

The Center for



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

(248) 573-8175

Issue: 398 • July/August 2022

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 29th
- August 2nd
- August 9th

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**



**FREE!**

## **DIA MUSEUM TRIPS!**

**MARK YOUR CALENDAR!**

**July 21, August 25,  
and Sept. 22**

The bus leaves promptly at 11:00am

*Call The Center to RSVP*

**As a part of The Center's  
Summer Yoga Challenge:  
"Kaiut with  
Francisco Kaiut"**

**Via ZOOM:  
Wednesday, July 20th  
9:00am - 10:30am**

**RESERVE YOUR SPOT** for a rare opportunity to practice with Francisco Kaiut, the creator of The Kaiut Yoga Method!

**ZOOM CLASS SIZE IS LIMITED**  
**Sign up today!**

# 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.

Don't count your days,  
Make your days count.

## 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"

Wednesdays

July 20th and August 17th

12:30pm - 3:30pm

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 26th  
and

Tuesday, August 23rd  
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!)

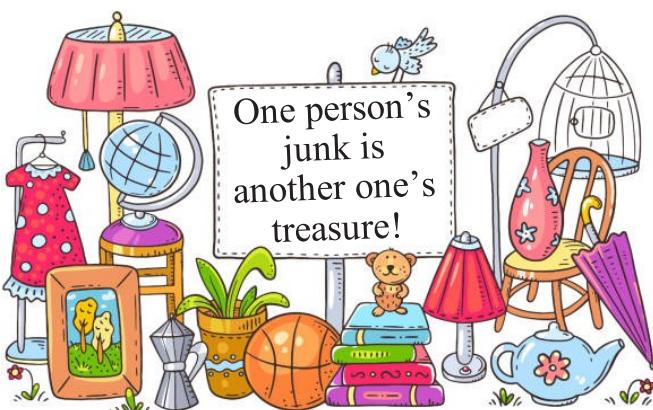
RSVP to the Center

Have too much stuff?  
Want to be a part of a  
community sales event?

We are hosting our first  
Parking Lot Sale!

**Saturday, Sept. 10th**  
**9:00am - 3:00pm**

Rent a parking space at The  
CAA: \$20 includes a table.



## **iPhone Tips and Techniques**

with Salem-South Lyon  
Library's Andrew

**Wednesday, August 17th**

**1:00pm - 2:00pm**

*and*

## **Great Apps for Seniors, TED Talks, Podcasts and More**

with Salem-South Lyon  
Library's Andrew

**Wednesday, August 24th**

**1:00pm - 2:00pm**

*Limited seating! RSVP to The Center*

## **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](http://www.krogercommunityrewards.com)  
AND [Buschs.com/community](http://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**  
**(Gail is back for July)**

## TUESDAYS & FRIDAYS

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.

Call The Center for more details.

**Summer yoga challenge underway!  
Join the fun!**

**Pre-registration recommended for All-Level Kaiut Classes**

### Mondays:

All Level Yoga/Yang w/Star: 9:15am - 10:15am

Beginner's Yoga w/Star: 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**

## PILATES CLASS

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.*

## AGELESS STRENGTH

Weekly Classes  
Led by Stefanie Bethge



**MONDAYS**

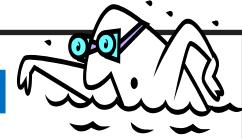
12:45pm - 1:45pm

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**  
**12:15pm - 2:15pm**

**Cost:** \$3.00 per swim

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

### 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!

*Looking for  
BINGO Callers for  
Tuesdays and Fridays*

*Call The Center for Details*

## CAA Closed

**Summer Break:  
July 1st - 15th**



**Have a safe and happy  
4th of July**

## 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](mailto: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**

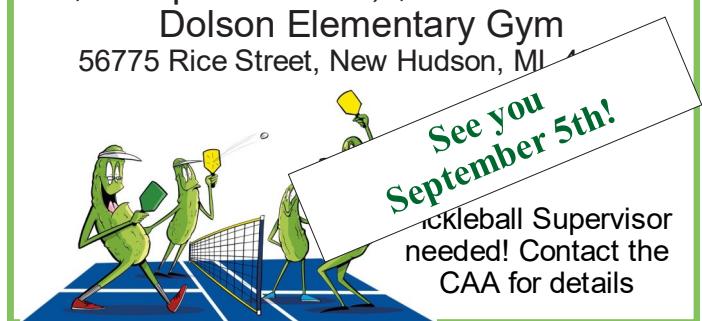
*Class size is limited-  
Pre-registration is Advised!*

## PICKLE BALL

**Mondays & Wednesdays**

**5:30pm - 7:30pm**

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



## 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



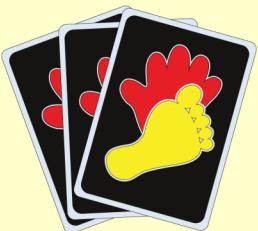
Team up for a game of Mahjong, a Chinese tiles version of Rummy!  
Wednesdays at CAA  
12:30pm

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

## 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 beach umbrella (see below). The first one to contact The Center with the "find" will win a \$20 certificate toward classes!!

