

The Center for



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

(248) 573-8175 [www.centerforactiveadults.com](http://www.centerforactiveadults.com)

Issue: 405 • SEPT/OCT 2023

## High Blood Pressure Self-Management Program

Eight weekly sessions  
Starting September 27th

See more details on page 6

Sponsored by



## Friends Giving

Wednesday, October 11th  
12:00 1:30

Limited seating.. RSVP  
\$7.00 tickets

Entertainment by the  
*Center's Holiday Singers*

Door prizes and 50/50 raffle  
Sponsored by



## Hungry Howie's 2nd Annual Fundraiser

**Hungry Howie's Pizza.**

The Center keeps  
\$18 of every \$25 card sold  
Sale ends October 13th



## pop-Up Holiday Sale

October 9th thru 13th



## 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!



CAA Closed 9/1 and 9/4

## 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  
**"Sept. 20th and Oct. 18"**

**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!**

No September Class  
Tuesday, Oct. 24th  
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.**



**CENTER FOR ACTIVE ADULTS**  
**Wednesdays:**  
**Sept. 20th and Oct. 18th**  
**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!

**MOTIVATED AND MOVING Workshop \$4.00**

**Friday October 26th**  
**12:00- 1:00 pm**

Join us for a fun completing high level, senior focused aerobic activity!  
With Glenna, DPT as she educates on safety, importance of activity and proper form



**MOTIVATED AND MOVING, LLC**

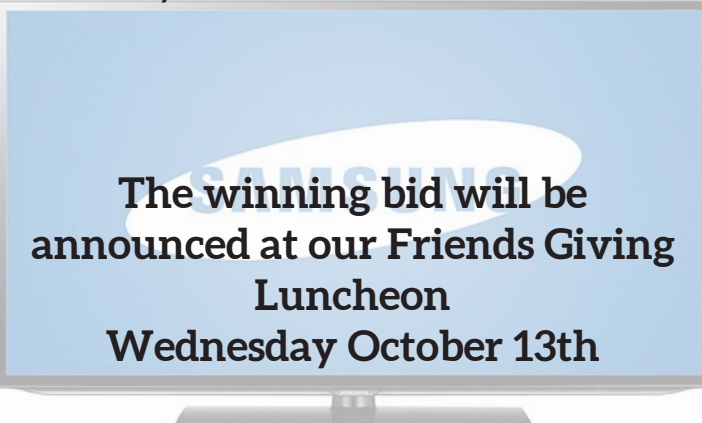


**Holiday Singers**  
**Fridays 2:00– 3:00**

Rehearsals: Sept. 15, 22, 29  
and October 6th  
Performance  
Friends Giving October 11th

Rehearsals: Nov. 3, 10, 17  
and December 1st  
Performances:  
Cool Yule December 2nd and  
Kiwanis Dinner Dec. 11th

**This Could Be Yours CAA Silent Auction**  
**This Samsung 32" TV**  
**Could be yours!**



**The winning bid will be announced at our Friends Giving Luncheon**  
**Wednesday October 13th**

**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**

*Please call The Center for July and August schedule changes*

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

## CARDIO & WEIGHTS

With Carol Glenn

**Fridays**

**10:30am - 11:30am**



*\$3.00 Class Fee*



## 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**

**Time Change:**  
**11:15am - 1:15pm**  
**\$3 per person**



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



## LINE DANCING CLASS

*Classes in September*

**Tuesdays 10:30am - 11:30am**  
**Thursdays 12:00pm - 1:00pm**

\$2.00  
per class



## PILATES CLASS

*Instructor, Stefanie Bethge*



**Mondays 11:40am - 12:40pm**  
**Starting October 2nd**

**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*

*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**  
**Starting Oct. 2nd**



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.

