

The Center for



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

(248) 573-8175

Issue: 401 • JAN/FEB 2023

## Legal Documents Everyone Should Have w/ Attorney Phil Weipert

Tuesday, Jan. 31st  
10:00am - 11:30am

Call The Center to RSVP



## TAX PREP SERVICE Tuesdays & Thursdays Feb. thru March 2023

By Appt. only!

See Page 9 for more info. We start  
taking appointments January 17th

## VALENTINES PARTY Feb. 10th

Sponsored by  
Abbey Park



## LORI'S DRAWING CLASS

The drawing class for people that think  
they can't draw!



We will be drawing  
this charcoal and  
focusing on  
simplifying drawings  
techniques/skills  
to carry with  
anywhere you want  
to take them.

January 24th, 1:00pm - 3:00pm

The class is \$18 with supplies included.  
Call The Center to RSVP by Jan. 20th

"Just because you haven't found your talent  
yet, doesn't mean you don't have one.

-Kermit the Frog

## 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!

## CENTER CLOSINGS

Reopens Jan. 9, 2023

Winter Break: Feb. 20 - 24

## 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

**"Sea Life Series"**

**3rd Wednesday of  
the month (not in Jan.)  
Feb. 15th**

**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. 24**

**Tuesday, Feb. 28**

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**  
**Wed. Jan. 18th &**  
**Wed. Feb. 15th at 1:00pm**

Need help cleaning up your computer or finding the latest and greatest useful apps for your phone? Let Andrew show you how!

## PIZZA & POP with the CIVITANS



**Wednesday**  
**February 1st**  
**12:30pm**

Come learn how you can make a positive difference in the world.

The Kensington Valley Civitan's is a social club that believes that service fosters healthy communities.

Join us for pizza, pop, and a chat about the rewarding social and service opportunities our club has to offer.

<http://www.kvcivitan.org>

*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:

Jan.—Valentine's Medley

Feb.—St. Patrick's Day Medley



**FREE! DIA FREE!**



## DIA MUSEUM TRIPS!

**Friday, Jan. 13th,**  
**Wed. Feb. 15th and**  
**Thurs. March 16th**

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!

### **Mondays:**

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

Evening (1/9 only) Hatha w/Star: 7:15pm - 8:15pm

### **Tuesdays:**

Kaiut All Level: 9:15am - 10:15

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

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

### **Fridays:**

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

(Suzanne returns 3/21

Suzanne taking over 3/21 Kymm returns 4/25 )

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

# 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 - 1:45pm**

**Cost: \$3.00 per swim**

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

The job of feet is walking, but their hobby is dancing.



# PILATES CLASS

*Instructor, Stefanie Bethge*

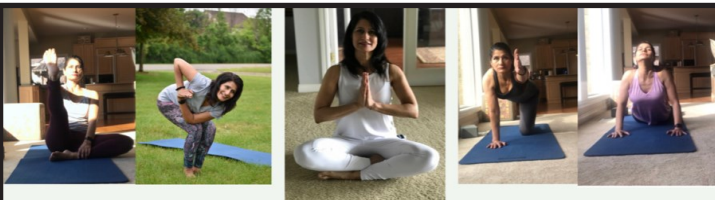


*Class fee \$5*

**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.*



## Introduction to Yoga



Yoga is the relationship that is built between the body, the mind and the breath. Yoga is creating space free from obstacles in your own body to live. Yoga is freedom and release. I teach based on what the class needs, from slow easy flow to high energy. My name is Savita Monroe. I am here to help others find this release so that they can be comfortable and competently move their bodies through life. RYT200, Kids Teen Trauma Yoga, Therapeutic, Chair, Sculpt Yoga, Barre Above™. Started my journey in Yoga as way to help bring clarity, calmness and letting go. Monday class will be slow flow class and what the class needs.



# 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.

## WALKING CLUB



We walk all the way through winter to the end of March!

