

The Center for

**Active
Adults**

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

(248) 573-8175 www.centerforactiveadults.com

Issue: 407 • JAN/FEB 2024

PUBLIC NOTICE - DOLL SALE

300+ Dolls!

February 1st through February 3rd, 2024, 12:00pm - 7:00pm
Sealed Written Bids will be accepted until 2:00pm February 5, 2024

Sold in 4 Lot Bid Process, Minimum Bid \$50 per Lot



One-hour viewing appointments are available

Go to
www.centerforactiveadults.com
for more details and photos

Call The Center for Active Adults,
248-573-8175 to schedule your
viewing appointment today!



**Registration Starts
January 16th**

**Appts. Available
Wednesdays & Thursdays
Feb. 7th - March 22nd**

Call: 248.573.8175

Coffee and Donuts

*with Oakland County Chief of Older
Adult Services, Jim Ellison
Oakland County Commissioner,
Philip Weipert
and Superintendent of South Lyon
Schools, Steven Archibald*

**Tuesday, January 16th
9:30am**



*Please RSVP
so we know you are coming!*

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!

Keep smiling and one day life will get tired of upsetting you!



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 pre-register.

Introduction to Watercolor Painting



Instructor, Mi Berry

"Sea Life"

**Jan. 17th
& Feb. 28th**

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, Jan. 23rd

Tuesday, Feb. 27th

10:00am - 12:00pm



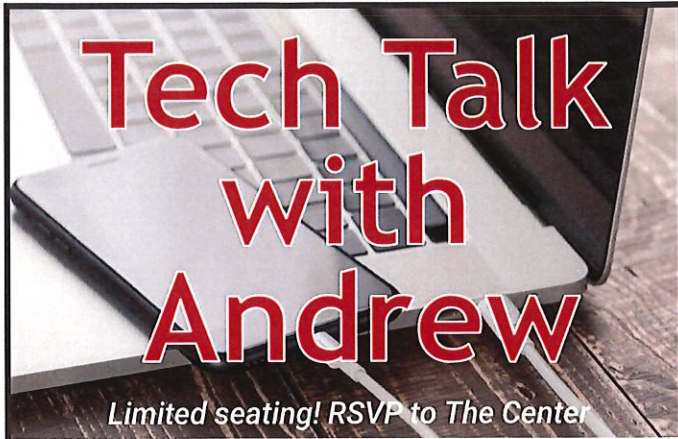
Acrylic Landscape Painting

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.

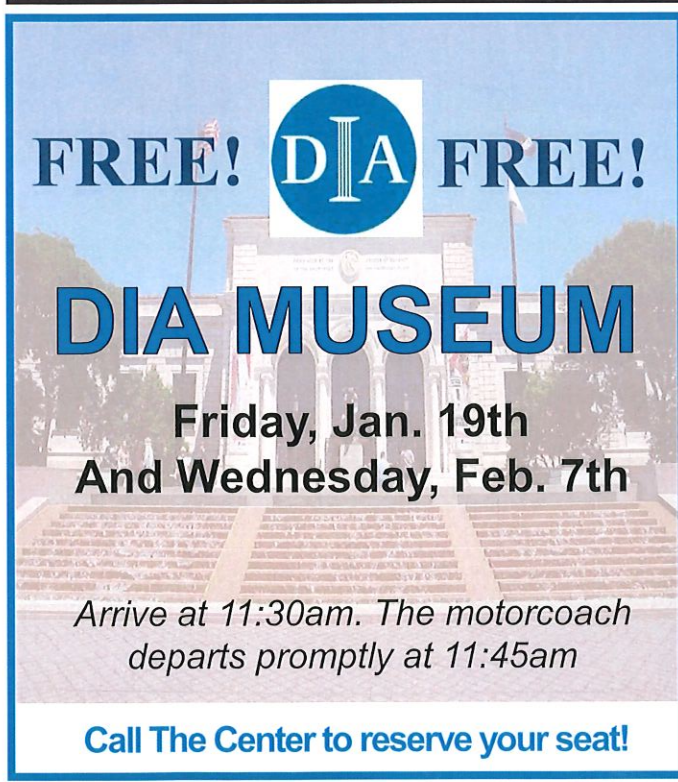
MUST PRE-PAY BY 12-NOON, MONDAY BEFORE CLASS on TUESDAY! MINIMUM 6 STUDENTS NEEDED.