# HBP CONTROL

## A HYPERTENSION SELF-MANAGEMENT PROGRAM

**BEGINNING IN SEPTEMBER!**  
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**

### Sessions 1-8:

September 27,  
October 4, 11, 18, 25,  
November 1, 8, 15



**Registration Required! To sign up:**  
Call the Center at (248) 573-8175

*This workshop is offered at no cost  
to participants.*

A partnership with Salem-South Lyon Library



**BOOK DISCUSSION DATES:**  
**3rd Wednesday of the Month**  
**Sept. 20th and Oct. 18th**  
**11:30am - 12:15pm**

*See list of titles at The Center!*

## PICKLE BALL

Monday thru Thursday!  
5:30—7:30pm

\$3.00 per member, \$5 non-member

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



Pickleball site supervisors  
needed  
Contact The CAA for details

## 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*



## 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**  
 All are Welcome!  
**Every Monday**  
**10:00am - 12:00pm**



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



**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!)  
 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**



**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.



Come in for a

\$4

# QUICK LUNCH

On hold  
Recruiting new chefs

Thank you Sally!

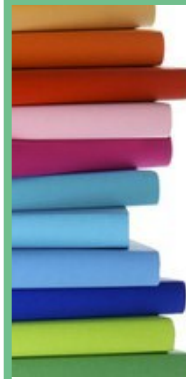
## THE CLOSET



A shop filled with goodies, gifts, trinkets & treasures to support the Center for Active Adults. Come in & see what we've got.

Happy Hunting!

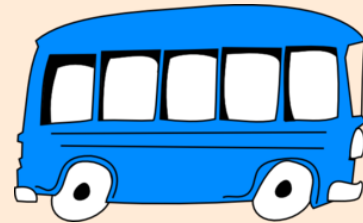
*We gratefully accept  
donations!  
Thank You!!*



# 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](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, Sept. 11th  
And Monday, Oct. 2nd**

**Meet at 9:30am**



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

LEISURE & MISC.



# Walk-in Flu Shot Clinics



September 20th  
10:00am -11:00pm

Sponsored By Rite Aid



Check it out!

The Center for Active Adults now  
has a web page!

[www.CenterForActiveAdults.com](http://www.CenterForActiveAdults.com)

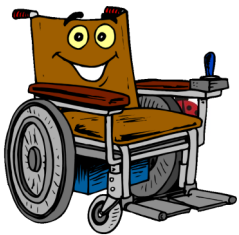
## “Growing Together!” Fall Fund Fundraising Campaign

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



## 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](mailto:jendenny@southlyonumc.org)

# DAV

DISABLED AMERICAN VETERANS

Call The Center to schedule  
a personal conference  
with Rick

## 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!

Joan Lois  
Vicki Rose

Phil Jackie



Thank You

Hope you had a fun filled summer!

We have lots of wonderful programming for you to enjoy with us this fall!

The National Kidney Foundation is hosting our first 8 week High Blood Pressure Prevention Class.

Rite Aid is hosting a Flu Shot Clinic.

The Detroit Institute of Arts is offering a new concert series. We have concerts scheduled in September, October, and November.

Stefanie is coming back to teach Line Dancing and her Pilates and Ageless Strength classes. Hopefully Wilson will love the attention from all of his "Great Aunts"

Hungry Howie's is offering us their wonderful pizza fundraiser again. The Center keeps \$18 from every \$25 card sold. (Think of it as a great thank you gift, for all your personal helpers, that keeps giving)

We have a Holiday Sale scheduled in October- Now is the time to donate gently used items collecting dust in your closets.

Another new fund raiser is our "This Could Be Yours" Silent Auction. It started with a collection of Barbie Playsets. Now we have a gently used 32" Samsung TV, -that could be yours.

Offering a new highly recommended exercise workshop hosted by Glenna of "Motivated and Moving". Hopefully she will become a part of our regular line-up.

Please don't wait to RSVP for our Friends Giving Luncheon sponsored by Abbey Park.

A big Thank YOU to Sally Kinney for all her support over the years - Chef for Quick Lunch, Cookie Cupboard Baker and Hostess, T.O.P.S. Coordinator, Events Committee Member and Advisory Board Member.. She is leaving some huge spots to fill.

So very grateful for everyone who helps to make The Center this vibrant community!!!!

