TURNER SENIOR WELLNESS PROGRAM
UPCOMING CLASSES, EVENTS, AND SERVICES

JANUARY - JUNE 2022
VIRTUAL, IN-PERSON, AND HYBRID ACTIVITIES!

tswp.info@umich.edu  |  (734) 998-9353  |  michmed.org/tswp
Dear Friends,

What a pleasure it has been watching the center come back to life after so much time shut down due to the pandemic. While we are still offering many of our programs and classes virtually, we’ve had friends come back in person to use the computer lab, play bridge and mah-jongg, join exercise classes, and even attend hybrid health lectures. We are happy to share a photo (on the cover) of our mah-jongg group who have all filled our center with laughter and joy over the last few months.

We give special thanks to our volunteers who have supported us through every challenge over the past couple of years, especially our volunteer greeters. If you see Mac, Ann, Maureen, Barb, or Lonnie, please give them an extra smile when you come in!

We have had other incredible support from the community including two grants awarded by the Ann Arbor Area Community Foundation, one through the Glacier Hills Legacy Fund, which have allowed us to add to our staff. We welcomed Addy Cardenas who is coordinating our Connected Companions Program, a virtual volunteer friendly visitor program. We also will be hiring a coordinator for TAASC- Turner African American Services Council which will allow us to expand our work with diverse older adults in the community.

We continue to thank you for your patience and understanding. Sometimes we may need to change a program or class for safety reasons or because an instructor is more comfortable participating from home. We will do our best to communicate any changes to you in a timely manner and to have options for everyone at every comfort level. Please stay safe and well!

Jennifer Howard
Director, Turner Senior Wellness Program

BECOME A PARTNER WITH THE TURNER SENIOR WELLNESS PROGRAM

Your $25 partnership fee will help with program costs and scholarships.

Send the completed form below with your payment (made payable to the University of Michigan) to: The Turner Senior Wellness Program, 2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105

Or visit our website at: michmed.org/tswp

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☐ Please send me future newsletters electronically

THANK YOU FOR YOUR SUPPORT!
**HEALTHY LIVING PRESENTATIONS**

**Healthy Ways to Deal With Stress**

WEDNESDAY, JANUARY 19
10:00 - 11:30AM | <<VIRTUAL>>
Mariko A. Foulk, LMSW

“All About the Guys”- Health Considerations for Older Adult Men

TUESDAY, FEBRUARY 8
10:00 - 11:30AM | <<HYBRID>>
Andrew Russell, MD, Michigan Medicine

**Skin Care and Health**

WEDNESDAY, FEBRUARY 23
10:00 - 11:30AM | <<HYBRID>>
Kelly Reynolds, MD, Michigan Medicine

The 5 W's of Assisted Living: Tools to Find the Right Fit

WEDNESDAY, MARCH 23
1:00 - 3:00PM | <<HYBRID>>
Justine Bykowski, MA; Yvonne Cudley, JD, MPA; Janet Hunko, LMSW; and Barabra Zaret, MSW - U-M Housing Bureau for Seniors

**EXERCISE AND FITNESS**

**Brain Gym with Katy Held**

MONDAYS, JANUARY 10 - FEBRUARY 14
2:00 - 3:00PM | <<VIRTUAL>>
6 week session
Movement designed to enhance brain function ($40 suggested donation)
Healthy Moves, Healthy Self
Call (734) 883-7513 to register.

Nia Aguirre, ND
6-week sessions:
Session I: January 11-February 17
Session II: March 8 - April 14
Session III: May 3 - June 9
Session IV: June 28 - August 11

Gentle Yoga
TUESDAY, 9:30 - 10:15AM, $50
THURSDAY, 9:30 - 10:15AM, $50

Strength and Balance
TUESDAY, 10:30 - 11:15AM, $45
THURSDAY, 10:30 - 11:15AM, $45

Turner Ongoing Noontime Exercise
NO FEE | <<VIRTUAL>>
• Tai Chi
  Monday, Wednesday, Friday
  12:00 - 12:30pm
• Walking Off the Pounds
  Monday, Wednesday, Friday
  12:30 - 1:00pm

Move and Groove Workout with Megan Sims
MONDAYS, FEBRUARY 7- MARCH 14
2:30 - 3:30PM | <<IN-PERSON>>
6 week session - $40 suggested donation
Fun music and seated dance moves for overall fitness, health, and joy. No dance experience or skill necessary! This class welcomes all bodies.

