

The Center for



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

(248) 573-8175 www.centerforactiveadults.com

Issue: 406 • NOV/DEC 2023

**12 Days of Christmas
RAFFLE**

**Selling Tickets Now! Start Pulling Basket Winners Dec. 4th!
Contact The Center for more details!**

FREE! DIA FREE!

**DIA MUSEUM
CONCERTS!**

**November 1st
And December 6th**

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

MARK YOUR CALENDAR!

Call The Center to reserve your seat!

Calling all bakers!

Your delicious
cookies are
needed for:

**Cool Yule Hot Cocoa
& Bake Sale at the Depot
Dec. 2nd**

**The Center's
Cookie Cupboard
Dec. 4th, 5th, and 6th
10:00am - 2:00pm**

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.

Stampin' Up 2024 Calendar Workshop

with Judy Adams

Thursday, December 7th
1:00pm - 3:00pm

Class fee: \$14, includes supplies
RSVP required

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"

**Nov. 15th &
Dec. 20th**

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. 28th

Tuesday, Dec. 19th

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:
Nov. 15th and Dec. 20th
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!



AARP
It's almost
TAX TIME

**Registration Starts
January 16th**
Appts. Available
Wednesdays & Thursdays
Feb. 14th - March 29th
Call: 248.573.8175



Holiday Singers

Fridays 2:00pm - 3:00pm

Rehearsals
Nov. 3, 10, 17, Dec. 1, 8
PERFORMANCES
Cool Yule: Dec. 2nd and
Kiwanis: Dinner Dec. 11th

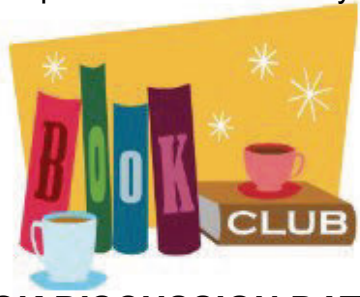
**"I don't usually get distracted, I...
Hey look! Jewelry!"**

JEWELRY SALE!
November 13th - 17th



Lots to choose from!
Taking donations too!

A partnership with Salem-South Lyon Library



BOOK DISCUSSION DATES:
3rd Wednesday of the Month
Nov. 15th and Dec. 20th
11:30am - 12:15pm
See list of titles at The Center!



January 25th
Genitti's Hole in the Wall
Comic Mystery Theatre Luncheon
\$30 per member, non-refundable
See our upcoming Jan/Feb newsletter for more details

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

Class fee: \$2.00

**Class size is limited-
Pre-registration is Advised!**



SPOT LIGHT on STAR

I have been practicing yoga intermittently since my mid-twenties. In 2006, I discovered a gem, right here in South Lyon, The Center for Active Adults. I practiced with Kymm Loch until 2018, then undecided to take Hatha yoga teacher's training. Hatha is a yoga system of physical exercises and breathing control. I also teach Yin yoga, a slow-paced style of yoga, incorporating principles of traditional Chinese medicine, with asanas (postures) that are held for longer periods of time. Both styles of yoga complement each other. As we age, Yin yoga is very beneficial as it is specifically designed to exercise ligaments, bones, joints, and fascia. Yin helps to regain space and strength in the joints and prevention of broken bones if we take a fall.

I look forward to practicing with you!

~STAR



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

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

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



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

TUESDAYS & THURSDAYS

11:15am entrance
11:30—1:00 Pool Time
\$3 per person



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

CARDIO & WEIGHTS
with Carol Glenn

FRIDAYS
10:30am - 11:30am

Class Fee: \$3.00

WALKING CLUB

Starting November 1st
Tuesdays, Wednesdays,
and Thursdays
4:15pm - 6:00pm
Centennial MMS



Enter through Door #8



Pilates

Instructor, Stefanie Bethge

MONDAYS

11:40am - 12:40pm

PILATES ON THE MAT aims to build core & pelvic floor strength along with vitalizing breathing and body awareness. Pilates exercises will improve your balance and joint stability. You get stronger and more flexible. You'll feel aligned, focused and refreshed!

