

Summer / Fall 2026



(734) 998 - 9353

tswp.info@umich.edu

michmed.org/tswp



Virtual, In-Person, and Hybrid Activities

Turner Senior Wellness Program

Dear Friends,

We are excited that the Turner Senior Resource Center Fall Open House will be bigger and better than ever! In addition to learning about the Turner Senior Wellness Program and other U-M Health Community Health Services programs for older adults (Ann Arbor Meals on Wheels, Housing Bureau for Seniors, Osher Lifelong



Pictured (left to right) Turner Senior Wellness Program Staff: Shannon Etcheverry, Randy Thackston, Neysha Reviere, and McKenzie Jackson (UM Work Study)

Learning Institute, Silver Club Memory Programs and Turner African American Services Council), we will have community resources, health/wellness screenings, flu shots, food, and creative demonstrations. Join us for this free event on Friday September 18th 12pm-3pm!

We also want to highlight our expansion of technology programs which includes Computer Competence and Design for Longevity! Don't forget we also have computer mentors available by appointment for one-on-one support. One -on- one support is also available for helping navigate Medicare and health insurance issues through the Michigan State Health Insurance Program (SHIP). Have a beautiful summer/fall!

Shannon Etcheverry, LMSW
Director- Turner Senior Wellness Program
smguida@med.umich.edu

BECOME A PARTNER WITH THE TURNER SENIOR WELLNESS PROGRAM

Your \$25 partnership fee will help with program costs and scholarships.

Send the completed form below with your payment (made payable to the University of Michigan) to:

The Turner Senior Wellness Program,
2401 Plymouth Rd. Ste. C, Ann Arbor, MI 48105

Or visit our website at: www.michmed.org/tswp

Name	
Address	
City/State/Zip	
Phone	
Email	

TURNER SENIOR WELLNESS PROGRAM | SUMMER / FALL 2026

REGISTRATION/FEEES

Unless otherwise noted, to register visit:
michmed.org/tswp | (734) 998-9353

Unless otherwise noted, all classes, events, and services are free.

QUESTIONS

tswp.info@umich.edu | (734) 998-9353

HEALTHY LIVING PRESENTATIONS

***All presentations are Wednesdays
10am-11:30am**

**Older Adult Resources in Washtenaw County:
How to Find What You Need**
Wednesday, July 22



Rachael Dawson-Baglien
Senior Resource Connect
(SeniorResourceConnectMI.org)
Catholic Charities Washtenaw County/
Shannon Etcheverry, LMSW
Turner Senior Wellness Program

**From Overwhelmed to Organized:
How Your Environment Affects
Your Well-Being**
Wednesday, August 5



Sharon McRill, The Betty Brigade:
Join us for a 1 hour presentation on how
too much stuff in your home can affect
your well-being, stress levels and your
financial health. Sharon McRill, downsizing
expert and founder of The Betty Brigade
will discuss real examples from her 24
years of helping people rightsize when
people have too much stuff.

Life Beyond Menopause
Wednesday, September 2



Carrie Bell, MD, Clinical Associate Professor
Obstetrics and Gynecology
University of Michigan

**Tips to Managing your
Emotional Health and Well-Being**
Wednesday, September 23



Leslie Dubin, LMSW, ACSW

LOCATION KEY

- H Hybrid** - Both Zoom and in-person
- V Virtual** - Zoom only
- IP In-Person** - Located at the
Turner Senior Resource Center
2401 Plymouth Rd Suite C
- VP Viewing Party** - Option to watch
presentation on large screen at the
Turner Senior Resource Center

Michigan Medicine Geriatric Inpatient
Consultation Team Clinical Social Worker
University of Michigan

What's New for Medicare 2027



Wednesday, October 14

Kelly Johnson
SHIP Counselor & Volunteer Specialist
MI Options Medicare Assistance Program
AgeWays Nonprofit Senior Services

How to Make Aging in Place a Reality
Wednesday, November 11



Julie Craft
LifeChoices
EHM Senior Solutions

**Move Smart, Sleep Well: Everyday
Approaches to Managing Chronic Pain**
Wednesday, December 2



Daniel Whibley, PhD
Assistant Professor, Physical Medicine &
Rehabilitation
University of Michigan

EXERCISE AND FITNESS

A Matter of Balance
Tuesdays, September 1-October 20 1:30-3:30



Educational Workshop and Exercises
Presented by AgeWays Nonprofit Senior
Services

Falls can be absolutely devastating for
older adults. And the fear of falling can be
just as bad—keeping people sidelined on
the couch, too worried to join family and
friends at restaurants, shopping trips or
family events.

