

The Center for



Serving the Greater South Lyon Area
"A Community Center for
Ages 50 & Up"

(248) 573-8175

Issue: 401 • JAN/FEB 2023

Legal Documents Everyone Should Have w/ Attorney Phil Weipert

Tuesday, Jan. 31st
10:00am - 11:30am

Call The Center to RSVP



VALENTINES PARTY Feb. 10th

Sponsored by
Abbey Park



TAX PREP SERVICE Tuesdays & Thursdays Feb. thru March 2023

By Appt. only!

See Page 9 for more info. We start taking appointments January 17th

LORI'S DRAWING CLASS

The drawing class for people that think they can't draw!



We will be drawing this charcoal and focusing on simplifying drawings techniques/skills to carry with anywhere you want to take them.

January 24th, 1:00pm - 3:00pm

The class is \$18 with supplies included.
Call The Center to RSVP by Jan. 20th

"Just because you haven't found your talent yet, doesn't mean you don't have one."

-Kermit the Frog

WOOD CARVING AT ALL LEVELS

Mondays & Thursdays
10:00am - 1:00pm



Welcoming new faces! No tools or experience required!

- If you're new to wood carving, the experienced carvers will get you started.
- Enjoy the camaraderie of working with other carvers.
- Assist the "Lean on Me" program/Travel short distances to shows & competition
- Please bring a drop cloth to catch your shavings.

CENTER CLOSINGS

Reopens Jan. 9, 2023

Winter Break: Feb. 20 - 24

Make & Take Greeting Card Class

Have fun creating 3 unique greeting cards each week!

WEDNESDAYS
11:00am - 12:00pm

Only \$7.00 per class
(payable to instructors)

Includes materials for all 3 cards

Space is limited - RSVP the Monday before class by texting or calling the instructors. Call Faith or The Center to preregister.

Introduction to Watercolor Painting

Instructor, Mi Berry

"Sea Life Series"

3rd Wednesday of the month (not in Jan.)
Feb. 15th

12:30pm - 3:00pm

Class fee: \$20



KNIT & CROCHET

Join us

FRIDAYS!

10:00am-12:00pm



Beginners - Advanced Welcome
Drop in anytime!

Anyone Can Paint, EVEN YOU!

Tuesday, Jan. 24

Tuesday, Feb. 28



Acrylic Landscape Painting

Join award winning television and YouTube artist, **Steve Wood**, to learn his step-by-step methods & proven techniques for painting beautifully!

\$23.00—for each session: Payable to CAA

- ◆ Fee includes brushes, paints, canvas & instruction
- ◆ Students should bring a margarine size plastic tub 10" dinner plate & paper towels
- ◆ Students will complete 1 painting at each session.

MUST PRE-PAY BY 12-NOON, MONDAY BEFORE CLASS on TUESDAY! MINIMUM 6 STUDENTS NEEDED.

Tech Talk with Andrew

Limited seating! RSVP to The Center

CENTER FOR ACTIVE ADULTS

Wed. Jan. 18th &
Wed. Feb. 15th at 1:00pm

Need help cleaning up your computer or finding the latest and greatest useful apps for your phone? Let Andrew show you how!

PIZZA & POP with the CIVITANS



**Wednesday
February 1st
12:30pm**

Come learn how you can make a positive difference in the world.

The Kensington Valley Civitan's is a social club that believes that service fosters healthy communities.

Join us for pizza, pop, and a chat about the rewarding social and service opportunities our club has to offer.

<http://www.kvcivitan.org>

Center for Active Adults Mission Statement:
"To encourage the art of living well by building a vibrant community of active individuals, 50 & up, through diverse programming and activities."

Donations cheerfully & gratefully accepted!

HOLIDAY SINGERS

Practice on Fridays

2:00pm - 3:00pm

Performances:

Jan.—Valentine's Medley

Feb.—St. Patrick's Day Medley



FREE! DIA FREE!

DIA MUSEUM TRIPS!

**Friday, Jan. 13th,
Wed. Feb. 15th and
Thurs. March 16th**

The bus leaves promptly at 11:00am

MARK YOUR CALENDAR!

Call The Center to reserve your seat!

**Volunteers
needed!**

Do you have experience writing grants? If so, The Center needs your expertise!

We want to make our activities better than ever!

