

The Center for



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

(248) 573-8175

Issue: 403 • MAY/JUNE 2023

Public Notice

More than 88,000 Sports Trading Cards for Sale!



Pictured above:
50,000+ baseball cards!

4 LOTS of Trading Card Collectibles for Sale by Sealed Bid

Lot 1 Baseball 50,000+ cards	Lot 2 Football 22,000 + cards	Lot 3 Basketball 6,500+ cards	Lot 4 Hockey 8,500 + cards and misc.
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Minimum Bid \$500 per lot

Dates: May 16 - 19, 2023

Bid Process: Sealed written bids will be accepted from May 16th 8:00 am until May 19th 2023 at 2:00pm. Viewing by appointment only, will be available on May 16th, 17th and 18th between 12:00 - 8:00pm.

Call The Center for Active Adults for more details and to schedule your appointment today!
(248) 573.8175

DRAWING CLASSES w/Lori Ellsworth

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

May 10th:
Horse
June 14th:
Floral



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

YOU'RE INVITED to OUR SPRING SALAD LUNCHEON & BABY SHOWER FOR STEFANIE

Friday, May 19th
12-noon at The Center, \$7

Singers,
shower games
and prizes

Seating is limited!
RVSP by May 16th



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.

YARN SALE! MONTH OF JUNE

Lots to choose from!



Great prices!

Make & Take Greeting Card Class



Have fun creating 3 unique greeting cards each week!

Wednesdays
11am - 12pm

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
May 17th and June 21st
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, May 23rd
Tuesday, June 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
May 17th & June 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!

HOLIDAY SINGERS

Practice on Fridays
2:00pm - 3:00pm

Performances: Baby Shower Medley
in May for momma-to-be & baby
-Not meeting during June



FREE! DIA FREE!



DIA MUSEUM TRIPS!

May 17th and
June 15th

The bus leaves promptly at 11:00am

MARK YOUR CALENDAR!

Call The Center to reserve your seat!



GET FIT

ON THE GRAND

Wednesdays: 6:00pm - 8:00pm
June 14th, July 12th and Aug. 9th

Inspiration Park,
567 Grand River Ave.

Fun Fitness Activities, Education and
Relaxing Wrap Up
For more info: www.funonthegrand.com

LYON
TOWNSHIP



**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

(Gail Turner returns after Labor Day)

**TUESDAYS w/Paul
& FRIDAYS w/Carol
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



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 – Yin with Star (returning May 15)

Tuesdays:

9:15 am – All Level Kaiut Yoga with Kymm

10:30 am – Chair Kaiut Yoga with Kymm

7:15 pm – All Level Kaiut Yoga with Kymm

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

7:15 pm – All Level Kaiut Yoga with Suzanne

Fridays:

9:15 am – Yoga with Thad

10:30 am – All Level Kaiut Yoga with Suzanne

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



New Location:
SOUTH LYON HIGH SCHOOL EAST
5220 10 Mile Road
South Lyon, MI 48178

Tuesdays & Thursdays
11:45am - 1:45pm
No open swim May 1st - 19th
\$3 per person



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



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.

AGELESS STRENGTH

Weekly Classes
Led by Stefanie Bethge

MONDAYS

12:45pm - 1:45pm

Class fee: \$4



Call the center for updated schedule in June

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

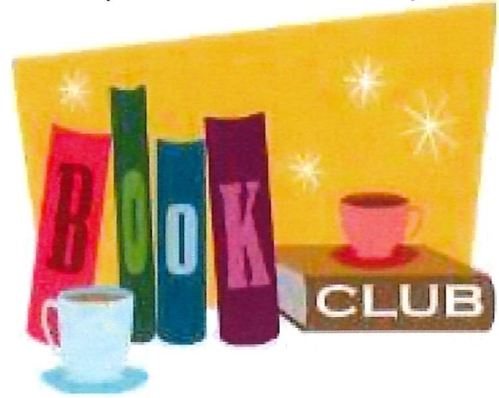
*Every contributor adds a flower to our tree,
helping to keep The Center flourishing.*

WALKING CLUB



See you
next year!

A partnership with Salem-South Lyon Library



BOOK DISCUSSION DATES:
3rd Wednesday of the Month
May 17th, June 21st
11:30am - 12:15pm

See list of titles at The Center!

