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Watching people find social connections in our center is a favorite part of my job. Some come for recreational reasons and later discover health lectures, medical insurance counseling, or computer mentoring. Others come in because they need immediate help with an issue and, upon taking a look around, sign up for the lunch program, an exercise class, or a cooking demo. And Turner Senior Wellness Program is just one of four UM programs under our roof. As the sign on the cover illustrates, programs at the Resource Center address a wide range of needs and offer an array of supports and enhancements for better aging.

Please enjoy perusing what Turner Senior Wellness Program has to offer in 2016 and stop in!

Best Wishes,

Rachel Dewees, LLMSW
Director, Turner Senior Wellness Program
(734) 998-9353
rdewees@med.umich.edu

Wednesday Afternoon Chess Players and Staff person, Randy Thackston
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**Living Healthy Presentations**

**http://www.med.umich.edu/geriatrics/community/turner.htm**

**TSRCC**

**EAA**

**TSRC**

**MDM**

HSW

TSRC = Turner Senior Wellness Program

EAA = East Ann Arbor Health & Geriatric Center

**Turner Senior Wellness Program**

July 18-20,
3-6:30pm

Ongoing exercise, either standing or sitting.
Three days/week: Mon, Wed, & Fri, 1:10-2:10pm
Mon & Wed, Jul 18 & 20, 9am-noon
Mon, Jan 11-Feb 29, 9:30am-12noon
Daily from 8am to 10pm

Turner Senior Wellness Program. Call (734) 998-2556.
For information and registration, and to scheddle a visit, call (734) 764-2556.

**Exercise and Fitness**

**Fitness for Health**

**Healthy Moves, Healthy Self**

The Stove Meditation Movement: Making a Meal

**Healthy Living Presentations**

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Health Care Choices As We Age

What You Need to Know About Melanoma & Other Skin Cancers

Geriatric Clinic; Dorothy Hastings, Advance Consultant; Sarah Doll, LLMSW, UM Turner

Fee:

Bring a bag lunch if desired.

AARP Driver Safety Program

Panel includes Ann Arbor Police Dept., Huron Township Police, UM Traffic Safety

Wed, Feb 17, 10-11:30am

UM Dental School

Wed, Jan 20, 10-11:30am

Update on Dental Treatments

Call (734) 998-9353 to register.
Exercise and Fitness

Exercise Classes

- [Turner Senior Wellness Program]
  - [Improve your health and quality of life with exercise classes offered weekly at Turner Senior Wellness Program.]

Cooking Demonstrations

- [Cooking Demonstrations]
  - [Learn to cook nutritious and delicious meals at the Turner Senior Wellness Program.]

Volunteering

- [Volunteering]
  - [Volunteer opportunities available at Turner Senior Wellness Program.]

Social/Recreational Activities

- [Social/Recreational Activities]
  - [Join in on social and recreational activities offered at Turner Senior Wellness Program.]

Parking

- [Parking]
  - [Parking information provided for Turner Senior Wellness Program.]

Resources

- [Resources]
  - [Access to resources specific to their needs at Turner Senior Wellness Program.]

Other Services

- [Other Services]
  - [Other services available at Turner Senior Wellness Program.]
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