

The Center for



# Active Adults

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

(248) 573-8175 [www.centerforactiveadults.com](http://www.centerforactiveadults.com)

Issue: 410 • JULY/AUG 2024



## CAA DETROIT TIGER GAME September 12th



**\$25.00 per member**  
Paid in Advance (no refunds)

**Board People's Express 10:30am**

**Depart for Comerica Park 10:45am**

**Arrive at Comerica Park 12:00pm**

**Game Time 1:10pm vs. Rockies**

**Approximate Departure Time 4:15pm**

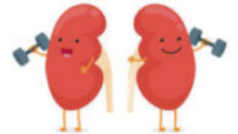
**Est. Time of Arrival to South Lyon 5:30pm**

## KIDNEY HEALTH & DIABETES

**FREE EDUCATIONAL SESSIONS**

**Where:**

Center for Active Adults  
1000 N Lafayette Street  
South Lyon, MI 48178



**When:**

Monday, August 19 1:00 – 2:00pm

or

Wednesday, August 21 1:00 – 2:00pm

RSVP to The Center



**Shoe Us  
the Love!**

The Center for  
Active  
Adults

**Donate your  
gently worn,  
used and new  
shoes today!**

Help us raise funds just by donating gently worn, used and new shoes! Be sure to ask friends, family, neighbors and co-workers to donate too!

Collected shoes not only help support us, but they will be reused and given a second life by those in need through #microenterprise. It's a WIN-WIN!

**Location**

The Center  
1000 N. Lafayette  
Door #32

**Dates**

Runs until  
August 15th

**Contact**

248.573.8175  
or  
Centerforactive  
adults@slsc.us

## KENSINGTON PARK BOAT TRIPS Island Queen Tour

August 8th, 14th & 22nd

Enjoy a 45-minute long cruise  
taking in nature and hearing history  
and interesting facts about  
Kensington Metropark

*Members only registration opens  
Monday July 15th*

## WOOD CARVING AT ALL LEVELS

**Mondays & Thursdays  
10:00am - 1:00pm**



- 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.

Welcoming new faces! No tools or experience required!

## Hungry Howie's

FLAVORED CRUST PIZZA



Fundraiser coming in September!  
\$25 gets you many discounts and it goes toward a good cause!

**Included:**  
Absolutely free pizzas, breadsticks, and more!

**Over \$100 in discounts!**

## Make & Take Greeting Card Class



Have fun creating 3 unique greeting cards!

**1st & 4th Wednesdays  
11:00am - 12:30pm**

Only \$10.00 per class, payable to the instructors  
(Includes materials for all 3 cards)

*Space is limited - RSVP the Monday before class by texting or calling the instructors. Call Judy or Faith or The Center to pre-register.*

## Introduction to Watercolor Painting

Instructor, Mi Berry

**"Summer Theme"**

**July 17th & August 21st  
12:30pm - 3:00pm**

Class fee: \$20

Pre-registration and payment required.

## KNIT & CROCHET

Join us  
**FRIDAYS!**

**10:00am-12:00pm**



**Beginners - Advanced Welcome**  
*Drop in anytime!*

## Anyone Can Paint, EVEN YOU!



**Tuesdays, July 23rd  
& August 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**  
**2 Wednesdays:**  
**July 17th and August 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!*

## ACE WORKSHOP

September 26th, 1:00pm -2:30pm  
 RSVP Requested

The Pair of ACE's

**ADVERSE CHILDHOOD EXPERIENCES**

- Maternal Depression
- Emotional & Sexual Abuse
- Substance Abuse
- Domestic Violence
- Physical & Emotional Neglect
- Mental Illness
- Divorce
- Incarceration
- Homelessness

**ADVERSE COMMUNITY ENVIRONMENTS**

- Poverty
- Discrimination
- Community Disruption
- Lack of Opportunity, Economic Mobility & Social Capital
- Violence
- Poor Housing Quality & Affordability



**FREE! DIA FREE!**



# DIA MUSEUM


## DIA CONCERT TRIPS

**July 25th: Corn Potato String Band**  
**August 22nd: Dave Bennett, Clarinetist**


*Arrive at 11:30am. The motorcoach departs promptly at 11:45am*

Call The Center to reserve your seat!  
 248.573.8175

A partnership with Salem-South Lyon Library



## BOOK CLUB

Discussion Dates: 

**July 17th and August 21st**  
**11:30am - 12:15pm**

See list of titles at The Center!