A Matter of Balance classes are designed just for people 60 and up. There is no cost. The classes help seniors:

- Work on balance
- Prevent falls
- Reduce the fear of falling
- Build confidence and be more active

Classes include practical tips and techniques, along with confidence-building and mobility exercises. Classes meet for two hours a week for eight weeks. Space is limited!

To register call AgeWays at (833) 262-2200 or visit: www.tinyurl.com/agewaysworkshops

Movement Medicine
Mondays, 3:00 - 4:00pm



5 week sessions:
Session I: August 3 - September 7
Session II: September 14 - October 12
Session III: October 19 - November 16
Megan Sims hosts joyful chair dancercise, seated and standing (with support), Certified Nia and Interplay leader and dance for PD (Parkinson’s Disease) instructor with over 20 years teaching experience. Suggested donation \$40 per 6-week session.

Turner Ongoing Noontime Exercise



- **Tai-Chi:**
Monday, Wednesday, Friday
12:00pm - 12:30 pm
 - **Walking Off the Pounds:**
Monday, Wednesday, Friday
12:30pm - 1:00 pm
- Call 734-998-9353 or email tswp.info@umich.edu to receive the Zoom Link

SPECIAL EVENTS

Fall Open House
Friday September 18th, 12pm-3pm



Bigger and better than ever!
Join us to learn more about our resources, services and programs! We also will have representatives from community organizations that serve older adults,

entertainment, and light refreshments (courtesy of Atria Park of Ann Arbor)!! See below for information on our free health screenings and flu shots!

- **Health Screenings and Flu Shot Clinic:**
Free screenings- slots are limited. Sign up at the event.
Free flu shots (regular and high dose 65+) No appointment needed
- **Mini-Cognitive Test:** Screens for possible changes in memory and thinking to detect early signs of dementia, including Alzheimer’s disease. You’ll be asked to remember a few words and draw a simple clock.
- **Blood Pressure Check:** Screens for high or low blood pressure to support heart and stroke risk awareness.
- **4-Stage Balance Test:** Screens balance and steadiness to help identify fall risk. You’ll try four standing positions, each held up to 10 seconds, with staff nearby for safety.

These screening tests can help spot possible concerns but do not diagnose medical conditions on their own. If your results suggest a possible concern, we will recommend follow-up with your primary care provider for a full evaluation.

Choosing an Assisted Living Care Residence:
The Challenges of Decision Making
Wednesday, October 21, 1:30-3:00pm



Justine Bykowski, MA Barbara Zaret, MSW
When searching for an assisted living care residence, how can care seekers determine the best fit for support and care?

- A presentation and discussion will include:
- Navigating Care Needs: How to evaluate services, accommodations, and fit.
 - Regulatory Insights: An examination of key Michigan laws impacting care standards.
 - Interactive Resource: We offer a comprehensive new guide, *Comparing Assisted Living Residences in Michigan, which includes worksheets for care seekers.*

From Numbness to Nodules: Increasing Awareness of Common Hand Problems
Thursday, November 12, 10am-11:30am

Rachel C Hooper, MD
Clinical Assistant Professor of Surgery in the Section of Plastic and Reconstructive Surgery, Department of Surgery at the University of Michigan School of Medicine.

Jewelry Sale
Friday, November 13, 10am - 2pm
Saturday, November 14, 11am - 3pm

2401 Plymouth Rd., Suite C
Ann Arbor, MI 48105
NOW ON FRIDAY AND SATURDAY
Vintage and costume jewelry. Jewelry donations are accepted at Turner Senior Resource Center all year! Cash or check only day of sale. Proceeds support the four older adult programs at the Turner Senior Resource Center.

Cooking Demonstration:
Atria Park of Ann Arbor
Thursday November 19, 2pm-3pm

Stir fry chicken and vegetables, pork dumplings, and steamed jasmine rice

Art Gallery 55+
Monday - Friday, 9am - 5pm (Open to Public)

Turner Senior Resource Center (TSRC)
2401 Plymouth Rd, Suite C,
Ann Arbor, MI 48105
All receptions and galleries are held at TSRC and open to the public!

