

The Center for



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

(248) 573-8175

Issue: 399 • Sept/Oct 2022

SENIOR SOCIALITES NIGHT



Friday, Oct. 7th & Saturday, Oct. 8th

Puck Drop 7:00pm

TICKET OPTIONS

- \$12/person for game ticket (Parking included)
- \$20/person for Pizza Party (Limited to first 150 guests)



Come See Team USA
take on NCAA Opponents!

FOR MORE INFORMATION PLEASE CONTACT:

Erika Hansen | 734.453.0818 | Erika.hansen@usahockey.org
USA Hockey Arena | 14900 Beck Road | Plymouth, MI 48170

FREE! DIA FREE!



DIA MUSEUM TRIPS!

Sept. 22nd, Oct. 21st and
Nov. 17th

The bus leaves promptly at 11:00am

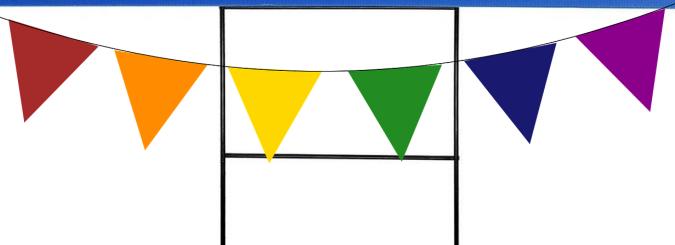
MARK YOUR CALENDAR!

Call The Center to reserve your seat!

First Annual SLSC
Parking Lot Sale!

Saturday, Sept. 10th
9:00am - 3:00pm

*There will be a variety of
treasures to choose from!*



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.

Tough times never last.
Tough people do.

-Robert Schuller

Make & Take Greeting Card Class

Have fun creating 3 unique greeting cards each week

WEDNESDAYS
11:00am - 12:00am

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
"Bird Series"
3rd Wednesday of the month
Sept. 21st and Oct. 19th
12:30pm - 3:30pm
Class fee: \$20

KNIT & CROCHET



Join us
FRIDAYS!

10:00am-12:00pm

Beginners - Advanced Welcome
Drop in anytime!

Anyone Can Paint, EVEN YOU!

Tuesday, Sept. 27th
and

Tuesday, Oct. 25th
10:00am - 12:00pm



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.

FUN & GAMES

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!)

RSVP to the Center

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!

Swimmers Potluck, Sept. 28th
Arrive at 12:00pm and eat at 12:30pm

September 21st
10:30am - 12:00pm

Flu Shot Clinic



Sponsored by **Rite-Aid**

Tech Talk with Andrew

CENTER FOR ACTIVE ADULTS
October 19 & 26, 1:00pm

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

Limited seating! RSVP to The Center

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)



Thank you for your support!!

MISCELLANEOUS

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 Shifferd & Laurie Canfield
Call The Center for an Appointment

CARDIO & WEIGHTS

With Gail Turner
TUESDAYS & FRIDAYS

10:30am - 11:30am

Welcome Back, Gail!

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.

Summer yoga challenge wrap up
Wednesday, Sept. 7th

Fall Yoga Cup Challenge: Attend 20 classes to earn your cup. –While supplies last!

Pre-registration recommended for All-Level Kaiut Classes

Mondays: New instructor, Savita. See pg. 5.
Easy Flow w/Savita : 9:15am - 10:15am

Introduction to Yoga w/Savita: 10:30am - 11:30am
Evening Hatha w/Star: 7:15pm - 8:15pm

Tuesdays:

Kaiut All-Level w/Kymm**: 9:15am - 10:15am
Kaiut Beg +Chair w/Kymm: 10:30am - 11:30am
Evening Kaiut w/Kymm: 7:15pm - 8:15pm

Wednesdays:

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

Thursdays:

Kaiut All-Level w/Kymm**: 9:15am - 10:15am
Kaiut Beg+Chair w/Kymm: 10:30am - 11:30am
Evening Kaiut w/Suzanne*: 7:15pm - 8:15pm

Fridays:

All-Level w/Thad: 9:15am - 10:15am
Kaiut All-Level w/Suzanne*: 10:30am - 11:30am
**Class sizes are limited Pre-registration is advised.

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



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.

Easy flow: 9:15am - 10:15am

Introduction to Yoga - 10:30am - 11:30am

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.

*Take a step back in time...at
the 41st annual
South Lyon Depot Day
Saturday, Sept. 10th
10:00am - 4:00pm*

South Lyon Area Historical Society is inviting the public to attend the annual event at 300 Dorothy Street, South Lyon McHattie Park and Witches Hat Historical Museum and Village.

The day will have activities, demonstrations, and entertainment, including model trains, a craft show, and Old Time Band. There will also be train tides, games and "Story Time in the Schoolhouse" by the Salem/South Lyon District Library.

A silent auction is also planned with proceeds helping to fund the society's barn relocation project.

For more information, contact 248-437-4942.

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.

DPPHealth

Virtual Diabetes Prevention Program

DPP Health is a *virtual* diabetes prevention program.

DPP Health can help you reduce your risk of developing Type 2 diabetes by losing a moderate amount of weight and developing a more physically active lifestyle.

To find out more about DPP Health virtual diabetes program and how to register for the next class, please contact Ed Bohach at ebohach@nkfm.org or call 734-222-9800, ext. 2240.

DDP Health is currently free to anyone who qualifies.

COVERING TOPICS THAT MAY INTEREST YOU:

Mindful eating	Self-Talk
Physical Activity	Stress Management
Social Support	Sleep
Diet Trends & Myths	Plant Based Eating
Triggers	Eating & Activity on-the-go



WALKING CLUB

Centennial Middle School
Free to all
community members

Get ready!
Starts in November
and goes thru March

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!