Class fee: \$5.00

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
Stefanie Bethge is Back!

MONDAYS

12:45pm - 1:45pm

Class fee: \$4.00

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.

FITNESS & HEALTH

HBP CONTROL

A HYPERTENSION SELF-MANAGEMENT PROGRAM

At the Center for Active Adults

Learn how to:

- Monitor your blood pressure
- Cope with stress
- Make healthy food choices
- Create a physical activity plan
- Manage your medications
- Keep personal action plans – and more

Wednesdays at 1:00-2:30pm

Last 3 Classes:
November 1, 8, 15



November SILENT AUCTION

Highest bid will be announced November 30th



20 1/2-inch decorative plate with metal stand

Check it out at The Center



New group forming at 12:30pm on Wednesdays starting in January! Everybody welcome!

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

JOIN US!



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 Ganfield
Call The Center for an Appointment

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

Scrabble Club
MONDAYS
10:00am - 12:00pm
Everyone Welcome!

"Life is like riding a bicycle. To keep your balance, you must keep moving."
 -Albert Einstein

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

B.Y.O.G.
 (Bring Your Own Game)
WEDNESDAYS
Bring it on!
1:00pm - 3:00pm
 ...and **B.Y.O.F.**
 (Bring Your Own Friends!)
 Please RSVP to the Center

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

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, Nov. 6th
And Monday, Dec. 4th**

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!

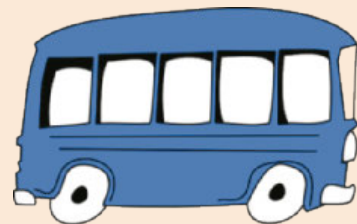
Talk with Carrie for details



**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

Crochet Necklace Workshop

with Joan Shifferd



**Tuesday
November 7th**
1:00pm - 3:00pm

Class fee: \$4.00
supplies included



Check it out!

The Center for Active Adults now has a web page!

www.CenterForActiveAdults.com

'Tis the season to be jolly and what better way than to join the great activities at **The Center for Active Adults!**

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!

"Growing Together!" Fall Fund Fundraising Campaign

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



**SOUTH LYON UNITED
METHODIST CHURCH
MEDICAL LOAN CLOSET
NOW UP and RUNNING!**



Please contact: Jen Denny to donate or loan equipment.

jendenny@southlyonfirstumc.org



Call The Center to schedule a personal conference with Rick

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!

Jackie F.
Nair R.
Dee R.
Joan S.

Eleni L.
Mary B.
Phil A.



Thank You!

CENTER CLOSINGS

Thanksgiving Break

Nov. 22nd - Nov. 24th

Christmas Break

Dec. 23rd and reopens

Jan. 8th, 2024

A NOTE FROM THE DIRECTOR

Happy Holidays!

Please join us in welcoming technical support specialist, Jordan Halaby, to our CAA team. Thanks to Jordan you can now get up-to-date information by using our website www.centerforactiveadults.com. We also have the ability to send targeted group text messages to announce schedule changes and reminders for up coming events.

There are lots of great activities to enjoy here in November and December!!

So thankful for our wonderful instructors, group leaders and members who continue to create and nurture this thriving community.

Hope to see you soon,

Sherry, Pat, Judy, Jordan and Carrie

KIWANIS CLUB OF SOUTH LYON

ANNUAL SENIOR TURKEY DINNER

MONDAY, DECEMBER 11, 2023

SOUTH LYON HIGH SCHOOL COMMONS AREA
DOORS OPEN 5:00PM
DINNER 5:30PM
ENTERTAINMENT 6:30PM - 7:30PM

HAPPY
THANKSGIVING

KENSINGTON VALLEY CIVITAN CLUB

DESERT ANGELS COLLECTION

HELP SUPPORT OUR TROOPS BY DONATING CARE PACKAGE ITEMS.
DROP OFF AT THE SENIOR CENTER.
BOX PACKING DATE: NOVEMBER 16TH, 2023
www.KVCIVITAN.ORG

