

The Center for



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

(248) 573-8175

Issue: 402 • MAR/APRIL 2023



A MATTER OF BALANCE

MANAGING CONCERNs ABOUT FALLS

National Kidney Foundation
of Michigan
in Partnership with
Center for Active Adults

A Matter of Balance (MOB) is an
8-week workshop for people who are
Concerned about falling

This workshop can help you:

- Learn to prevent falls
 - Learn to manage falls
 - Make safe changes at home
 - Improve balance & flexibility
- MOB Includes:
- Participant workbook
 - Exercise routine starting at third class
 - Guest healthcare speaker
 - Certificate after completion

March 20,
April 3, 10,
17, 24,
May 1, 8, 15
10:00am - 12:00pm
Register at the Center

DRAWING CLASSES w/Lori Ellsworth

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

March 8th: Dog



April 12th: Cat

May 10th: Horse

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

UKRAINIAN EGG DYING CLASS

\$15



Wednesday, March 22

1:00pm - 3:00pm

Class size is very limited, RVSP today!

St. Patrick's Day BINGO!

March 17th @ 12: 00pm
Lunch with performance
of CAA Holiday Singers
1:00pm BINGO! Begins
\$7 with Lunch
\$3 BINGO only



LUNCH: Potato Bar with Reuben Bites and
Ice Cream filled Cream Puffs
RSVP Required - Contact the Center

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.

If you want to fly,
give up everything
that weighs you
down.

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

3rd Wednesdays
March 15th & April 19th
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, March 21st

Tuesday, April 25th



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.

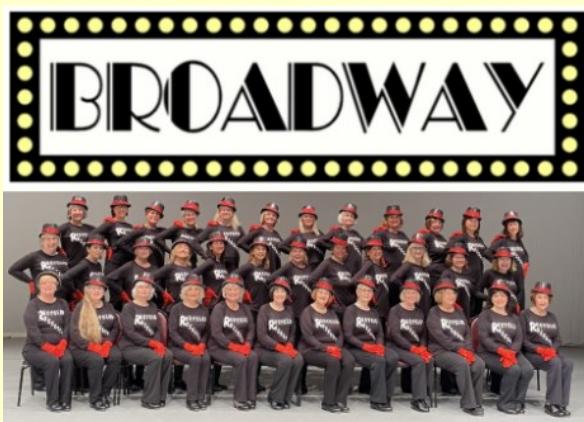
Tech Talk with Andrew

Limited seating! RSVP to The Center

CENTER FOR ACTIVE ADULTS
March 15th and April 19th
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!

**Hartland Senior Center's
Recycled Rockettes
"Broadway" Show**
Tuesday, May 16 at 1:30pm



Tickets with transportation from CAA are \$15
RSVP and prepayment required

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!

HOLIDAY SINGERS

Practice on Fridays

2:00pm - 3:00pm

Performances:

St. Patrick's Day Medley
at BINGO Party, March 17th



FREE! DIA FREE!

DIA MUSEUM TRIPS!

March 16th
April 14th and May 17th

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

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 yokes 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.

We have plenty of yoga challenges to keep you inspired! Contact The Center for more details!

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

Mondays:

Easy Flow w/Savita: 9:15am - 10:15am

Tuesdays:

Kaiut All Level w/Kristie: 9:15am - 10:15am

Kaiut Beg + Chair w/Kristie: 10:30am - 11:30am

Evening Kaiut w/Kristie: 7:15pm - 8:15pm

Wednesdays:

Kaiut All-Level w/Kristie: 9:15am - 10:15am

Kaiut Beg+Chair w/Kristie: 10:30am - 11:30am

Thursdays:

All-Level w/Savita: 9:15am - 10:15am

Kaiut Beg+Chair w/Suzanne: On-hold

Evening Yin w/Star 7:15pm - 8:15pm until 3/23

Evening Kaiut w/Suzanne: On-hold

Fridays:

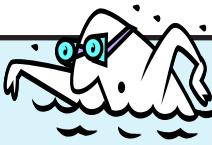
All-Level w/Thad: 9:15am - 10:15am

Kaiut All-Level w/Suzanne: On-hold

Suzanne returns 3/23 and

Kymm returns 4/25

SENIOR SWIM



MOVING TO:
SOUTH LYON HIGH SCHOOL EAST
5220 10 Mile Road
South Lyon, MI 48178

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

\$3 per person

Pool Stairs Available



Certified Lifeguards & Spotters Needed!

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

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.

FITNESS & HEALTH

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.



"Keep Our Center Growing!" Spring Fundraising Campaign

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

WALKING CLUB



Last day is
March 24th.
Thank you for
joining us!

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

Centennial Middle School
*Free to all
community members*

Hey, look! Pickle Ball is
on Monday, Wednesday
and Friday!



MASSAGE THERAPY

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



MONDAYS
9:00am - 11:00am

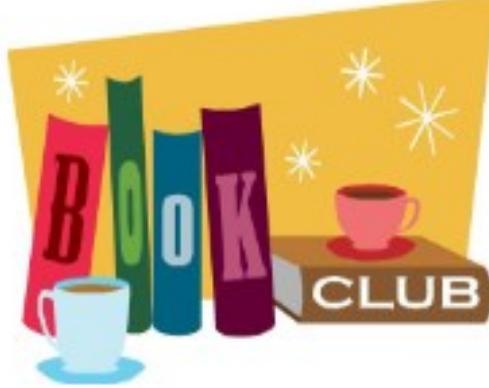
**\$20.00 for 25-Minutes
Seated Massage**

Our Myomassologists offer:

- Reflexology
- Pressure Point
- Swedish
- Lomi Lomi

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

A partnership with Salem-South Lyon Library



BOOK DISCUSSION DATES:
3rd Wednesday of the Month
March 15th, April 19th
11:30am - 12:15pm

See list of titles at The Center!

