



1333 Brewery Park Blvd. Ste. 200 | Detroit MI 48207 | 313-446-4444  
[www.DetroitSeniorSolution.org](http://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](mailto: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.**