JERKY	SOCKS
TRAIL MIX PACKS	PERSONAL HYGIENE ITEMS
PROTEIN BARS	MIND PUZZLES
PEANUT BUTTER PACKS	PLAYING CARDS
TUNA/CHICKEN PACKS	SOFT COVER BOOKS
OATMEAL	BLANK CARDS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																				
 <p>9:00 Massage by Appt. 9:30 Breakfast Club 9:15 Easy Flow Yoga 10:00 Scrabble/Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>6 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 1:00 Crochet Necklace Class 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>1 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 DIA Trip 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games/HBP Control</p>	<p>2 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>3 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 All Level Kaiut 10:30 Cardio & Weights/Card 11:45 Exercise w/Carol 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/Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>7 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 1:00 Crochet Necklace Class 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>8 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 1:00 HBP Control</p>	<p>9 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>10 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 All Level Kaiut 10:30 Cardio & Weights/Card 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>	<p>13 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>14 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>15 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games 1:00 HBP Control</p>	<p>16 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>17 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 All Level Kaiut 10:30 Cardio & Weights/Card 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>	<p>20 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>21 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>22 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games 1:00 HBP Control</p>	<p>CENTER CLOSED for Thanksgiving Break</p>		<p>27 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>28 9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>29 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</p>	<p>30 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>WALKING CLUB Tues., Wed., Thurs. 4:15pm - 6:00pm Centennial MS. Pickle Ball Mon, Tues., Wed., Thurs, 5:30pm Dolsen Elem. Gym</p>
<p>9:00 Massage by Appt. 9:30 Breakfast Club 9:15 Easy Flow Yoga 10:00 Scrabble/Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>7 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 1:00 Crochet Necklace Class 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>8 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 1:00 HBP Control</p>	<p>9 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>10 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 All Level Kaiut 10:30 Cardio & Weights/Card 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>	<p>13 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>14 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>15 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games 1:00 HBP Control</p>	<p>16 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>17 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 All Level Kaiut 10:30 Cardio & Weights/Card 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>	<p>20 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>21 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>22 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games 1:00 HBP Control</p>	<p>CENTER CLOSED for Thanksgiving Break</p>		<p>27 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>28 9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>29 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</p>	<p>30 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>WALKING CLUB Tues., Wed., Thurs. 4:15pm - 6:00pm Centennial MS. Pickle Ball Mon, Tues., Wed., Thurs, 5:30pm Dolsen Elem. Gym</p>					
<p>13 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>14 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>15 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games 1:00 HBP Control</p>	<p>16 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>17 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 All Level Kaiut 10:30 Cardio & Weights/Card 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>	<p>20 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>21 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>22 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games 1:00 HBP Control</p>	<p>CENTER CLOSED for Thanksgiving Break</p>		<p>27 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>28 9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>29 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</p>	<p>30 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>WALKING CLUB Tues., Wed., Thurs. 4:15pm - 6:00pm Centennial MS. Pickle Ball Mon, Tues., Wed., Thurs, 5:30pm Dolsen Elem. Gym</p>										
<p>20 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>21 9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>22 9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:30 Book Club 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Tech Talk w/Andrew 1:00 Fun & Games 1:00 HBP Control</p>	<p>CENTER CLOSED for Thanksgiving Break</p>																					
<p>27 9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>28 9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Kaiut Beg + Chair 11:15 Senior Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Mixed Yoga</p>	<p>29 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</p>	<p>30 9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 7:15 Evening All Level Kaiut</p>	<p>WALKING CLUB Tues., Wed., Thurs. 4:15pm - 6:00pm Centennial MS. Pickle Ball Mon, Tues., Wed., Thurs, 5:30pm Dolsen Elem. Gym</p>																				

