

The Center for



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

(248) 573-8175

Issue: 397 • May/June 2022



Limited seating!
RSVP to The
Center

iPhone Tips and Techniques

with Salem-South Lyon Library's Andrew

Wednesday, June 1st

1:00pm - 2:00pm

Great Apps for Seniors TED Talks, Podcasts and More

with Salem-South Lyon Library's Andrew

Wednesday, June 15th

1:00pm - 2:00pm

PILATES WORKSHOP

Instructor, Stefanie Bethge

Mondays

11:40am - 12:40pm

Class fee \$5



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.

Salad Lunch

Wednesday, June 8th
12:00 noon

Cost: \$10

Includes lunch, entertainment by Captain Mark, and a take-home tabletop growing kit.
RSVP! Limited seating



Captain Mark is sponsored
by Randall Residence and
will perform at 12:30pm.

RANDALL
RESIDENCE

at Encore Village

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 & competitions
- Please bring a drop cloth to catch your shavings.



It's not about being the best.
It's about being better than you were yesterday.

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

Spaces are 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

Flower Series

Wednesdays

March 16th and April 20th

12:30pm - 3:30pm

Class fee: \$20 and
One-time supply fee: \$15

KNIT & CROCHET



Join us
FRIDAYS

10:00am-12:00pm

Beginners - Advanced Welcome
Drop in anytime!

Anyone Can Paint, EVEN YOU!

Tuesday, May 24th
and

Tuesday, June 28th
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



DIA MUSEUM TRIPS!

MARK YOUR CALENDAR!

**May 5, June 23, July 21,
August 25, and Sept. 22**

Leaving at 11:00am

Call The Center for Details



A Salute to America!



Holiday Singers every Friday starting, May 6th @ 2:00pm

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



Dates TBD

We're looking at late July or early August.

EVENTS & MISC

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!!

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
Summer Guest Instructor, Paul
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!



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.

Call The Center for more details.

**Summer Yoga Challenge: Stay tuned for details
starting June 1st**

Mondays:

All Level Yoga/Yang w/Star: 9:15am - 10:15am
Beginner's Yoga w/Star: 10:30am - 11:30am
All Level Yin Yoga 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
\$45 for 10 classes**

Pre-registration recommended for All-Level Kaiut Classes

CAPERNNAUM HEALTH CLINIC

July 18-22

Provides FREE health care through a coalition of South Lyon area churches, for those without adequate coverage. Mammograms will be at Fellowship Church the week before. The Clinic will have medical, dental, optical and audiology. *Appointments are necessary for mammograms and most clinic services.*

NEXT EVENTS: MAMMOGRAMS, July 14th

FELLOWSHIP EVANGELICAL PRESBYTERIAN CHURCH

22200 Pontiac Trial, South Lyon Mi 48178
Those with insurance are also welcome for mammograms.

It is necessary to call Cathy by July 8 for an appointment. 248-437-1744, ext. 1

ST. JOES CATHOLIC CHURCH

830 N Lafayette St (Pontiac Trial)
South Lyon Mi 48178

*Appointments are necessary for most services.
Call 248-225-4581 for appointments and information*

AGELESS STRENGTH

**Weekly Classes
Led by Stefanie Bethge**

MONDAYS

12:45pm - 1:45pm

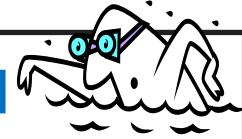
Class fee: \$4



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.

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 - 1:30pm

Swim times change June 21st, T/TH 12:30pm -2:30pm

**Cost: \$3.00 per swim
or 10 swim passes for \$25**

Purchase passes at the Center and visit with us after you swim!

TIPS & TRICKS with CARRIE



First Tuesday of the month during Senior Swim

MAY JUNE

Spend 30 minutes brushing up on your swimming skills.

Included with daily swim fee.

*Looking for
BINGO Callers for
Tuesdays and Fridays*

Call The Center for Details



**CAA Closed
Monday,
May 30th
to observe
Memorial Day**

FITNESS & HEALTH

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*

**See you
next year!**

*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

No classes June 8th and 10th

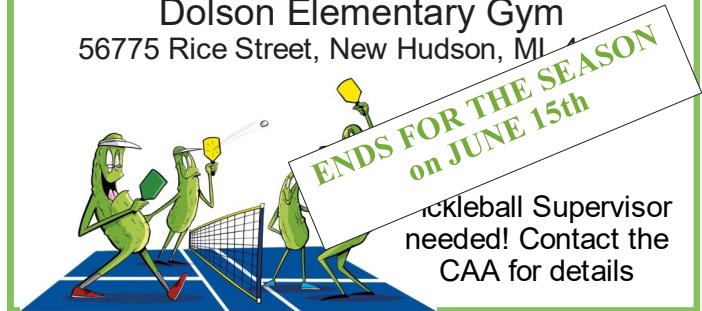
*Class size is limited-
Pre-registration is Advised!*

PICKLE BALL

Mondays & Wednesdays

5:30pm - 7:30pm

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



*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



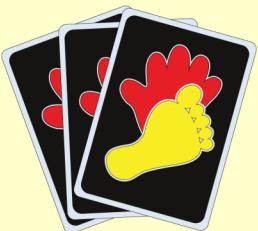
Team up for a game of Mahjong, a Chinese tiles version of Rummy!
Wednesdays at CAA
12:30pm

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



WEDNESDAYS
10:00am - 12:00pm
FRIDAYS
1:00pm - 3:00pm

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!