As always,  
Carrie

FREE!  FREE!

## DIA MUSEUM CONCERTS!

September 13th  
October 4th  
November 1st

*The bus leaves promptly  
at 11:15 AM*

**MARK YOUR CALENDAR!**  
Call The Center to reserve your seat!



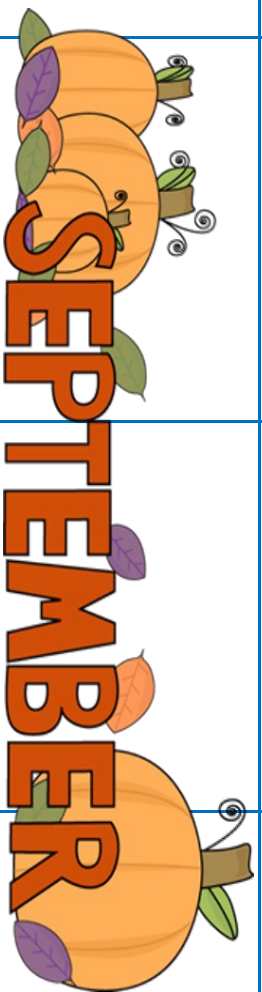
KENSINGTON VALLEY  
CIVITAN CLUB

## 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](http://www.KVCIVITAN.ORG)

JERKY  
TRAIL MIX PACKS  
PROTEIN BARS  
PEANUT BUTTER PACKS  
TUNA/CHICKEN PACKS  
OATMEAL

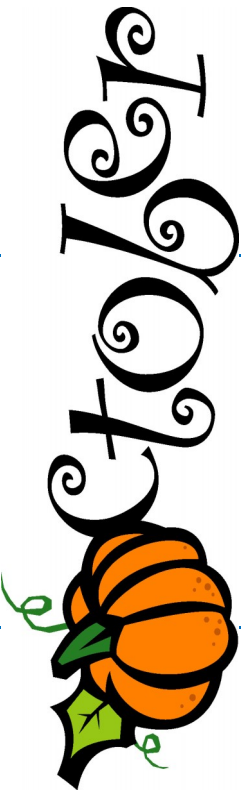
SOCKS  
PERSONAL HYGIENE ITEMS  
MIND PUZZLES  
PLAYING CARDS  
SOFT COVER BOOKS  
BLANK CARDS