Tech Talk with Andrew

Limited seating! RSVP to The Center

CENTER FOR ACTIVE ADULTS
2 Wednesdays:
Jan. 17th and Feb. 28th
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!



FREE! DIA FREE!


DIA MUSEUM

Friday, Jan. 19th
And Wednesday, Feb. 7th

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

Call The Center to reserve your seat!

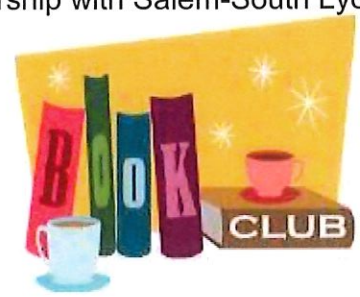
HOLIDAY SINGERS



Valentine's Medley

starting Friday
January 12th
2:00pm - 3:15pm

A partnership with Salem-South Lyon Library



BOOK DISCUSSION DATES:

Jan. 17th and Feb. 28th
11:30am - 12:15pm

See list of titles at The Center!

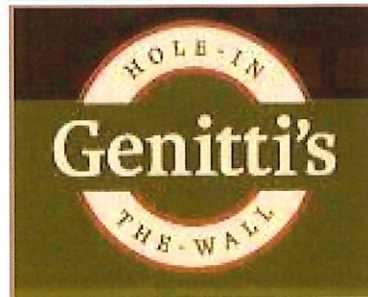
**"I don't usually get distracted, I...
 Hey look! Jewelry!"**

JEWELRY SALE!

Jan. 30th & 31st
10:00am - 3:00pm



*Lots to choose from!
 Taking donations too!*



Genitti's Hole in the Wall Comedy Theater
Interactive Comedy Buffet Luncheon
Thursday, January 25th
10:30am - 1:45pm
 \$30 per member, non-refundable
 Payment due upon registration

MISCELLANEOUS

Tai Chi Fundamentals with Hilary



Free Intro Class
Friday, January 12th
10:30am - 11:30am

SESSION 1

MONDAYS: 12:45 - 1:45:

Jan. 15, 22, 29, Feb. 5, 12

FRIDAYS: 10:30 - 11:30:

Jan. 19, 26, Feb. 2, 9, 16

Students meet bi-weekly for 10 classes. \$40

This program is a simplified classic Tai Chi that can be adapted to each student's needs. Hilary is a retired physical therapist.

Register today, class size is limited to 15 students!

(Check out the article to the right.)



For Spotlight on Hilary

When I retired from teaching 20 years as a Physical Therapist Assistant Professor, I wanted to teach an exercise program to help myself and others maintain health and wellbeing. Tricia Yu's Tai Chi Fundamentals @ Program met this requirement. Tricia, a master of Tai Chi for many years collaborated with physical therapists, and occupational therapists to develop a Tai Chi program that would be accessible for all levels of abilities.

The easy and basic movements of this program help improve balance, flexibility and strength.

Recently, I have studied Lee Holden Qigong. The ancient practice of Qigong was used to develop the martial art of Tai Chi. Qigong exercises enhance relaxation skills, mental focus and postural alignment while building leg strength, endurance, and stability. This reduces pain and tension in the neck and back. Blending these two practices creates an enjoyable exercise experience.

I look forward to sharing this practice with you.



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 – Easy Flow with Savita

7:15 pm – Yin with Star

Tuesdays:

9:15 am – All Level Kaiut Yoga with Kymm*

10:30 am – Chair Kaiut Yoga with Kymm*

7:15 pm – Mixed Yoga with Star

Wednesdays:

9:15 am – All Level Kaiut Yoga with Kristie

10:30 am – Chair Kaiut Yoga with Kristie

Thursdays:

9:15 am – All Level Kaiut Yoga with Kymm*

10:30 am – Chair Kaiut Yoga with Kymm*

Fridays:

9:15 am – Yoga with Thad

***Call The Center for Kymm's schedule**

NOTE: Suzanne is back in March

We have plenty of yoga challenges to keep you inspired!