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

Centennial Middle School  
Free to all  
community members

A partnership with Salem-South Lyon Library



**BOOK DISCUSSION DATES:**  
**3rd Wednesday of the Month**  
**Jan. 18th and Feb. 15th**  
**11:30am - 12:15pm**

See list of titles at *The Center!*

Hey, look! Pickle Ball has added Friday to the schedule!



## 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*

**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



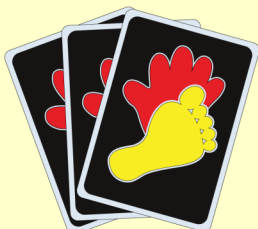
Team up for a game of Mahjong, a Chinese tiles version of Rummy!  
Wednesdays at CAA  
12:30pm

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



Last Tuesday of the Month

Jan. 31st and Feb. 28th

11:00am - 1:00pm



Come in for a



**QUICK LUNCH**

11:00am – 1:00pm

Jan. 18th: Sloppy Joes

Feb. 15th: Hot Ham & Cheese Sliders w/Tomato Soup



Snow is falling and books are calling! →

## 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!!*

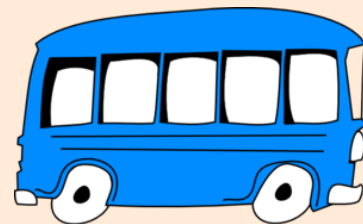
Visit the CAA Library!  
**BOOK SALE**



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](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)

*Please join us for*  
**Breakfast**  
**Lucas Coney Island**  
**Monday, Jan. 2nd**  
**And Monday, Feb. 6th**  
**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!*





Have an AARP tax appointment coming up? Please review the following info. Need an AARP tax appointment? Please call the CAA for appt. availability *beginning Jan. 17th* call 248.573.8175

These are some of the items EACH taxpayer needs to bring to their appointment. The more info you bring, the better. (Please read all bullet points):

- Government issued photo ID - A MUST!
- Copy of last year's tax return - A MUST!
- Social Security Card - A MUST!
- Record of medical insurance paid
- W-2 and W-2P forms from each employer, statements of income received from pensions, IRAs, annuities, 1099s (interest and/or dividends)
- Property tax statements
- Address to where you send rent/least payments
- Heating bill statements (Nov. - Jan.)
- Cancelled check for direct deposit
- There are additional items to bring this year. Please be sure to pick up a list of all documents needed at the CAA

**PLEASE NOTE:**

- Don't lose your appointment—make sure you have all documents. If in doubt, bring it!
- If schools are closed due to bad weather, the Center will be closed too. Your appointment will be rescheduled.
- For tax returns outside the scope of their training (i.e. small businesses, farm subsidy, military, rental properties, or if you sold over 4 investments, call the Center for a complete list) they will suggest you obtain the service of a paid tax preparer.
- Tax forms will be filed electronically!

# DIABETES PATH

Helping you take charge of your diabetes!

**Mondays, 1:00pm-3:30pm**

**Sessions 1-6:  
January 23, 30  
February 6, 13 (skip 20), 27  
and March 6**

To register contact:

Call 734-222-9800 or visit [www.nkfm.org/diabetespath](http://www.nkfm.org/diabetespath)

This workshop is offered at no cost to participants.



\*The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.\*

**MISC. INTERESTS & RESOURCES**



**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:**

Rachelle R.	Lupe E.
Yvonne B.	Jack M.
Michael P.	Susan W.
Carol P.	Lucy H.
Susan P.	Gail M.
Phil A.	Sandy S.
Jill O.	Sue & Dave T.
Gayle N.	Sherry & Paul G.
Sandy & Victor M.	



## 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.

## Special Thanks to our 12 Days of Christmas Raffle Sponsors:



- Cambrian
- CAA BINGO & CAA Hand & Foot
- Mike F.
- Lockwood
- CAA Wood Carvers
- Cattails
- Blakes Orchards
- Rolling Meadows
- CAA Senior Swimmers
- Tanglewood
- CAA TOPS
- Abbey Park
- CAA Exercisers

## From Your CAA Director

Season's Greetings!

