

The Center for

Active Adults

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

(248) 573-8175

Issue: 404• JULY/AUG 2023

Join us for a bus tour of Kensington Metro Park, ride on the Island Queen, and a box lunch!

Three Dates to Choose from:

- July 25th
- August 1st
- August 16th

Leave The Center at 9:30am, boat ride at 10:00am, and lunch at 11:30am.
Home by 1:00pm.

Enjoy a leisurely cruise on Kent Lake aboard the Island Queen III. You'll be charmed by nature's sights and sounds as you tour the lake on this 46-passenger pontoon boat.



FREE!! Please RSVP

KNIT & CROCHET CLASSES

August 7th, 14th and 21st
9:00am - 11:00am



\$15. Supplies included. Learn about basic stitches and general crocheting and knitting terminology. Complete a pumpkin as in the crochet class. Choose between a cap, hand warmer or headband as you learn to knit.

RSVP Class size is Limited

NEW!

LINE DANCING CLASS

New Classes thru September!

Tuesdays 10:30am - 11:30am

Thursdays 12:00pm - 1:00pm

\$2.00 per class



ARTS & CRAFTS

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.

DRAWING CLASS w/LORI

2nd Wednesdays

1:00pm - 3:00pm

(no class in July)

August 9th: Landscape

\$18. RSVP and pre-payment is required.

Make & Take Greeting Card Class



Have fun creating 3 unique greeting cards each week!

Wednesdays
11am - 12pm

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"

3rd Wednesdays

July 19th & August 16th

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, July 25th

Tuesday, August 22nd

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.

Tech Talk with Andrew

Limited seating! RSVP to The Center

CENTER FOR ACTIVE ADULTS

Wednesdays

**July 19th & August 16th
1:00pm - 2:30pm**

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



GET FIT

ON THE GRAND

Wednesdays: 6:00pm - 8:00pm
July 12th and Aug. 9th

Inspiration Park,
567 Grand River Ave.

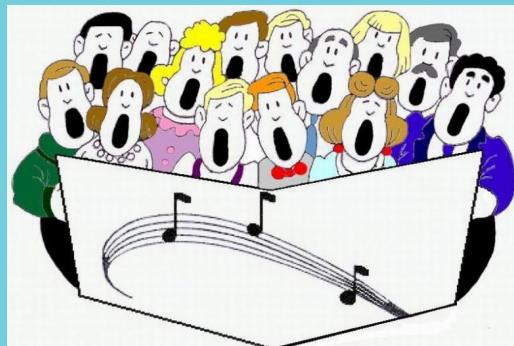
Fun Fitness Activities, Education and Relaxing Wrap Up
For more info: www.funonthegrand.com

LYON
TOWNSHIP



HOLIDAY SINGERS

Reconvening in September
Fridays, 2:00pm



FREE! DIA FREE!

DIA MUSEUM TRIPS!

Friday, July 21st,
Wed., August 9th &
Wed., September 13th

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

Please call The Center for July and August schedule changes

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

CARDIO & WEIGHTS

**Gail Turner returns
after Labor Day**

**Led by Carol, Mondays &
Wednesdays @ 10:30am**

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



Morning Flow Yoga: Morning Flow Yoga is comparable to Moderate Flow Yoga honoring individuals' energetic levels earlier in the morning. This class allows you to arrive and enjoy quiet stillness, warm up and energize the body and leave class ready to enter the rest of your day with vitality and equanimity. It works on Stretching, Strengthening, and balancing. Students must be able to get up and down from the floor on their own.

Yin Yoga: 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. Yin is suitable for all levels of students that are able to get up and down from the floor on their own.

Kaiut Yoga: Kaiut Yoga is a practice designed by chiropractor Francisco Kaiut that focuses on working the joints (instead of stretching the muscles). The format is highly accessible to all people, regardless of flexibility, strength, age, or experience. The Kaiut method isn't about creating pretty shapes. Rather the aim is to help people heal from injury and chronic pain and reconnect with the body's inner wisdom. Students must be able to get up and down from the floor on their own.

