



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

## Community Health & Wellness Programs

FEBRUARY 2024 – SEPTEMBER 2024

**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.

### La Sed Senior Center

7150 W.Vernor Hwy., Detroit 48209  
 313.841.8840

Mondays & Wednesday

Ongoing

10:00 a.m. – 11:00 a.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**

TBD

58 Parsons St., Detroit 48201  
313.833.7080 ext. 223

**La Sed Senior Center**

TBD

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Geri-Fit®- a progressive resistance exercise program designed exclusively for older adults. Geri-Fit helps rebuild strength that's been lost through the aging process.**

**The Helm at The Boll Life Center**

**Mondays & Wednesdays**

**4/1/24 – 6/19/24**

**10: 30 a.m. – 11:30 a.m.**

158 Ridge Rd., Grosse Pointe Farms 48236  
313.882.9600

**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**

**Tues, Wed, Thur**

**5/21/24 – 6/27/24**

**11:00a.m. – 12:00 a.m.**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**NSO Northwest Wellness Center**

**Tues, Wed, Thur**

**8/20/24 – 9/26/24**

**11:00a.m. – 12:00 p.m.**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227



**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.**

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

**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Tuesdays & Thursdays  
(SPANISH)**

**3/5/24 – 3/28/24**

**9:30 a.m. –11:30 a.m.**

**The Helm at The Boll Life Center**

158 Ridge Rd., Grosse Pointe Farms 48236  
313.882.9600

**Tuesdays & Thursdays**

**4/2/24 – 4/25/24**

**1:15p.m. – 3:15 p.m.**

**St. Patrick Senior Center**

58 Parsons St., Detroit 48201  
313.833.7080 ext. 223

**Mondays & Wednesdays  
(VIRTUAL)**

**4/8/24- 5/1/24**

**10:00 a.m. – 12:00 p.m.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Mondays & Wednesday**

**4/22/24 – 5/15/24**

**1:00 p.m. –3:00 p.m.**

**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Tuesdays & Thursdays  
(SPANISH)**

**5/7/24 – 5/30/24**

**9:30 a.m. –11:30 a.m.**

**The Helm at The Boll Life Center**

158 Ridge Rd., Grosse Pointe Farms 48236  
313.882.9600

**Tuesdays & Thursdays**

**8/6/24 – 8/29/24**

**1:15p.m. – 3:15 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.**

**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Tuesdays**  
**(SPANISH)**

**02/13/24 - 3/19/24**

**9:30 a.m. –12:00 p.m.**

**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Tuesdays**  
**(SPANISH)**

**06/4/24 - 7/9/24**

**9:30 a.m. –12:00 p.m.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Thursdays**  
**(VIRTUAL)**

**7/11/24- 8/15/24**  
**(Session 0: 7/2/24)**

**1:00 p.m. – 3:30 p.m.**

**Personal Action Toward Health (PATH) – 6-week workshop teaches techniques to self-manage chronic health conditions.**

**St. Patrick Senior Center**

58 Parsons St., Detroit 48201  
313.833.7080 ext. 223

**Tuesdays**  
**(VIRTUAL)**

**3/5/24-4/9/24**

**1:00 p.m. – 3:30 p.m.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Wednesday**  
**(VIRTUAL)**

**3/6/24-4/10/24**  
**(Session 0: 2/28/24)**

**1:00 p.m. – 3:30 p.m.**



**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Tuesdays**  
**(SPANISH)**

**4/2/24 - 5/9/24**

**9:30 a.m. –12:00 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.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Mondays**  
**(VIRTUAL)**

**2/19/24- 3/25/24**  
**(Session 0: 2/12/24)**

**12:00 p.m. – 2:30 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](mailto:whitecr@daaa1a.org)

**Wednesdays**  
**(VIRTUAL)**

**February 7,14,21,28**

**4:30p.m. – 6:30 p.m.**

**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.**