- **April 24, 2026 - July 30, 2026**
Cheryl Ann Chidester, mixed media;
Carole Pawloski , watercolor.
- **July 31, 2026 - October 29, 2026**
Mary Murphy, watercolor;
Sophie Grille, abstract acrylic
*Reception 8/9 from 3-4:30pm. Artists speak at 3:30pm. All are welcome!
- **October 30, 2026 - January 28, 2027**
Susan Jacob, collage;
Joan Cohen Jones, mixed media
*Reception 11/8 from 3-4:30pm.
Artists speak at 3:30pm. All are welcome!

RECREATIONAL & SOCIAL ACTIVITIES

JOINING THE CARAVAN
Ongoing Mindfulness Meditation – Teachings and Practice
Tuesdays, 10-12pm

Free - Donations are welcomed
Bilha Birman-Rivlin, PhD, “Still Mountain Meditation Center”
Prerequisite: Meditation experience and at least one Mindfulness Meditation Class

Lunch for Older Adults
Tuesdays & Fridays 12:00-1:00PM

Reservations are required 48 hours in advance. Suggested donation for those over 60 years of age is \$3.00, for all others, \$5.50.

Wise Guys: Conversations for Men (Closed)
Thursdays, 10am - 11:30am

Wise Guys 2: Conversations for Men
Thursdays, 2pm - 3:30pm

Attend every week or as often as you can.

Una Tertulia
First & Third Tuesdays, 3:15pm - 5pm

Social/educational group for older adults for whom Spanish is their first language. Make new friends and learn new things.

Free Open Games!

- Call if interested: 734-998-9353
- **Open Euchre:** Mondays 1pm - 3pm
 - **Chinese Mah- Jong:** Wednesdays 1-4pm, Thursdays 10am-12pm
 - **American Mah- Jong:** Tuesdays 10am-12pm
Bridge: Tuesdays and Fridays 1pm - 4pm

Ann Arbor Sip and Chat
2nd and 4th Wednesdays 12:00-2:00pm

Are you looking for a warm and welcoming space to make new friends, share experiences and enjoy good company? Look no further! The Turner Senior Wellness Program in partnership with MiGen is thrilled to invite you to our LGBTQ+ Pride in Aging Coffee and Chat.

Come and be part of a vibrant gathering that celebrates you! This is a recurring meet-up with others and is a fantastic opportunity to socialize, share stories and meet friends within the LGBTQ+ community and its allies.

TECHNOLOGY

Smartphone Confidence: Foundations for Everyday Use

Thursdays, August 6 - 27, 11am - 12pm



This 4-week beginner-friendly track builds practical smartphone skills that increase independence, accessibility, and everyday confidence. Participants will learn how to navigate their device, adjust basic settings, manage calls and notifications, take photos, and use essential apps. Instruction is paced step-by-step with guided hands-on practice. Fee: \$70/person

Computer Confidence: Foundations for Everyday Use

Thursdays, September 10 - October 1
11am - 12pm



This 4-week beginner-friendly track builds foundational computer skills for adults who want to feel more comfortable using laptops and desktop computers for everyday tasks. Participants will gain confidence navigating their device, organizing files, communicating through email, and using essential tools like Google Docs. The course moves at a patient, step-by-step pace with hands-on support each week. Fee: \$70/person

Design for Longevity: Rethinking Time, Experience, and Everyday Life

Thursday, July 30, 1pm - 2pm



How might we design not just for efficiency, but for a life well-lived over time? This talk introduces the emerging Design for Longevity (D4L) Framework offering new ways to rethink how products, services, and systems shape our daily experiences across the lifespan. Through real-world case studies and design experiments, the session invites participants to reflect on time, aging, and social infrastructure from fresh perspectives. The talk will also preview the upcoming Fall 2026 course, Design for Longevity Across Scale: Product, Service, and City at the University of Michigan, and explore opportunities for engagement with the TSWP community.

What is LongevityTech? Designing the Future of Living, Aging, and Technology

Thursday, August 13, 1pm - 2pm



What is LongevityTech—and how does it move beyond the current discourse on AgeTech? This talk explores LongevityTech as an emerging design space that integrates technology, services, and systems to support longer, more meaningful lives. Grounded in the Design for Longevity (D4L) approach, the session examines how designers can shape innovations that go beyond care and efficiency toward relevance, adaptability, and long-term well-being. Participants will gain insight into how LongevityTech connects across scales—from products to cities—and how it informs the new Fall 2026 course, Design for Longevity Across Scale: Product, Service, and City at the University of Michigan.

