



**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 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.

***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.

***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

***SAC Adult Day Care***

14200 Puritan

Detroit, MI 48227

(313) 270-2773

Monday & Wednesday

11:15 a.m. to 12:15 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.

