

The Center for



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

(248) 573-8175

Issue: 403 • MAY/JUNE 2023

## Public Notice

### More than 88,000 Sports Trading Cards for Sale!



Pictured above:  
50,000+ baseball cards!

4 LOTS of Trading Card Collectibles  
for Sale by Sealed Bid

Lot 1 Baseball      Lot 2 Football      Lot 3 Basketball      Lot 4 Hockey  
50,000+ cards      22,000 + cards      6,500+ cards      8,500 + cards  
and misc.

Minimum Bid \$500 per lot

Dates: May 16 - 19, 2023

**Bid Process:** Sealed written bids will be accepted from May 16th 8:00 am until May 19th 2023 at 2:00pm. Viewing by appointment only, will be available on May 16th, 17th and 18th between 12:00 - 8:00pm.

Call The Center for Active Adults for more details and to  
schedule your appointment today!  
(248) 573.8175

## DRAWING CLASSES w/Lori Ellsworth

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

May 10th:  
Horse

June 14th:  
Floral



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

YOU'RE INVITED to our  
SPRING SALAD LUNCHEON  
&  
BABY SHOWER  
FOR STEFANIE

Friday, May 19th  
12-noon at The Center, \$7

Singers,  
shower games  
and prizes

Seating is limited!  
RSVP by May 16th



# 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.

## YARN SALE! MONTH OF JUNE



## 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

3rd Wednesdays  
May 17th and June 21st  
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, May 23rd

Tuesday, June 27th

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.

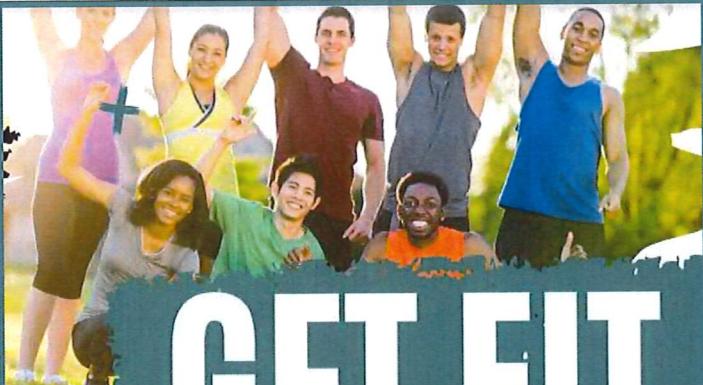
MUST PRE-PAY BY 12-NOON, MONDAY BEFORE CLASS on TUESDAY! MINIMUM 6 STUDENTS NEEDED.

# Tech Talk with Andrew

Limited seating! RSVP to The Center

CENTER FOR ACTIVE ADULTS  
May 17th & June 21st  
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  
June 14th, 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](http://www.funonthegrand.com)

LYON  
TOWNSHIP



## HOLIDAY SINGERS

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

Performances: Baby Shower Medley in May for momma-to-be & baby  
-Not meeting during June



FREE! DIA FREE!

## DIA MUSEUM TRIPS!

May 17th and  
June 15th

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

(Gail Turner returns after Labor Day)

**TUESDAYS w/Paul  
& FRIDAYS w/Carol  
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

**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**

**11:45am - 1:45pm**

No open swim May 1st - 19th

**\$3 per person**



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



### Certified Lifeguards & Spotters Needed!

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



### "Keep Our Center Growing!" Spring Fundraising Campaign

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

## 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**

*Call the center for updated schedule in June*

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



See you next year!

### COMING SOON!

More details at  
[Southlyonmi.org](http://Southlyonmi.org) & [slrec.net](http://slrec.net)

## MOVIES in the Park



**MCHATTIE PARK**  
FEATURED MOVIES  
ENCANTO - JUL. 21  
BACK TO THE FUTURE - AUG. 18  
TOP GUN: MAVERICK - SEP. 15

**FREE!**

## MASSAGE THERAPY

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



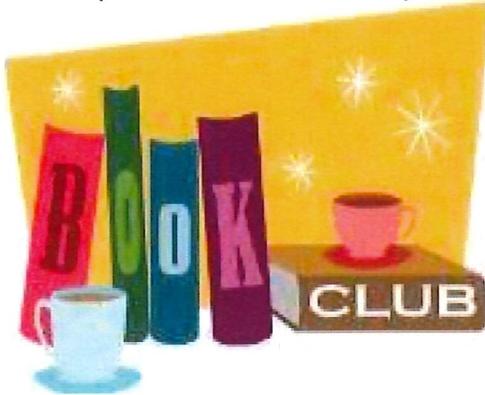
**MONDAYS**  
9:00am - 11:00am  
**\$20.00 for 25-Minutes Seated Massage**

