

The Center for



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



(248) 573-8175

Issue: 400 • Nov/Dec 2022



Ticket Sales Start Nov. 14th! Contact The Center for more details!

FREE! DIA FREE!



DIA MUSEUM TRIPS!

Nov. 17th and Dec. 15th

The bus leaves promptly at 11:00am

MARK YOUR CALENDAR!

Call The Center to reserve your seat!

The Cookie Cupboard Bake Sale

Dec. 5th - 7th
10:00am - 1:00pm

Calling all bakers!



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.

No act of kindness, no matter how small, is ever wasted.

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

"Bird Series"

3rd Wednesday of the month

12:30pm - 3:00pm

Class fee: \$20



KNIT & CROCHET



Beginners - Advanced Welcome
Drop in anytime!

Join us
FRIDAYS!
10:00am-12:00pm

Anyone Can Paint, EVEN YOU!

Tuesday, Nov. 22nd
and

Tuesday, Dec. 20th

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

CENTER FOR ACTIVE ADULTS
Nov. 9th and Dec. 14th, 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

HOLIDAY SINGERS

Practice on Fridays in
Nov. - Dec. at 2:00pm

Performances:

Witches Hat Chapel, Dec. 3rd
Kiwanis Dinner, Dec. 12th
Cocoa and Caroling, Dec. 16th



Cool Yule Bake Sale



Dec. 3rd
5:30pm - 8:00pm

Witches Hat
Freight House
South Lyon



IDENTITY THEFT PREVENTION WORKSHOP



In-Person: "Protect Yourself from Identity Theft" info with John Hogan from Comerica Bank

Wednesday, Dec. 7th
2:00pm - 3:00pm

Understand what identity theft is, where it happens, how your identity can be misused, and how you can protect yourself.



RSVP The Center by Dec. 5th

Medicare

Questions and Answers
2023 Workshop
with Bryon Brock

Wednesday, Nov. 16th
1:00pm - 2:00pm

with time for Q & A afterward
RSVP Monday, Nov. 14th

COCOA and CAROLING



Dec. 16th
1:30pm- 3:00pm
At 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 Fee

NOTE: No class Nov. 18th, Dec. 21st and Dec. 23rd

*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.

Plenty of yoga challenges to keep you inspired! Contact The Center for more details!

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.

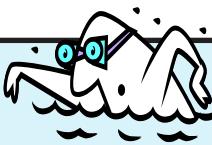
\$5 per session. \$8 non-members

Pre-registration recommended for All-Level Kaiut Classes

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, Wednesday

December 7th, 12:00- 1:30

Arrive at 12:00pm and eat at 12:30pm

5

Facts about *Kaiut Yoga*

1. The essence is **ancient yoga** combined with concepts from **other therapeutic practices**.
2. The focus is on the **joints**, extending mobility and resorting the body's structure and functioning ideas.
3. Each position has a **well-defined function**, having an effect on one or several joints at the same time.
4. In the Kaiut Method, spontaneous meditation happens through **safe joint stimulation**.
5. The method adapts the ancient practice of yoga to the **needs of modern human life**.

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

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*

WALKING CLUB



**Get ready!
Starts November
1st and goes thru
March!**

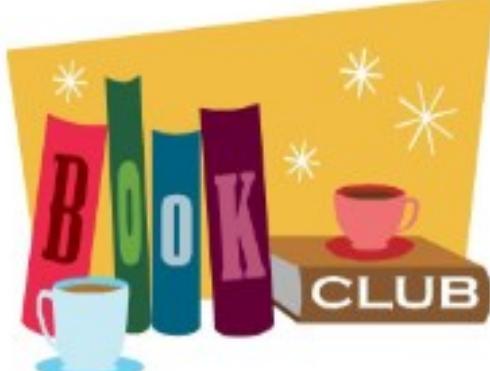
M-F 4:15pm - 6:00pm

Centennial Middle School
**Free to all
community members**

*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!

A partnership with Salem-South Lyon Library



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

Nov. 16th. No Meeting in Dec.

See list of titles at The Center!

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



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

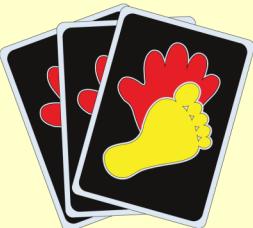
Join us for a casual game of drop-in Pinochle!



PINOCHLE anyone?

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!)

RSVP to the Center

FUN & GAMES

LEISURE & MISC.