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

Yoga with Thad: A lighthearted and fun approach to Hatha Yoga.

Mondays:

9:15 am – Morning Flow with Savita

7:15 pm – Yin with Star (returning May 15)

Tuesdays:

9:15 am – All Level Kaiut Yoga with Kymm

10:30 am – Chair Kaiut Yoga with Kymm

7:15 pm – All Level Kaiut Yoga with Kymm

Wednesdays:

9:15 am – All Level Kaiut Yoga with Kristie

10:30 am – Chair Kaiut Yoga with Kristie

Thursdays:

9:15 am – All Level Kaiut Yoga with Kymm

10:30 am – Chair Kaiut Yoga with Kymm

7:15 pm – All Level Kaiut Yoga with Suzanne

Fridays:

9:15 am – Yoga with Thad

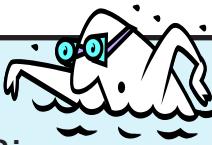
10:30 am – All Level Kaiut Yoga with Suzanne

We have plenty of yoga challenges to keep you inspired!

Contact the Center for more information!

\$5.00 Members | \$8.00 Non-members

SENIOR SWIM



New Location:
SOUTH LYON HIGH SCHOOL EAST
5220 10 Mile Road
South Lyon, MI 48178

Tuesdays & Thursdays

Time Change:
12:45am - 2:00pm

\$3 per person

***Pool closed August 1st & 3rd
for maintenance.**

*Swimmers Potluck:
12:00 Thursday, August 3rd*



The Center is now offering
“Lap Swim”
Tuesdays and Thursdays
during Senior Swim!



**Certified Lifeguards
& Spotters Needed!**

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

COMING SOON!

More details at
Southlyonmi.org & slrec.net

MOVIES in the Park

FREE!

MCHATTIE PARK

FEATURED MOVIES

ENCANTO - JUL. 21

BACK TO THE FUTURE - AUG. 18

TOP GUN: MAVERICK - SEP. 15

PILATES CLASS

Instructor, Stefanie Bethge



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!

Class fee \$5

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

FITNESS & HEALTH

AGELESS STRENGTH

**Weekly Classes
Led by Stefanie Bethge**



MONDAYS*

12:45pm - 1:45pm

***Temp on Hold for
Maternity Leave**

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.

HBP CONTROL A HYPERTENSION SELF-MANAGEMENT PROGRAM

BEGINNING IN SEPTEMBER!
At the Center for Active Adults

Learn how to:

- Monitor your blood pressure
- Cope with stress
- Make healthy food choices
- Create a physical activity plan
- Manage your medications
- Keep personal action plans – and more

Wednesdays at 1:00-2:30pm

Sessions 1-8:

September 27,
October 4, 11, 18, 25,
November 1, 8, 15



NATIONAL KIDNEY
FOUNDATION
of Michigan

Registration Required! To sign up:
Call the Center at (248) 573-8175

*This workshop is offered at no cost
to participants.*

MASSAGE THERAPY

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



MONDAYS
9:00am - 11:00am

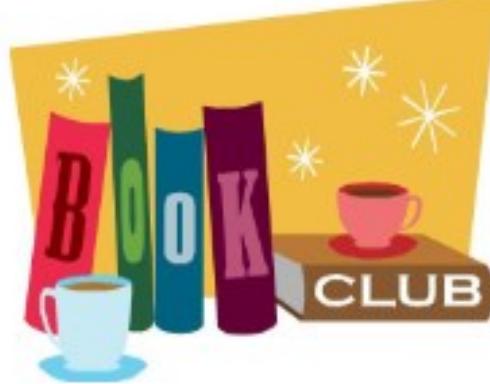
**\$20.00 for 25-Minutes
Seated Massage**

Our Myomassologists offer:

- Reflexology
- Pressure Point
- Swedish
- Lomi Lomi

*Certified Myomassologists:
Joan Shifford & Laurie Canfield
Call The Center for an Appointment*