(actual size)

## 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

FUN & GAMES

# LEISURE & WORKSHOPS



Holiday Singers will reconvene in October for a spooky medley.

## 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

Tuesday, July 5th  
Monday, August 1st

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

Third Wed. and Thurs.  
of each month  
11:00am – 1:00pm

July 20th and 21st  
August 17th and 18th

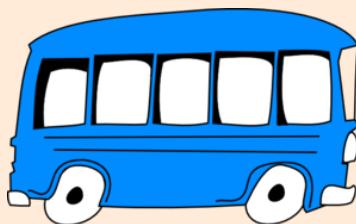
Visit the CAA Library!  
**BOOK SALE**



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](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)

# BOOK CLUB



A partnership with Salem-South Lyon Library

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

**July 20th & August 17th**

*See list of titles at The Center!*

LEISURE / WORKSHOPS

## 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!*

## Fidget Mat Class and Kit

**Make and Take Workshop  
Cost: \$5.00**

**Wednesday, August 30th**

**1:00pm - 2:30pm**

Fidget blankets are used for the development of motor skills, intellect and imagination.

This lap sized mat is intended for use after stroke, or people affected by autism or dementia.

Pre-Registration by August 28th is required.



# DAV

**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:

Phillip L  
Carrie C  
Irene P  
Laurie M  
Rachelle R  
In Memory of Sally Crouch  
Michele J  
Gail N  
Donna and Art C  
Carol R  
Phillip A  
Judi D  
Christine M  
Denise W  
Judy K.



## From Your CAA Director

Wow!

A year ago we reopened our doors, embracing COVID -19 protocols.

In many ways we are better than we were before, with new classes and workshops, an improved facility, and even a computerized registration system.

Thank you to all our wonderful instructors, staff and members. Together and vibrant again!

Gratefully,  
*Carrie*



## 2022 Summer Concert Series

McHattie Park  
Historic Village

Fridays, 7:00pm - 8:30pm  
the McHattie Park Gazebo

June 24 Howlin' Mercy	Heavy Blues
July 8 Nobody's Business	Rockabilly
July 15 One Love Reggae	Reggae
July 22 Fast Eddie	Oldies Rock
July 29 Gemini	Children & Family Enter.
Aug. 5 Detroit Social Club	Blues & Motown
Aug. 12 Randy Brock Group	Classis Rock
Aug. 19 Judy Banker Band	Classic Country
Aug. 26 TBD	TBD

If concert is rained out, an announcement will be posted on [www.southlyonmi.org](http://www.southlyonmi.org) and the City sign.



Bring your own lawn chairs or blankets & join us at INSPIRATION PARK  
56730 Grand River Ave., New Hudson, MI  
Wednesdays, 6 - 8pm

July 13th Motown Magic

July 27th Boot Scootin' Bash

Aug. 10th Chart Toppers

For more info: 248.437.2240 or [www.lyontwp.org](http://www.lyontwp.org)



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9:00 Massage by Appt. 9:15 All Level Yoga 9:30 Breakfast Club 10:00 Scrabble & Wood Carving 10:30 Beginning Yoga 11:40 Pilates 12:45 Ageless Strength 7:15 Evening Yin	1 9:15 Kaiut All Level 9:30 Island Queen Metro Park 10:00 Euchre 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Fun & Games 2:00 BINGO 7:15 Evening Kaiut	2 9:15 Kaiut All Level 9:30 Island Queen Metro Park 10:00 Euchre 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Fun & Games 2:00 BINGO 7:15 Evening Kaiut	3 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 2:00 BINGO 7:15 Evening Kaiut	4 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand and Foot 12:00 Hand & Foot 12:15 Senior Swim 7:15 Evening Kaiut	
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#### 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: 398  
Months: July/August 2022

Carrie Cavanaugh:  
*Center Director, Newsletter Editor*

Sherry Gjerpen and Pat Mengel  
*Office Coordinators*

Sue Tolonen:  
*Admin. Asst. and Project Coordinator*

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.