



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

Community Health & Wellness Programs

MARCH 2023 – SEPTEMBER 2023

EnhanceFitness – A fitness program designed for older adults that combines strength training, flexibility and cardiovascular conditioning.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Tuesdays, Wednesday & Thursdays
Mondays, Wednesday & Fridays

Ongoing
Ongoing (Virtual)

10:00 a.m. – 11:00 p.m.
1:30 p.m. – 2:30 p.m

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Mondays, Wednesdays & Fridays
Mondays, Wednesdays & Fridays

Ongoing
Ongoing

8:30 a.m. –9:30 a.m.
9:45 a.m. –10:45 a.m.

The Helm at The Boll Life Center

158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

Tuesdays & Thursdays
Mondays & Wednesdays

Ongoing
Ongoing

10:30 a.m. – 11:30 a.m.
11:45 a.m. – 12:45 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 & Thursday

Ongoing

11:00 a.m. – 12:00 p.m.

La Sed Senior Center

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Thursdays

Ongoing

9:30 a.m. –10:30 a.m.

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

4/4/23 – 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

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Tuesdays & Thursdays
(SPANISH)

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.

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

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Thursdays
(VIRTUAL)

4/20/23- 5/25/23
(Session 0: 4/13/23)

1:00 p.m. –3:30 p.m.

La Sed Senior Center

7150 W.Vernor Hwy., Detroit 48209

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

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Wednesdays
(SPANISH)

3/22/23 - 4/26/23

10:00 a.m. –12:30 p.m.

St. Patrick Senior Center

58 Parsons St., Detroit 48201
313.833.7080 ext. 223

Thursdays
(VIRTUAL)

4/6/23-5/11/23
(Session 0: 3/30/23)

1:00 p.m. – 3:30 p.m.



NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Thursdays**(VIRTUAL)**

6/1/23- 7/6/23
(Session 0: 5/25/23)

11:00 a.m. – 1:30 p.m**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Wednesdays
(SPANISH)

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.

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Wednesdays
(VIRTUAL)

4/5/23- 5/10/23
(Session 0: 3/29/23)

1:00 p.m. – 3:30 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.

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.

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**

7150 W.Vernor Hwy., Detroit 48209
313.841.8840

Tue,Wed,Thur**5/2/23-6/8/23****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.

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)

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.

