - 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
  - Tue, Wed, Thur
  - 5/2/23-6/8/23
  - 9:30 a.m. – 10:30 a.m.

- **La Sed Senior Center**
  - 7150 W. Vernor Hwy., Detroit 48209
  - 313.841.8840
  - Ongoing
  - 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
  - 9:00 a.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.

(Detroit Area Agency on Aging)

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

April 6, 13,20
June 8, 15, 22
August 10, 17, 24

1:00 p.m. – 2:00 p.m.
5:30 p.m. – 6:30 p.m
1:00 p.m. – 2:00 p.m.

(VIRTUAL)

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

March, May, July

(VIRTUAL)

(Aging 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.)