FIND the HIDDEN OBJECT

Look through this issue and see if you can find the hidden lady bug (see below). The first one to contact The Center with the "find" will win a \$20 certificate toward classes!!

(actual size)



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

Renaming Contest for The Library and The Closet

We are renaming The Library because our books are for sale, not for loan. Submit an idea!



We are renaming The Closet because the items for sale are way too nice not to be seen and used in your homes. Any ideas?

Contact The Center for more details!

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!



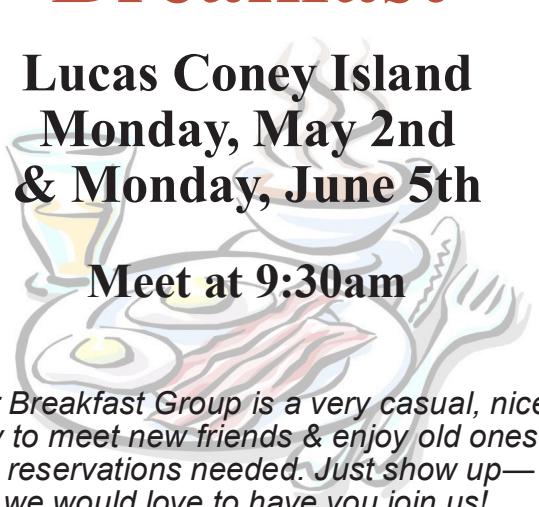
*We gratefully accept
donations!
Thank You!!*

Please join us for Breakfast

Lucas Coney Island
Monday, May 2nd
& 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. Just show up—we would love to have you join us!



Come in for a

\$3
QUICK LUNCH

Third Wed. and Thurs. of each month

11:00am – 1:00pm



May 18th and 19th
Chicken Salad Croissant

No QL in June

Visit the CAA Library! **BOOK SALE**



Soft Cover 25¢

Hard Cover 50¢
(unless marked)

Games, puzzles, CDs & movies
as marked

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**

May 18th and June 15th

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!

JEWELRY SALE

June 6, 7, 8

10:00am - 2:00pm
At The Center

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!



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



LEISURE / WORKSHOPS

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:

Sally K.
Linda D.
Dorothy M.
Lois & Melvin G.
Ellen F.
Marian J.
Jan B.
Norm M.
Sharon & Dan H.
Wanda L.
Heidi S.
Joe & Kathy G.

Susan M.
Chuck & Dee S.
Kathy S.
Dorothy M.
Mary A.
Theresa O.
Shirley C.
Ron & Star M.
Mary R.
Don & Judith S.

From Your CAA Director

Guess What?! We are implementing our Kiosk based registration system! Please come in early to update your membership information and receive your bar-coded key tag.

We have some great upcoming programs:

- Captain Mark is performing at our annual salad luncheon, Wednesday, June 8th.
- Pilates is now a weekly class before Ageless Strength on Mondays at 11:40am.
- Andrew from the Salem-South Lyon District Library is hosting two workshops.
- We are signed up for monthly free bus trips to the Detroit Institute of Arts
- Stay tuned for more information about our Summer Yoga challenge starting June 2nd.

We are grateful for all our volunteers, especially David Smith from the United Methodist Church for painting our classroom walls and our AARP Tax Specialists— Kathie, Mike, Dee and Karen.

With our sincere gratitude,
Pat, Sherry, Sue and Carrie

Join Us
at the CENTER



We have so much to offer;
games, arts & crafts,
yoga and exercise classes,
workshops, clubs, and
plenty more!

We look forward to
having you join
in the fun!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 Massage by Appt. 9:15 All Level Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 11:40 Pilates 12:45 Ageless Strength 5:30 Pickleball 7:15 Evening Yin	2 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 11:45 Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	3 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 Pickleball	4 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 Pickleball	5 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:00 DIA Trip 11:30 Intro to Hand and Foot 11:45 Swim 12:00 Hand & Foot 7:15 Evening Kaiut
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Have a safe
and happy
Memorial Day!

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June 2022						
	9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 11:45 Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	9:15 Kaiut All Level 10:00 Pinocle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 iPhone Tips & Techniques 1:00 Fun & Games 5:30 Pickleball	1 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:00 DIA Trip 11:30 Intro to Hand and Foot 11:45 Swim 12:00 Hand & Foot 7:15 Evening Kaiut	2 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 Levels 11:45 Exercise w/Card 12:30 BINGO		
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	27	9:00 Massage by Appt. 9:15 All Level Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 11:40 Pilates 12:45 Ageless Strength 1:15 Evening Yin	28 9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 12:30 - 2:30 Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	29 9:15 Kaiut All Level 10:00 Pinocle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Fun & Games	30 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand and Foot 12:30 - 2:30 Swim 12:00 Hand & Foot 7:15 Evening Kaiut	



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: 397
Months: May/June 2022

Carrie Cavanaugh:
Center Director, Newsletter Editor

Sherry Gjerpen and Pat Mengel
Office Coordinator

Sue Tolonen:
Admin. Asst. and Project Coordinator

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

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