



DETROIT AREA AGENCY ON AGING
Community Health & Wellness Programs
FEBRUARY 2020 – SEPTEMBER 2020

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

NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	Mondays & Wednesdays	2/3/20 – 2/26/20	10:00 a.m. –12:00 p.m.
La Sed Senior Center 7150 W. Vernor Hwy., Detroit 48209 313.841.8840	Mondays & Wednesdays	3/2/20 - 3/25/20	10:00 a.m. –12:00 p.m.
St. Patrick Senior Center 58 Parsons St., Detroit 48201 313.833.7080	Mondays & Wednesdays	3/9/20 - 4/1/20	10:00 a.m. – 12:00 p.m.
NSO Northwest Wellness Center Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	Tuesday & Thursday	5/19/20 – 6/11/20	1:00 p.m. –3:00 p.m.
The Helm at The Boll Life Center 158 Ridge Rd., Grosse Pointe Farms 48236 313.882.9600	Tuesdays & Thursdays	6/2/20 – 6/25/20	1:00p.m. – 3:00 p.m.



St. Patrick Senior Center **Mondays & Thursdays** **7/13/20 – 8/6/20** **10:00 a.m. – 12:00 p.m.**
58 Parsons St., Detroit 48201
313.833.7080

The Helm at The Boll Life Center **Tuesdays & Thursdays** **9/1/20 – 9/24/20** **1:00 p.m. – 3:00 p.m.**
158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

NSO Northwest Wellness Center **Wednesdays & Fridays** **9/2/20 – 9/25/20** **9:30 a.m. – 11:30 a.m.**
Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

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

St. Patrick Senior Center **Mondays** **3/2/20 – 4/6/20** **1:00 p.m. – 3:30 p.m.**
58 Parsons St., Detroit 48201
313.833.7080

NSO Northwest Wellness Center **Wednesdays** **5/6/20 – 6/10/20** **1:00 p.m. – 3:30 p.m.**
Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

La Sed Senior Center **Fridays** **5/8/20 – 6/12/20** **9:30 a.m. – 12:00 p.m.**
7150 W. Vernor Hwy., Detroit 48209
313.841.8840
Tomando Control de Su Diabetes (Spanish Version)

St. Patrick Senior Center **Thursdays** **8/6/20 – 9/17/20** **1:00 p.m. – 3:30 p.m.**
58 Parsons St., Detroit 48201
313.833.7080



NSO Northwest Wellness Center

Northwest Activities Center
 18100 Meyers Road, Detroit 48235
 313.397.8227

Tuesdays**8/25/20 – 9/29/20****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

Wednesdays**2/12/20 – 3/18/20****1:00 p.m. – 3:30 p.m.****NSO Northwest Wellness Center**

Northwest Activities Center
 18100 Meyers Road, Detroit 48235
 313.397.8227

Wednesdays**3/4/20 – 4/8/20****1:00p.m. – 3:30 p.m.****La Sed Senior Center**

7150 W. Vernor Hwy., Detroit 48209
 313.841.8840
 Tomando Control de Su Salud (Spanish Version)

Fridays**3/6/20 – 4/10/20****9:30 a.m. – 12:00 p.m.****The Helm at The Boll Life Center**

158 Ridge Rd., Grosse Pointe Farms 48236
 313.882.9600

Wednesdays**4/15/20 – 5/20/20****10:00a.m. – 12:30 p.m.****St. Patrick Senior Center**

58 Parsons St., Detroit 48201
 313.833.7080

Mondays**4/13/20 – 5/18/20****1:00 p.m. – 3:30 p.m.**

People's Community Services **Mondays** **4/13/20 – 5/18/20** **12:00 p.m. – 2:30 p.m.**
Mayson Neighborhood Center
8626 Joseph Campau, Hamtramck 48212
313.875.1750

St. Patrick Senior Center **Mondays** **7/6/20- 8/10/20** **1:00p.m. – 3:30 p.m.**
58 Parsons St., Detroit 48201
313.833.7080

The Helm at The Boll Life Center **Wednesdays** **7/8/20 – 8/12/20** **10:00a.m. – 12:30 p.m.**
158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

**Creating Confident Caregivers – 6 week workshop for caregivers of a person with dementia still living at home.
Teaches you to be a more effective caregiver and how to manage your stress level.**

The Helm at The Boll Life Center **Thursdays** **3/12/20 – 4/16/20** **1:00 p.m. – 3:00 p.m.**
158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600

St. Patrick Senior Center **Wednesdays** **4/8/20 – 5/13/20** **5:30 p.m. – 7:30 p.m.**
58 Parsons St., Detroit 48201
313.833.7080

NSO Northwest Wellness Center **Mondays** **4/13/20 – 5/18/20** **1:00 p.m. – 3:00 p.m.**
Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

The Helm at The Boll Life Center **Thursdays** **7/30/20 – 9/3/20** **1:00 p.m. – 3:00 p.m.**
158 Ridge Rd., Grosse Pointe Farms 48236
313.882.9600



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

1333 Brewery Park Blvd., Ste. 200
313.446.4444, ext. 5268

Tuesdays

2/4/20 – 3/10/20

9:30 a.m. – 12:00 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
313.397.8227

Mon, Tue , Thur

3/30/20 – 5/7/20

9:30a.m. – 10:30 a.m.

People's Community Services

Mayson Neighborhood Center
8626 Joseph Campau, Hamtramck 48212
313.875.1750

Mon, Wed, Fri

6/1/20 – 7/10/20

1:00 p.m. – 2:00 p.m.

NSO Northwest Wellness Center

Northwest Activities Center
18100 Meyers Road, Detroit 48235
313.397.8227

Mon, Wed , Thur

7/6/20 – 8/13/20

9:30a.m. – 10:30 a.m.