SEPTEMBER

| <b>MONDAY</b>  | <b>TUESDAY</b>  | <b>WEDNESDAY</b>  | <b>THURSDAY</b>  | <b>FRIDAY</b>  |
|--|---|---|--|--|
|  <p>4<br/>9:00 Massage by Appt.<br/>9:30 Breakfast Club<br/>9:15 Easy Flow Yoga<br/>10:00 Scrabble<br/>10:00Wood Carving<br/>7:15 Evening Yin</p> | <p>5<br/>9:15 Kaitut All Level<br/>10:00 Euchre<br/>10:30 Line Dancing/Stefanie<br/>10:30 Kaitut Beg + Chair<br/>11:15 Senior Swim<br/>1:00 Dominoes<br/>2:00 BINGO<br/>7:15 Evening Kaitut</p> | <p>6<br/>9:15 Kaitut All Level<br/>10:00 Pinochle<br/>10:30 Kaitut Beg + Chair<br/>11:00 Card Making<br/>11:45 Exercise w/Carol<br/>12:30 Mahjong<br/>1:00 Fun &amp; Games</p>  | <p>7<br/>9:15 All Level Yoga<br/>10:00 Wood Carving<br/>10:30 Kaitut Beg + Chair<br/>11:30 Intro to Hand &amp; Foot<br/>11:15 Senior Swim<br/>12:00 Hand &amp; Foot<br/>7:15 Evening Kaitut</p>  | <p>8<br/>8:30 T.O.P.S. Weigh-in<br/>9:30 T.O.P.S. Meeting<br/>9:15 Yoga with Thad<br/>10:00 Knit &amp; Crochet<br/>10:30 All Level Kaitut<br/>10:30 Cardo &amp; Weights/Carol<br/>11:45 Exercise w/Carol<br/>12:30 BINGO</p>                           |
| <p>11<br/>9:00 Massage by Appt.<br/>9:30 Breakfast Club<br/>9:15 Easy Flow Yoga<br/>10:00 Scrabble<br/>10:00Wood Carving<br/>7:15 Evening Yin</p>  | <p>12<br/>9:15 Kaitut All Level<br/>10:00 Euchre<br/>10:30 Line Dancing<br/>10:30 Kaitut Beg + Chair<br/>11:15 Senior Swim<br/>1:00 Dominoes<br/>2:00 BINGO<br/>7:15 Evening Kaitut</p>         | <p>13<br/>9:15 Kaitut All Level<br/>10:00 Pinochle<br/>10:30 Kaitut Beg + Chair<br/>11:30 <b>DIA Trip—Concert</b><br/>11:00 Card Making<br/>11:30 Book Club<br/>11:45 Exercise w/Carol<br/>12:30 Mahjong/Watercoloring<br/>1:00 Tech Talk w/Andrew<br/>1:00 Fun &amp; Games</p> | <p>14<br/>9:15 All Level Yoga<br/>10:00 Wood Carving<br/>10:30 Kaitut Beg + Chair<br/>11:30 Intro to Hand &amp; Foot<br/>11:15 Senior Swim<br/>12:00 Hand &amp; Foot<br/>7:15 Evening Kaitut</p> | <p>15<br/>8:30 T.O.P.S. Weigh-in<br/>9:30 T.O.P.S. Meeting<br/>9:15 Yoga with Thad<br/>10:00 Knit &amp; Crochet<br/>10:30 All Level Kaitut<br/>10:30 Cardo &amp; Weights/Carol<br/>11:45 Exercise w/Carol<br/>12:30 BINGO<br/>2:00 Holiday Singers</p> |
| <p>18<br/>9:00 Massage by Appt.<br/>9:15 Easy Flow Yoga<br/>10:00 Scrabble<br/>10:00Wood Carving<br/>7:15 Evening Yin</p>  | <p>18<br/>9:15 Kaitut All Level<br/>10:00 Euchre<br/>10:30 Line Dancing<br/>10:30 Kaitut Beg + Chair<br/>11:15 Senior Swim<br/>1:00 Dominoes<br/>2:00 BINGO<br/>7:15 Evening Kaitut</p>         | <p>20<br/>9:15 Kaitut All Level<br/>10:00 Pinochle<br/>10:00 <b>Flu Shot Clinic</b><br/>10:30 Kaitut Beg + Chair<br/>11:00 Card Making<br/>11:45 Exercise w/Carol<br/>12:30 Mahjong<br/>1:00 Fun &amp; Games</p>  | <p>21<br/>9:15 All Level Yoga<br/>10:00 Wood Carving<br/>10:30 Kaitut Beg + Chair<br/>11:15 Intro to Hand &amp; Foot<br/>11:15 Senior Swim<br/>12:00 Hand &amp; Foot<br/>7:15 Evening Kaitut</p> | <p>22<br/>8:30 T.O.P.S. Weigh-in<br/>9:30 T.O.S. Meeting<br/>9:15 Yoga with Thad<br/>10:00 Knit &amp; Crochet<br/>10:30 All Level Kaitut<br/>10:30 Cardo &amp; Weights/Carol<br/>11:45 Exercise w/Carol<br/>12:30 BINGO</p>                            |
| <p>25<br/>9:00 Massage by Appt.<br/>9:15 Easy Flow Yoga<br/>10:00 Scrabble<br/>10:00Wood Carving<br/>7:15 Evening Yin</p>  | <p>26<br/>9:15 Kaitut All Level<br/>10:00 Euchre<br/>10:30 Line Dancing<br/>10:30 Kaitut Beg + Chair<br/>11:15 Senior Swim<br/>1:00 Dominoes<br/>2:00 BINGO<br/>7:15 Evening Kaitut</p>         | <p>27<br/>9:15 Kaitut All Level<br/>10:00 Pinochle<br/>10:30 Kaitut Beg + Chair<br/>11:00 Card Making<br/>11:45 Exercise w/Carol<br/>12:30 Mahjong<br/>1:00 Fun &amp; Games</p>   | <p>28<br/>9:15 All Level Yoga<br/>10:00 Wood Carving<br/>10:30 Kaitut Beg + Chair<br/>11:30 Intro to Hand &amp; Foot<br/>11:15 Senior Swim<br/>12:00 Hand &amp; Foot<br/>7:15 Evening Kaitut</p> | <p>29<br/>8:30 T.O.P.S. Weigh-in<br/>9:30 T.O.P.S. Meeting<br/>9:15 Yoga with Thad<br/>10:00 Knit &amp; Crochet<br/>10:30 All Level Kaitut<br/>10:30 Cardo &amp; Weights/Carol<br/>11:45 Exercise w/Carol<br/>12:30 BINGO</p>                          |