## MESSAGE THERAPY



Message therapy will no longer be offered at The Center.

Thank you  
 Joan and Laurie,  
 We will miss you!

## The Center Closings

Two-week shutdown: July 1-12, Reopening July 15th  
 Closed for Labor Day: August 31st and Reopening September 3rd

## CHRONIC PAIN PATH

Take charge of your health!

**Where:**

Center for Active Adults  
1000 N Lafayette Street  
South Lyon, MI 48178

**When:**

Wednesday  
1:00-3:30pm  
Sessions 1-6:  
September 18, 25  
October 2, 9, 16, 23

*Chronic Pain Personal Action Toward Health (PATH) is a no-cost, six-week workshop led by certified leaders designed to help people living with chronic pain manage their health conditions and live a healthy, enjoyable life.*

Registration Required

To sign up: Call the Center at (248) 573-8175  
This workshop is offered at no cost to participants.

Since this is a full six-week workshop, new participants are unable to join after week 2.



## Q & A Time!

National Kidney Foundation®

of Michigan

**Nutrition for Healthy Aging**  
*Ask the Dietitian*

**AUGUST 8th**  
**& OCTOBER 10th**

**1:00pm - 2:30pm**  
**at The Center**

This Workshop is FREE  
RSVP to The Center



# 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 Evening Yin w/Star (on hold)

**Tuesdays:**

9:15 am – Kaiut with Kymm  
10:30 am – Kaiut Beg & Chair with Kymm  
7:15 pm Evening Yin w/Star (on hold)

**Wednesdays:**

9:15 am – Kaiut with Kristie  
10:30 am – Chair Kaiut with Kristie

**Thursdays:**

9:15 am – Kaiut All-Level with Kymm  
10:30am - Kaiut Beg + Chair w/Kymm  
7:15pm—Evening Kaiut w/Suzanne

**Fridays:**

9:15 am – Hatha with Thad

Contact the Center for more information!  
\$5.00 Members | \$8.00 Non-members

# SENIOR SWIM



SOUTH LYON HIGH SCHOOL EAST  
52200 10 Mile Road  
Enter at Door #23

**TUESDAYS & THURSDAYS**

12:45pm entrance  
1:00pm - 3:00pm Pool Time  
**\$3 per person**



Come on in, the  
water's fine!

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

# 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

Class fee: \$2.00

Class size is limited-  
Pre-registration is Advised!

*No class on July 24th and Sub on the 26th*

# CARDIO & WEIGHTS

with Carol Glenn



**FRIDAYS**

**10:30am - 11:30am**

Class Fee: \$3.00

*no class July 26th*



# SUMMERTIME PICKLE BALL

**DROP-IN  
FREE!**



The Center for Active Adults has reserved  
pickleball court time at  
Millennium Middle School this summer.

Tuesday & Friday 9am -11am

Tuesday & Friday 6pm - 8pm

Jun 18th - August 30th

**FITNESS & HEALTH**

# PING PONG!

-FREE-

**Wednesdays**

**1:15pm - 3:00pm**

**CAA GYM**

**NEW!**



# It's Line Dance Time

STEVE IS  
BACK!

**Tuesdays**  
1:00pm - 2:00pm  
**Thursdays**  
1:00pm - 2:00pm  
\$2.00 Class Fee

## ARMCHAIR TRAVEL with GRANDPA STEVE

VIETNAM AND GUATEMALA  
JULY 25TH: 2:30PM - 3:30PM

ECUADOR AND AFRICA  
AUGUST 15TH: 2:30PM - 3:30PM

MORE INFO AT THE CENTER



Thanks for a  
wonderful Spring  
Luncheon!



Holiday Singer  
Reconvening  
in the Fall!  
Stay  
Tuned!



## T.O.P.S Take off Pounds Sensibly

EVERY FRIDAY

Weigh-In: 8:30am - 9:15am  
Meeting: 9:30am - 10:15am

\$45 New Members  
\$37 Existing members

**TOPS** is a non-profit weight-loss organization that helps people meet individual needs through group support.

### 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.

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  
*Come join the friendly competition!*



Non-competitive, many free train dominoes.  
We will be playing by house rules.  
Stop by and have some fun!

