



Senior Living & Services

Explore the abundance of fun, senior-friendly activities Ann Arbor has to offer! Build new relationships with community groups and classes, and strengthen your body and learn new skills in fitness classes designed specifically for seniors, from beginner to advanced. For seniors looking to downsize their home, or age in place with in-home care, there are local professionals here to help.



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Take the Smell Test Challenge Today

Your Nose Knows: Smell Loss and Brain Health.

Sense of smell is an important signal of brain disease, including Parkinson's. A landmark research study is exploring this link toward prevention. A simple scratch-and-sniff test could help scientists learn more about risk of brain disease and develop new treatments.

The Michael J. Fox Foundation for Parkinson's Research is asking anybody 40 and older with and without Parkinson's disease to take a free smell test. Get started at: mysmelltest.org/annarbor or scan the QR code.



Keep Leading Life Your Way



EHM SENIOR SOLUTIONS

Our Saline Communities

Brecon Village

Independent and Assisted Living, and Memory Care

Evangelical Home - Saline

Post-acute Rehabilitation and Long-Term Care

Redies Outpatient Center

Physical, Occupational and Speech Therapies

Watch our website
for details of our
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OPEN HOUSE**

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LifeChoice® Solutions

Home Maintenance Services

Shared Care Services

Home Care and Companion Services

Shared Services Home Health Care

In-Home Nursing and Rehabilitation Services

Contact us today!

734-295-9292
or ehmss.org

**EHM
SENIOR
SOLUTIONS**

400 West Russell St., Saline, MI 48176

Welcome to More at Glacier Hills

A Life Plan Community Offering More to Older Adults:

- Date Nights & Dinners Out
- Fine Arts, Fitness, & Fun
- Options for Care & Assistance

Scan the code or
call **734-769-6410**
to schedule a tour.



1200 Earhart Road
Ann Arbor, Michigan 48105

www.glacierhills.org





Senior Living & Services

The Ann Arbor YMCA believes health and fitness programs should be accessible to all! **Moving for Better Balance** is a falls-prevention program that uses the principles and movements of tai chi to help older adults increase their strength, improve their balance, and increase their confidence in doing everyday activities. Enjoy a full hour of fun with **Enhance Fitness**, where the focus is on dynamic cardiovascular exercise, strength training, balance, and flexibility—everything older adults need to maintain health and function as they age. Participants can either sit or stand during the class. **Silver Strength Bootcamp** is a four-week paid fitness program that meets twice per week, where seniors work directly with personal trainers in an environment where they can safely challenge themselves, stay active, and make new friends. **Senior Fitness** is good for anyone who wants a low-impact workout, as this moderately paced class focuses on improving aerobic endurance, strength, and flexibility. Membership for 65+: \$55/month, \$60 joining fee. Senior couple: \$97/month, \$60 joining fee. Apply for the Open Arms Scholarship for 10–80% off membership rate.

Ann Arbor YMCA

400 W. Washington St., Ann Arbor, MI 48103
(734) 996-9622 • annarborymca.org

Barton Manor Assisted Living is a supportive residential home for adults who are unable to maintain themselves independently, but do not require continuous nursing care. A home away from home, Barton Manor provides 24-hour care in a family atmosphere, nutritionally balanced family-style meals, and supervision and assistance with walking, bathing, dressing, and grooming. Complete housekeeping and laundry services are offered, as well as distribution and supervision of all medications. Choose from one of six private bedrooms in the one-story house, where each room is fully furnished, though residents are welcome to bring their own furniture and possessions to make them feel at home. Call for additional information, or visit bartonmanorassistedliving.com.

