Dear Friends,

One of the most satisfying parts of being involved with Turner Senior Resource Center (TSRC) is hearing visitors say things like, “I had no idea you offered all this; I want to do everything,” or, “This would be great for my mother!” Meeting the community’s need for activities, information, resources and support that enhance quality of life for older adults and their families is central to our mission. As staff, we have many ideas about how to provide that good “fit.” But equally, if not more, important are your ideas. Do you have a suggestion for a computer class or a cooking demonstration? Are there health and wellness issues on which you think TSRC should have more information? Can you think of a topic for our Healthy Living Presentation series that might have wide appeal?

Here are ways to help shape how TSRC responds to our community:

• Complete an upcoming satisfaction questionnaire in early 2013
• Consider joining the TSRC Advisory Board
• Drop in to share your ideas in person or send me an email
• If you’re a patient at Turner Geriatric Clinic, consider sharing your experiences with the Turner Clinic Patient Advisory Board

And if you’d like to help raise awareness and funds for TSRC and the other four UM older adult programs, join or support our Big Hearts for Seniors team. We will participate in the Big House Big Heart run/walk on April 14, 2013. It’s a lot of fun and helps us to provide the programming in this newsletter at low or no cost to all who are interested.

Involvement is the name of the game. We welcome yours - always!

Best Wishes,

Rachel Dewees, MSW
Director, Turner Senior Resource Center
(734) 998-9353
rdewees@med.umich.edu
Turner Senior Resource Center (TSRC)
2401 Plymouth Road, Ann Arbor, MI 48103
(734) 998-6085.

Two Locations:

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Two Locations:

Turner Senior Resource Center Classes and Programs

**Healthy Living Presentations**
Call (734) 988-3350 to register. No fees except noted otherwise.

**Mindfulness**
How to Manage Stress Wednesday, May 11, 10-11:30am
Meditation and Mindfulness Monday, Nov 7, 2011, 10-11am
Call (734) 764-2556.

**Ageing: What’s Normal and What’s Not?**
Tuesdays, Mar 12 & 19, 10-11am
Mentors: One-on-One Assistance for older adults. 
No charge. Call (734) 998-3350 to register.

**Computer Classes**
Mondays, 2:45-3:30pm, Posture-Balance-Strength Combo
Fridays, Apr 19 – Jun 14, 1-3pm
A Matter of Balance is a 12-week program that demonstrates this valuable tool for UM patients. 
Fee: $70.

**M-Healthy Yoga Class**
Fridays, 1:10-2:10pm
Fee: $40 includes course book. Call (734) 998-3350.

**NEW!**
**EAA and TSRC**
Learning Institute, Silver Club, and Turner Senior Resource Center in partnership with UMHS. 
Call (734) 764-2556.

**Turner Korean Senior Program**
Friday, Jun 17, 3-4:30pm
Learning Institute, Silver Club, and Turner Senior Resource Center in partnership with UMHS. 
Call (734) 764-2556.

**BHS, Big Hearts for Seniors**
Sunday, April 14 2012, Noon – 2:30pm
Stars of Hope, Street, Ann Arbor, MI 48103, (734) 988-6085.

**Turner Outing**
Call Turner Senior Resource Center for details.

**Catholic Social Services**
Volunteers provide comprehensive legal services for older adults who may be represented by Sole Guardians, under guardianship for an elderly loved one. Counseling services are available for older adults and their caregivers. Call (734) 988-2550. Location: TSRC, Turner Senior Resource Center.

**Additional classes to be announced.**

**Computer Classes**
Mondays, Jan 21-Feb 25, 10-11am
Out the Hand for Squeeze Plays, Throw-ins and Reminiscences and fiction. 
No fee. Call (734) 998-9353 for information.

**Learn to Use Your UMich Patient Portal**
Tuesdays, Mar 26-Apr 23 (5 wks), 10-11:15am
Bring your iPad for this workshop.
Fee: $42.

**NEW!**
**EAA and TSRC**
Navigating Your iPad for Beginners
Mondays, 2:45-3:30pm
Fee: $40 includes course book. Call (734) 998-3350.

**NEW!**
**EAA and TSRC**
NEW!
Learn to make Your Own Sushi Rolls and Bring your appetite to the TSRC demonstration.

**New Ways to Feel Good**
Three days a week: Mondays, Wednesdays and Fridays, 12noon-1pm
Fee: $10.

**Internet Search: Tips and Techniques**
Tuesdays, Mar 26-Apr 23 (5 wks), 10-11:15am
Fee: $45.

**Introduction to Computers and the Internet**
Mondays, Jan 21-Feb 25, 10-11am
Fee: $42.

**Hearing Loss Information and Support**
Fourth Friday of Month, 11am-12noon
Call (734) 764-2556 for more information and locations.

**Caregiver and Community Resources**
Wheels, Housing Bureau for Seniors, Osher Lifelong
System senior programs: Ann Arbor Meals on Wheels, ADRC, EAA Turner Social Services volunteers provide community resources specific to their needs. 
Call (734) 764-2556.

**Silver Club Memory Loss Programs**
Call (734) 998-6085 for more information.

**A Matter of Balance**
Thursday, Apr 25, 10-11am
8-week session held on UM medical campus. 
Fee: $25.

**Happiness through education and exercises to increase strength and balance**
Fee: $25.

**M-Healthy Yoga Class**
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