Yoga As We Grow Older
THURSDAYS, MAY 5, 12, 19, 26 AND JUNE 2, 9
10:00 - 11:00AM
Dorothy Ann Coyne
Body and mind practices of Yoga’s classic eight limbs - no special fitness required

Enhance Fitness Remote
Safe, gentle one-hour remote class offered via Zoom by the National Kidney Foundation of Michigan. Learn more and register at www.nkfm.org.

COOKING DEMONSTRATIONS

Respectful Living
• WEDNESDAY, JANUARY 26
  4:00- 5:00PM | <<VIRTUAL>>
  Jacquelyn Jones from SolFood Collective
  » “Food as Medicine”, How Food Affects Gut Health and Inflammation
  » Cooking Demo: Anti-Inflammatory Avocado Boats

• WEDNESDAY, FEBRUARY 2
  2:00 - 3:00PM | <<VIRTUAL>>
  Jeff Tritten from Washtenaw Optimal Wellness
  » “Gut Health and Colorectal Cancer’ How Fiber and Resistant Starch Reduce Colorectal Cancer Risk
  » Cooking Demo: One Pan Tuscan Farro Bean Skillet

Storypoint
WEDNESDAY, JUNE 15
1:00 - 3:00PM | <<IN-PERSON>>
StoryPoint Chef

RECREATIONAL/SOCIAL ACTIVITIES

Una Tertulia
FIRST AND THIRD TUESDAYS
3:00 - 4:00PM | <<IN-PERSON>>
Social/educational group for older adults for whom Spanish is their first language. Make new friends and learn new things.
“Join the Caravan” – Mindfulness Meditation Teachings and Practices
TUESDAYS
10:00 - 11:30 AM | <<VIRTUAL>>
Join at any time – ongoing guided meditation practice and interactive teachings
Bilha Birman Rivlin, PhD
Still Mountain Meditation

Lunch for Older Adults
TUESDAYS AND FRIDAYS
12:00PM | <<IN-PERSON>>
Call (734) 998-9353 to register two days in advance. Limited availability, first come, first served. Suggested donation of $3 for those over 60; fee of $5.50 under 60.

Open Chinese Mah-Jongg
THURSDAYS
10:00AM - 12:00PM | <<IN-PERSON>>

Open Chess
WEDNESDAYS
1:00 - 4:00PM | <<IN-PERSON>>
All levels of play welcomed; boards provided.

Open Bridge
TUESDAYS AND FRIDAYS
1:00 - 4:00PM | <<IN-PERSON>>
No partner needed.

Open Scrabble
THURSDAYS
2:00 - 4:00PM | <<IN-PERSON>>

NEW - Open Euchre
MONDAYS
1:00 - 3:00PM | <<IN-PERSON>>

SPECIAL EVENTS

Learn How to Navigate Windows 11 Safely with Jack Spence
WEDNESDAY, MARCH 9
10:00 - 11:30AM | <<IN-PERSON>>
Bring your own laptop.

How to Play Euchre
WEDNESDAY, JANUARY 19
10:00 - 11:30AM | <<IN-PERSON>>

Gallery 55+
MONDAY-FRIDAY, 9:00AM-5:00PM
- JANUARY 27 - APRIL 27
  Featured artists: Jennifer Wolf and Brian Taylor
- APRIL 28 - JULY 28
  Featured artists: Student Collection

Healthy Aging Series
Join us for a series of important health topics based on monthly themes. There will be several presentations every month. Please call 734-998-9353 or go to www.michmed.org/tswp for more information.
- January - Aging in Place
- February - Health Disparities
- March - Needed Resources and Emergency Preparedness
- April - Brain Health
- May - Coping with the Personal Losses that May Accompany Aging While Dealing with World Crises

Coffee with a Cop
WEDNESDAY, JANUARY 12
10:00 - 11:00AM | <<IN-PERSON>>
Doug Martelle
Meet officers from the AAPD’s Community Engagement team to ask questions, voice concerns, and learn about community safety.
Turner African American Services Council (TAASC) presents MLK Day - The Practice of Hope in African American History

JANUARY 29
1:00-3:00PM

ONGOING TURNER SENIOR WELLNESS SERVICES

Advance Directives: Planning for Future Health Care Decisions
Preparation of durable power of attorney for healthcare and living will with trained volunteers. Call (734) 764-2556 for an appointment. No fee.