**TUESDAYS, 1:00pm - 3:00pm**

# Scrabble Club

## MONDAYS



10:00am - 12:00pm

# PING PONG!

## NEW!



Wednesdays  
1:15pm - 3:00pm

-FREE-



**TUESDAYS 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!*

**WEDNESDAYS**  
12:00pm - 3:30pm



**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)

**WEDNESDAYS**

Bring it on!  
1:00pm - 3:00pm

*...and B.Y.O.F.*

(Bring Your Own Friends!)



Please RSVP to the Center

**FUN & GAMES**

## 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. 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!



## MOVIES in the Park



McHattie Park at DUSK  
July 19th "The Lorax" PG  
August 16th "Trolls—Band Together" PG  
September 20th "Hocus Pocus" PG  
<http://www.southlyonmi.org>

*Please join us for*  
**Breakfast**  
**Lucas Coney Island**

**Mondays, July 1st**  
**And August 5th**

**Meet at 9:30am**



*Our Breakfast Group is a very casual, nice way to meet new friends & enjoy old ones.*  
*No reservations needed*

# DAV

DISABLED AMERICAN VETERANS

Call The Center to schedule a personal conference with Rick



**4th Wednesday**

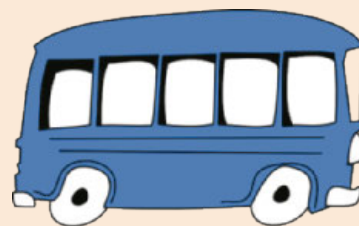
Aug. 28 and Sept. 25

July 27: Motorfest 11:00am - 5:00pm

All Cruisers Welcome!

[www.lakestreetcruisein.com](http://www.lakestreetcruisein.com)

## 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)



**LYON TOWNSHIP**  
Downtown Development Authority  
HONORING YESTERDAY • BUILDING TOMORROW

Bring your lawn chairs or blankets & join us at **INSPIRATION PARK**, Wednesdays, 6 - 8 pm  
56730 Grand River Ave  
FOOD AVAILABLE ONSITE FOR PURCHASE



**MUSIC  
FOOD  
& FUN**

<b>July 10</b>	<u>Detroit Retro Society</u>	Pop, Rock & More, activities & Food from the Grand Traverse Pie Company!	Presented by <b>LYON TOWNSHIP</b> Downtown Development Authority
<b>July 17</b>	<u>Toppermost Beatles Tribute</u>	Beatles Tribute Band, activities & Food from The Burger Joint!	Presented by <b>SZOTT</b> EXTRA ENERGY
<b>July 31</b>	<u>Atomic Radio Band</u>	Rock, Top 40's, activities & Food from Whiskey Jack's BBQ	Presented by <b>ADS</b> REPRODUCTION SERVICES
<b>Aug. 14</b>	<u>Captain Fantastic Volunteer Appreciation Night</u>	Elton John Tribute Band, activities & Picnic Food available for purchase!	Presented by <b>LYON TOWNSHIP</b> Downtown Development Authority

In Partnership with  
 New Hudson United Methodist Church  
Open House, Open Music, Open Doors

Additional series sponsors:  
**OAKLAND COUNTY PARKS**

An event will be cancelled in cases of inclement weather. No alcohol permitted.  
For more information: 248.437.2240 or www.lyontwp.org

## SILENT AUCTION FUNDRAISER

Check out this item for bid at The Center!

### AUGUST Magic Bullet Blender



17-Piece Express Mixing Set



Have a fun and safe summer.  
Spend time at  
The Center!



## THE CLOSET

Check out our shop filled with goodies, gifts, trinkets & treasures to support The Center. Come in & see what we've got.  
Happy Hunting!



We gratefully accept donations!

## "Growing Together!" Summer Fund Fundraising Campaign



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

## Be an Angel! Support The Center for Active Adults

Your 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!

### ANGELS DONATIONS for May & June 2024

Phil A.  
 Julie T.  
 Ellen F.  
 Marian J.  
 Clementine F.  
 Betty K.  
 Diane W.  
 Mariann M.  
 W.H.--anonymous  
 In Memory of Joyce Black  
 In Memory of Ellie Wikoff--from Linda D.  
 Kathy Z.  
 Nancy R.  
 Hildegard D.  
 Irene P.  
 Rose K.



Thank You!



**DINE TO DONATE AT AUBREE'S**



Thank you for the May fundraiser!

Next fundraiser is September

**20% OF YOUR BILL WILL BE DONATED TO:**

## A Note from the Director

Thank you for another action-packed year at the Center.

We have lots of wonderful programs to fill your days this summer.