Please contact The Center

MISCELLANEOUS

EXERCISE CLASS

With Physical Therapist
Carol Glenn



These 1-hour beginner/intermediate level classes address total body strength, flexibility, and balance. Emphasis is placed on proper mechanics and proper movement.

WEDNESDAY & FRIDAYS

11:45am - 12:45pm
\$2.00 Fee

*Class size is limited-
Pre-registration is Advised!*

CARDIO & WEIGHTS

With Gail Turner

TUESDAYS & FRIDAYS 10:30am - 11:30am

Burn fat and tone muscle in this hybrid training class that combines cardio, weights, and strength training. See the results after a warm up and focusing on your entire body.

- Modifications are available from the instructor.
- Please bring a towel and water bottle. Wear exercise clothes and shoes.
- \$3 member \$5 non-member
- **Class sizes are limited
- Pre-registration is required!**



YOGA



All level Yang Yoga is moderately paced changing and active yoga that yanks breath with movement. This form of yoga focuses on proper alignment, breathing exercises, balance, focus, endurance, muscle strength and meditation. If you are in reasonably good physical condition, you should be well suited for hatha yoga. No previous experience with yoga is required.

NOTE: All levels must be able to get up and down from floor.

Yin is a slower paced practice that incorporates holding poses for a length of time. Yin yoga focuses on the bones, joints, ligaments and fascia. Poses are held anywhere from 3 to 10 minutes to target the connective tissues.

Kaiut Yoga is a low impact functional movement practice. It promotes greater body awareness for the purpose of fostering well-being in the body and mind. You only do what you can, while feeling safe and secure in your pose. Working with your nervous system, it will keep you in tune with what you're sensing and feeling, in order for you to feel calm, safe and secure. The results are ease of movement and the ability to have more functional day-to-day movement such as bending over to pick up things, reaching up into a cupboard and turning the head easier for driving.

Chair Kaiut is done in a chair or standing for those with limited range of motion.

We have plenty of yoga challenges to keep you inspired! Contact The Center for more details!

Mondays:

Easy Flow w/Savita: 9:15am - 10:15am
Evening (1/9 only) Hatha w/Star: 7:15pm - 8:15pm

Tuesdays:

Kaiut All Level: 9:15am - 10:15
Evening Kaiut w/Kristie: 7:15pm - 8:15pm

Wednesdays:

Kaiut All-Level w/Kristie: 9:15am - 10:15am
Kaiut Beg+Chair w/Kristie: 10:30am - 11:30am

Thursdays:

All-Level w/Savita: 9:15am - 10:15am
Evening Kaiut w/Kristie*: 7:15pm - 8:15pm

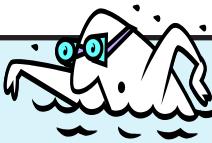
Fridays:

All-Level w/Thad: 9:15am - 10:15am

(Suzanne returns 3/21
Suzanne taking over 3/21 Kym returns 4/25)

\$5 per session. \$8 non-members

SENIOR SWIM



Pool Stairs Available

Location: South Lyon High School
1000 N. Lafayette, South Lyon
Across the sidewalk from Center for Active Adults

HOURS

Tuesdays & Thursdays
11:45am - 1:45pm

Cost: \$3.00 per swim

Purchase passes at The Center and visit with us after you swim!

The job of feet is walking, but their hobby is dancing.



Introduction to Yoga



Yoga is the relationship that is built between the body, the mind and the breath. Yoga is creating space free from obstacles in your own body to live. Yoga is freedom and release. I teach based on what the class needs, from slow easy flow to high energy. My name is Savita Monroe. I am here to help others find this release so that they can be comfortable and competently move their bodies through life. RYT200, Kids Teen Trauma Yoga, Therapeutic, Chair, Sculpt Yoga, Barre Above™. Started my journey in Yoga as way to help bring clarity, calmness and letting go. Monday class will be slow flow class and what the class needs.



PILATES CLASS

Instructor, Stefanie Bethge



Class fee \$5

Mondays 11:40am - 12:40pm

PILATES ON THE MAT aims to build core & pelvic floor strength along with vitalizing breathing and body awareness via the effective Pilates Method. Interspersed standing Pilates exercises will improve your balance and joint stability. You get stronger and more flexible through gentle, low-impact exercises to address muscle imbalances that often occur as we age and contribute to back pain, hip pain, knee and shoulder pain. You'll feel aligned, focused and refreshed!

