

Save the Date!



Sunday, October 4, 2009

Big House, Big Heart 5K, 10K or 1 mile fun run
Finish on the Big House Football Stadium 50 Yard Line



**Help us Raise Funds and Awareness for these
5 Important UMHS Senior Programs:**

Ann Arbor Meals on Wheels
Housing Bureau for Seniors
Osher Lifelong Learning
Silver Club
Turner Senior Resource Center

Join or Sponsor the Big Hearts for Seniors Team today!


Invite a Friend!



Ann Arbor Meals on Wheels
Housing Bureau for Seniors
Osher Lifelong Learning
Silver Club
Turner Senior Resource Center

Check us out on Facebook!

To participate:

1. Contact a team lead (see below) and let them know you want to join the Big Hearts for Seniors team.
2. Register to walk/run the 1 mile, 5k or 10k at www.bighousebigheart.com. Confused? Ask your team lead for help!
3. Ask your family, friends, co-workers and everyone you know to sponsor you. Please make checks payable to TSRC with a  on the memo line.
4. Raise a minimum of \$10 and you'll get a free *Big Hearts for Seniors* t-shirt. Of course, we encourage you to set a higher, personal goal!
5. For general questions, call Julie Deloria at 703-402-0626 or e-mail julie@deloriahurst.com.
6. Rather sponsor the team than walk? Please make out your tax-deductible donation to TSRC with a heart on the memo line and mail to: TSRC, 2401 Plymouth Rd. #C, Ann Arbor, MI 48105



Ann Arbor Meals on Wheels

Volunteers delivering meals to and socializing with homebound Ann Arbor residents

Team Lead: Rhonda Rogowski 998-6686 rhondar@med.umich.edu

Housing Bureau for Seniors

Helping older adults find affordable and appropriate housing

Team Lead: Lynn Adelman 995-1303 l_adelman@yahoo.com

Osher Lifelong Learning

Providing lectures, courses, field trips and cultural events

Team Lead: Bev Bagozzi 761-2540 bbag@med.umich.edu

Silver Club

Providing social, mental and physical enrichment for older adults with memory loss

Team Lead: Emily Reiber 998-9349 ereiber@med.umich.edu

Turner Senior Resource Center

Striving to meet the healthy living needs of older adults and their families through quality of life & health education programs

Team Lead: Carolyn White 998-9350 crcwhite@med.umich.edu