Dear Friends,

On a gorgeous, warm Michigan fall day, I encountered some chess players out for a photo shoot for this newsletter’s cover. You may not know these people, but I can tell you that they are an interesting group with deeply varied backgrounds. You might not necessarily put them at the same table for a social function. But they all love chess, and on Wednesday afternoons, can be found at Turner Senior Resource Center enjoying mental stimulation, healthy competition and each other’s company.

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

Wednesday Afternoon Chess Players and Staff person, Randy Thackston

For more information about Turner Senior Wellness Program or to become a partner, please visit our website at www.med.umich.edu/geriatrics
Dear Friends,

On a gorgeous, warm Michigan fall day, I ran into some chess players out on the road to pose for the photo gracing this newsletter’s cover. You may not know these people, but I can tell you that they are an interesting group with deeply varied backgrounds. You might not necessarily put them at the same table for a social function. But they all love chess and, on Wednesday afternoons, can be found at Turner Senior Resource Center enjoying mental stimulation, healthy competition and each other’s company.

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. 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
dewees@med.umich.edu
Turner Senior Wellness Program – January, August  

Gentle Yoga
Tue, 10:00am-10:45am, $45
Session IV: Jul 5-Aug 18
Not limited to program participants.
Instructor: Chef Allie, Atria Senior Living.

Deepening Practice of Loving Kindness
Thu, Jan 7-Feb 11, 9:30am-11:30am
The practice of loving kindness is a way to transform the mind and learn the wisdom of age. Must have previously attended the introductory class.
Call (734) 998-9353 or register online to participate.

Healthy Moves, Healthy Self
Mon & Wed, Jul 18 & 20, 9am-noon
High-level body movement sequence designed to manage falls and improve balance.
Instructor: Chef Allie, Atria Senior Living.

Turner Exercise Classes
Drop-in Exercise Classes
Call (734) 998-9353 to register.

Cooking Demonstrations
No Fee. Call (734) 998-9353 to register.

Healthy Soup & Cornbread
Tue, Mar 31, 4-5pm
Healthy & Savory. Call Starr Deas, 734-884-5573 to register.

No Fee. Call (734) 998-9353 to register.

Farmers Market Recipes
Wed, Apr 27, 12:30-4:30pm
Free. Call (734) 998-9353 for more details.

Other Social Work Services

Understanding how to manage seasonal allergies and dry skin, supported by board-certified allergist, Dr. Brian W. Kramer.

Sat, Jan 30, 1-3pm
Call Mary Rumman, LMSW, for more info. 734-998-9352.

Meditation Level III
Thu, May 5, 10-11:30am
The third in a series of classes for individuals interested in exploring the mind and life, including the experience of aging. Must have previously attended the introductory and II classes.
Call (734) 998-9353 or register online to participate.

Meditation Level II
Thu, Mar 24, 10-11:30am
The second in a series of classes for individuals interested in exploring the mind and life, including the experience of aging. Must have previously attended the introductory class.
Call (734) 998-9353 or register online to participate.

Meditation Level I
Thu, Feb 24, 10-11:30am
Introduction to meditation. Open to all levels of experience.
Call (734) 998-9353 or register online to participate.

Walking in Place
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home Without a Partner
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking in Place Without a Partner
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home Without a Partner
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking in Place
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Understanding basic terminology with a Cop” Q & A with Sgt. Tom Hickey
Fri, Mar 1, 2-3pm
A Matter of Balance
Tues, Feb 2, 9 & 16; Mar 1, 8 & 15, 2:15-4pm
6-week program designed to manage falls and improve balance.
Instructor: Chef Allie, Atria Senior Living.

Walking in Place Without a Partner
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking in Place
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home Without a Partner
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking in Place
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking in Place
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home Without a Partner
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking in Place
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking in Place
Wed, Feb 12, 10-11:30am
Great for those with limited mobility. Bring a water bottle.

Walking at Home
Wed, Mar 1, 10-11:30am
Great for those with limited mobility. Bring a water bottle.
Dear Friends,

On a gorgeous, warm Michigan fall day, I ran across some chess players out on the road to pose for the photo gracing this newsletter’s cover. You may not know these people, but I can tell you that they are an interesting group with deeply varied backgrounds. You might not necessarily put them at the same table for a social function. But they all love chess and, on Wednesday afternoons, can be found at Turner Senior Resource Center enjoying mental stimulation, healthy competition and each other’s company.

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
Dear Friends,

On a gorgeous, warm Michigan fall day, I marched some chess players out to the road to pose for the photo gracing this newsletter’s cover. You may not know these fine people, but I can tell you that they are an interesting group with deeply varied backgrounds. You might not necessarily put them at the same table for a social function. But they all love chess and, on Wednesday afternoons, can be found at Turner Senior Resource Center enjoying mental stimulation, healthy competition and each other’s company.

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