

CELEBRATING DETROIT'S NEIGHBORHOOD SENIOR CENTERS

September 2026

STRIDES FOR SENIORS

HEALTHY AGING EXPO

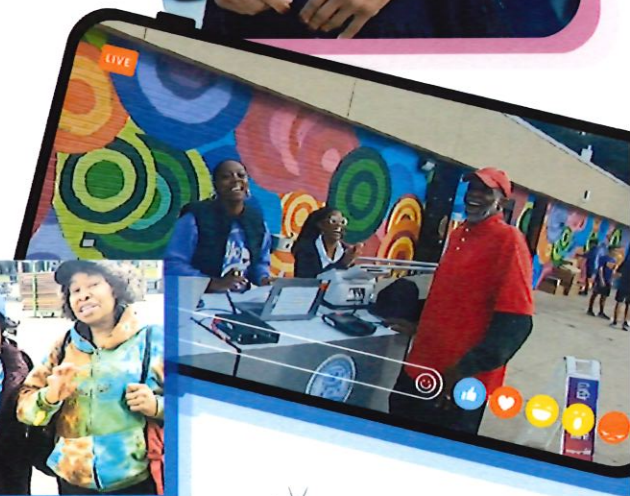
September 25, 2026 9 AM - 1 PM



At PALMER PARK'S SPLASH PARK
1121 Merrill Plaisance St., Detroit, MI 48203

Highlights of the Event:

- ✓ Four Hours of Non-Stop Music & Exercise
- ✓ Zumba with Roberto
- ✓ Hustle & Step with DJ Rick Love
- ✓ Wellness Exhibitors & Health Screenings
- ✓ Catered Lunch & Raffle Prizes
- ✓ A Walk Around an Amazing Park



FOCUSED
ON WHAT
MATTERS



DETROIT
Parks & Recreation
Department

FOR UPDATES AND TO REGISTER ONLINE VISIT WWW.STRIDESFORSENIORS.ORG

STRIDES FRIDAYS LIVE



SNACKS & DRINKS
MUSIC & DANCE
HEALTH SCREENINGS
WELLNESS EXHIBITS

SEPT 11 - 11AM TO 1PM

CROWELL COMMUNITY CENTER
16630 LAHSER RD, DETROIT

SEPT 18 - 11AM TO 1PM

LA SED SENIOR CENTER
7150 VERNOR HWY, DETROIT

OUR NEIGHBORHOOD SENIOR CENTERS

THESE CENTERS ACROSS THE CITY PROVIDE SERVICES TO THOUSANDS OF DETROITERS. VISIT OUR WEBSITE TO KEEP UP WITH SOME OF THE CLASSES, ACTIVITIES AND OTHER EVENTS TAKING PLACE DURING SEPTEMBER.

MIDTOWN

HANNAN CENTER
4750 WOODWARD AVE
313 833-1300

ASSOCIATION OF CHINESE AMERICANS
4750 WOODWARD AVE
(313) 831-1790

ST. PATRICK SENIOR CENTER
58 PARSONS ST
313 833-7080

NORTHEAST

FARWELL RECREATION CENTER
2711 OUTER DR E
313 628-2028

HEILMANN COMMUNITY CENTER
19601 CRUSADE ST
313 224-9334

NORTHWEST

ADAMS BUTZEL COMPLEX
10500 LYNDON ST
313 628-0990

CROWELL COMMUNITY CENTER
16630 LAHSER RD
313 628-2047

NSO NORTHWEST ACTIVITIES CENTER
18100 MEYERS RD
313 397-8227

SOUTHEAST

BUTZEL FAMILY RECREATION CENTER
7737 KERCHEVAL AVE
313-628-2100

SOUTHWEST

BRIDGING COMMUNITIES
6900 MCGRAW AVE
313 361-6377

LA SED SENIOR CENTER
7150 VERNOR HWY
313 841-8840

ROBERTO CLEMENTE CENTER
2631 BAGLEY ST
313 224-0228

PATTON RECREATION CENTER
2301 WOODMERE ST
313-628-2000

KEMENY RECREATION CENTER
2260 S FORT ST
313 628-2819

HIGHLAND PARK

ERNEST T FORD RECREATION CENTER
10 PITKIN ST
313 867-3999

LAFAYETTE PARK

COLEMAN A YOUNG RECREATION CENTER
2751 ROBERT BRADBY DR
313 628-0995

VIRGINIA PARK

JOSEPH WALKER WILLIAMS RECREATION CENTER
8431 ROSA PARKS BLVD
313 628-2039

PRODUCED BY DETROIT PARKS & REC, DETROIT AREA AGENCY ON AGING AND ST. PATRICK SENIOR CENTER
FOR UPDATES AND TO REGISTER ONLINE VISIT WWW.STRIDESFORSENIORS.ORG

YOU MUST PREREGISTER FOR LUNCH

TO REGISTER FOR THE
SEPTEMBER 25 HEALTHY AGING EXPO,
FILL OUT THIS FORM AND SUBMIT
WITH PAYMENT

Mail form & payment to:
St. Patrick Senior Center
58 Parsons St, Detroit MI 48201
or submit at your center

Wear a T-shirt to represent
YOUR senior center.

NAME _____

PHONE _____ EMAIL _____

ADDRESS _____ CITY _____ ZIP _____

SENIOR OR REC CENTER YOU ATTEND _____

___ \$10 CASH

___ \$10 CHECK PAYABLE TO ST. PATRICK SENIOR CENTER

TO PAY USING YOUR CREDIT CARD, VISIT
WWW.STRIDESFORSENIORS.ORG