Barton Manor Assisted Living

821 Barton Dr., Ann Arbor, MI 48105
(734) 662-7798 • bartonmanorassistedliving.com

The Bridge Chiropractic is helping Ann Arbor seniors live without limits. The Bridge Chiropractic offers real, lasting solutions without drugs, surgery, or injections through targeted programs for knee pain, shoulder problems, plantar fasciitis, and Gonstead chiropractic. The Bridge Chiropractic helps Ann Arbor seniors feel better, move easier, and get back to the activities they love by addressing the root cause—not just the symptoms. From daily back pain to stubborn knee problems, their mission is to help patients say “I CAN” to the things they once thought were out of reach. Specializing in the precise, hands-on Gonstead method, The Bridge Chiropractic delivers safe and effective results. Their one-of-a-kind knee restoration program—available only at their clinic—has helped patients avoid drugs, surgery, and injections while seeing 50–95% improvement in as little as 6 weeks.

The Bridge Chiropractic

4900 Jackson Rd., ste. D, Ann Arbor, MI 48103
(734) 929-4060 • thebridgechiro.com

DO YOU SUFFER WITH KNEE PAIN?



- Can't go up or down stairs
- Knees lock with sitting, standing, or sleeping
- Difficulty getting in or out of car
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- Unable to bend or kneel
- Swollen, stiff & sore knees

Finally, new non-surgical options for bone-on-bone

KNEE PAIN Osteoarthritis

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Available ONLY to the first 7 callers!

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- Bone on Bone pain
- Degenerative Disorders
- Knee Bursitis

734-761-2990



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Dr. Nic Mueller, DC
4900 Jackson rd, Ste D
Ann Arbor, MI 48103

\$49

(\$495 Value)

KNEE PAIN

Consultation, Exam and Trial Treatment

Here's to making your next chapter the best one yet!

As a Seniors Real Estate Specialist, I help experienced homeowners like you:

- Understand your home's current market value.
- Explore housing options to fit your preferred lifestyle.
- Turn equity into freedom and opportunity.

Considering your next move?
Work with a specialist.

Call for a FREE Home Evaluation!



Barbara Zinser

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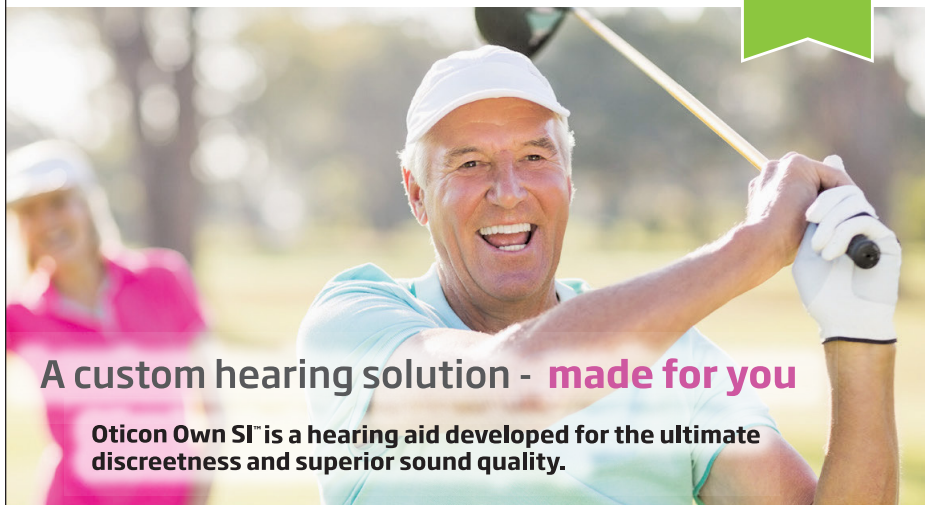
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of Michigan

203 S. Zeeb Rd., Ste #207
Ann Arbor, MI 48103
PHONE: 734-994-8300



Senior Living & Services

Brio Living Services offers Michigan's most diverse housing options and services, giving older adults with all interests, income levels, and health statuses the opportunity to live engaging, rewarding lives. All levels of care are available with independent living in maintenance-free homes and apartments, assisted living and memory care, skilled care and rehabilitation with licensed professionals, home care, and PACE programs, which help older adults stay independent in their own homes and communities. Learn more about options with Brio at *Michigan Medicine's Housing Bureau for Seniors Senior Living Week* open house events Oct. 15. Learn more about independent living at The Cedars of Dexter, which offers a perfect balance between active lifestyle options and maintenance-free living. Explore independent living, assisted living and memory care, skilled nursing, and rehabilitation at Chelsea Retirement Community, a great place to call home since 1906.