Caregiver and Community Resources
Program staff and trained volunteers give referrals and information to older adults and their families about resources specific to their needs. Stop in or call (734) 998-9353.

Directory for Washtenaw County
Access an online database of agencies and programs at: medicine.umich.edu/dept/dgpm/local-resources.

Medicare/Medicaid Assistance Program
TUESDAYS, 9:30AM-4:30PM
Trained volunteers provide assistance with Medicare, Medicaid, health and prescription insurance and medical bills. Call (734) 998-9353 for an appointment. No fee.

Connected Companions - Accepting Participants!
Connected Companions is a program for people to stay connected! Older adult volunteers who love to meet new people will call interested participants every week or two for a friendly visit. If you are interested in volunteering or participating to get regular friendly calls, contact us at (734) 998-9353 or email tswp.info@umich.edu. Funded by the Ann Arbor Community Foundation in partnership with Dementia Friendly Saline.

Blood Pressure Screening - Drop In
2ND, 3RD, AND 4TH MONDAYS
12:00 - 1:00PM
No appointment needed

TECHNOLOGY

>>Osher Lifelong Learning Institute offers computer classes on a variety of topics. Call (734) 998-9351.

Technology Mentors: 1-on-1 Assistance
Assistance for questions related to computers, internet, e-mail, cell phones, and other issues as requested.
Fee: $10/hr. Scholarships available.
Call (734) 998-9353 for an appointment.

4 Essential Computer Skills for Older Adults with James Giordani
WEDNESDAY, MAY 4
10:00 - 11:00AM | <<IN-PERSON>>

SUPPORT GROUPS

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

Arthritis Support Group
THIRD FRIDAYS
10:00 - 11:30AM | <<VIRTUAL>>
Mariko Foulk, LMSW, ACSW
<table>
<thead>
<tr>
<th>Event Title</th>
<th>Dates/Time</th>
<th>Format</th>
<th>Location</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Caring for Aging Relatives</td>
<td>SECOND WEDNESDAYS</td>
<td>6:00 - 8:00PM</td>
<td>VIRTUAL</td>
<td>Marie Milliken, LMSW. Call (734) 764-2556 for link.</td>
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<tr>
<td>Caring for Your Mate</td>
<td>FOURTH TUESDAYS</td>
<td>1:30 - 3:30PM</td>
<td>VIRTUAL</td>
<td>Mary Rumman, LMSW; Anna Tolis, LMSW Call (734) 764-2556 for link.</td>
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<td>Low Vision Book Group</td>
<td>THURSDAYS, JAN. 27, MARCH 24, MAY 26</td>
<td>1:00 - 3:00PM</td>
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<td>Low Vision Support Group</td>
<td>FOURTH WEDNESDAYS</td>
<td>1:00 - 2:30PM</td>
<td>IN-PERSON</td>
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<td>Writing, Reflections and Conversations with Joel Thurtell</td>
<td>FIRST MONDAYS</td>
<td>1:00 - 3:00PM</td>
<td>IN-PERSON</td>
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<td>Diabetes Adult Support Group</td>
<td>SECOND SATURDAYS</td>
<td>9:30 - 11:00AM</td>
<td>HYBRID</td>
<td>Mary Lou Gillard, MS, RN</td>
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<td>Staying Smoke Free</td>
<td>FOURTH THURSDAYS</td>
<td>1:30 - 3:00PM</td>
<td>IN-PERSON</td>
<td>Sally Edwards, LMSW</td>
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<td>Mindfulness-based Chronic Pain Care</td>
<td>8 FRIDAYS, MAY 6-JUNE 24</td>
<td>1:30-3:30PM</td>
<td>VIRTUAL</td>
<td>Mariko Foulk, LMSW Call (734)764-2556 to schedule the initial assessment/orientation. Fees covered by most insurance.</td>
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<td>Mindfulness-Based Cognitive Therapy</td>
<td>FRIDAYS, JANUARY 21- MARCH 11</td>
<td>1:30-3:30PM</td>
<td>VIRTUAL</td>
<td>Halla Motawi, LMSW; Mariko Foulk, LMSW Call for more information &amp; schedule the initial interview at (734) 764-2556.</td>
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For More Information: michmed.org/bhs

Save the Date

BIG HEARTS FOR SENIORS
MAY 17, 2022 | EVENING

This Annual Event Benefits
Ann Arbor Meals on Wheels
Housing Bureau for Seniors
Osher Lifelong Learning Institute
Silver Club Memory Programs
Turner Senior Wellness Program