COMING SOON!
More details at
Southlyoni.org & slrec.net

MOVIES in the Park



MCHATTIE PARK

FEATURED MOVIES

ENCANTO - JUL. 21

BACK TO THE FUTURE - AUG. 18

TOP GUN: MAVERICK - SEP. 15

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

Monday thru Thursday!
5:30pm - 7:30pm

\$3.00 per member, \$5 non-member
Dolson Elementary Gym
56775 Rice Street, New Hudson, MI 48165



**Last Night
of the Season,
June 14th**
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!!
Euchre!
 TUESDAYS 10:00am - 12:00pm



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



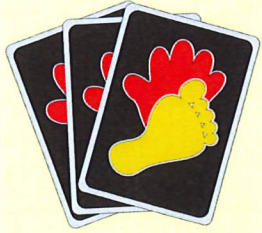
Join us every **WEDNESDAY**
 10:00am - 12:00pm

Scrabble Club



All are Welcome!
Every Monday
 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



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

FUN & GAMES



B.Y.O.G.
 (Bring Your Own Game)
Every Wednesday

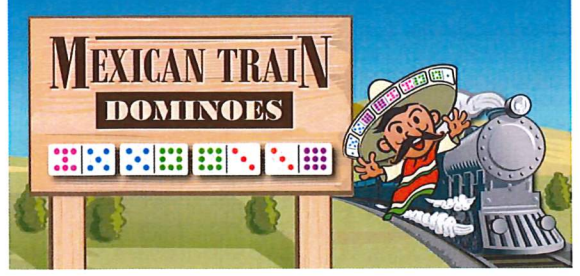
Bring it on!
 1:00pm - 3:00pm



...and **B.Y.O.F.**
 (Bring Your Own Friends!)

Please RSVP to the Center

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

Jewelry Sale!



June 12th,
13th and 14th

*A variety of
beautiful, elegant
and fun styles!*

At The Center



Come in for a



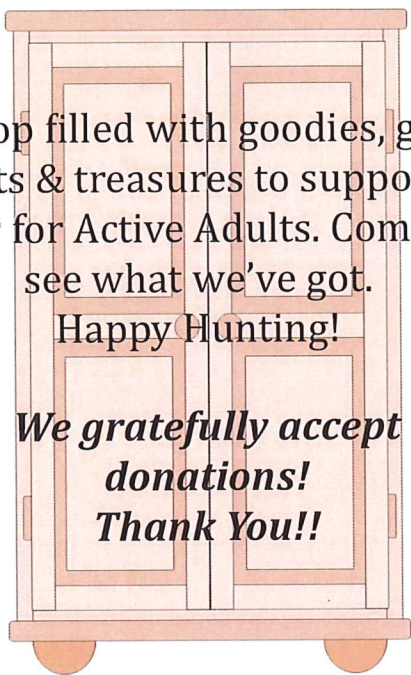
QUICK LUNCH

11:00am – 1:00pm

June 21st

(no serving in May)

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

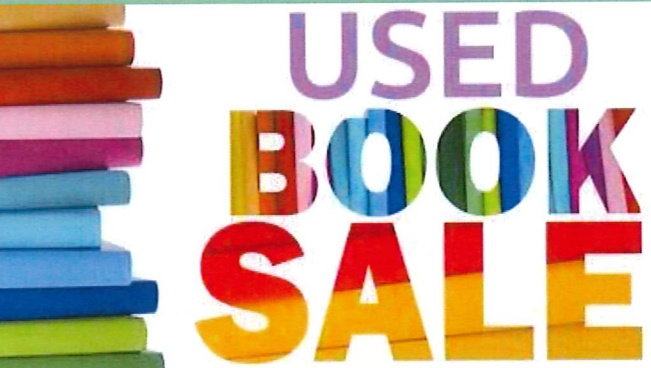
Monday, May 1st
And Monday, June 5th

Meet at 9:30am



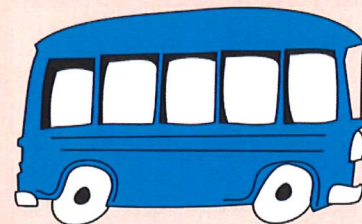
*Our Breakfast Group is a
very casual, nice way to
meet new friends & enjoy
old ones.*

No reservations needed



Month of June
Buy 4 get 5th Free!

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

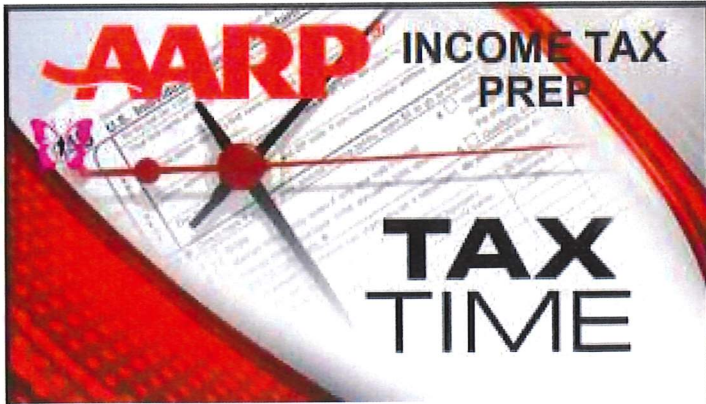
Oakland County Residents:

People's Express

To schedule, call: 877-214-6073
10:00am - 7:00pm, M-F

For more info: peoplesexpressmi.com

LEISURE & MISC.



THANK YOU to our wonderful volunteers Mike, Kathie, Bev, Dee and Karen for another great year!

Over 350 tax returns completed! Wow!