Brio Living Services:

The Cedars of Dexter

411 Cedars Ln., Dexter, MI 48130
(734) 792-9702 • cedarsofdexter.com

Chelsea Retirement Community

805 W. Middle St., Chelsea, MI 48118
(734) 433-1000 • chelsearetirementcommunity.org

Discover the joy of senior living reimagined at **Clarendale Ann Arbor**. Nestled near the University of Michigan, this vibrant community blends boutique-hotel elegance with the warmth of home. Whether you're seeking independent living, assisted living, or memory care, Clarendale offers a lifestyle designed around you. Enjoy chef-prepared meals, engaging classes, concierge services, and genuine connections that make every day meaningful. Come experience senior living where comfort, care, and community come together effortlessly. Clarendale Ann Arbor—your life, your style, their pleasure.

Clarendale Ann Arbor

2830 S. Main St., Ann Arbor, MI 48103
(734) 318-1700 • clarendaleannarbor.com



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to current members
and the community!

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September.

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Washtenaw Community College does not discriminate on the basis of religion, race, color, national origin, age, sex, height, weight, marital status, disability, veteran status, sexual orientation, gender identity, gender expression, or any other protected status in its programs and activities. The following office has been designated to handle inquiries regarding non-discrimination policies: Vice President of Student Services, SC 251, 734-973-3536. Facility access inquiries: V.P. of Facilities, Development & Operations, PO 112, 734-677-5322. Washtenaw Community College (WCC) is accredited by the Higher Learning Commission (hlc.commission.org). For information about WCC, call 734-973-3300. WCC-3624451_0825



SILVER SWANS

Silver Swans has many benefits for
older learners:

- Specifically designed for adults 55 and up.
- Teaches structured ballet technique for all levels from experienced dancer to complete novice.
- Improves posture, balance, mobility, mental agility and energy levels.
- Offers a safe, fun and supportive environment.
- It's never too late to start!!

2875 Boardwalk Dr. Suite B, Ann Arbor
csballetannarbor.com



The **Community School of Ballet** invites you to experience the beauty, grace, and benefits of ballet in their *Silver Swans* classes—designed especially for adults 55+. Whether you're brand-new to dance, or returning after years away, their classes offer structured ballet technique in a safe, supportive, and fun environment for all levels. Dance offers a multitude of benefits, including improved posture, balance, mobility, and enhanced mental agility—all within a welcoming and supportive community. It's never too late to start! Registration is now open. Join them and take your first step into ballet!

Community School of Ballet
2875 Boardwalk Dr., ste. B, Ann Arbor, MI 48104
(734) 996-8515 • csballetannarbor.com

EHM Senior Solutions, a nonprofit leader since 1879, delivers a variety of services for older adults to fit every lifestyle, health challenge, and health care need. Nestled on 32 acres, Brecon Village offers independent and assisted living, memory support, and adult day programs, while Evangelical Home – Saline provides skilled nursing and rehabilitation. Staying home and need support? The Redies Outpatient Therapy Center provides PT, OT, and speech therapies, and Shared Services Home Health Care and Shared Care Services offer in-home care. LifeChoices® membership offers peace of mind for your future care needs, and LifeChoice Solutions provides handyman services. No matter where you are on life's journey, EHM Senior Solutions is there to help!


