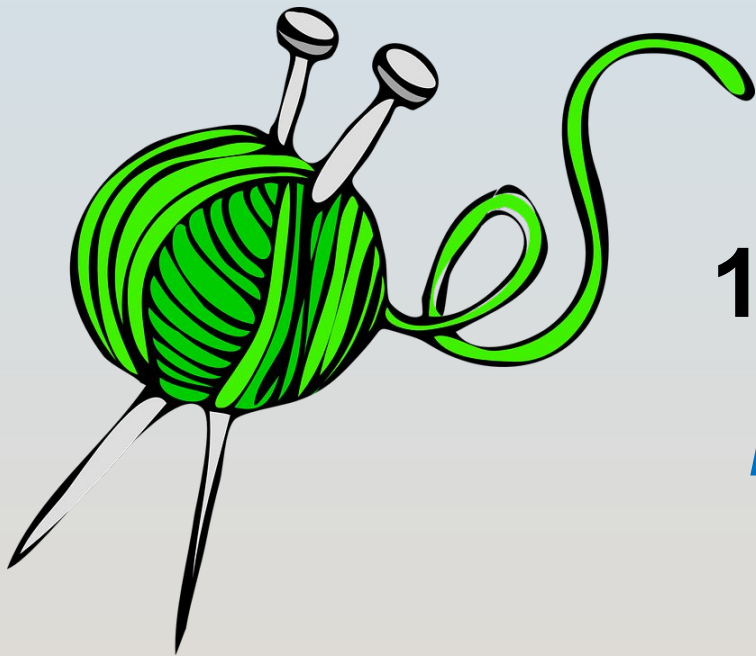


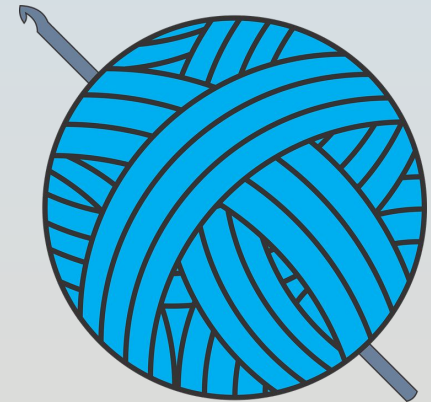
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# Learn to **KNIT & CROCHET**



**FRIDAYS**  
**10:00am - 12:00pm**

***Beginners - Advanced  
Welcome***



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# Anyone Can Paint, EVEN YOU!



## Acrylic Landscape Painting 4th Tuesday of the Month 10:00am - 12:00pm

**\$23.00 for each session payable to South Lyon CAA**

- ♦ Fee includes brushes, paints, canvas & instruction
- ♦ Students should bring a margarine size tub plastic 10" dinner plate & paper towels
- ♦ Students will complete 1 painting at each session
- ♦ For more details on the current project, contact the center or see the center's program

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

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# MASSAGE THERAPY

## MONDAYS

9:00am - 11:00am

\$20.00 for 25-Minutes



Certified Myomassologist:  
Joan Shifferd & Laurie Canfield  
*Call The Center for an Appointment*

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# EXERCISE CLASS with 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.*

**WEDNESDAYS & FRIDAYS**

**11:45pm - 12:45pm**

pre-registration is required!

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# Wood Carving & Conversation

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

Enjoy the camaraderie of working  
with other carvers.

If you're new to wood carving, the experienced  
carvers will gladly get you started.

All levels  
from novice to  
experienced  
wood carvers  
are welcome.

NO YEARLY DUES REQUIRED

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Call The Center to schedule  
a personal conference with **Rick: 248.573.8175**

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**MONDAYS**

**12:45pm - 1:45pm**

**Class fee: \$4**

# AGELESS STRENGTH

***Weekly Classes  
Led by Stefanie Bethge***

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.

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# BINGO!

**Tuesdays - 2:00pm - 3:00pm**

**Fridays - 12:30pm - 1:45pm**

25 cents/card; play multiple cards

Bring a friend! All Welcome!

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# YOGA



**We offer a large variety of yoga such as: All level Yang Yoga, Yin, Kaiut Yoga (includes beginner and Chair, and Easy Flow).**

**Find out more by calling The Center or from our activity program.**

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



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A partnership with  
Salem-South Lyon Library

# BOOK CLUB

**BOOK DISCUSSION DATES:**

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

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# **BREAKFAST BUNCH**

**Meet us for breakfast at Lucas Coney Island**



**First Monday of the Month**

**(Unless a holiday, then the 2nd Monday)**

**Meet at 9:30am**

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## South Lyon Center for Active Adults

***FREE!***    **DIA MUSEUM TRIPS!**    ***FREE!***

**MARK YOUR CALENDAR!**

**Contact The Center for  
Dates of Trips**



*The bus leaves promptly at 11:00am*

**Call The Center to reserve your seat!**

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## **DRAWING CLASSES with Lori Ellsworth**

**2nd Wednesdays  
1:00pm - 3:00pm**

**Contact The Center for more Details**

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

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A photograph of a silver laptop and a black smartphone resting on a wooden desk. The laptop is open, and the smartphone is lying flat next to it. The text 'Tech Talk with Andrew' is overlaid in a large, bold, red font.