Longevity talks presented by Sheng-Hung Lee (Umich Urban Tech Faculty)

Cybersecurity for Seniors:

Friday, August 21 - September 11
10:30am - 11:30am



This is a 4-week workshop, 1-hour per week.

PRESENTED BY



C.A.R.E – AN ACTION WORD

Professional Learning & School Culture Development

careinschools.org

Madeline Black

Maggie Hatcher

Taylor, MI



Protect your devices and personal information in this hands-on workshop tailored for older adults. Learn online safety tips and bring your devices to set up essential cybersecurity protections to stay safe online. The topics covered in this 4-week workshop are Scams & Scammers, Hackers & Viruses, Managing Passwords, and Online Privacy.

Free to attend. funded by the Ann Arbor Area Community Foundation SCHAA (Senior Citizens Housing of Ann Arbor) Fund. Presented by AsKevin.



Technology Mentors: 1-on-1 Assistance IP

Assistance for questions related to computers, internet, e-mail, keyboarding, digital cameras, cell phones, and other issues as requested.

Fee: \$10/hr. Scholarships available.

Call (734) 998-9353 for appointment or email tswp.info@umich.edu

ONGOING TSWP SERVICES

Michigan’s State Health Insurance Assistance Program (SHIP) IP

Formerly known as MMAP, SHIP provides unbiased help with Medicare — at no charge. Our certified volunteers answer questions, troubleshoot problems and help people understand their plan choices. Ageways Volunteers help with Medicare, Medicaid, health and prescription drug insurance, and medical bills. Volunteers are currently available by appointment.

Call (734) 998-9353 for an hour appointment (in person, on phone)

Caregiver and Community Resources

Staff and trained volunteers give referrals and information to older adults and their families about resources specific to their needs. Walk-ins are welcome! If you would like to schedule an appointment with a Social Worker for a Care Consultation, call (734) 998-9353 or email tswp.info@umich.edu

Online Resource Directory for Older Adults in Washtenaw County

Access an online database of agencies and programs on our website

[http:michmed.org/tswp](http://michmed.org/tswp)

SUPPORT GROUPS

Caring for Aging Relatives V
Second Tuesdays, 6pm - 8pm

Jessica Bible LMSW
Call (734) 764-2556 for link.

Caring for Your Mate V
Fourth Tuesdays, 1:30pm - 3:30pm

Anna Tolis, LMSW
Call (734) 764-2556 for link.

Low Vision Support Group H
Fourth Wednesdays, 1pm - 2:30pm

Low Vision Book Group H
Fourth Thursdays, 1pm - 3:00pm

To sign up for Low Vision Groups call 734-998-9353

GROUP THERAPY

Virtual Mindfulness-based Cognitive Therapy (MBCT) Group V
Wednesdays, 1:30pm - 3:30pm
September 30 - November 18

Halla Motawi, LMSW

8-session evidence-based practice via Zoom for prevention of depression and anxiety relapse and to enhance a sense of well-being (Covered by Medicare and most insurance).

Please call Halla for questions and to schedule the initial assessment:

734-936-1185



Community Health Services of U-M Health
3621 S. State Street
Ann Arbor, MI 48108
Administrative Offices: (734) 998-2156

Geriatrics Center Clinics
and Turner Geriatric Clinic
4260 Plymouth Rd, Ann Arbor, MI 48109
Clinic: (734) 764-6831
Toll-free: (877) 865-2167
Social Work Office: (734) 764-2556

Turner Senior Resource Center
The Geriatrics Community Programs
listed below are all located at
2401 Plymouth Rd, Ste C, Ann Arbor MI, 48105
Open Monday-Friday 9am-5pm
Main Number: 734-998-9353

Osher Lifelong Learning Institute
Angela Bingham, Director
Phone: (734) 998-9351

Silver Club Memory Programs
Andrea Lang, M.S Gerontology, Director
(734)998-9352

Turner African American Services Council
Neysha Reviere, Director
Phone: (734) 998-9353

Turner Senior Wellness Program
Shannon Etcheverry, LMSW, Director
Phone: (734) 998-9353

Executive Officer of Michigan Medicine

David Miller, MD, MPH, Executive Vice President for Medical Affairs, Chief Executive Officer, Michigan Medicine

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