Our Myomassologists offer:

- Reflexology
- Pressure Point
- Swedish
- Lomi Lomi

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

A partnership with Salem-South Lyon Library



**BOOK DISCUSSION DATES:**  
**3rd Wednesday of the Month**  
**May 17th, June 21st**  
**11:30am - 12:15pm**

See list of titles at The Center!

**PICKLE BALL**  
**Monday thru Thursday!**  
**5:30pm - 7:30pm**

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



**Last Night of the Season, June 14th**

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.

### Jewelry Sale!

June 12th,  
13th and 14th

A variety of  
beautiful, elegant  
and fun styles!



At The Center

### 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, May 1st  
And Monday, June 5th

Meet 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

June 21st

(no serving in May)

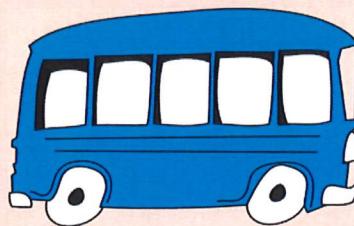


**USED**

**BOOK  
SALE**

Month of June  
Buy 4 get 5th Free!

**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](http://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](http://peoplesexpressmi.com)

**AARP INCOME TAX PREP**

**TAX TIME**

THANK YOU to our wonderful volunteers  
Mike, Kathie, Bev, Dee and Karen for  
another great year!

Over 350 tax returns completed! Wow!

## 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](mailto:jendenny@southlyonumc.org)

## WANTED: BINGO PRIZES for CAMP CIVITAN



Camp Civitan is a 4-day summer camp for individuals with mild to moderate developmental disabilities in June.

Items needed are: *flashlights, hats, sunglasses, coloring books, crayons, beads, playing cards, craft items, standard size personal care items (shampoo, conditioner, body wash, deodorant), hair brushes/combs, costume jewelry, puzzle books, cologne, gently used purses, make-up bags, small stuffed animals.*

There will be a donation box at the Center for Active Adults. Thank you!



Kensington Valley  
Civitan Club

## CENTER CLOSINGS

**Memorial Day Weekend**  
Friday May 26th and  
Monday May 29th

**Summer Maintenance**  
July 3rd - July 14th  
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 \$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:

Debbie M.	Ruth W.	Roger L.
Nick D.	James W.	Pat L.
Eileen & Terry T.	Pam J.	Adele T.
Shirley G.	Jan B.	Clementine F.
Janet H.	Rhonda P.	Lois F.
Terry C.	Heidi S.	Yvonne B.
Phil A.	Al M.	William G.
Sally K.	Janet H.	Richard B.
Wendy L.	Phil S.	Archie S.
Lois G.	Harris C.	Julius K.
William M.	Monica P.	Joyce S.
Carol B.	Catherine C.	Theresa O.
Susan W.	Ella F.	Liz A.
Sharon D.	Marian J.	Linda U.
Judy C.	Joseph G.	Barb C.
Elizabeth C.	Mary G.	Danny C.
Jackie P.	Dorothy M.	Larry H.
Kathie S.	Joan S.	Donna H.
Judith S.	Linda L.	Barb Z.
Don S.	Pauline W.	Norm M.
Bonnie O.	Mary R.	Sandra O.
William O.	Rosemary G.	
Dawn W.	Michelle D.	
Sharon H.	Bob H.	
Don H.	Suzanne H.	



### 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.

### From Your CAA Director

Thank you!

The Center for Active Adults now has 4,880 members.

So very grateful for everyone who continues to make our center this vibrant community!