We have so much to be grateful for!

Thanks for a wonderful holiday season, everyone has been so generous. Lot's of successful fundraising - Our jewelry sale, Be Kind t-shirts, exercise clothing sale, Pop-up Christmas store, Cool Yule Cookie and Cocoa Cupboard, Center Bake Sale and Twelve Days of Christmas Raffle ~ Whew!

We have some wonderful programs to start the new year: National Kidney Foundation, Diabetic Path Classes, AARP Tax Preparation, Lori's Drawing Class, New Soup's On, Phil Weipert - Legal Documents Everyone Should Have, Lunch with the Civitans and a Valentine's Day Party, sponsored by Abbey Park.

Need help with your New Year's Resolution? Join The Center's Walking Club from 4:15- 6:00 Monday thru Friday at Centennial Middle School.

Pickleball, Pickleball, Pickleball- We now offer pickleball three times per week from 5:30 -7:30 Monday, Wednesday and \*now\* Friday nights too at Ann Dolsen Elementary School in New Hudson. Never played, no worries, we'll get you started.

Warmest regards,  
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 member-ship 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](http://www.krogercommunityrewards.com)  
AND [Buschs.com/community](http://Buschs.com/community)  
(or we will assist you)

**THANKS FOR YOUR SUPPORT!**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
2	3	4	5	6	
<b>The Center is closed during holiday break.</b>					
<p>9:00 Massage by Appt.            9:15 Easy Flow Yoga            10:00 Scrabble/Wood Carv.            11:40 Pilates Class            12:45 Ageless Strength            5:30 Pickle Ball</p>	<p>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</p>	<p>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 &amp; Games            5:30 Pickle Ball</p>	<p>9:15 All Level Yoga            10:00 Wood Carving            11:30 Intro to Hand and Foot            11:45 Senior Swim            12:00 Hand &amp; Foot            7:15 Evening Kaiut</p>	<p>8:30 T.O.P.S. Weigh-in/Mtg.            9:15 Yoga with Thad            10:00 Knit &amp; Crochet            10:30 Fitness w/Gail  <b>11:00 DIA Trip</b>            11:45 Exercise w/Carol            12:30 BINGO            2:00 Holiday Singers            5:30 Pickle Ball</p>	
<p>9:00 Massage by Appt.            9:15 Easy Flow Yoga            10:00 Scrabble/Wood Carving            11:40 Pilates Class            12:45 Ageless Strength            5:30 Pickle Ball</p>	<p>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</p>	<p>9:15 Kaiut All Level            10:00 Pinochle            10:30 Kaiut Beg + Chair            11:00 Card Making/Quick Lunch            11:30 Book Club            11:45 Exercise w/Carol            12:30 Mahjong            1:00 Tech Talk w/Andrew            1:00 Fun &amp; Games</p>	<p>9:15 All Level Yoga            10:00 Wood Carving            11:30 Intro to Hand and Foot            11:45 Senior Swim            12:00 Hand &amp; Foot            7:15 Evening Kaiut</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 &amp; Crochet            10:30 Fitness w/Gail            11:45 Exercise w/Carol            12:30 BINGO            2:00 Holiday Singers            5:30 Pickle Ball</p>	
<p>9:00 Massage by Appt.            9:15 Easy Flow Yoga            10:00 Scrabble/Wood Carving            11:40 Pilates            12:45 Ageless Strength  <b>1:00 Diabetes Path</b>            5:30 Pickle Ball</p>	<p>9:15 Kaiut All Level            10:00 Euchre            10:00 Anyone Can Paint            10:30 Fitness w/Gail            11:45 Senior Swim            1:00 Dominoes  <b>1:00 Lori's Drawing Class</b>            2:00 BINGO            7:15 Evening Kaiut</p>	<p>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 &amp; Games</p>	<p>9:15 All Level Yoga            10:00 Wood Carving            11:30 Intro to Hand and Foot            11:45 Senior Swim            12:00 Hand &amp; Foot            7:15 Evening Kaiut</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 &amp; Crochet            10:30 Fitness w/Gail            11:45 Exercise w/Carol            12:30 BINGO            2:00 Holiday Singers            5:30 Pickle Ball</p>	
<p>9:00 Massage by Appt.            9:15 Easy Flow Yoga            10:00 Scrabble/Wood Carving            11:40 Pilates            12:45 Ageless Strength  <b>1:00 Diabetes Path</b>            5:30 Pickle Ball</p>	<p>9:15 Kaiut All Level            10:00 Euchre            10:00 Legal Docs Workshop            10:30 Fitness w/Gail            11:00 Soups On            11:45 Senior Swim            1:00 Dominoes            2:00 BINGO            7:15 Evening Kaiut</p>	<div style="border: 2px solid blue; padding: 20px; font-size: 48px; color: green; font-weight: bold;">             January 2023           </div>			<p>Walking Club            M - F            4:15pm - 6:00pm            (See pg. 6 for details)</p>