Another Detroit Tigers game  
 3 different National Kidney Foundation sponsored workshops  
 Armchair Travel presentation w/Grandpa Steve  
 3 Kensington Park boat trips  
 Monthly Detroit Institute of Arts trips w/concerts  
 Even added ping pong to your Wednesdays

Warmest Regard,  
 Carrie

P.S. *This newsletter includes fun municipality events too!*



HUBBELL, ROTH & CLARK, INC  
 CONSULTING ENGINEERS SINCE 1915



SAFEbuilt.





### City of South Lyon Concerts in the Park

Fridays, 7:00pm - 8:30pm

At the gazebo in Historic McHattie Park

No Concert July 5th, 2024  
 July 12 Phoenix Theory  
 w/special guest, Leah Brooke @ 6pm  
 July 19 Joyriders  
 July 26 Toppermost  
 Aug 02 Harmonized Steel  
 Aug 09 Zang Band  
 Aug 16 Detroit Blues Social Club  
 Aug 23 Randy Brock Group

If the concert is rained out, an announcement will be posted on [www.southlyonmi.org](http://www.southlyonmi.org) and the Downtown South Lyon Facebook page.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 Breakfast Club	2	3	4	5
 <p>The Center will be closed from July 1st - July 12th</p> <p>Have a fun and safe break!</p> <p>See you on July 15th!</p>				
<p>9:15 Morning Flow Yoga <b>15</b></p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>7:15 pm Evening Yin w/Star (on hold)</p> <p>Members reg. for boat trip!</p>	<p>9:15 Kaiut All Level w/Kymm <b>16</b></p> <p>10:00 Euchre</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Dominos</p> <p>1:00 Line Dancing</p> <p>2:00 BINGO</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm <b>17</b></p> <p>10:00 Pinochle</p> <p>10:30 Chair Kaiut w/Kristie</p> <p>11:30 Book Club</p> <p>11:45 Exercise w/Card</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong/Watercoloring</p> <p>1:00 Tech Talk w/Andrew</p> <p>1:00 Fun &amp; Games</p> <p>1:15 Ping Pong</p>	<p>9:15 Kaiut w/Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Line Dancing</p> <p>7:15 Evening Kaiut w/Suz.</p>	<p>8:30 T.O.P.S. Weigh-in</p> <p>9:30 T.O.P.S. Meeting</p> <p>9:15 Yoga with Thad</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 Cardio &amp; Weights/Card</p> <p>11:45 Exercise w/Card</p> <p>12:30 BINGO</p>
<p>9:15 Morning Flow Yoga <b>22</b></p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm <b>23</b></p> <p>10:00 Euchre/Anyone Can Paint</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Dominos</p> <p>1:00 Line Dancing</p> <p>2:00 BINGO</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm <b>24</b></p> <p>10:00 Pinochle</p> <p>10:30 Chair Kaiut w/Kristie</p> <p>11:00 Card Making</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>1:00 Fun &amp; Games</p> <p>1:15 Ping Pong</p>	<p>9:15 Kaiut w/Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>11:30 DIA Trip</p> <p>1:00 Line Dancing</p> <p>2:30 Travel w/Grandpa Steve</p> <p>7:15 Evening Kaiut w/Suz.</p>	<p>8:30 T.O.P.S. Weigh-in</p> <p>9:30 T.O.P.S. Meeting</p> <p>9:15 Yoga with Thad</p> <p>10:00 Knit &amp; Crochet</p> <p>11:45 Exercise w/Card (Sub)</p> <p>12:30 BINGO</p>
<p>9:15 Morning Flow Yoga <b>29</b></p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm <b>30</b></p> <p>10:00 Euchre</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Dominos</p> <p>1:00 Line Dancing</p> <p>2:00 BINGO</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm <b>31</b></p> <p>10:00 Pinochle</p> <p>10:30 Chair Kaiut w/Kristie</p> <p>11:45 Exercise w/Card</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>1:00 Fun &amp; Games</p> <p>1:15 Ping Pong</p>		
12				

