



Detroit Area Agency on Aging EnhanceFitness Program Sites

Caring Hearts

14955 Greenfield Road
Detroit, MI 48227
(313) 493-3900
Monday, Wednesday, Friday
10:00 a.m. to 11:00 a.m.

Farwell Recreation Center

2711 E. Outer Drive
Detroit, MI 48234
(313) 628-2028
Monday, Tuesday 1:00 p.m. to 2:00 p.m.
Friday, 10:00 a.m. to 11:00 a.m.

Joseph Walker Williams Recreation Center

8431 Rosa Parks Blvd.
Detroit, MI 48206
(313) 628-2039
Tuesday, Friday
10:30 a.m. to 11:30 a.m.

Patton Recreation Center

2301 Woodmere
Detroit, MI 48209
(313) 628-2000
Tuesday, Thursday
10:30 a.m. to 11:30 a.m.

St. Patrick Senior Center

58 Parsons Street
Detroit MI, 48201
(313) 833-7080
Monday, Tuesday
9:00 a.m. to 10:00 a.m.
Thursday, 10:30 a.m. to 11:30 a.m.

Delray United Action Council

275 W Grand Blvd.
Detroit, MI 48216
(313) 297-7921
Monday, Wednesday, Thursday
10:00 a.m. to 11:00 a.m.

Franklin Wright Settlements

3360 Charlevoix
Detroit, MI 48207
(313) 579-1000
Monday, Tuesday, Thursday
9:30 a.m. to 10:30 a.m.

LASED Senior Center

7150 W. Vernor Hwy.
Detroit, MI 48209
(313) 841-8840
Monday, Tuesday, Wednesday
10:30 a.m. to 11:30 a.m.

People's Community Services

Senior Day Care
2339 Caniff
Hamtramck MI 48216
(313) 365-6260
Monday, Tuesday, Wednesday
10:00 a.m. to 11:00 a.m.

SAC Adult Day Care

14200 Puritan
Detroit, MI 48227
(313) 270-2773
Monday & Wednesday
11:15 a.m. to 12:15 p.m.

St. John Riverview Senior Wellness Center

7733 East Jefferson

Detroit, MI 48214

Two classes, three days a week:

Monday 10:00 a.m. to 11:00 a.m. or 1:00 p.m.-2:00 p.m.

Tuesday 10:00 a.m. to 11:00 a.m. or 11:30 a.m.-12:30 p.m.

Wednesday 10:00 a.m. to 11:00 a.m. or 11:30 a.m.-12:30 p.m.

To register for classes 1-888-751-5465

L & L Adult Day Care

1485 E. Outer Drive

Detroit, MI 48234

(313) 366-1100

Monday 11:00 a.m. to 12:00 p.m.

Wednesday 1:00 p.m. to 2:00 p.m.

Services for Older Citizens

17150 Waterloo, Suite 300

Grosse Pointe, MI 48230

(313) 882-9600

Level 1 (seated)

Tuesday, Friday

10:00 a.m. to 11:00 a.m.

Level 2 (standing)

Monday, Wednesday, Friday

10:00 a.m. to 11:00 a.m.

Rev. 1/10/11

