



A Social Group for Older Detroiters
Join us by phone or computer!

A virtual social group for anyone feeling isolated. Hosted by the Healthier Black Elders Center at Wayne State University.

There will be icebreakers, games, poems, videos, and general topics. Our first meet up is **Tuesday December 15, 1-2 pm** and then in January we will be getting together on Zoom **every Tuesday starting January 5th through April 20th.**



Questions? Contact:

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Healthier Black Elders Center

Wayne State University
Institute of Gerontology



Sample Agenda

- Introductions
- Icebreaker
- Potential Topics:
 - Ways to have Fun
 - Physical Health
 - Mental Health
 - Ways to De-Stress
 - Exercise and Activities
 - Cognitive Activities
 - Careers and Retirement
 - Hobbies
 - Things that give life meaning
- Games
- Concluding Remarks & Next Week's News

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