Dear Friends,

Social isolation and loneliness– especially among older people – have received a lot of attention recently and for good reason. Having few social connections doesn’t always equate with loneliness, but researchers know that people with fewer connections to others or who report feeling lonely tend to have more health problems, including higher blood pressure, higher rates of depression, heart disease, and more cognitive decline than their connected counterparts.

So what can you do to beef up your social connections? Join a club or a group, take an art class, meet a friend for an activity you both enjoy, or volunteer (in addition to increasing connectedness, volunteering is shown to heighten a sense of purpose and improve outlook). Inside this newsletter you’ll find some other good options including classes which hold both physical and social benefits. Maybe you’d like to try a Braille Gym class that teaches interactive mind-body exercises or Yoga As We Grow Older Recreation options include bridge, chess, mah-jongg and newly-added monthly Open Scrabble. Turner Senior Wellness Program staff and volunteers care deeply about fostering connections between people and creating a welcoming place for this to happen.

Serendipitously, as I am typing, we received a letter from a couple visiting Ann Arbor for a few months before returning home to Kerala, India. They participated in many activities in this short time and wrote, “Above all, the most valuable part of our experience was the strong sense of community we found here. We will forever cherish the warmth and love of the people we’ve met and the friendships we’ve made.”

We look forward to connecting with you in 2020!

Best Wishes,

Rachel Dewees, LLMSW
Director, Turner Senior Wellness Program
(734) 936-2053
rdewees@med.umich.edu

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Turner Senior Wellness Program
January - August, 2020

Yoga As We Grow Older class
Photograph credit: Raun-Chiu

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ID LIKE TO BE A PARTNER WITH
TURNER SENIOR WELLNESS PROGRAM
2401 Plymouth Rd., Ste. C, Ann Arbor, MI 48103
Partnership Fee: $20

Name: __________________________
Address: ________________________
Phone: __________________________
E-mail: __________________________

Please send future newsletters electronically.

* Helps with program costs and scholarships. Thank you for your support.
**Ongoing Turner Senior Resource Center Programs**

**Health:**

- **Health Promotion Series: Wake Up, Wake Up!**
  - **Monday, February 20, 9-10am:** The importance of sleep for long-term health and well-being. 
  - **Monday, March 20, 9-10am:** The relationship between sleep and mental health.

**Fitness and Exercise:**

- **Posture-Balance-Strength Workshop:**
  - **Thursday, April 6, 2-3pm:** Exercises to improve posture, balance, and strength. 
  - **Thursday, May 18, 2-3pm:** Advanced exercises for improved balance and strength.

**Social and Emotional:**

- **Tai Chi:**
  - **Wednesday, 12:30-1:30pm:** Introduction to Tai Chi for beginners. 
  - **Wednesday, 1-2pm:** Intermediate level. 

**Technology:**

- **Tech Basics for Beginners:**
  - **Wednesday, March 15, 2-3pm:** Basic computer skills for seniors. 

**Dance:**

- **Dance Movement:**
  - **Tuesday, 9-10am:** Beginner level. 
  - **Tuesday, 10-11am:** Advanced level. 

**Crafts:**

- **Art Therapy:**
  - **Wednesday, March 15, 2-3pm:** Introduction to art therapy for stress reduction. 

**Nutrition:**

- **Nutrition Basics:**
  - **Tuesday, March 14, 11:30am-12pm:** Importance of nutrition for seniors. 

**Wellness:**

- **Wellness Services:**
  - **Monday, February 13, 2-3pm:** Wellness services for seniors. 

**Support Groups:**

- **Arthritis Support Group:**
  - **Thursday, 10-11am:** Support group for arthritis patients. 

**Recreational:**

- **Movie Night:**
  - **Friday, February 17, 1-2pm:** Movie screening for seniors. 

**Wellness:**

- **Wellness Services:**
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