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<p>9:15 Morning Flow Yoga</p> <p>9:30 Breakfast Club</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Euchre</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 BINGO</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Pinochle</p> <p>10:30 Chair Kaiut w/Kristie</p> <p>11:00 Card Making Class</p> <p>11:45 Exercise w/Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>1:00 Fun &amp; Games</p> <p>1:15 Ping Pong</p>	<p>9:15 Kaiut w/Kymm</p> <p>10:00 Wood Carving</p> <p>12:45 Senior Swim</p> <p>1:00 Line Dancing</p> <p>1:00 Ask the Dietian</p> <p>7:15 Evening Kaiut w/Suz.</p> <p><b>Kensington Trip today</b></p>	<p>8:30 T.O.P.S. Weigh-in</p> <p>9:30 T.O.P.S. Meeting</p> <p>9:15 Yoga with Thad</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 Cardio &amp; Weights/Carol</p> <p>11:45 Exercise w/Carol</p> <p>12:30 BINGO</p>
<p>9:15 Morning Flow Yoga</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>7:15 pm Evening Yin w/Star (on hold)</p> <p>Members reg. for boat trip!</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Euchre</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 BINGO</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Pinochle</p> <p>10:30 Chair Kaiut w/Kristie</p> <p>11:45 Exercise w/Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>1:00 Fun &amp; Games</p> <p>1:15 Ping Pong</p> <p><b>Kensington Trip</b></p>	<p>9:15 Kaiut w/Kymm</p> <p>10:00 Wood Carving</p> <p>12:45 Senior Swim</p> <p>1:00 Line Dancing</p> <p><b>2:30 Travel w/Grandpa Steve</b></p> <p>7:15 Evening Kaiut w/Suz.</p>	<p>8:30 T.O.P.S. Weigh-in</p> <p>9:30 T.O.P.S. Meeting</p> <p>9:15 Yoga with Thad</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 Cardio &amp; Weights/Carol</p> <p>11:45 Exercise w/Carol</p> <p>12:30 BINGO</p>
<p>9:15 Morning Flow Yoga</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Euchre</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 BINGO</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Pinochle</p> <p>10:30 Chair Kaiut w/Kristie</p> <p>11:30 Book Club</p> <p>11:45 Exercise w/Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>12:30 Watercolor</p> <p>1:00 Fun &amp; Games/Tech Talk</p> <p><b>1:00 Kidney Health Workshop</b></p>	<p>9:15 Kaiut w/Kymm</p> <p>10:00 Wood Carving</p> <p>12:45 Senior Swim</p> <p>11:30 DIA Trip</p> <p>1:00 Line Dancing</p> <p>7:15 Evening Kaiut w/Suz.</p> <p><b>Kensington Trip today</b></p>	<p>8:30 T.O.P.S. Weigh-in</p> <p>9:30 T.O.P.S. Meeting</p> <p>9:15 Yoga with Thad</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 Cardio &amp; Weights/Carol</p> <p>12:30 BINGO</p>
<p>9:15 Morning Flow Yoga</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Euchre/Anyone Can Paint</p> <p>10:30 Chair Kaiut w/Kymm</p> <p>12:45 Senior Swim</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 BINGO</p> <p>7:15 pm Evening Yin w/Star (on hold)</p>	<p>9:15 Kaiut All Level w/Kymm</p> <p>10:00 Pinochle</p> <p>10:30 Chair Kaiut w/Kristie</p> <p>11:00 Card Making Class</p> <p>11:45 Exercise w/Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>1:00 Fun &amp; Games</p> <p>1:15 Ping Pong</p>	<p>9:15 Kaiut w/Kymm</p> <p>10:00 Wood Carving</p> <p>11:15 Senior Swim</p> <p>1:00 Line Dancing</p> <p>7:15 Evening Kaiut w/Suz.</p>	<p>8:30 T.O.P.S. Weigh-in</p> <p>9:30 T.O.P.S. Meeting</p> <p>9:15 Yoga with Thad</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 Cardio &amp; Weights/Carol</p> <p>12:30 BINGO</p>

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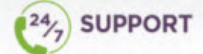
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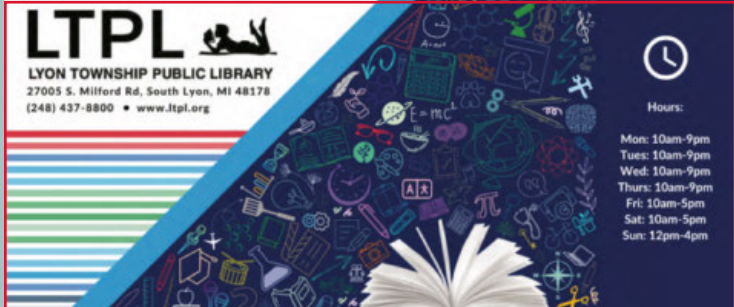
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Issue: 410

Months: July/August 2024

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