Modifications will be suggested for beginners or for those with physical limitations. No previous Pilates experience is necessary to join the class.

AGELESS STRENGTH

**Weekly Classes
Led by Stefanie Bethge**



MONDAYS

12:45pm - 1:45pm

Class fee: \$4

In this class you'll improve your bone density and muscle strength. It's all about maintaining and improving functional ability for daily life. Sessions also include gentle flexibility exercises to keep your joints supple and playful coordination exercises to boost your brain health. Classes may be taken either standing or sitting in a chair and are suitable for every fitness level and ability.

FITNESS & HEALTH

WALKING CLUB



We walk all the way through winter to the end of March!

M-F, 4:15pm - 6:00pm

Centennial Middle School
Free to all
community members

Hey, look! Pickle Ball has added Friday to the schedule!



MASSAGE THERAPY

Massage Therapy promotes a fabulous feeling of improved health and circulation, easing of muscle tension & stress reduction.



MONDAYS
9:00am - 11:00am

\$20.00 for 25-Minutes Seated Massage

Our Myomassologists offer:

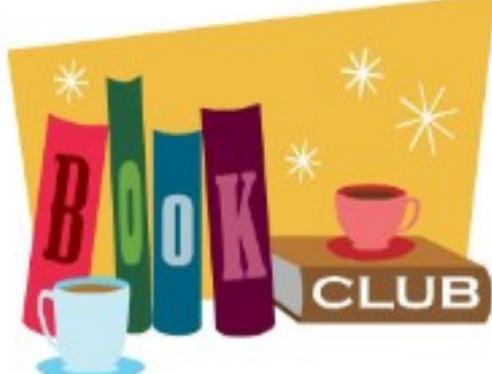
- Reflexology
- Pressure Point
- Swedish
- Lomi Lomi

Certified Myomassologists:

Joan Shifford & Laurie Canfield

Call The Center for an Appointment

A partnership with Salem-South Lyon Library



**BOOK DISCUSSION DATES:
3rd Wednesday of the Month
Jan. 18th and Feb. 15th
11:30am - 12:15pm**

See list of titles at The Center!

PICKLE BALL

Mondays, Wednesdays & Now Playing on Fridays too!

5:30pm - 7:30pm

\$3.00 per member, \$5 non-member
Dolson Elementary Gym
56775 Rice Street, New Hudson, MI 48165



Pickleball Supervisor needed! Contact the CAA for details

T.O.P.S TAKE OFF POUNDS SENSIBLY

TOPS is a non-profit weight-loss organization that helps people meet individual needs through group support.

EVERY FRIDAY

Weigh-In: 8:30am - 9:15am

Meeting: 9:30am -10:15am

\$45 New Members \$37 Existing members

The CAA would like to thank our T.O.P.S. group for their continued support of The Center! U R TOPS!

MAHJONG



Team up for a game of Mahjong, a Chinese tiles version of Rummy!
Wednesdays at CAA
12:30pm

Join us for a casual game of drop-in Pinochle!



Join us every WEDNESDAY
10:00am - 12:00pm

Hand & Foot Card Club



Everyone is invited to join us for a fun afternoon to play Hand & Foot

*Don't know how to play?
We'll show you!*

THURSDAYS
12:00pm - 3:30pm

Newcomer? Need a refresher?
Come in from 11:30am - 12:00pm
for instruction. Everyone is Welcome!
Games start at 12:00pm

MEXICAN TRAIN DOMINOES



Non-competitive, many free train dominoes.
We will be playing by house rules.
Stop by and have some fun!

TUESDAYS, 1:00pm - 3:00pm

Join Us!!



TUESDAYS 10:00am - 12:00pm

Scrabble Club



All are Welcome!
Every Monday
10:00am - 12:00pm



Tuesdays - 2:00pm - 3:00pm
Fridays - 12:30pm - 1:45pm

25 cents/card; play multiple cards
Bring a friend! All Welcome!



B.Y.O.G.

(Bring Your Own Game)
Every Wednesday

Bring it on!
1:00pm - 3:00pm



...and B.Y.O.F.
(Bring Your Own Friends!)

Please RSVP to the Center

FUN & GAMES

LEISURE & MISC.



Last Tuesday of
the Month

**Jan. 31st and
Feb. 28th**

11:00am - 1:00pm



Snow is falling
and books are
calling! →

THE CLOSET

A shop filled with goodies, gifts, trinkets & treasures to support the Center for Active Adults. Come in & see what we've got. Happy Hunting!