EHM Senior Solutions
400 W. Russell St., Saline, MI 48176
(734) 295-9292 • ehmss.org

Looking for a secure, enriching, maintenance-free lifestyle? Look no further than **Glacier Hills**. Located in beautiful Ann Arbor, Glacier Hills is a Life Plan Community offering residents a complete continuum of care including independent and assisted living, memory support, and rehabilitation services. At Glacier Hills, residents have peace of mind knowing that resources are available should they be needed in the future.

Glacier Hills Senior Living Community
A member of Trinity Health Senior Communities
1200 Earhart Rd., Ann Arbor, MI 48105
(734) 769-6410 • glacierhills.org

From your first contact with **Happy & Green Dental/Ann Arbor Dental Implant Center**, their Ann Arbor dentists will be committed to your individual attention and will strive to provide personalized oral health care tailored to your unique dental needs and goals. Your health and comfort are top priorities, and they do what it takes to help every patient understand their symptoms and treatment options in a relaxed office setting. Dr. Soong-Ryong Jung is double-board certified in the United States as a board-certified prosthodontist and board-certified oral implantologist. Dr. Jung provides high-quality oral surgery including wisdom teeth extraction, implant placement surgery, bone grafts, crowns, dentures, Invisalign, and adult braces, all in one place. "One-stop dentistry" means you'll never need to travel to another office for additional service.

**Happy & Green Dental/
Ann Arbor Dental Implant Center**
1910 Packard St., Ann Arbor, MI 48104
(734) 478-7311 • annarborimplant.com




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Empowering women to navigate their financial future.

We are a team of women advisors who know what women want. We are here to help you forge your path, from life transition to long term growth.

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734.330.2266
455 E. Eisenhower Parkway, Suite 220
Ann Arbor, MI

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Where Learning Never Retires



Our Mission: OLLI fosters lifelong learning designed by member volunteers for a diverse community of older adults seeking stimulating discussion, fellowship, and wisdom.

Our Vision: OLLI will provide enriching experiences that members are inspired to promote to their communities, presenters are eager to share, volunteers are excited to plan, and donors are proud to support.

OLLI Programs and Activities

- Alfred Gordji Distinguished Lecture Series (AGDLS) monthly on Tuesdays, offered lived streamed and in-person
- Thursday Lecture Series (TLS) – weekly every Thursday, offered live streamed and in-person
- Study Groups, small group discussion on a wide range of topics
- Shared Interest Groups, focused discussions on a particular topic for several weeks or months
- Evenings with OLLI (EWO), once a month Wednesday evening with networking and refreshments before the program
- OLLI Out of Town, virtual and day trips with a national or international trip annually
- OLLI Reads, book reading and discussion with the author
- Events: Fall Kickoff, Winter Open House, Summer Picnic

SCAN ME



Stay in touch! Sign up for our weekly newsletter

734-998-9351 | olli-umich.org | olli.info@umich.edu

Osher Lifelong Learning Institute (OLLI-UM)
2401 Plymouth Rd., Ste. C, Ann Arbor 48105
hours: Monday - Friday, 9:00 am - 5:00 pm



SENIOR RESIDENCES
CLARENDALE
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Exceptional Living, Every Day.

At Clarendale Ann Arbor, luxury retirement living is more than beautiful surroundings. It's about feeling at home, staying active, and embracing an exciting lifestyle.

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CALL 734-318-1700 TO LEARN MORE.



Independent Living ■ Assisted Living ■ Memory Care

Clarendale Ann Arbor
2830 South Main Street
Ann Arbor, MI 48103

OFFICE 734-318-1700
LIFE@ClarendaleAnnArbor.com
ClarendaleAnnArbor.com

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of the J.D. Power U.S. Senior Living
Satisfaction Study.