Contact the Center for more information!

\$5.00 Members | \$8.00 Non-members

SENIOR SWIM



SOUTH LYON HIGH SCHOOL EAST
5220 10 Mile Road
Enter at Door #23

TUESDAYS & THURSDAYS

11:15am entrance

11:30am - 1:00pm Pool Time

\$3 per person



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



Swimmers' Potluck

Friday, January 19th
Arrive at 12:00pm
Eat at 12:30pm

CARDIO & WEIGHTS

with Carol Glenn

FRIDAYS

10:30am - 11:30am

Class Fee: \$3.00

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!

FITNESS & HEALTH



National **Kidney** Foundation®

of Michigan

Nutrition for Healthy Aging
Ask the Dietitian

Tuesday, January 30th

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

This Workshop is **FREE**
RSVP by Friday, Jan. 26th

DAV

DISABLED AMERICAN VETERANS

Call The Center to schedule
a personal conference
with Rick



Check it out!

The Center for Active Adults now
has a web page!
www.CenterForActiveAdults.com

It's Line Dance Time

Tuesdays
10:30am - 11:30am
Thursdays
12:00pm - 1:00pm
\$2.00 Class Fee

WALKING CLUB

**Tuesdays, Wednesdays,
and Thursdays**

4:15pm - 6:00pm
Centennial MMS
Enter through Door #8

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*

PIZZA & POP

with JOHN HOGAN

2 WORKSHOPS!

Identity Theft Workshop
January 24th
11:30am - 1:00pm

Ways to Make Banking Easier
February 28th
11:30am - 1:00pm



RSVP
to The Center



PICKLE BALL

Monday thru Thursday!

5:30pm - 7:30pm
\$3.00 per member, \$5 non-member

Dolsen Elementary Gym
56775 Rice Street, New Hudson, MI 48165



*Not playing on
Jan. 25th. Having
a get-together
instead.*

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!!
Euchre!
TUESDAYS 10:00am - 12:00pm



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



Join us every **WEDNESDAY**
10:00am - 12:00pm
Come join the friendly competition!

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



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

BINGO

TUESDAYS - 2:00pm - 3:00pm
FRIDAYS - 12:30pm - 1:45pm
 25 cents/card; play multiple cards
 Bring a friend! All Welcome!



NEW GROUP!

WEDNESDAYS
12:30pm - 2:00pm

Starting January 10th!
 Drop in anytime, we will teach you how to play!
 Everybody 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

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 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, Jan. 8th
And Monday, Feb. 5th**

Meet at 9:30am



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



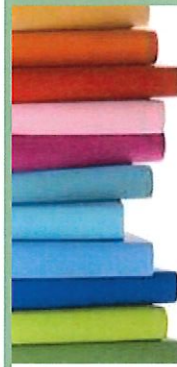
Come in for a



QUICK LUNCH

New volunteer opportunity
for a group of chefs!

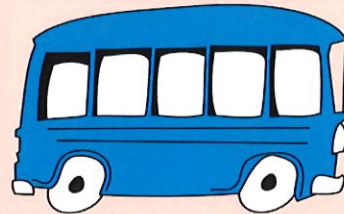
Talk with Carrie for details



**USED
BOOK
SALE**

**Come to The Center
to see our pop-up
specials!**

**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

Valentine's Day Party

Friday, February 9th
1:00pm - 2:30pm

"Sweets and Tweets"



FREE! RSVP by Feb. 6th

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!



southlyonfirstumc.org

Medical Supply Loan Closet



640 South Lafayette St.
South Lyon, MI 48178
248-437-0760

medicalcloset@southlyonfirstumc.org

"Growing Together!" Winter Fund Fundraising Campaign

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



"There are far, far better things ahead than any we leave behind."

- C.S. Lewis

Loan Closet up and running at
**FIRST UNITED
METHODIST CHURCH**

At no cost borrow equipment such as a:

- Wheelchair
- Walker with or without a seat
- Shower chair or bench
- Knee scooter
- Cane
- Commode
- Hospital bed and more!