*We gratefully accept
donations!
Thank You!!*

Please join us for
Breakfast
Lucas Coney Island

**Monday, Jan. 2nd
And Monday, Feb. 6th**

Meet at 9:30am

*Our Breakfast Group is a very casual, nice
way to meet new friends & enjoy old ones.
No reservations needed. Just show up—
we would love to have you join us!*

Last Tuesday of
the Month

**Jan. 31st and
Feb. 28th**

11:00am - 1:00pm



Come in for a

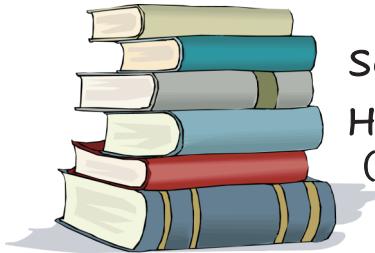
\$4
QUICK LUNCH

11:00am – 1:00pm

Jan. 18th: Sloppy Joes

**Feb. 15th: Hot Ham & Cheese
Sliders w/Tomato Soup**

Visit the CAA Library!
BOOK SALE



Soft Cover 25¢

Hard Cover 50¢
(unless marked)

Games, puzzles, CDs & movies
as marked. Come check it out!

**NEED HELP
GETTING TO THE CENTER?**



Livingston County Residents:

L.E.T.S Transportation

To schedule, call: 517-546-6600
8:30am - 3:30pm, M-F

For more info: www.livgov.com/lets

Oakland County Residents:

People's Express

To schedule, call: 877-214-6073
10:00am - 7:00pm, M-F

For more info: peoplesexpressmi.com

AARP INCOME TAX PREP

TAX TIME

Have an AARP tax appointment coming up? Please review the following info. Need an AARP tax appointment? Please call the CAA for appt. availability *beginning Jan. 17th* call 248.573.8175

These are some of the items EACH taxpayer needs to bring to their appointment. The more info you bring, the better. (Please read all bullet points):

- Government issued photo ID - A MUST!
- Copy of last year's tax return - A MUST!
- Social Security Card - A MUST!
- Record of medical insurance paid
- W-2 and W-2P forms from each employer, statements of income received from pensions, IRAs, annuities, 1099s (interest and/or dividends)
- Property tax statements
- Address to where you send rent/lease payments
- Heating bill statements (Nov. - Jan.)
- Cancelled check for direct deposit
- There are additional items to bring this year. Please be sure to pick up a list of all documents needed at the CAA

PLEASE NOTE:

- Don't lose your appointment—make sure you have all documents. If in doubt, bring it!
- If schools are closed due to bad weather, the Center will be closed too. Your appointment will be rescheduled.
- For tax returns outside the scope of their training (i.e. small businesses, farm subsidy, military, rental properties, or if you sold over 4 investments, call the Center for a complete list) they will suggest you obtain the service of a paid tax preparer.
- Tax forms will be filed electronically!

DIABETES PATH

Helping you take charge of your diabetes!

Mondays, 1:00pm-3:30pm

Sessions 1-6:
January 23, 30
February 6, 13 (skip 20), 27
and March 6

To register contact:

Call 734-222-9800 or visit
www.nkfm.org/diabetespath

This workshop is offered at no cost to participants.



NATIONAL KIDNEY
FOUNDATION.
of Michigan



MICHIGAN Partners on the
PATH



*The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.



DISABLED AMERICAN VETERANS

Call The Center to schedule a personal conference with Rick.

Certified Lifeguards & Spotters Needed!

Contact us for more information!
(248) 573-8175

Be an Angel! Support The Center for Active Adults

Your \$25 donation will not only earn you Angel Wings, but also help us to continue to offer the extensive programming and vibrant community that our center is known for!

Thank You to the following contributors:

Rachelle R.
Yvonne B.
Michael P.
Carol P.
Susan P.
Phil A.
Jill O.
Gayle N.
Sandy & Victor M.

Lupe E.
Jack M.
Susan W.
Lucy H.
Gail M.
Sandy S.
Sue & Dave T.
Sherry & Paul G.



From Your CAA Director

Season's Greetings!

We have so much to be grateful for!