PICKLE BALL

**Mondays, Wednesdays
& Now Playing on Fridays too!**

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!



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.



Last Tuesday of
the Month

April 25th

11:00am - 1:00pm
\$3.00 per person

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, March 6th
And Monday, April 3rd

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!



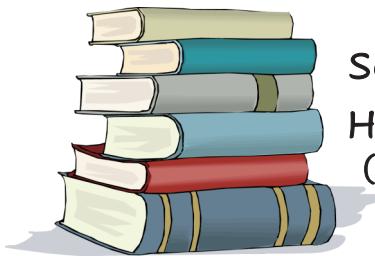
Come in for a

\$4
QUICK LUNCH

11:00am – 1:00pm

April 19th
Soup and Salad Bar
with Dessert

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

AARP INCOME TAX PREP

TAX TIME

Need an AARP tax appointment? Please call the CAA for appointment availability.

248.573.8175

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

**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

SPRING BREAK

March 27th - 31st

and

GOOD FRIDAY, April 14th

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:

Marilyn B.
Phil A.
T.O.P.S
Rose K.
Lucy Z.
Marilyn F.
Carolyn B.
Freya D.
Spark Plugs
Dennis M.
Julie T.
Linda D.

Alice S.
Phil L.
Alice G.
Star and Ron
M.
Shirley and
Tom D.
Lucy Z.
Sue A.
Dianna T.
Lynda L.
Judi D.

Joan S.
Diane W.
Helen M.
Janice B.



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.



April 22, 2023

From Your CAA Director

Hi!

Wow - We are busy! Plenty of members are honoring their New Year's resolutions with us at The Center.

80 new members joined The Center in January. Our response to Phil Weipert's "Legal Documents Everyone Should Have" workshop was so great that we ended up filling a 2nd workshop.

The Diabetes Path Class sponsored by The National Kidney Foundation and taught by Gail and Caitlin is full.

Lori's Drawing Workshop was so popular that she is now offering monthly classes.

75 members enjoyed listening to our Holiday Singers during our Valentine's BINGO Luncheon sponsored by Abbey Park.

There are 200 AARP Tax Preparation appointments scheduled this season.

We have already collected \$1,300 towards our \$5,000 goal for The Center's "Keep Our Center Growing" Spring Fundraising Campaign.

A special thank you to everyone who attended and to everyone who helped make these programs possible!!

Hope to see you soon,
Sherry, Pat, Judy and Carrie

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!

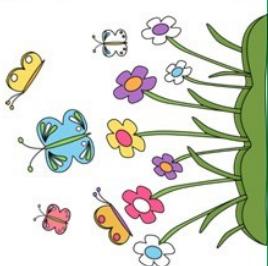
Sign up for **Busch's & Kroger's**
Community Rewards Programs
This will not affect your personal points.



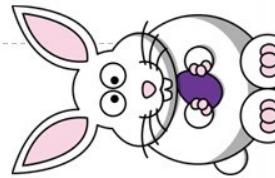
To apply, please go online:
www.krogercommunityrewards.com
AND Buschs.com/community
(or we will assist you)

THANKS FOR YOUR SUPPORT!

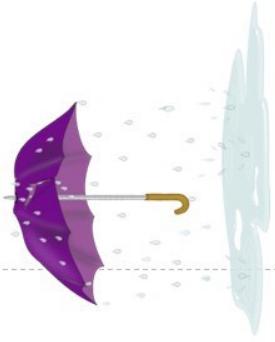
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<h1>March 2023</h1>			
9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast at Lucas 10:00 Scrabble/Wood Carving 11:40 Pilates Class 12:45 Ageless Strength 1:00 Diabetes Path 5:30 Pickle Ball	9:15 Kaiut All Level 10:00 Euchre 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Fun & Games 5:30 Pickle Ball	9:15 All Level Yoga 10:00 Wood Carving 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Yin	2 8:30 T.O.P.S. Weigh-in/Mtg. 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gail 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers 5:30 Pickle Ball
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		27	28	29
				30
				31
				SPRING BREAK
				Walking Club's last day is March 24th.



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9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Matter of Balance 10:00 Scrabble/Wood Carving/ Jewelry Sale 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball	10 9:15 Kaiut All Level 10:00 Euchre 10:00 Jewelry Sale 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	11 9:15 Kaiut All Level 10:00 Pinochle/Jewelry Sale 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Drawing Class 1:00 Fun & Games 5:30 Pickle Ball	12 9:15 All Level Yoga 10:00 Wood Carving 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot	13 8:30 T.O.P.S. Weigh-in/Mtg. 14 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gail 11:00 DIA Trip 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers 5:30 Pickle Ball
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9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Matter of Balance 10:00 Scrabble/Wood Carving 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball	24 9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Fitness w/Gail 11:00 Soups On 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	25 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:30 Mahjong 1:00 Fun & Games 5:30 Pickle Ball	26 9:15 All Level Yoga 10:00 Wood Carving 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot	27 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 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers 5:30 Pickle Ball



**APRIL
2023**





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: 402
Months: March/April 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 (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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