Closed for Labor Day Weekend

| <b>MONDAY</b>  | <b>TUESDAY</b>   | <b>WEDNESDAY</b>   | <b>THURSDAY</b>   | <b>FRIDAY</b>  |
|--|--|--|---|--|
| <b>2</b><br>9:00 Massage by Appt.<br>9:30 Breakfast Club<br>9:15 Easy Flow Yoga<br>10:00 Scrabble<br>10:00 Wood Carving<br>11:40 Pilates<br>12:45 Ageless Strength<br>7:15 Evening Yin | <b>3</b><br>9:15 Kaiut All Level<br>10:00 Euchre<br>10:30 Line Dancing/Stefanie<br>10:30 Kaiut Beg + Chair<br>11:15 Senior Swim<br>1:00 Dominoes<br>2:00 BINGO<br>7:15 Evening Kaiut           | <b>4</b><br>9:15 Kaiut All Level<br>10:00 Pinochle<br>10:30 Kaiut Beg + Chair<br>11:00 Card Making<br>11:30 <b>DIA Trip - Concert</b><br>11:45 Exercise w/Carol<br>12:30 Mahjong<br>1:00 Fun & Games                           | <b>5</b><br>9:15 All Level Yoga<br>10:00 Wood Carving<br>10:30 Kaiut Beg + Chair<br>11:30 Intro to Hand & Foot<br>11:15 Senior Swim<br>12:00 Hand & Foot<br>7:15 Evening Kaiut                                      | <b>6</b><br>8:30 T.O.P.S. Weigh-in<br>9:30 T.O.P.S. Meeting<br>9:15 Yoga with Thad<br>10:00 Knit & Crochet<br>10:30 All Level Kaiut<br>10:30 Cardio & Weights/Carol<br>11:45 Exercise w/Carol<br>12:30 BINGO                                 |
| <b>9</b> <i>Holiday Sale</i><br>9:00 Massage by Appt.<br>9:15 Easy Flow Yoga<br>10:00 Scrabble<br>10:00 Wood Carving<br>11:40 Pilates<br>12:45 Ageless Strength                        | <b>10</b> <i>Holiday Sale</i><br>9:15 Kaiut All Level<br>10:00 Euchre<br>10:30 Line Dancing<br>10:30 Kaiut Beg/Chair<br>11:15 Senior Swim<br>1:00 Dominoes<br>2:00 BINGO<br>7:15 Evening Kaiut | <b>11</b> <i>Holiday Sale</i><br>9:15 Kaiut All Level<br>10:00 Pinochle<br>10:30 Kaiut Beg + Chair<br>11:00 Card Making<br>11:45 Exercise w/Carol<br>12:00 <b>Friends Giving</b>   | <b>12</b> <i>Holiday Sale</i><br>9:15 All Level Yoga<br>10:00 Wood Carving<br>10:30 Kaiut Beg + Chair<br>11:30 Intro to Hand & Foot<br>11:15 Senior Swim<br>12:00 Hand & Foot<br>7:15 Evening Kaiut                 | <b>13</b> <i>Holiday Sale</i><br>8:30 T.O.P.S. Weigh-in<br>9:30 T.O.P.S. Meeting<br>9:15 Yoga with Thad<br>10:00 Knit & Crochet<br>10:30 All Level Kaiut<br>10:30 Cardio & Weights/Carol<br>11:45 Exercise w/Carol<br>12:30 BINGO            |