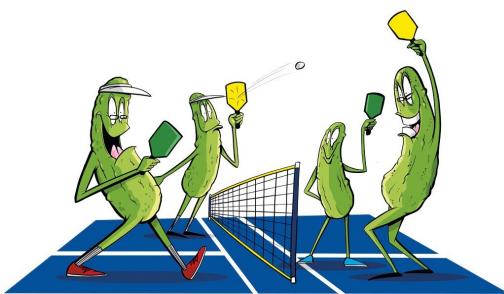
A partnership with Salem-South Lyon Library



BOOK DISCUSSION DATES:
3rd Wednesday of the Month
July 19th & August 16th
11:30am - 12:15pm

See list of titles at The Center!

PICKLE BALL



See you in the fall!

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



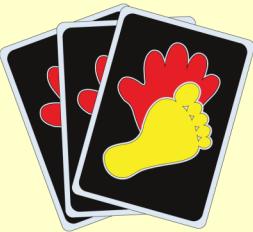
Team up for a game of Mahjong, a Chinese tiles version of Rummy!
Wednesdays at CAA
12:30pm

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.

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.

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, July 3rd
And Monday, August 7th



at 9:30am
*Our Breakfast Group is a very casual, nice way to meet new friends & enjoy old ones.
No reservations needed*



Come in for a



QUICK LUNCH

11:00am – 1:00pm

August 16th

(No Quick Lunch in July)

USED BOOK SALE

**Come to The Center
to see our pop-up
specials!**

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



We hope you're enjoying your summer!
Keep cool and spend time 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.

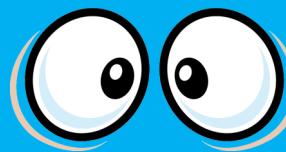
In need of medical equipment? Just ask! We will do our best to help!

SOUTH LYON UNITED METHODIST CHURCH MEDICAL LOAN CLOSET *NOW UP and RUNNING!*



Please contact: Jen Denny to donate or loan equipment.

jendenny@southlyonumc.org



Check it out!

The Center for Active Adults now has a web page!

www.CenterForActiveAdults.com



"Keep Our Center Growing!" Spring Fundraising Campaign

Every contributor adds a flower to our tree, helping to keep The Center flourishing.

CENTER CLOSINGS!

First two weeks in July

See you
July 17th!



DAV

DISABLED AMERICAN VETERANS

Call The Center to schedule a personal conference with Rick

Be an Angel! Support The Center for Active Adults

Your 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:

Susan D.	Sue L.
Rose and Jerry B.	Lucille R.
Wayne and Connie M.	Sandy M.
Kathie and Scott B.	Wanda L.
Lois C.	Sandy T.
Karolyn T.	Pat C.
Judith A.	Loralee and Jeff R.
Linda D.	Denise W.
Arlene R.	Phil A.
Wynn H.	Dorothy R.
Jo R.	Elizabeth K.



From Your CAA Director

Thank you for another wonderful year!

We have so many reasons to be proud of our center and the community that we have built together since reopening -

A huge thank you to all of our wonderful instructors:

Stefanie - Ageless Strength and Pilates Classes
 Mike, Kathy, Bev, Dee and Karen -AARP Tax Preparation
 Steve - Anyone Can Paint Classes
 Andrew - Book Club and Tech Talks Workshops
 Faith, Judy and Sharon - Card Making Classes
 Thad - Civitans
 Rick - DAV Representative
 Gail, LaShawn and Caitlin - National Kidney Fndn. Classes
 Lori - Drawing Classes
 Carol - Exercise Classes
 Gail and Paul - Fitness Classes
 Grace - Holiday Singers Instruction
 John - Identity Workshop
 Phil - Legal Advice Workshop
 Steve - Line Dancing Classes
 Joan and Laurie - Massage
 Byron - Medicare Workshop
 Carrie, Jeff, Roberta, Sue + Rick - Pickleball Program
 Sally and Mary - Quick Lunch
 Judy, Sally and Carrie - Soup's On
 Joan, Cliff, Katy and Carrie - Senior Swim
 Sally, Sarah, Mary and Randy - T.O.P.S.
 Sharon - Walking Club
 Mi - Watercolor Painting
 Savita, Star, Kristie, Suzanne, Thad and Kymm - Yoga

We look forward to continuing to build this vibrant community with you, as we enter a new fiscal year on July 1st!