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

Memorial Day Weekend
Friday May 26th and
Monday May 29th

Summer Maintenance
July 3rd - July 14th
See you July 17th!



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:

- | | | |
|-------------------|--------------|---------------|
| Debbie M. | Ruth W. | Roger L. |
| Nick D. | James W. | Pat L. |
| Eileen & Terry T. | Pam J. | Adele T. |
| Shirley G. | Jan B. | Clementine F. |
| Janet H. | Rhonda P. | Lois F. |
| Terry C. | Heidi S. | Yvonne B. |
| Phil A. | Al M. | William G. |
| Sally K. | Janet H. | Richard B. |
| Wendy L. | Phil S. | Archie S. |
| Lois G. | Harris C. | Julius K. |
| William M. | Monica P. | Joyce S. |
| Carol B. | Catherine C. | Theresa O. |
| Susan W. | Ella F. | Liz A. |
| Sharon D. | Marian J. | Linda U. |
| Judy C. | Joseph G. | Barb C. |
| Elizabeth C. | Mary G. | Danny C. |
| Jackie P. | Dorothy M. | Larry H. |
| Kathie S. | Joan S. | Donna H. |
| Judith S. | Linda L. | Barb Z. |
| Don S. | Pauline W. | Norm M. |
| Bonnie O. | Mary R. | Sandra O. |
| William O. | Rosemary G. | |
| Dawn W. | Michelle D. | |
| Sharon H. | Bob H. | |
| Don H. | Suzanne H. | |



Celebrating 150 years

The City of South Lyon Presents
 2023 Summer Concert Series
 McHattie Park Historic Village

- | | | |
|------|---------------------|--------------------|
| 6/23 | Joyriders | 60s-90s Hits |
| 7/07 | Detroit Social Club | Blues/Motown |
| 7/14 | One Love Reggae | Reggae |
| 7/21 | Fast Eddie | Oldies Rock |
| 7/28 | Judy Banker Band | Old-time Country |
| 8/04 | Leaky Tiki's | Jimmy Buffet Trib. |
| 8/11 | Nobody's Business | Rock-a-Billy |
| 8/18 | Gemini | Family Entertain. |
| 8/25 | Randy Brock Group | Classic Rock |



Bring your lawn chairs or blankets & join us at
Inspiration Park
 Wednesdays, 6pm-8pm
 56730 Grand River Ave.

- June 7 Five Become West
- June 21 Wag the Dog
- July 5 Mr. Moody
- July 19 Toppermost Beatles Tribute
- Aug. 2 One Love Reggae Band
- Aug. 16 August Scott Band

For more info and complete flyer, please check out
www.lyontwp.org or call 248.437.2240



FREE BUSING to MUSIC on the GRAND!

Want to attend the Music on the Grand Summer Concerts, but don't want to drive? We are now offering free shuttle service from People's Express from the Center for Active Adults AND Abbey Park beginning at 5pm each night. (Shuttle will return to each site throughout the night!) See list above.

For more info: www.funonthegrand.com

Transportation sponsored by:
 Law Office of
 Julie A. Paquette



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.

From Your CAA Director

Thank you!

The Center for Active Adults now has 4,880 members.

So very grateful for everyone who continues to make our center this vibrant community!

Warmest regards,
 Carrie

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast at Lucas 10:00 Scrabble/Wood Carving 10:00 Matter of Balance 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball</p>	<p>9:15 Kaitu All Level 10:00 Euchre 10:30 Fitness w/Paul 10:30 Chair Kaitu Yoga 1:00 Dominoes 2:00 BINGO 5:30 Pickle Ball 7:15 Evening Kaitu</p>	<p>9:15 Kaitu All Level 10:00 Pinochle 10:30 Kaitu Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games 5:30 Pickle Ball</p>	<p>9:15 All Level Yoga 10:00 Wood Carving 10:30 Chair Kaitu 11:30 Intro to Hand and Foot 12:00 Hand & Foot 5:30 Pickle Ball 7:15 Evening Kaitu</p>	<p>8:30 T.O.P.S. Weigh-in/Mtg. 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Kaitu 10:30 Fitness w/Carol 11:45 Exercise w/Carol 12:30 BINGO</p>
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<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:00 Matter of Balance 11:40 Pilates 12:45 Ageless Strength 5:30 Pickle Ball</p>	<p>9:15 Kaitu All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Fitness w/Paul—C. Yoga 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 5:30 Pickle Ball 7:15 Evening Kaitu</p>	<p>9:15 Kaitu All Level 10:00 Pinochle 10:30 Kaitu Beg + Chair 11:00 Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games <i>No Pickle Ball</i></p>	<p>9:15 All Level Yoga 10:00 Wood Carving 10:30 Chair Kaitu 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 12:00 Line Dancing 5:30 Pickle Ball 7:15 Evening Kaitu</p>	<p>THE CENTER IS CLOSED </p>
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JUNE 2023

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The Center for



Ages 50 & up

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: 403
Months: May/June 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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