Thanks for a wonderful holiday season, everyone has been so generous. Lot's of successful fundraising - Our jewelry sale, Be Kind t-shirts, exercise clothing sale, Pop-up Christmas store, Cool Yule Cookie and Cocoa Cupboard, Center Bake Sale and Twelve Days of Christmas Raffle ~ Whew!

We have some wonderful programs to start the new year: National Kidney Foundation, Diabetic Path Classes, AARP Tax Preparation, Lori's Drawing Class, New Soup's On, Phil Weipert - Legal Documents Everyone Should Have, Lunch with the Civitans and a Valentine's Day Party, sponsored by Abbey Park.

Need help with your New Year's Resolution? Join The Center's Walking Club from 4:15- 6:00 Monday thru Friday at Centennial Middle School.

Pickleball, Pickleball, Pickleball- We now offer pickleball three times per week from 5:30 -7:30 Monday, Wednesday and *now* Friday nights too at Ann Dolsen Elementary School in New Hudson. Never played, no worries, we'll get you started.

Warmest regards,
Sherry, Pat, Judy and Carrie

DISCLAIMER!

Although the Senior Center provides information through workshops, seminars and referrals for senior services, we do not endorse any private company; we merely inform consumers of the availability of services that may enhance the lives of seniors outside of the Center for Active Adults. As a consumer, you are encouraged to independently research and ask for references.

Special Thanks to our 12 Days of Christmas Raffle Sponsors:

- Cambrian
- Mike F.
- CAA Wood Carvers
- Blakes Orchards
- CAA Senior Swimmers
- CAA TOPS
- CAA Exercisers
- CAA BINGO & CAA Hand & Foot
- Lockwood
- Cattails
- Rolling Meadows
- Tanglewood
- Abbey Park

ALL MEMBERS & GUESTS:

Please let our front desk know if you have any changes to your membership form information such as address, phone number, email, etc.

If you have not filled out your membership form yet, please do so ASAP! It is important for The Center to be able to count AND connect with you!

Thank you for your help!

SUPPORT THE CENTER WHILE YOU GROCERY SHOP!

Sign up for **Busch's & Kroger's**
Community Rewards Programs
This will not affect your personal points.



To apply, please go online:
www.krogercommunityrewards.com
AND Buschs.com/community
(or we will assist you)

THANKS FOR YOUR SUPPORT!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2	3	4	5
			The Center is closed during holiday break.	
9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble/Wood Carv. 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball	9:15 Kaiut All Level 10:00 Euchre 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	9:15 Kaiut All Level 10:00 Pinocle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games 5:30 Pickle Ball	9:15 All Level Yoga 10:00 Wood Carving 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Kaiut	8:30 T.O.P.S. Weigh-in/Mtg. 13 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gail 11:00 DIA Tip 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers 5:30 Pickle Ball
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**January
2023**

Walking Club
M - F
4:15pm - 6:00pm
(See pg. 6 for details)

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The Center is closed during mid-winter break.

**February
2023**

Walking Club
M - F
4:15pm - 6:00pm
(See pg. 6 for details)



Non-Discrimination Statement

The South Lyon Community School District does not discriminate on the basis of race, color, national origin, sex, disability, weight, religion, or marital status in its programs and activities. The following person has been designated to handle inquiries regarding the nondiscrimination policies:

Brian Toth

Assistant Superintendent for Administrative Services
South Lyon Community Schools
345 S. Warren, South Lyon
South Lyon, MI 48178

Our Mission:

"To encourage the art of living well by building a vibrant community of active individuals, 50 & up, through diverse programming and activities."

Issue: 401

Months: Jan/Feb 2023

Carrie Cavanaugh:
Center Director, Newsletter Editor

Sherry Gjerpen and Pat Mengel and Judy Keeling

Karen Ann Smith:
Newsletter Layout & Design

Find Us Online:
www.slcs.us (Under "Departments")

NEWSLETTER OF SOUTH LYON CENTER FOR ACTIVE ADULTS

Located in SW Corner of South Lyon High School,
Corner of Lafayette (Pontiac Trail) and Eleven Mile Rd.

PHONE NUMBER: 248.573.8175

OFFICE HOURS: MONDAY - FRIDAY, 9:00am - 3:30pm
SUPERINTENDENT OF SCHOOLS, Steven Archibald

SOUTH LYON CENTER FOR ACTIVE ADULTS

345 S. Warren
South Lyon, MI 48178

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