Gratefully, Judy, Pat, Sherry and Carrie

Celebrating 150 years

The City of South Lyon Presents 2023 Summer Concert Series McHattie Park Historic Village Fridays, 7:00pm - 8:30pm

7/07	Detroit Social Club	Blues/Motown
7/14	One Love Reggae	Reggae
7/21	Fast Eddie	Oldies Rock
7/28	Judy Bunker Band	Old-time Country
8/04	Leaky Tiki's	Jimmy Buffet Trib.
8/11	Nobody's Business	Rock-a-Billy
8/18	Gemini	Family Entertain.
8/25	Randy Brock Group	Classic Rock



Bring your lawn chairs or
blankets & join us at
Inspiration Park
Wednesdays, 6pm-8pm
56730 Grand River Ave.

July 5 Mr. Moody

July 19 Toppermost Beatles Tribute

Aug. 2 One Love Reggae Band

Aug. 16 August Scott Band

For more info and complete flyer, please check out
www.lyontwp.org or call 248.437.2240



FREE BUSING to MUSIC on the GRAND!

Want to attend the **Music on the Grand Summer Concerts**, but don't want to drive? We are now offering free shuttle service from People's Express from the Center for Active Adults AND Abbey Park beginning at 5pm each night. (Shuttle will return to each site throughout the night!) See list above.

For more info: www.funonthegrand.com

Transportation sponsored by:
 Law Office of
 Julie A. Paquette



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 9:30 Breakfast Group	4 	5  14	17 CENTER CLOSED UNTIL JULY 17th	6 7
9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 Evening Yin	17 9:15 Kaiut All Level 10:00 Euchre 10:30 Line Dancing 10:30 Kaiut Beg + Chair 12:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	18 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games	19 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand & Foot 12:45 Senior Swim 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening Kaiut	20 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 All Level Kaiut 10:30 Cardio & Weights 11:00 DIA Trip 11:45 Exercise w/Carol 12:30 BINGO
9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 Evening Yin	24 9:15 Kaiut All Level 9:30 Kensington Boat Ride 10: Euchre/Anyone Can Paint 10:30 Line Dancing 10:30 Kaiut Beg + Chair 12:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	25 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games	26 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand & Foot 12:45 Senior Swim 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening Kaiut	27 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 All Level Kaiut 10:30 Cardio & Weights 11:45 Exercise w/Carol 12:30 BINGO
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	August 2023			
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	7 9:00 Massage by Appt. 9:00 Knitting & Crochet Class 9:15 Easy Flow Yoga 9:30 Breakfast Group 10:00 Scrabble 10:00 Wood Carving 7:15 Evening Yin	8 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Line Dancing 12:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	9 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:00 DIA Trip 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games 1:00 Drawing w/Lori - Landscape	10 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand & Foot 12:45 Senior Swim 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening Kaiut
	14 9:00 Massage by Appt. 9:00 Knitting & Crochet Class 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 Evening Yin	15 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Line Dancing 12:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	16 9:15 Kaiut All Level 9:30 Kensington Boat Ride 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making/Quick Lunch 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games 1:00 Tech Talk w/Andrew	17 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand & Foot 12:45 Senior Swim 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening Kaiut
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The Center for



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: 404

Months: July/August 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.CenterForActiveAdults.com

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
www.CenterForActiveAdults.com

SOUTH LYON CENTER FOR ACTIVE ADULTS

1000 N. LAFAYETTE
SOUTH LYON, MI 48178

NON-PROFIT
PERMIT
No. 2
South Lyon,
Mich.