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>9:00 Massage by Appt. 9:30 Breakfast Club 9:15 Easy Flow Yoga 10:00-2:00 Cookie Cupboard 10: Scrabble/Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>9:15 Kaiut All Level 10:00 Euchre 10:00-2:00 Cookie Cupboard 10:30 Kaiut Beg + Chair 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 10:00-2:00 Cookie Cupboard 11:30 DIA Trip / Card Making 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	 <p>9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 12:00 Hand & Foot 12:00 Line Dancing 1:00 2024 Calendar Workshop 7:15 Evening All Level 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 & Crochet 10:30 All Level Kaiut 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>
<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 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 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	<p>9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening All Level 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 & Crochet 10:30 All Level Kaiut 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers</p>
<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 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 11:45 Exercise w/Carol 12:30 Mahjong 1:00 Fun & Games</p>	<p>9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening All Level 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 & Crochet 10:30 All Level Kaiut 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO</p>
<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>9:15 Kaiut All Level 10:00 Anyone Can Paint 10:00 Euchre 10:30 Kaiut Beg + Chair 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 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Fun & Games 1:00 Tech Talk with Andrew</p>	<p>9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening All Level 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 & Crochet 10:30 All Level Kaiut 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO</p>
<p>9:00 Massage by Appt. 9:15 Easy Flow Yoga 10:00 Scrabble 10:00 Wood Carving 11:40 Pilates w/Stefanie 12:45 Ageless Strength 7:15 Evening Yin</p>	<p>9:15 Kaiut All Level 10:00 Anyone Can Paint 10:00 Euchre 10:30 Kaiut Beg + Chair 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 11:45 Exercise w/Carol 12:30 Mahjong/Watercoloring 1:00 Fun & Games 1:00 Tech Talk with Andrew</p>	<p>9:15 All Level Yoga 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:15 Senior Swim 11:30 Intro to Hand & Foot 12:00 Hand & Foot 12:00 Line Dancing 7:15 Evening All Level 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 & Crochet 10:30 All Level Kaiut 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO</p>

CHRISTMAS BREAK
See you next year! (Jan. 8th, 2024)

WALKING CLUB 29
Tues., Wed., Thurs.
4:15pm - 6:00pm
Centennial MS.

PICKLE BALL
Mon, Tues., Wed.,
Thurs., 5:30pm
Dolsen Elem. Gym

CASTERLINE

FUNERAL HOME, INC.

Providing quality care in the heart of downtown Northville since 1937.

122 West Dunlap St., Northville, MI

248-349-0611

www.casterlinefuneralhome.com

Courtney Casterline-Ross, *Manager*
Lindsey Casterline-Dogonski, *Manager*



DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

OUR COMMUNITY NEWSLETTER
OCTOBER EDITION



Engaging, ad-supported print and digital newsletters to reach your community.



Scan to contact us!

Visit lpicomunities.com



Save \$46
ON ANY SERVICE
REPAIR OR
INSTALLATION

WATER HEATERS • HEATING
COOLING • PLUMBING

MATHESONHEATING.COM

248-938-0913

Place Your Ad Here and Support our Community!

Instantly create and purchase an ad with

AD CREATOR STUDIO



lpicomunities.com/adcreator



UNDER OUR CARE THERE'S COMFORT

Wherever you call home, an experienced Arbor Hospice care team will be at your side to help you focus on what's important.



888-992-CARE • arborhospice.org



SUPPORT OUR ADVERTISERS!

O'BRIEN SULLIVAN
FUNERALS, MEMORIAL SERVICES, CREMATIONS

Celebrating Lives,
Honoring Memories
since 1898

Proud to be a part of this great community

41555 Grand River Ave
Novi, MI 48375

248-348-1800
obriensullivanfuneralhome.com

LTPL
LYON TOWNSHIP PUBLIC LIBRARY
27005 S. Millford Rd., South Lyon, MI 48178
(248) 437-8800 • www.ltpl.org



Hours:

Mon: 10am-9pm
Tues: 10am-9pm
Wed: 10am-9pm
Thurs: 10am-9pm
Fri: 10am-5pm
Sat: 10am-5pm
Sun: 12pm-4pm