Warmest regards,  
*Carrie*

## Celebrating 150 years

The City of South Lyon Presents  
2023 Summer Concert Series  
McHattie Park Historic Village

6/23	Joyriders	60s-90s Hits
7/07	Detroit Social Club	Blues/Motown
7/14	One Love Reggae	Reggae
7/21	Fast Eddie	Oldies Rock
7/28	Judy Banker 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.

- June 7 Five Become West
- June 21 Wag the Dog
- 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](http://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](http://www.funonthegrand.com)

Transportation sponsored by:  
Law Office of  
Julie A. Paquette



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast at Lucas 10:00 Scrabble/Wood Carving <b>10:00 Matter of Balance</b> 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball	1	9:15 Kaitut All Level 10:00 Euchre 10:30 Fitness w/Paul 10:30 Chair Kaitut Yoga 1:00 Dominoes 2:00 BINGO 5:30 Pickle Ball 7:15 Evening Kaitut	2	9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games 5:30 Pickle Ball	3
9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble/Wood Carving <b>10:00 Matter of Balance</b> 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball	8	9:15 Kaitut All Level 10:00 Euchre 10:30 Fitness w/Paul 10:30 Chair Kaitut Yoga 1:00 Dominoes 2:00 BINGO 5:30 Pickle Ball 7:15 Evening Kaitut	9	9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Drawing Class 1:00 Fun & Games 5:30 Pickle Ball 7:15 Evening Kaitut	10
9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble/Wood Carving <b>10:00 Matter of Balance</b> 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball 7:15 Evening Yin	15	9:15 Kaitut All Level 10:00 Euchre 10:30 Fitness w/Paul 10:30 Chair Kaitut Yoga <b>12:00 Sport Cards Preview</b> 1:00 Dominoes 2:00 BINGO 5:30 Pickle Ball 7:15 Evening Kaitut	16	9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:30 Book Club -DIA Trip 11:45 Exercise w/Carol 12:30 Mahjong/Watercolor 1:00 Tech Talk w/Andrew 1:00 Fun & Games 5:30 Pickle Ball 7:15 Evening Kaitut	17
9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:00 Matter of Balance 11:40 Pilates 12:45 Ageless Strength 5:30 Pickle Ball 7:15 Evening Yin	22	9:15 Kaitut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Fitness w/Paul—C.Yoga 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 5:30 Pickle Ball 7:15 Evening Kaitut	23	9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games 5:30 Pickle Ball 7:15 Evening Kaitut	24
The CENTER is CLOSED	29	9:15 Kaitut All Level 10:00 Euchre 10:30 Fitness w/Paul 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 5:30 Pickle Ball	30	9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games 5:30 Pickle Ball	31
<b>memorial DAY</b>				<b>THE CENTER IS CLOSED</b> <b>memorial DAY</b>	26

**MAY**  
**2023**



The CENTER is CLOSED

9:00 Massage by Appt.  
9:15 Easy Flow Yoga  
10:00 Scrabble  
10:00 Wood Carving  
10:00 Matter of Balance  
11:40 Pilates  
12:45 Ageless Strength  
5:30 Pickle Ball

9:00 Massage by Appt.  
9:15 Easy Flow Yoga  
10:00 Scrabble/Wood Carving  
**10:00 Matter of Balance**  
11:40 Pilates Class  
12:45 Ageless Strength  
5:30 Pickle Ball  
7:15 Evening Yin

9:00 Massage by Appt.  
9:15 Easy Flow Yoga  
10:00 Scrabble/Wood Carving  
**10:00 Matter of Balance**  
11:40 Pilates Class  
12:45 Ageless Strength  
5:30 Pickle Ball  
7:15 Evening Kaitut

9:00 Massage by Appt.  
9:15 Easy Flow Yoga  
10:00 Scrabble/Wood Carving  
**10:00 Matter of Balance**  
11:40 Pilates Class  
12:45 Ageless Strength  
5:30 Pickle Ball  
7:15 Evening Kaitut

9:00 Massage by Appt.  
9:15 Easy Flow Yoga  
10:00 Scrabble/Wood Carving  
**10:00 Matter of Balance**  
11:40 Pilates Class  
12:45 Ageless Strength  
5:30 Pickle Ball  
7:15 Evening Kaitut

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**5**





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: 403  
Months: May/June 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](http://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**

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