Brains & Balance for Seniors

**Times:** 11:00 AM - 12:00 PM

**Location:** Brookhaven Manor  
401 West Oakbrook Drive, Ann Arbor  
(734) 747-8800

Brains & Balance is a program designed for the specific needs of active older adults who understand the importance of staying mentally sharp and physically stable. If you are over 60 and you recognize the importance of preventing falls and maintaining mental acuity, join us and discover how much fun balance training can be while exercising your mind.

**Speaker:** Tom Wright, Personal Trainer/Fitness Coach

**Workshop Sponsor:** Brookhaven Manor

For more event information, visit www.med.umich.edu/seniors.

Cultural Humility in Healthcare

**Times:** 4:30 PM - 6:00 PM

**Location:** University Living ~ Senior Housing Community  
2865 South Main Street, Ann Arbor  
(734) 669-3030

Cultural humility has a significant place in the healthcare field. It is something one cannot master, yet can be embraced through mindful self-reflection. This course provides an opportunity for participants to learn about the concept of Cultural Humility and the skills and techniques needed to it into practice.

**Dine & Dash!** Come early or stay late for a tour and dinner for 2 to go!

**Speakers:** Sarah Hong, LMSW, and Jacob Singer, Jewish Family Services of Washtenaw County

**CEUs:** This activity is pending approval for 1 CEU from the National Association of Social Workers.

**Workshop Sponsor:** MICHIGAN MEDICINE  
UNIVERSITY OF MICHIGAN  
HOUSING BUREAU FOR SENIORS
## Workshop Schedule

**Saturday, September 22 - Senior Living Week Expo**  
Morris Lawrence Building  
Washtenaw Community College  
4800 Huron River Drive, Ann Arbor

- **9 AM - 10:30 AM** Downsizing Made Easy  
- **10 AM - 11:30 AM** The Impact of Tax Reform on Your Retirement Income & What You Can Do  
- **11 AM - 12 PM** Aging in WHAT Place?  
  Panel 1: Independent Living  
- **12:30 PM-1:30 PM** Aging in WHAT Place?  
  Panel 2: Assisted Living  
- **12:30 PM-2:30 PM** AARP HomeFit Program

**Monday, September 24**

- **3:30 PM - 5 PM** Letting Go of Clutter

**Tuesday, September 25**

- **11 AM - 12 PM** Brains & Balance for Seniors  
- **4:30 PM - 6 PM** Cultural Humility in Healthcare

**Wednesday, September 26**

- **4:30 PM - 6 PM** LGBT Older Adults: A Step Forward in Understanding

**Thursday, September 27**

- **1 PM - 2:30 PM** Strategies for Caring for a Loved One at Home

**Friday, September 28**

- **10 AM - 11:30 AM** In-Home Care and Senior Residences

## Open House Schedule

**Wednesday, September 19**

- **12 PM - 5 PM** Silver Maples of Chelsea

**Sunday, September 23**

- **2 PM - 4 PM** Hillside Terrace Retirement Community

**Monday, September 24**

- **1 PM - 5 PM** Cambrian Senior Living South Lyon  
- **2 PM - 4 PM** Vibrant Life Senior Living, Superior Township

**Tuesday, September 25**

- **12 PM - 4 PM** Brookhaven Manor  
- **1 PM - 5 PM** StoryPoint  
- **3 PM - 6 PM** University Living ~ Senior Housing Community

**Wednesday, September 26**

- **11 AM - 3:30 PM** Virtual Dementia Tour* By Appointment Only  
  Atria Park of Ann Arbor  
- **12 PM - 5 PM** Silver Maples of Chelsea  
- **1 PM - 6 PM** Cambrian Senior Living South Lyon  
- **2 PM - 4 PM** Vibrant Life Senior Living, Superior Township

**Thursday, September 27**

- **9 AM - 12 PM** Huron Woods  
- **9 AM - 12 PM** St. Joseph Village  
- **1 PM - 3 PM** Glacier Hills

**Friday, September 28**

- **2 PM - 6 PM** Cambrian Senior Living Tecumseh  
- **2 PM - 6 PM** Linden Square Assisted Living Center

**Saturday, September 29**

- **11 AM - 1 PM** Vibrant Life Senior Living, Superior Township

Workshop registration is encouraged! Please call 734-998-9338 to register.

(734) 998-9338 • housingbureauseniors@umich.edu • www.med.umich.edu/seniors