



A Training and Education service of the Area Agency on Aging 1-B

The Area Agency on Aging 1-B is excited to present our menu of Aging Matters evidence-based wellness programming for older adults and caregivers

Workshop	Location	Address	City	Start Date	Time
Diabetes Personal Action Toward Health – 6 Weeks					
DPATH	St. John Macomb-Oakland Hospital	11800 Twelve Mile Rd.	Warren	2/1/2018	12:30 PM - 3:00 PM
DPATH	St. John Providence Park	26850 Providence Parkway	Novi	2/5/2018	9:00 AM - 11:30 AM
DPATH	Oak Street Health	1142 E. 9 Mile Rd.	Hazel Park	2/22/2018	1:00 PM - 3:30 PM
DPATH	Richmond Community Center	36165 Festival	Richmond	3/7/2018	12:30 PM - 3:00 PM
DPATH	Troy Senior Center	3179 Livernois	Troy	3/26/2018	9:30 AM - 12:00 PM
DPATH	Jewish Family Services	25900 Greenfield Rd., Suite 405	Oak Park	4/11/2018	5:00 PM - 7:30 PM
DPATH	Orion Center	1335 Joslyn Rd.	Lake Orion	4/19/2018	6:00 PM - 8:30 PM
A Matter of Balance: Managing Concerns About Falls – 8 Weeks					
MOB	Monroe Center for Healthy Aging	15275 Dixie Highway	Monroe	1/22/2018	5:30 PM - 7:30 PM
MOB	Pittsfield Township Senior Center	701 W. Ellsworth Rd.	Ann Arbor	1/22/2018	12:00 PM - 2:00 PM
MOB	Milan Senior Center	45 Neckel Court	Milan	1/23/2018	1:00 PM - 3:00 PM
MOB	Royal Oak Manor Apartments	606 S. Williams St.	Royal Oak	2/15/2018	1:00 PM - 3:00 PM
MOB	St Joseph Mercy Oakland	44405 Woodward Avenue	Pontiac	2/21/2018	10:00 AM - 12:00 PM
MOB	Jewish Community Center of Metropolitan Detroit	6600 W. Maple Rd.	West Bloomfield	3/6/2018	1:00 PM - 3:00 PM
MOB	Troy Senior Center	3179 Livernois	Troy	3/14/2018	1:00 PM - 3:00 PM
MOB	Lincoln Golden Ages Senior Center	8970 Whittaker Rd.	Ypsilanti	3/21/2018	1:00 PM - 3:00 PM
MOB	Carpenter Place Apartments	3400 Carpenter	Ypsilanti	4/6/2018	1:00 PM - 3:00 PM
MOB	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	4/12/2018	10:00 AM - 12:00 PM
MOB	Huntington Woods Parks & Recreation	26325 Scotia	Huntington Woods	4/17/2018	10:00 AM - 12:00 PM
MOB	Saline Senior Center	7190 North Maple Rd.	Saline	7/16/2018	2:00 PM - 4:00 PM
Chronic Pain Self- Management – 6 Weeks					
PAIN	Madison Tower	27777 Dequindre Rd.	Madison Heights	2/5/2018	1:00 PM - 3:30 PM
PAIN	Ypsilanti District Library	5577 Whittaker Rd.	Ypsilanti	2/21/2018	10:00 AM - 12:30 PM
PAIN	Turner Senior Resource Center	2401 Plymouth Road, Suite C	Ann Arbor	4/2/2018	10:00 AM - 12:30 PM
PAIN	Troy Senior Center	3179 Livernois	Troy	5/2/2018	1:00 PM - 3:30 PM
Personal Action Toward Health – 6 Weeks					
PATH	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	2/5/2018	10:00 AM - 12:30 PM
PATH	Ann Arbor Senior Center	1320 Baldwin Ave.	Ann Arbor	7/20/2018	9:00 AM – 10:30 AM
Powerful Tools for Caregivers – 6 Weeks					
PTC	City of Novi	45175 Ten Mile Road	Novi	2/5/2018	1:00 PM - 2:30 PM
PTC	Costick Center	28600 11 Mile Rd.	Farmington Hills	3/6/2018	10:00 AM - 11:30 AM
PTC	Sterling Heights Senior Center	40200 Utica Rd.	Sterling Heights	4/11/2018	1:00 PM - 2:30 PM
PTC	Ann Arbor Senior Center	1320 Baldwin Ave.	Ann Arbor	5/8/2018	6:00 PM – 7:30 PM

For additional information or to register for a workshop please contact the Area Agency on Aging 1-B at 1-833-262-2200 or email wellnessprograms@aaa1b.com