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.**

**Call in:**
1-646-876-9923

**Meeting ID:**
438 691 8233

**Join Us Here:**

**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

**Questions? Contact:**
Call 313-664-2616

**Hannah Gianfermi** at fz8926@wayne.edu or **Sarah Whitney** at er7366@wayne.edu

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