Dear Friends,

Programs, and even individuals, can benefit by periodically taking stock of what we’re doing, why, and how. This year, the TSWP Advisory Board (partial group pictured here) took a close look at our mission and vision statements giving them both an update. We also crafted “guiding principles” - foundational values that have always governed how TSWP operates, but have now been stated clearly in writing. Lost but not least, you helped to choose a logo (if you cast a vote earlier this year!).

It is our custom to design programs that are informative, healthy and fun. When you look inside this newsletter, you will find events and activities you count on such as health lectures and exercise classes, but also new items including a walking group, sing along and Social Club. And don’t overlook the first ever TSRC Talent Showcase to be held on October 8th!

Thank you for joining us in our mission to promote quality of life among older adults through social connections, wellness activities, health education, and community resources. Together we are aging with spirit, knowledge, and friendship.

Best Wishes,

Rachel DeWeese, LLMSW
Assistant Director, Geriatrics Center Community Programs
Director, Turner Senior Wellness Program
(734) 998-9353
rdeweese@med.umich.edu

Seasonal Programs
September – December, 2019

Thank you for your support!

Call our main office for more information.

Silver Club offers a range of programs for people with memory loss. See the box below for diagnosis through the moderate stage of memory loss. Programs are designed to help people with memory loss engage in meaningful activity, provide personal and physical stimulation, and share joys and sorrows with others. Contact Silver Club for more info.

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Turner Senior Wellness Program
Enhance Fitness participants follow instructor Paul Clark’s movements

https://medicine.umich.edu/dept/dgpm/welcome-geriatrics-center

Katherine Jordan B. Acker, Paul W. Brown, Shauna Ryder Diggs, Denise Ilitch, Ronald Weiser, Michael J. Behm, Mark J. Bernstein, The Regents of the University of Michigan

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...Michigan information call 734-764-1817. ...
Cooking Demonstrations

No fee. Call (734) 988-9350 to register.

Cooking Comfort Foods with Chef Adam. Teenagers & Fatigued Adults Thursday, Sept 26, 9-10am. Chef Adam, StoryPoint. Ongoing Turner Senior Resource Center, 4201 Plymouth Rd, Ann Arbor, MI 48103 734-763-4965. Drop in or call (734) 998-9353.

Healthy Living Presentations

No fee. Call (734) 988-9350 to register.

Healthy Move, Healthy Self
No Agulme, ND. Call (734) 883-2513 to register.
7 week sessions
September 9 through November 12
Gentle Yoga
Turkish Delight,Tuesday, Sept 10, 10:15am-11:50am $50, call (734) 988-9350.
Posture-Balance-Strength
Monday, 2:45-3:45pm, $45
Tuesday, 10:15-11:15am, $45
Tai Chi Beginner; Intermediate Level
Monday & Wednesday, 10am-11am, $50, call (734) 988-9350
tai chi.org

Exercise and Fitness

Social/Recreational Activities

No fee. Call (734) 988-9350 to register.

Touchdown Thursdays
For fun & relaxation Friday, Sept 13 or Oct 11, 11:16-12:15pm
Contact the Turner Senior Resource Center for more info and to register. Call (734) 988-9350.

Beginning Meditation
Tuesdays, September 17-October 29
Bella Roma Bonita and Mary Gramann, RYT
turkersrcenter.org

Opening reception Sun, Nov 10, 4pm
Rita Gelman, Acrylic
Dorothyann Coyne, Mixed Media

Programs: Call (734) 998-9350 to register.

Nia Aguirre, ND.
office.unityofage.org

Rumman, LMSW,
Marti Dalley, Mariko Foulk, LMSW

New members always welcome to these ongoing programs. No fee.

For info, call (734) 998-9350 or visit the Turner Senior Resource Center

Ticket sales end Nov 1, 2013. No refund to these ongoing programs.

For info, Call (734) 988-9350.