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	
 <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast Club 10:00 Scrabble/Wood Carv. 11:40 Pilates Class 12:45 Ageless Strength <b>1:00 Diabetes Path</b> 5:30 Pickle Ball</p>	 <p>9:00 - AARP Tax Prep 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</p>	<p>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 12:30 Pizza &amp; Pop w/Civilians 1:00 Fun &amp; Games 5:30 Pickle Ball</p>	<p>9:15 All Level Yoga 10:00 Wood Carving 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand &amp; Foot 7:15 Evening Kaiut</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 &amp; Crochet 10:30 Fitness w/Gail 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers 5:30 Pickle Ball</p>	
<p>6</p> <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast Club 10:00 Scrabble/Wood Carv. 11:40 Pilates Class 12:45 Ageless Strength <b>1:00 Diabetes Path</b> 5:30 Pickle Ball</p>	<p>7</p> <p>9:00 - AARP Tax Prep 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</p>	<p>8</p> <p>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 &amp; Games 5:30 Pickle Ball</p>	<p>9</p> <p>9:00 - AARP Tax Prep 9:15 All Level Yoga 10:00 Wood Carving 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand &amp; Foot 1:00 Tech Talk w/Andrew 7:15 Evening Kaiut</p>	<p>10</p> <p>8:30 T.O.P.S. Weigh-in/Mtg. 9:15 Yoga with Thad 10:00 Knit &amp; Crochet 10:30 Fitness w/Gail 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers Time TBD: Valentines Party 5:30 Pickle Ball</p>	
<p>13</p> <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble/Wood Carving 11:40 Pilates Class 12:45 Ageless Strength <b>1:00 Diabetes Path</b> 5:30 Pickle Ball</p>	<p>14</p> <p>9:00 - AARP Tax Prep 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</p>	<p>15</p> <p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making/Quick Lunch <b>11:00 DIA Trip</b> 11:30 Book Club 11:45 Exercise w/Card 12:30 Mahjong 12:30 Watercoloring 1:00 Fun &amp; Games 1:00 Tech Talk w/Andrew</p>	<p>16</p> <p>9:00 - AARP Tax Prep 9:15 All Level Yoga 10:00 Wood Carving 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand &amp; Foot 7:15 Evening Kaiut</p>	<p>17</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 &amp; Crochet 10:30 Fitness w/Gail 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers 5:30 Pickle Ball</p>	
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	
<p><b>The Center is closed during mid-winter break.</b></p>					
<p>27</p> <p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble/Wood Carving 11:40 Pilates 12:45 Ageless Strength <b>1:00 Diabetes Path</b> 5:30 Pickle Ball</p>	<p>28</p> <p>9:00 - AARP Tax Prep 9:15 Kaiut All Level 10:00 Euchre 10:30 Fitness w/Gail 11:00 Soups On 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p>	<p><b>February 2023</b></p>			<p>Walking Club M - F 4:15pm - 6:00pm (See pg. 6 for details)</p>



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: 401  
Months: Jan/Feb 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](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.