# Tech Talk with Andrew

**CENTER for ACTIVE ADULTS**

**3<sup>rd</sup> Wednesdays**

**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!

*Limited seating! RSVP to The Center*

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*Introduction to*

# *Watercolor Painting*



**Class fee: \$20**

Instructor, Mi Berry

**3rd Wednesdays**

12:30pm - 3:00pm



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**T.O.P.S**  
**Take off Pounds Sensibly**  
**EVERY FRIDAY**

**Weigh-In: 8:30am - 9:15am**  
**Meeting: 9:30am -10:15am**

**\$45 New Members • \$37 Existing members**

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

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

**TUESDAYS, 1:00pm - 3:00pm**

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**TUESDAYS 10:00am - 12:00pm**

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## Hand & Foot Card Club

**THURSDAYS**

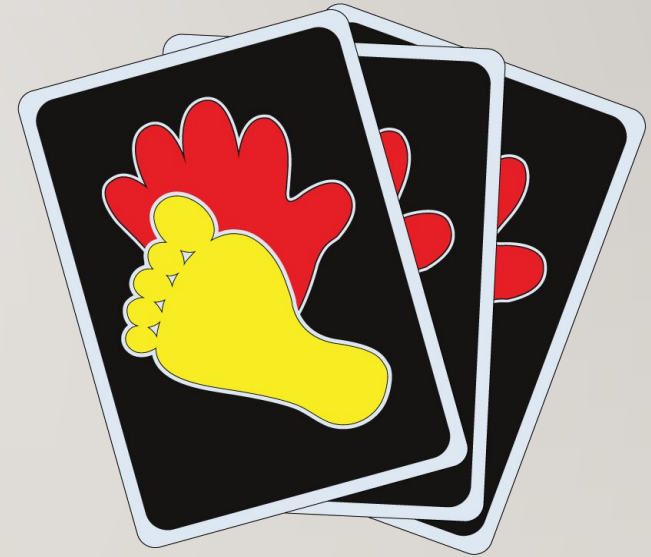
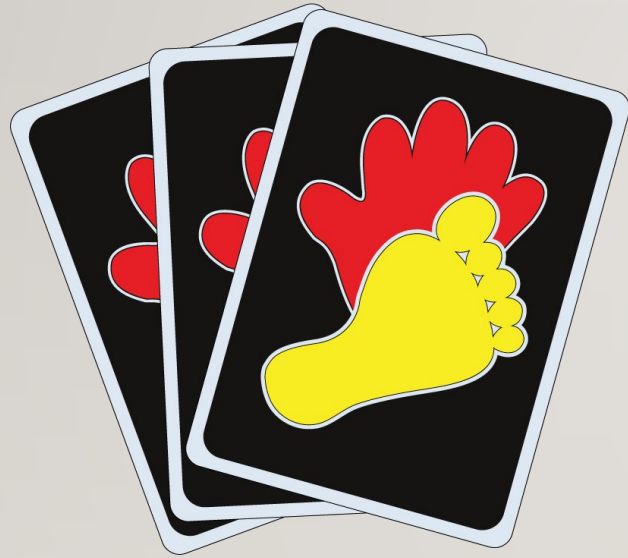
**12:00pm - 3:30pm**

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

Newcomer? Need a refresher?

Come in from 11:30am - 12:00pm  
for instruction. Everyone is Welcome!

Games start at 12:00pm



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# MAHJONG

Wednesdays at CAA  
12:30pm

Team up for a game  
of Mahjong, a  
Chinese tiles version  
of Rummy!

Come by and  
give it a try!



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S C R A B B L E  
Club



**Every Monday**  
**10:00am - 12:00pm**

*All are welcome!*

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Every Wednesday



**B.Y.O.G.**

(Bring Your Own Game)

*...and B.Y.O.F.*

(Bring Your Own Friends!)

**Bring it on!**

**1:00pm - 3:00pm**

**Please RSVP to the Center**

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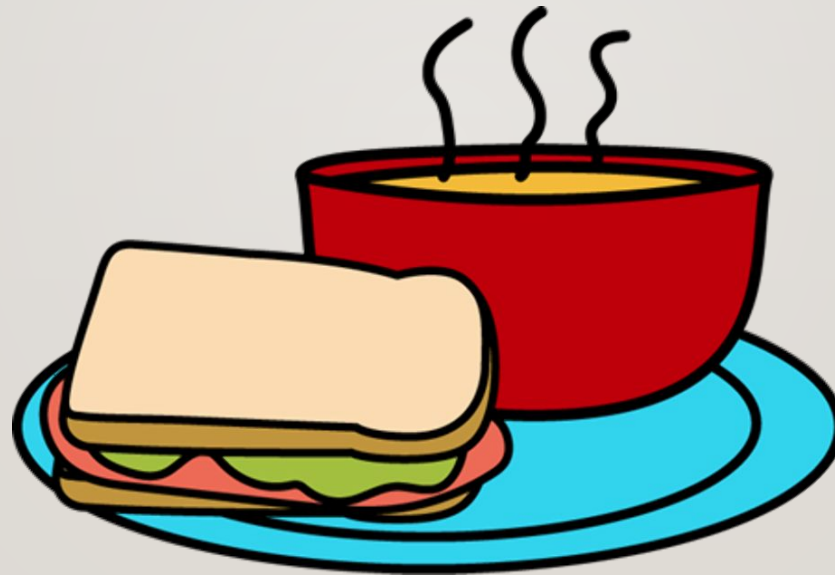
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Come in for a

# QUICK LUNCH

11:00am – 1:00pm

Call The Center for Dates



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## HOLIDAY SINGERS

**Practice on Fridays, 2:00pm - 3:00pm**

*(No practices during June)*



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# SENIOR SWIM

**New Location:**

SOUTH LYON HIGH SCHOOL  
EAST

5220 10 Mile Road  
South Lyon, MI 48178



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

.....  
**\$3 per person**



The Center is now offering  
**Lap Swim**  
On Tuesdays and Thursdays  
during Senior Swim!

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## MAKE & TAKE GREETING CARD CLASS



**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.***

Have fun creating 3  
unique greeting cards  
each week!

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