Donations of gently used and clean equipment accepted on **Wednesdays between 10am - 12pm.**

We are unable to accept crutches or incontinence products at this time.

Please do not leave items at our doors.

MISC. INTERESTS & RESOURCES

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 OCTOBER/NOVEMBER 2023

*Donations "In Memory
of Velma Coppola"*

Scott and Raymee J.
Judy C, Amy C, Adam G.
Grace C.
Elizabeth C.
Carol and Stephen G.
Kristine A.
Esther G.
Gladys P.
Hattie M.



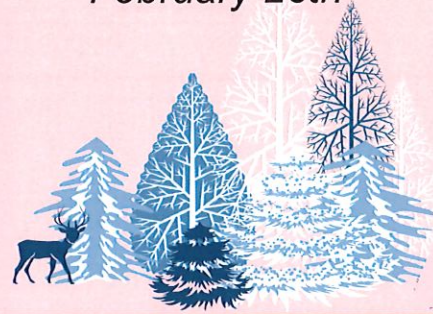
Thank You!

Angel Donations

Florence M.
Carolyn B.
Susan W.
Diane M.
Sandy M.
Victor M.
Chuck S.
Dorothy M.
Pam C.
Marilyn B.
Phil A.
Carol B.

CENTER CLOSINGS

Mid-Winter Break
February 19th - February 23rd
*See you on Monday
February 26th*



A NOTE FROM THE DIRECTOR

Happy New Year!

So much to be thankful for in 2023!

Most recently our THANKS goes out to our 12 Days of Christmas Raffle contributors:

Blake's of South Lyon
Cambrian Assisted Living
CAA BINGO Players
CAA Knitting and Crocheting Group
Green Oak Historical Society
CAA MaJong Players
CAA Senior Swimmers
CAA TOPS
CAA Exercisers
CAA Wood Carvers
CAA Yogis, Footies and Dominoes
Cattails, Moose Ridge, Rolling Meadows
and Tanglewood Golf Courses
Abbey Park Assisted Living
Judi S. and everyone who purchased tickets!

We are also grateful to have had Stefanie Bethge, our wonderful Pilates and Ageless Strength Instructor, as a part of our team. We wish her well as she moves back home to Germany.

There are lots of special programs to keep everyone engaged in January and February.

Hope to see you soon,

Carrie



South Lyon Community Schools Non-Homestead Operating Millage Renewal and Restoration Election 2024

The South Lyon Community Schools (SLCS) Board of Education has approved a Non-Homestead Operating Millage Renewal & Restoration 2024 proposal to be placed on the ballot. **On Tuesday, February 27, 2024**, South Lyon Community School district residents will be asked whether to approve the renewal of a non-homestead operating millage. If approved, the non-homestead operating millage will result in no increase in taxes to primary homestead homeowners.

More detailed information is available on the school district's website at www.slcs.us. Questions can be emailed to: requestinfo@slcs.us.

Steven P. Archibald, Superintendent, will be at The Center at 9:30am on January 16th to answer questions.