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

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, Nov. 7th
Monday, Dec. 5th

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
QUICK LUNCH

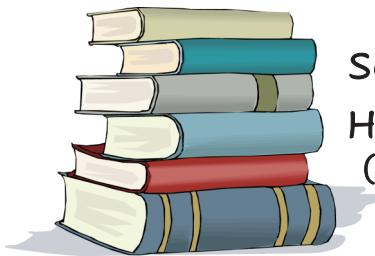
November 16th only

Sally's Special

11:00am – 1:00pm

(No lunches served in Dec.)

Visit the CAA Library!
BOOK SALE

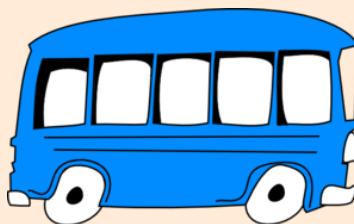


Soft Cover 25¢

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

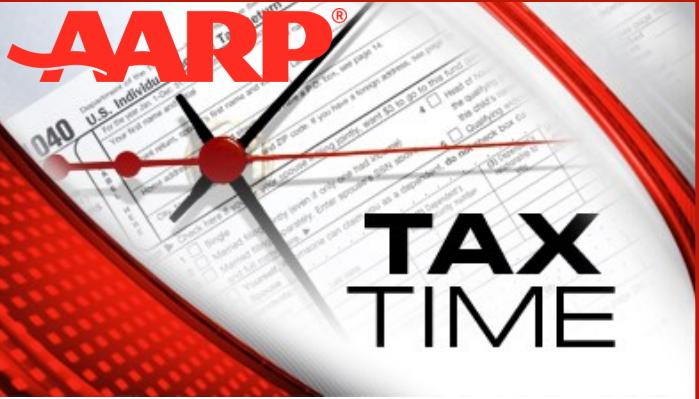
For more info: www.livgov.com/lets

Oakland County Residents:

People's Express

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

For more info: peoplesexpressmi.com



Tax time is just around the corner!

Keep your fingers crossed, we are looking for volunteers!

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!

CENTER CLOSINGS

Thanksgiving Break

Nov. 23rd - Nov. 25th

Christmas Break

Dec. 26th and reopens
Jan. 8th, 2023



Nov. 15th - 17th

JEWELRY SALE

10:00am - 2:00pm

At The Center



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:

Alice A.	Erlah L.
Dorothy R.	Mary J.
Phil A.	James B.
Judy C.	Gail M.
Karolyn T.	Carol F.
Jodi I.	



From Your CAA Director

If you think this fall was action packed, wait until you learn about all our November and December plans! Could you use some holiday sparkle? The Center is hosting a Jewelry Sale and Christmas pop-up shop in November.

Like to sing or even hum holiday favorites? Join The Center's Holiday Singers. We have an afternoon of Cocoa and Caroling together too.

Like holiday baking but don't want to eat all of it on your own? - Calling ALL BAKERS for our annual sale at The Witch's Hat Historical Village during Cool Yule December 3rd and at The Center afterwards.

Need help deciding what to buy for Christmas gifts? Get ideas or perhaps even win one of our 12 Day of Christmas Raffle baskets.

Have questions about Medicare 2023 changes? We have a workshop for you.

Would you and your friends like an afternoon of culture? Hop on the motorcoach for a free trip to the Detroit Institute of Arts.

Want to learn how to access more information with your smart devices? Come to The Center and let Andrew help.

Worried about Identity Theft? We have an Identity Theft Prevention Workshop too.

*Don't forget to RSVP so we know you are coming.
Happy Holidays!

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.



KIWANIS CLUB OF SOUTH LYON



**ANNUAL SENIOR DINNER
MONDAY, DEC. 12th, 2022**

South Lyon High School

**Doors Open: 5:00pm
Dinner: 5:30pm**

Special guest appearance by the man himself!

PLEASE SHARE WITH FRIENDS!

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
<p>Walking Club begins Nov. 1st! See page 6!</p> 	<p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p>	<p>1 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 5:30 Pickle Ball</p>	<p>2 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Kaiut</p>	<p>3 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 Kaiut All-Level 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers</p>
<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 10:30 Intro to Yoga 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball 7:15 Evening Yin</p>	<p>7 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p>	<p>8 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 1:00 Tech Talk w/Andrew 5:30 Pickle Ball</p>	<p>9 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Kaiut</p>	<p>10 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Kaiut</p>
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			<p>CLOSED FOR THANKSGIVING BREAK</p>	<p>November 2022</p>





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: 400
Months: Nov/Dec 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

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