#1 in Customer Satisfaction among Independent Senior Living Communities, 6 years in a row



Senior Living & Services

The **Health & Fitness Center at Washtenaw Community College** not only offers a state-of-the-art facility, but also a wide variety of services that are designed for all fitness levels. Ancillary services such as personal training, massage, Pilates reformer, remote health, and fitness coaching are available. Personalized training instructors are dedicated to providing the best physical fitness experience possible, with top-of-the-line cardio and strength training equipment. Members are welcome to enjoy the saltwater lap pool, warm water therapy pool, indoor walking and running track, as well as personalized medically integrated fitness program MyFitRx™. Over 100 fitness classes are offered, as well as health and nutrition education seminars.

The Health & Fitness Center at Washtenaw Community College

4833 E. Huron River Dr., Ann Arbor, MI 48105
(734) 975-9950 • wccfitness.org

Please join the **Housing Bureau for Seniors' Senior Living Week (SLW) 2025 Expo** on October 11, 2025 at the Washtenaw Community College Morris Lawrence Building. They will welcome comedian Mariann Alda and her presentation: "S.N.A.P. OUT OF IT! You've Only Been Hypnotized Into Believing You're Over the Hill." Visit over 60 exhibitors offering products and services to aid, assist, and inform older adults and caregivers. SLW 2025 Expo will also include free flu vaccines and health and hearing screenings; as well as a free medication take-back of unused medications and a hearing aid check station. The SLW 2025 Expo will be followed by a week of countywide educational workshops and open houses, and the schedule can be found at michmed.org/seniorlivingweek. All the events are free.

Housing Bureau for Seniors

3621 S. State St., Door #710, Ann Arbor, MI 48108
(734) 998-9338 • michmed.org/seniorlivingweek
bhbsseniorlivingweek@umich.edu

No matter what you plan to store, family-owned **Inn Storage** can tell you the proper way to store it! Whether it's a huge collection of books or an old armoire handed down from generation to generation, their friendly staff will provide you with tips to protect your belongings. Inn Storage offers short- and long-term leases on temperature-controlled indoor storage units. Downsizing or decluttering and not sure what to keep? Renting a storage unit can be a great way to reduce clutter and free up needed space at your home or office. Store documents, artwork, antiques, memorabilia, holiday decorations, heirlooms, old toys, even cars or boats. Ask them how to get two months free!

Inn Storage

1251 Rosewood St., Ann Arbor, MI 48104
(734) 663-0690 • annarborstorage.com



Find freedom in your retirement at **Lockwood of Ann Arbor**, Ann Arbor's newest independent senior living community. Lockwood has a full range of amenities for active seniors 55+, including fitness room, game room, art studios, beauty and barber shops, even a sports lounge! Residents enjoy inspired meals, prepared by their on-site chef, in a comfortable environment. Choose from over 150 one- and two-bedroom apartments, and truly enjoy your best years by building new friendships and discovering new passions at Lockwood of Ann Arbor.

Lockwood of Ann Arbor

2195 E. Ellsworth Rd., Ann Arbor, MI 48108
(947) 234-8876 • lockwoodseniorliving.com

Your nose knows: smell loss and brain health. The sense of smell is an important signal of brain disease, including Parkinson's. A landmark research study is exploring this link toward prevention. A simple scratch-and-sniff test could help scientists learn more about risk of brain disease and develop new treatments. The **Michael J. Fox Foundation** for Parkinson's Research is asking anybody 40 and older with and without Parkinson's disease to take a free smell test. Get started at: mysmelltest.org/annarbor.

Michael J. Fox Foundation

michaelfox.org

David Nacht started **NachtLaw P.C.** in 1996 in Ann Arbor after working for U.S. Senator John Glenn, clerking for a federal judge, and serving as an associate at a large Detroit firm. Nacht attended Harvard College and U-M Law. Well-known as an employment lawyer, Nacht expanded the firm's practice. NachtLaw has a varied practice including probate litigation and business ownership disputes. Nacht's partner, Fabiola Galguera, who is also licensed in Florida, routinely represents business owners, professors, and students, and handles criminal defense matters. The firm has a lawyer full-time in New York City and regularly litigates in Ohio, New York, and Florida besides Michigan.

