

The Center for



# Active Adults

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



(248) 573-8175

Issue: 400 • Nov/Dec 2022



**Ticket Sales Start Nov. 14th! Contact The Center for more details!**

**FREE! DIA FREE!**



**DIA MUSEUM TRIPS!**

**Nov. 17th and Dec. 15th**

The bus leaves promptly at 11:00am

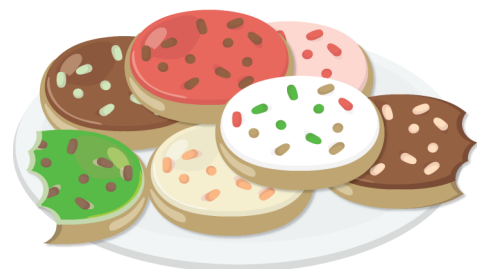
**MARK YOUR CALENDAR!**

**Call The Center to reserve your seat!**

**The Cookie Cupboard  
Bake Sale**

**Dec. 5th - 7th  
10:00am - 1:00pm**

**Calling all bakers!**



## 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!

No act of kindness, no matter how small, is ever wasted.

## Make & Take Greeting Card Class

*Have fun creating 3 unique greeting cards each week*

**WEDNESDAYS**  
**11:00am - 12:00am**

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

"Bird Series"

**3rd Wednesday of the month**

**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, Nov. 22nd**  
and

**Tuesday, Dec. 20th**

**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

**CENTER FOR ACTIVE ADULTS**  
Nov. 9th and Dec. 14th, 1:00pm

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

*Limited seating! RSVP to The Center*

## HOLIDAY SINGERS

Practice on Fridays in  
Nov. - Dec. at 2:00pm

Performances:

Witches Hat Chapel, Dec. 3rd

Kiwanis Dinner, Dec. 12th

Cocoa and Caroling, Dec. 16th



## Cool Yule Bake Sale

Dec. 3rd  
5:30pm - 8:00pm

Witches Hat  
Freight House  
South Lyon



## IDENTITY THEFT PREVENTION WORKSHOP

In-Person: "Protect Yourself from Identity Theft" info with John Hogan from Comerica Bank

**Wednesday, Dec. 7th**  
**2:00pm - 3:00pm**

*Understand what identity theft is, where it happens, how your identity can be misused, and how you can protect yourself.*



RSVP The Center by Dec. 5th

## Medicare Questions and Answers 2023 Workshop with Bryon Brock

**Wednesday, Nov. 16th**  
**1:00pm - 2:00pm**

*with time for Q & A afterward*  
RSVP Monday, Nov. 14th

## COCOA and CAROLING



**Dec. 16th**  
**1:30pm - 3:00pm**

*At 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 Fee

**NOTE: No class Nov. 18th, Dec. 21st and Dec. 23rd**

*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!**



**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.

Plenty of yoga challenges to keep you inspired! Contact The Center for more details!

**Mondays:** New instructor, Savita. See pg. 5.

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

Introduction to Yoga w/Savita: 10:30am - 11:30am

Evening Hatha w/Star: 7:15pm - 8:15pm

**Tuesdays:**

Kaiut All-Level w/Kymm\*\*: 9:15am - 10:15am

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

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

**Wednesdays:**

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

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

**Thursdays:**

Kaiut All-Level w/Kymm\*\*: 9:15am - 10:15am

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

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

**Fridays:**

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

Kaiut All-Level w/Suzanne\*: 10:30am - 11:30am

\*\*Class sizes are limited Pre-registration is advised.

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

**Pre-registration recommended for All-Level Kaiut Classes**

## 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!*

**Swimmers Potluck, Wednesday**  
December 7th, 12:00- 1:30  
**Arrive at 12:00pm and eat at 12:30pm**

## 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.*

# 5

## Facts about *Kaiut Yoga*

1. The essence is **ancient yoga** combined with concepts from **other therapeutic practices**.
2. The focus is on the **joints**, extending mobility and resorting the body's structure and functioning ideas.
3. Each position has a **well-defined function**, having an effect on one or several joints at the same time.
4. In the Kaiut Method, spontaneous meditation happens through **safe joint stimulation**.
5. The method adapts the ancient practice of yoga to **the needs of modern human life**.

## 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.

## 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*

A partnership with Salem-South Lyon Library



**BOOK DISCUSSION DATES:**  
**3rd Wednesday of the Month**  
**11:30am - 12:15pm**

**Nov. 16th. No Meeting in Dec.**

*See list of titles at The Center!*

## WALKING CLUB



Get ready!  
Starts November  
1st and goes thru  
March!

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

Centennial Middle School  
*Free to all*  
*community members*

## PICKLE BALL

**Mondays & Wednesdays**  
**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!

*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!*

## MAHJONG



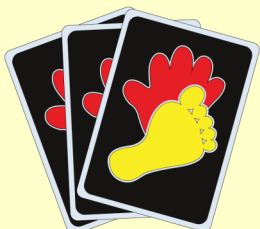
Team up for a game of Mahjong, a Chinese tiles version of Rummy!  
Wednesdays at CAA  
12:30pm

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



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

## Hand & Foot Card Club



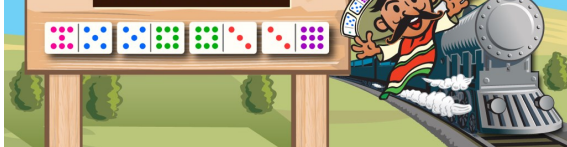
Everyone is invited to join us for a fun afternoon to play Hand & Foot

*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!!

