Brains and Balance for Seniors

Time: 11:30 AM - 12:30 PM

Location: Brookhaven Manor
401 W. Oakbrook Dr.
Ann Arbor, MI

Phone: 734-747-8800
(for directions only, not registration)

Brains & Balance is a program designed for the specific needs of active older adults 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 you exercise your mind.

Speaker: Tom Wright,
Personal Trainer/Fitness Coach

Workshop Sponsor:

To Register, Please Call 734-998-9338
Open House Schedule  
(No Registration Required)

Wednesday, September 11
☐ 12 PM - 5 PM Silver Maples of Chelsea
☐ 12 PM - 5 PM Chelsea Retirement Community

Thursday, September 12
☐ 10 AM - 2 PM Linden Square Assisted Living Center
☐ 1 PM - 4 PM Stonecrest of Northville

Monday, September 16
☐ 1:30 PM - 3:30 PM Brecon Village
☐ 3 PM - 6 PM Cambrian Assisted Living & Memory Care (Tecumseh)

Tuesday, September 17
☐ 10 AM - 5 PM All Seasons Ann Arbor (Pre-Construction)
☐ 1 PM - 4 PM Brookhaven Manor
☐ 1 PM - 4 PM Stonecrest of Northville
☐ 1 PM - 5 PM Independence Village of Plymouth
☐ 2 PM - 4 PM Vibrant Life Senior Living

Wednesday, September 18
☐ 10 AM - 5 PM All Seasons Ann Arbor (Pre-Construction)
☐ 12 PM - 5 PM Silver Maples of Chelsea
☐ 12 PM - 5 PM Chelsea Retirement Community (UMRC)
☐ 12 PM - 5 PM Cedars of Dexter (UMRC)
☐ 12 PM - 5 PM The Pines Senior Apartments (UMRC)
☐ 1 PM - 6 PM StoryPoint
☐ 2 PM - 4 PM Vibrant Life Senior Living
☐ 3 PM - 6 PM Cambrian Assisted Living & Memory Care (South Lyon)

Thursday, September 19
☐ 11 AM - 3 PM Virtual Dementia Tour, By Appointment Only
Atria Park of Ann Arbor (734-741-9500)
☐ 10 AM - 5 PM All Seasons Ann Arbor (Pre-Construction)
☐ 10 AM - 12 PM Glacier Hills Senior Living Community
☐ 1 PM - 3 PM St. Joseph Village
☐ 1 PM - 4 PM Independence Village of Brighton
☐ 1 PM - 5 PM Glen Abbey Assisted Living & Memory Care

Friday, September 20
☐ 10 AM - 4 PM University Living

Workshop Schedule

Saturday, September 14 -
at the Senior Living Week Expo
Morris Lawrence Building, WCC
4800 Huron River Drive, Ann Arbor

☐ 9 AM - 10:30 AM How to Navigate Senior Living Options
☐ 9 AM - 10:30 AM De-Risking Your Retirement: Making Wise Choices to Reduce Taxes and Make Your Income Last
☐ 11 AM - 12:30 PM Downsizing the Silver Tsunami: Who to Call and Where Does the Stuff Go?
☐ 1:00 PM - 2:00 PM Healthy Hearing and Healthy Vision

Monday, September 16
☐ 10:00 AM - 12 PM Safety at Home: A Panel of Experts Addressing Safety at Home & Aging in Place
Tuner Senior Resource Center, 2401 Plymouth Road, Ste C. Ann Arbor

Tuesday, September 17
☐ 11:30 AM - 12:30 PM Brains & Balance for Seniors
Brookhaven Manor, 401 West Oakbrook Drive,, Ann Arbor
☐ 4:30 PM - 6 PM Addiction and Older Adults
1 Social Work CE, Approval Pending
Independence Village of Plymouth, 14707 Northville Rd., Plymouth

Wednesday, September 18
☐ 4:30 PM - 6 PM No Place Like Home: Housing as a Health Determinant for LGBT Older Adults
1 Social Work CE, Approval Pending
StoryPoint, 6230 S. State St., Saline

Thursday, September 19
☐ 4 PM - 5:30 PM Bullying Among Older Adults
1 Social Work CE, Approved
Pittsfield Township Senior Center, 701 West Ellsworth Rd., Ann Arbor

Friday, September 20
☐ 1:30 PM - 3:00 PM “It's a Disease, Not a Disgrace”
Brecon Village, 200 Brecon Dr., Saline

Workshop registration is encouraged. Please call 734-998-9338 to register or request a SLW Booklet