NachtLaw, P.C.

501 Avis Dr., ste. 3, Ann Arbor, MI 48108
(734) 663-7550 • nachtlaw.com

A New Path Financial are holistic financial planners, looking at your entire life, family, and desires—not just your account balance. With a staff of all female advisors, A New Path Financial has empathy and understanding that are sometimes lacking in the industry. They don't have a 1-800 number; instead you work with your own advisor to create the financial life you want to achieve. They don't sell, they teach. You come first, and licensed advisors will let you know when there is a conflict of interest in order to help you achieve your future goals. Contact A New Path Financial today to set up a free consultation to see how they can help you.

A New Path Financial

455 E. Eisenhower Pkwy., ste. 220, Ann Arbor, MI 48108
(734) 330-2266 • anewpathfinancial.com



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Barton Manor

Assisted Living



We Provide:

- Twenty-four hour care in a family atmosphere.
- Nutritionally balanced, family style meals.
- Supervision and assistance with walking, bathing, dressing, grooming, etc., as required.
- Distribution and supervision of all medications.
- Complete housekeeping and laundry services.

The Facility:

Barton Manor is a beautiful six (private) bedroom one story home with a warm and family-like atmosphere. Each room is fully furnished, though residents are welcome to bring their own furniture and possessions to make them feel at home.

Our Staff:

Experienced, caring staff are on-site around the clock. Each is well equipped to help residents meet health and age related physical and mental challenges. We are all committed to excellence, compassion, and respect for the dignity of our residents.

Please call at any time for additional information
or visit bartonmanorassistedliving.com

We offer assisted living in a supportive residential home for adults who are unable to maintain themselves independently but who do not require continuous skilled nursing care. We are committed to providing a life-enhancing atmosphere, while giving assistance with age and health related limitation.



821 Barton Drive
Ann Arbor, MI 48105
734.662.7798

Michigan Medicine's
Housing Bureau for Seniors
Senior Living
Week



Join us at our
Open House Events!
WEDNESDAY, OCTOBER 15, 2025

Enjoy tours of our campus and living options,
along with an impressive culinary showcase!



411 CEDARS LANE, DEXTER, MI 48130

9:00 AM TO 11:00 AM

The Cedars of Dexter offers the perfect
balance between active lifestyle options
and maintenance-free living.

LIVING OPTIONS: Independent Living



Chelsea
Retirement
Community

805 WEST MIDDLE STREET, CHELSEA, MI 48118

12:00 PM TO 3:00 PM

We invite you to experience Chelsea
Retirement Community – a great place to
call home since 1906.

LIVING OPTIONS:

Independent Living
Memory Care
Skilled Nursing

Assisted Living
Rehabilitation

Call 734.212.8427 or visit www.MyBrio.org/SLWOpen for more information.

The Housing Bureau for Seniors Presents

2025 **SENIOR LIVING WEEK**
Many Voices & Views
Supporting Each Other in Aging



Senior Living Week EXPO

Saturday, October 11th
9:30am – 1:30pm

Washtenaw Community College
Morris Lawrence Building

Featured speaker, senior living
service providers, health screenings



Senior Living Week

October 13th – 17th
Workshops and
Open Houses



SCAN THE CODE

Register and Learn More!

Featured Speaker

Comedian
Mariann Aalda



S.N.A.P. OUT OF IT!