WALKING CLUB, Tues., Wed., Thurs., 4:15pm - 6:00pm
Centennial MS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1</p>  <p>9:00 Massage by Appt. 9:30 Breakfast Club 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 Evening Yin</p>	<p>2</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Euchre 10:30 Kaitut Beg + Chair (call) 10:30 Line Dancing 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>3</p> <p>9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	<p>4</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Wood Carving 10:30 Kaitut Beg + Chair (call) 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing</p>	<p>5</p> <p>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 Cardio & Weights/Card 10:30 FREE Tai Chi Workshop 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers</p>
<p>8</p> <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tia Chi 7:15 Evening Yin</p>	<p>9</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Euchre 10:30 Kaitut Beg + Chair (call) 10:30 Line Dancing 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>10</p> <p>9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	<p>11</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Wood Carving 10:30 Kaitut Beg + Chair (call) 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing</p>	<p>12</p> <p>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 Cardio & Weights/Card 10:30 FREE Tai Chi Workshop 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers</p>
<p>15</p> <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tia Chi 7:15 Evening Yin</p>	<p>16</p> <p>9:15 Kaitut All Level (call CAA) 9:30 Coffee & Donuts Q&A 10:30 Kaitut Beg + Chair (call) 10:30 Line Dancing 11:15 Senior Swim 1:00 Dominoes/AARP Taxes Registration Begins for Feb. 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>17</p> <p>9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Card 12:30 Mahjong 12:30 Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games</p>	<p>18</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Wood Carving 10:30 Kaitut Beg + Chair (call) 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing</p>	<p>19</p> <p>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 Cardio & Weights/Card/Ta Chi 11:30 DIA Trip 11:45 Exercise w/Card 12:00 Swimmers Potluck 12:30 BINGO 2:00 Holiday Singers</p>
<p>22</p> <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tia Chi 7:15 Evening Yin</p>	<p>23</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Euchre 10:00 Euchre/Anyone Can Pt 10:30 Kaitut Beg + Chair (call) 10:30 Line Dancing 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>24</p> <p>9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:30 Identity Theft Workshop 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	<p>25</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Wood Carving 10:30 Kaitut Beg + Chair (call) 10:00 Genitt's Theater and Buffet Lunch 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing</p>	<p>26</p> <p>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 Cardio & Weights/Card 10:30 Ta Chi 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers</p>
<p>29</p> <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tia Chi 7:15 Evening Yin</p>	<p>30</p> <p>9:15 Kaitut All Level (call CAA) 10:00 Euchre 10:30 Kaitut Beg + Chair (call) 10:30 Line Dancing 11:15 Senior Swim 1:00 Dominoes 1:00 Ask the Dietitian 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>31</p> <p>Jewelry Sale: 10:00-3:00</p> <p>9:15 Kaitut All Level 10:00 Pinochle 10:30 Kaitut Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	 <p>Jewelry Sale: 10:00-3:00</p>	<p>Pickle Ball Mon, Tues., Wed., and Thurs. 5:30pm Dolsen Elem. Gym</p>

WALKING CLUB, Tues., Wed., Thurs., 4:15pm - 6:00pm, Centennial MS.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AARP Tax Appts Weds. & Thursday ALL MONTH! PICKLE BALL Mon, Tues., Wed., and Thurs., 5:30pm Dolsen Elem. Gym</p>			<p>9:15 Kaiut All Level (call CAA)¹ 10:00 Wood Carving 10:30 Kaiut Beg + Chair (call) 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing 12:00 - 7:00 Doll Sale</p>	<p>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 Cardio & Weights/Tia Chi 11:45 Exercise w/Carol 12:00 - 7:00 Doll Sale 12:30 BINGO 2:00 Holiday Singers</p>
<p>9:00 Massage by Appt. 9:30 Breakfast Club 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tia Chi 7:15 Evening Yin</p>	<p>9:15 Kaiut All Level (call CAA)⁶ 10:00 Euchre 10:30 Kaiut Beg + Chair (call) 10:30 Line Dancing 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Mixed Yoga w/Star</p>	<p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:30 Card Making 11:30 DIA Trip 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	<p>9:15 Kaiut All Level (call CAA)⁸ 10:00 Wood Carving 10:30 Kaiut Beg + Chair (call) 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing</p>	<p>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 Cardio & Weights/Tia Chi 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>
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<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tia Chi 7:15 Evening Yin</p>	<p>9:15 Kaiut All Level (call CAA)⁷ 10:00 Anyone Can Paint 10:00 Euchre 10:30 Kaiut Beg + Chair (call) 10:30 Line Dancing 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Mixed Yoga w/Star</p>	<p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club/Banking Class 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Fun & Games 1:00 Tech Talk with Andrew</p>	<p>9:15 Kaiut All Level (call CAA)²⁸ 10:00 Wood Carving 10:30 Kaiut Beg + Chair (call) 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing</p>	<p>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 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO</p>
<p>Mid Winter Break - February 26 thru March 1 See you on Monday March 4th</p>				

The Center for



Ages 50 & up

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: 407

Months: Jan./Feb. 2024

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NEWSLETTER OF SOUTH LYON CENTER FOR ACTIVE ADULTS

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