



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

## Community Health & Wellness Programs

APRIL 2021 – SEPTEMBER 2021

**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**  
**(IN PERSON)**

**5/4/21 – 5/27/21**

**1:15p.m. – 3:15 p.m.**

### La Sed Senior Center

7150 W.Vernor Hwy., Detroit 48209  
 313.841.8840

**Tuesdays & Thursdays**  
**(IN PERSON)**

**5/4/21 – 5/27/21**

**10:00 a.m. –12:00 p.m.**

### St. Patrick Senior Center

58 Parsons St., Detroit 48201  
 313.833.7080

**Tuesdays & Thursdays**  
**(VIRTUAL)**

**7/13/21- 8/5/21**  
**(Session 0: 7/6/21)**

**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**  
**(IN PERSON)**

**8/3/21 – 8/26/21**

**1:15p.m. – 3:15 p.m.**

### NSO Northwest Wellness Center

Northwest Activities Center  
 18100 Meyers Road, Detroit 48235  
 313.397.8227

**Tuesdays & Thursdays**  
**(VIRTUAL)**

**9/7/21 – 9/30/21**  
**(Session 0: 9/2/21)**

**1:00 p.m. –3:00 p.m.**



**Chronic Pain PATH (CPSMP) – 6 week workshop teaches techniques to self-manage chronic pain.**

**St. Patrick Senior Center**

58 Parsons St., Detroit 48201  
313.833.7080

**Thursdays**

**(VIRTUAL)**

**8/19/21- 9/23/21**

**(Session 0: 8/12/21)**

**1:00 p.m. – 3:00 p.m.**

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

**St. Patrick Senior Center**

58 Parsons St., Detroit 48201  
313.833.7080

**Thursdays**

**(VIRTUAL)**

**5/6/21- 6/10/21**

**(Session 0: 4/29/21)**

**1:00 p.m. – 3:00 p.m.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Thursdays**

**(VIRTUAL)**

**5/6/21- 6/10/21**

**(Session 0: 4/29/21)**

**12:30 p.m. –3:00 p.m.**

**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Fridays**

**(SPANISH-IN PERSON)**

**7/23/21 - 8/27/21**

**10:00 a.m. –12:30 p.m.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Fridays**

**(Virtual)**

**8/20/21 – 9/24/21**

**(Session 0: 8/13/21)**

**10:00 a.m. –12:30 p.m.**



**Diabetes Prevention Program (DPP) – One year lifestyle change program designed to reduce their risk of type 2 diabetes and improve their overall health.**

<b>DAAA</b>	<b>Thursdays (VIRTUAL)</b>	<b>June 3, 2021- May 27, 2022</b>	<b>1:00 p.m. – 2:00 p.m.</b>
-------------	--------------------------------	-----------------------------------	------------------------------

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

<b>St. Patrick Senior Center</b> 58 Parsons St., Detroit 48201 313.833.7080	<b>Wednesdays (VIRTUAL)</b>	<b>5/5/21-6/10/21 (Session 0: 4/28/21)</b>	<b>1:00 p.m. – 3:00 p.m.</b>
<b>La Sed Senior Center</b> 7150 W.Vernor Hwy., Detroit 48209 313.841.8840	<b>Fridays (SPANISH-IN PERSON)</b>	<b>6/4/21 - 7/9/21</b>	<b>10:00 a.m. –12:30 p.m.</b>
<b>The Helm at The Boll Life Center</b> 158 Ridge Rd., Grosse Pointe Farms 48236 313.882.9600	<b>Wednesdays (VIRTUAL)</b>	<b>7/28/21 – 9/1/21 (Session 0: 7/21/21)</b>	<b>10:00 a.m. - 12:30 p.m.</b>
<b>NSO Northwest Wellness Center</b> Northwest Activities Center 18100 Meyers Road, Detroit 48235 313.397.8227	<b>Wednesdays (VIRTUAL)</b>	<b>8/11/21 – 9/15/21 (Session 0: 8/4/21)</b>	<b>10:00 a.m. –12:30 p.m.</b>



**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.**

**St. Patrick Senior Center**

58 Parsons St., Detroit 48201  
313.833.7080

**Wednesdays**

**(VIRTUAL)**

**6 /2/21 – 7/7/21**

**(Session 0: 5/26/21)**

**2:00 p.m. – 4:00 p.m.**

**The Helm at The Boll Life Center**

158 Ridge Rd., Grosse Pointe Farms 48236  
313.882.9600

**Thursdays**

**(IN PERSON)**

**7/29/21 – 9/2/21**

**1:00p.m. – 3:00 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.**

**The Helm at The Boll Life Center**

158 Ridge Rd., Grosse Pointe Farms 48236  
313.882.9600

**Wednesdays**

**(VIRTUAL)**

**5/12/21 – 6/16/21**

**(Session 0: 5/5/21)**

**1:00p.m. – 3:30 p.m.**

**St. Patrick Senior Center**

58 Parsons St., Detroit 48201  
313.833.7080

**Thursdays**

**(VIRTUAL)**

**5/6/21- 6/10/21**

**(Session 0: 4/29/21)**

**9:30 a.m. – 12:00 p.m.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Wednesdays**

**(VIRTUAL)**

**6/23/21 – 7/28/21**

**(Session 0: 6/16/21)**

**1:00p.m. – 3:30 p.m**



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

DAAA	Wednesday <b>(VIRTUAL)</b>	May 5, 12, 19, 26	4:00 p.m. – 5:30 p.m.
DAAA	Wednesday <b>(VIRTUAL)</b>	August 4, 11, 18, 25	4:00 p.m. – 5:30 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.**

DAAA	Tuesdays <b>(VIRTUAL)</b>	7/27/21- 8/31/21 (Session 0: 7/20/21)	10:00 a.m. - 12:00 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.**

<b>St. Patrick Senior Center</b> 58 Parsons St., Detroit 48201 313.833.7080	Wednesdays & Thursdays	Ongoing	11:00 a.m. – 12:00 p.m.
---	------------------------	---------	-------------------------

<b>La Sed Senior Center</b> 7150 W.Vernor Hwy., Detroit 48209 313.841.8840	Wednesdays	Ongoing	10:00 a.m. –11:00 a.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

**Tues, Wed, Fri  
(IN PERSON)**

**5/4/21 – 6/11/21**

**9:30a.m. – 10:30 a.m.**

**La Sed Senior Center**

7150 W.Vernor Hwy., Detroit 48209  
313.841.8840

**Tues, Wed, Thur  
(IN PERSON)**

**5/4/21 - 6/10/21**

**9:00 a.m. –10:00 p.m.**

**NSO Northwest Wellness Center**

Northwest Activities Center  
18100 Meyers Road, Detroit 48235  
313.397.8227

**Mon, Tue , Thur  
(IN PERSON)**

**7/12/21 – 8/19/21**

**9:00a.m. – 10:00 a.m.**