# EuChre!

TUESDAYS 10:00am - 12:00pm

## Scrabble Club

All are Welcome!  
Every Monday  
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!

# 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!)

RSVP to the Center

FUN & GAMES

## 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



Come in for a

\$4

## QUICK LUNCH

November 16th only

*Sally's Special*

11:00am – 1:00pm

(No lunches served in Dec.)

## Visit the CAA Library! BOOK SALE



Soft Cover 25¢

Hard Cover 50¢

(unless marked)

Games, puzzles, CDs & movies  
as marked. Come check it out!

## 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, Nov. 7th

Monday, Dec. 5th

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!*

## 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)





Tax time is just around the corner!

Keep your fingers crossed, we are looking for volunteers!

**CENTER CLOSINGS**  
**Thanksgiving Break**  
Nov. 23rd - Nov. 25th  
  
**Christmas Break**  
Dec. 26th and reopens  
Jan. 8th, 2023

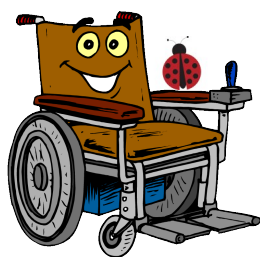


Nov. 15th - 17th  
**JEWELRY SALE**

10:00am - 2:00pm  
At The Center

### 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!

Call The Center to schedule a personal conference with Rick.

### Decluttering

#### YOUR HOME?

**DONATE YOUR UNWANTED TREASURES TO US!**

Preferred donation items include jewelry, kitchen items, seasonal decorations, greeting cards & books.

*All proceeds from "The Closet" (our resale shop) benefit The Center and our programs!*

**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:**

Alice A.	Erlah L.
Dorothy R.	Mary J.
Phil A.	James B.
Judy C.	Gail M.
Karolyn T.	Carol F.
Jodi I.	



### 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.



## KIWANIS CLUB OF SOUTH LYON



### ANNUAL SENIOR DINNER MONDAY, DEC. 12th, 2022

South Lyon High School

**Doors Open: 5:00pm  
Dinner: 5:30pm**

*Special guest appearance by the man himself!*

**PLEASE SHARE WITH FRIENDS!**

### From Your CAA Director

If you think this fall was action packed, wait until you learn about all our November and December plans! Could you use some holiday sparkle? The Center is hosting a Jewelry Sale and Christmas pop-up shop in November.

Like to sing or even hum holiday favorites? Join The Center's Holiday Singers. We have an afternoon of Cocoa and Caroling together too.

Like holiday baking but don't want to eat all of it on your own? - Calling ALL BAKERS for our annual sale at The Witch's Hat Historical Village during Cool Yule December 3rd and at The Center afterwards.

Need help deciding what to buy for Christmas gifts? Get ideas or perhaps even win one of our 12 Day of Christmas Raffle baskets.

Have questions about Medicare 2023 changes? We have a workshop for you.

Would you and your friends like an afternoon of culture? Hop on the motorcoach for a free trip to the Detroit Institute of Arts.

Want to learn how to access more information with your smart devices? Come to The Center and let Andrew help.

Worried about Identity Theft? We have an Identity Theft Prevention Workshop too.

\*Don't forget to RSVP so we know you are coming. Happy Holidays!

*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>
Walking Club begins Nov. 1st! See page 6! 	<b>1</b> 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	<b>2</b> 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 & Games 5:30 Pickle Ball	<b>3</b> 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Kaiut	<b>4</b> 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gail 10:30 Kaiut All-Level 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers
<b>7</b> 9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 10:30 Intro to Yoga 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball 7:15 Evening Yin	<b>8</b> 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	<b>9</b> 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 & Games <b>1:00 Tech Talk w/Andrew</b> 5:30 Pickle Ball	<b>10</b> 9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:30 Intro to Hand and Foot 11:45 Senior Swim 12:00 Hand & Foot 7:15 Evening Kaiut	<b>11</b> 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gail 10:30 Kaiut All-Level 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers
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<b>28</b> 9:00 Massage by Appt. 9:15 Easy Flow Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 10:30 Intro to Yoga 11:40 Pilates Class 12:45 Ageless Strength 5:30 Pickle Ball 7:15 Evening Yin	<b>29</b> 9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gail 11:45 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut	<b>30</b> 9:15 Kaiut All Level 10:00 Pinochle 10:30 Flu Clinic 10:30 Kaiut Beg + Chair 11:00 Quick Lunch/Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercolor Paint 1:00 Fun & Games 5:30 Pickle Ball		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div style="border: 2px solid green; padding: 10px; display: inline-block;"> <h1 style="color: green; margin: 0;">December 2022</h1> </div>				
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<div style="display: flex; align-items: center; justify-content: center;">  <div style="text-align: center;"> <h2 style="color: white; font-weight: bold; margin: 0;">CLOSED FOR HOLIDAY BREAK (reopens Jan. 8th)</h2> </div> </div>				
26	27	28	29	30



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: 400  
Months: Nov/Dec 2022

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

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