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0714



21001 Pontiac Trail
South Lyon, MI 48178

FRAZER

CREMATIONS AND FUNERALS

248-667-9920

*Affordable
Cremations and Burials*

FrazerFunerals.com
frazerfunerals@gmail.com

**Seniors Real Estate Specialist –
Your property, my priority!**



Sheri Wegela, SRES, PPS

734-516-6117

734-981-2900

swegela@gmail.com



www.sheriwegela.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Eileen Frazier

efrazier@lpicommunities.com

or (800) 477-4574 x6309



**Comprehensive
Vision
Center**

Christopher Papp, MD
Board Certified Ophthalmologist

PH: (248) 782-8120

FX: (248) 278-6096

321 Pettibone St., Ste. 103

South Lyon, MI 48178

www.comprehensivevisioncenter.com



**Personalized
Hearing Care, Inc.**

Audiology and Hearing Aids

Specializing in the treatment of hearing loss

We offer superior service, state-of-the-art technology and competitive prices in a non-threatening environment.



SOUTH LYON OFFICE

321 Pettibone St., Suite 105, South Lyon, MI 48178

(248) 437-5505

SUPPORT OUR ADVERTISERS!

Your next home!



**Luxury One Story
State of the Art
Assisted Living**

*Creating Meaningful Connections with others while
enjoying the Quality of Care*

Independent Living • Assisted Living • Memory Care
Private Patios & Courtyard Views Available

- Luxurious resort quality living
- Chef prepared cuisine that excites your taste buds
- Executive level senior living services
- Security and peace of mind for your loved ones

- Library • Spa Room
- Lounge Areas
- w/fireplaces • Relaxation Garden Patio • Planned Activities & Entertainment
- Hair & Nail Salon
- Housekeeping & Laundry Service • Movie theater & Game Room
- Transportation for Residents

7300 Village Center Dr • Whitmore Lake

810-534-7774

hamburgseniorliving.com

WE'RE HIRING!

AD SALES EXECUTIVES



**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

- Paid training
- Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community



Contact us at
careers@4lpi.com or
www.4lpi.com/careers



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0714

NEVER MISS OUR NEWSLETTER!

SUBSCRIBE

Have our newsletter
emailed to you.



VISIT WWW.MYCOMMUNITYONLINE.COM

LOCKWOOD OF LYON

NEW 55+ SENIOR COMMUNITY

Now open - to reserve your apartment

call **248-264-9900**

or visit the community

www.lockwoodoflyon.com



PHILIP J. WEIPERT ATTORNEY AT LAW

**WILLS, TRUSTS, ESTATE PLANNING
& ELDER LAW**

400 S. LAFAYETTE,
S. LYON, MI

248-486-1100



No Charge for Initial Consultation

ADT-Monitored Home Security

Get 24-Hour Protection
From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide



Authorized
Provider

SafeStreets

833-287-3502

Edward Jones



Debra S Smola
Financial Advisor

321 Pettibone Ave Ste 101
South Lyon, MI 48178
248-437-3011

MKT-5894N-A

> edwardjones.com



Lyon Township

off Milford Rd. Across
from Coyote Golf Course
28413 Abbey Ln,
New Hudson, MI
(248) 437-6550

INDEPENDENT SENIOR LIVING

Live here,
for the best of your life!®

abbeypark.com

**Come in for a tour
and free lunch.**



For ad info. call 1-800-477-4574 • www.lpicommunities.com

15-0714

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: 406
Months: Nov/Dec 2023

Carrie Cavanaugh:
Center Director, Newsletter Editor

Sherry Gjerpen, Pat Mengel and
Judy Keeling:
Administrative Support Staff

Jordan Halaby:
Technical Support Specialist

Karen Ann Smith:
Newsletter Layout & Design

Find Us Online: www.CenterForActiveAdults.com

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
www.CenterForActiveAdults.com

SOUTH LYON CENTER FOR ACTIVE ADULTS
1000 N. LAFAYETTE
SOUTH LYON, MI 48178

NON-PROFIT
PERMIT
No. 2
South Lyon,
Mich.