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 Fee

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

PICKLE BALL

Mondays & Wednesdays

5:30pm - 7:30pm

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



Starting Sept. 9th!

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



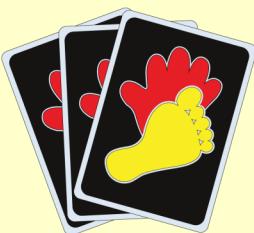
Team up for a game of Mahjong, a Chinese tiles version of Rummy!
Wednesdays at CAA
12:30pm

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

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.

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!

*Looking for
BINGO Callers for
Tuesdays and Fridays*

Call The Center for Details

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

FUN & GAMES

LEISURE & WORKSHOPS



Holiday Singers meet
Every Friday in October
for a spooky medley!

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!



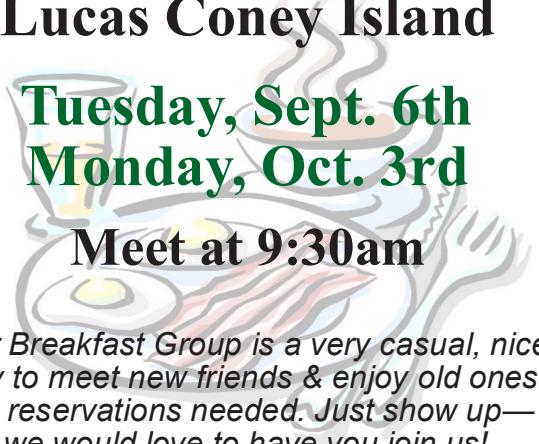
We gratefully accept
donations!
Thank You!!

Please join us for Breakfast

Lucas Coney Island

Tuesday, Sept. 6th
Monday, Oct. 3rd

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!



Come in for a

\$4


Third Wed. and Thurs.
of each month
Sept. 21st and Sept. 22nd
Oct. 19th and Oct. 20th
11:00am – 1:00pm

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

BOOK CLUB

A partnership with Salem-South Lyon Library



**BOOK DISCUSSION DATES:
3rd Wednesday of the Month
11:30am - 12:15pm**

Sept. 21st and Oct. 19th

See list of titles at The Center!

Medical Loan Closet

Do you have old medical equipment collecting dust? The CAA will gladly take donations of wheelchairs, walkers, shower/commode chairs, transfer benches, unopened packages of briefs, and other durable medical equipment. All items are stored at the center and loaned to your fellow community members in need!



NOTE: We cannot accept clothing, shoes, or opened brief packages.

In need of medical equipment? Just ask! We will do our best to help!

Decluttering

YOUR HOME?

DONATE YOUR UNWANTED TREASURES TO US!

Preferred donation items include jewelry, kitchen items, seasonal decorations, greeting cards & books.

All proceeds from "The Closet" (our resale shop) benefit The Center and our programs!

Fidget Mat Class and Kit

**Make and Take Workshop
Cost: \$5.00**

Wed., Sept. 21st at 2:30pm

Fidget blankets are used for the development of motor skills, intellect and imagination. This lap sized mat is intended for use after stroke, or people affected by autism or dementia. Class led by SLHS NHS Students!

Pre-Registration by Sept. 18th is required.



DAV

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:

Kathy U.

William & Pat C.

James & Dianne M.

Cathy H.

Lawrence R.

Wynn H.

Mike F.

John M.

Anna M.



From Your CAA Director

Wow - It has been a busy summer!

Thank you for adjusting with us while the building was under construction.

Special shout out in recognition to Pam, Dave, Sue, Sally, Randy and Pat for all the improvements to The Center during our two week shutdown.

Please join me in thanking Sue Tolonen for helping The Center flourish over the past six years. Sue has decided to officially begin to enjoy retirement with her husband Dave. Active CAA member and community advocate Judy Keeling is joining our team! Please take some of your time to welcome her.

Fortunately, Savita Monroe is joining our team of yoga instructors. Her class descriptions are on page 5 next to our yoga class lineup on page 4.

There is still time to sign-up for our first parking lot sale on Saturday September 10th.

We have added monthly DIA trips to our calendar through December.

Do you like Halloween? Are you naturally enthusiastic? Join our Holiday Singers in October!

The Senior Socialites are coming together again - Our first new adventure will be at USA Hockey October 7th and 8th.

Gratefully-
Pat, Sherry, Sue and Carrie

Life Starts all over again when it gets crisp in the fall.

-F. Scott Fitzgerald

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!



Festival Hours 2022

Saturday, Sept. 24th
10:00 A.M. - 7:00 P.M.

Sunday, Sept. 25th
11:00 A.M. - 6:00 P.M.

COME AND EXPERIENCE THE FUN!

They'll be Downtown booths & vendors along with games & activities:

- Art Contest
- Knot Typing Contest
- Pie Baking Contest
- Pie Eating Contest
- Pumpkinfest Parade
- Pumpkinfest Run
- Scarecrow Contest
- The Pumpkin Carving Guy
- Ultimate Air Dogs



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Intro to Yoga 11:40 Pilates Class 12:45 Ageless Strength 7:15 Evening Yin	9:15 Kaitut All Level 9:30 Breakfast Club 10:00 Euchre 10:30 Kaitut Beg + Chair 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaitut	9:15 Kaitut All Level 10:00 Pinocle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games	9:15 Kaitut All Level 10:00 Wood Carving 10:30 Kaitut Beg + Chair 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Kaitut	8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gail 10:30 Kaitut All-Level 11:45 Exercise w/Card 12:30 BINGO
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September 2022



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October 2022



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: 399
Months: Sept/Oct 2022

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
1000 N. LAFAYETTE
SOUTH LYON, MI 48178

South Lyon Community Schools
345 S. Warren
South Lyon, MI 48178

POSTAL PATRON

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