You've Only Been *Hypnotized*
Into Believing You're Over The Hill



UNIVERSITY OF
MICHIGAN HEALTH
MICHIGAN MEDICINE

Contact the Housing Bureau for Seniors

(734) 998-9338

www.michmed.org/seniorlivingweek



Senior Living & Services

O'Connor Hearing Center (OHC) is an independent private practice serving the Ann Arbor area for over 18 years. They have four Michigan licensed hearing care providers, including the owners—Tom O'Connor, M.A. CCC-A, Audiologist, and Claudia B. Williams, Licensed Hearing Aid Specialist/Dispenser. Catherine Buchele, M.A. CCC-A, Audiologist (25 years' experience), joined the practice in August 2024, and Emily Nairn, Au.D., Doctor of Audiology (14 years' experience) became part of the team in July 2025. Your hearing tests and hearing aid services are provided in a pressure-free, beautiful environment. The office has state-of-the-art testing equipment, and counseling space designed for your hearing health decision. The office is handicap accessible and welcoming for all patients, partners, friends, and family members. O'Connor Hearing Center is a participating provider with Blue Cross Blue Shield, Blue Care Network, and the BCBS/BCN Medicare Advantage plans. Major credit cards accepted. Hearing aid prices range from \$795–\$3,300 each.

O'Connor Hearing Center

203 S. Zeeb Rd., ste. 207, Ann Arbor, MI 48103

(734) 994-8300 • oconnorhearing.com

OLLI at the University of Michigan fosters lifelong learning designed by volunteers for a diverse community of older adults seeking stimulating discussion, fellowship, and wisdom. An extensive program of top-quality lectures, study groups, travel excursions, social and cultural gatherings, as well as weekend and evening events are available to OLLI members. Membership is intended for all enthusiastic learners age 50+, approaching or living in retirement, regardless of previous education. Learn about OLLI at their Fall Kickoff on Wednesday, Sept. 3, from 10 a.m.–noon.

OLLI at the University of Michigan

2401 Plymouth Rd., ste. C, Ann Arbor, MI 48105

(734) 998-9351 • olli-umich.org

Silver Maples of Chelsea Retirement Neighborhood is an award-winning, locally owned nonprofit senior living community that excels in fostering a vibrant and supportive aging experience. Thoughtfully designed and comfortably scaled, Silver Maples offers a range of living options, including independent residential-style homes and apartments, licensed assisted living apartments, and short-term stays through their respite program. Residents enjoy complimentary local transportation for personal appointments, Sunday church services, and special event outings, ensuring they stay connected and engaged. The community boasts an amenity-rich lifestyle with dynamic events and activities focused on overall health and wellness. Residents enjoy a free membership to the Chelsea Wellness Center, on-site art gallery showcasing rotating exhibits by local artists, and beautifully landscaped outdoor areas. Plus, pets are warmly welcomed, making Silver Maples a true home for all.

Silver Maples of Chelsea Retirement Neighborhood

100 Silver Maples Dr., Chelsea, MI 48118

(734) 475-4111 • silvermaples.org

As a Seniors Real Estate Specialist®, **Barbara Zinser** is dedicated to successfully helping the 55+ community craft the lifestyle they deserve. Barbara focuses on your "stage of life" rather than your age. So, what's most important to you? A practical floor plan, relocating closer to family and friends, or taking that bucket list trip? Your current home holds the key to your future happiness. Barbara's quality service providers can handle your to-do list of home projects and chores while you take just your most treasured memories. Why work with a general practitioner when you can hire a specialist who IS your age and understands your concerns? Intrigued? Barbara would love to help you write your next chapter.

Barbara Zinser, The Charles Reinhart Company

3252 Washtenaw Ave., Ann Arbor, MI 48104

(734) 330-7398 • barbarazinser.reinhartrealtors.com

Silver Maples is Our Choice!



Where Quality Meets Community: Nationally Recognized Leader in Senior Living

Silver Maples has done it again! For the 4th year in a row, we've received the prestigious Choice Community Award, ranking us among the nation's top senior living communities. This honor reflects the heartfelt connections, vibrant spirit, and dedication that make Silver Maples special. Come experience our award-winning lifestyle, that sets us apart — visit today!



SILVER MAPLES of Chelsea RETIREMENT NEIGHBORHOOD

(734) 475-4111
www.silvermaples.org

Locally owned, Non-Profit, Jointly Sponsored by the
5 Healthy Towns Foundation and Silver Maples Inc.