| <b>16</b><br>9:00 Massage by Appt.<br>9:15 Easy Flow Yoga<br>10:00 Scrabble<br>10:00 Wood Carving<br>11:40 Pilates<br>12:45 Ageless Strength<br>7:15 Evening Yin                       | <b>17</b><br>9:15 Kaiut All Level<br>10:00 Euchre<br>10:30 Line Dancing<br>10:30 Kaiut Beg + Chair<br>11:15 Senior Swim<br>1:00 Dominoes<br>2:00 BINGO<br>7:15 Evening Kaiut                   | <b>18</b><br>9:15 Kaiut All Level<br>10:00 Pinochle<br>10:30 Kaiut Beg + Chair<br>11:00 Card Making<br>11:30 Book Club<br>11:45 Exercise w/Carol<br>12:30 Mahjong/Watercoloring<br>1:00 Tech Talk w/Andrew<br>1:00 Fun & Games | <b>19</b><br>9:15 All Level Yoga<br>10:00 Wood Carving<br>10:30 Kaiut Beg + Chair<br>11:30 Intro to Hand & Foot<br>11:15 Senior Swim<br>12:00 Hand & Foot<br>7:15 Evening Kaiut                                     | <b>20</b><br>8:30 T.O.P.S. Weigh-in<br>9:30 T.O.P.S. Meeting<br>9:15 Yoga with Thad<br>10:00 Knit & Crochet<br>10:30 All Level Kaiut<br>10:30 Cardio & Weights/Carol<br>11:45 Exercise w/Carol<br>12:30 BINGO                                |
| <b>23</b><br>9:00 Massage by Appt.<br>9:15 Easy Flow Yoga<br>10:00 Scrabble<br>10:00 Wood Carving<br>11:40 Pilates<br>12:45 Ageless Strength   | <b>24</b><br>9:15 Kaiut All Level<br>10:00 Euchre/Anyone Can Paint<br>10:30 Line Dancing<br>10:30 Kaiut Beg + Chair<br>11:15 Senior Swim<br>1:00 Dominoes<br>2:00 BINGO<br>7:15 Evening Kaiut  | <b>25</b><br>9:15 Kaiut All Level<br>10:00 Pinochle<br>10:30 Kaiut Beg + Chair<br>11:00 Card Making<br>11:45 Exercise w/Carol<br>12:30 Mahjong/Watercoloring<br>1:00 Tech Talk w/Andrew<br>1:00 Fun & Games                    | <b>26</b><br>9:15 All Level Yoga<br>10:00 Wood Carving<br>10:30 Kaiut Beg + Chair<br>11:30 Intro to Hand & Foot<br>11:15 Senior Swim<br>12:00 <b>Motivated and Moving</b><br>2:00 Hand & Foot<br>7:15 Evening Kaiut | <b>27</b><br>8:30 T.O.P.S. Weigh-in<br>9:30 T.O.P.S. Meeting<br>9:15 Yoga with Thad<br>10:00 Knit & Crochet<br>10:30 All Level Kaiut<br>10:30 Cardio & Weights/Carol<br>11:45 Exercise w/Carol<br>12:30 BINGO<br><b>2:00 Holiday Singers</b> |
| <b>30</b><br>9:00 Massage by Appt.<br>9:15 Easy Flow Yoga<br>10:00 Scrabble<br>10:00 Wood Carving<br>11:40 Pilates<br>12:45 Ageless Strength   | <b>31</b><br>9:15 Kaiut All Level<br>10:00 Euchre/Anyone Can Paint<br>10:30 Line Dancing<br>10:30 Kaiut Beg + Chair<br>11:15 Senior Swim<br>1:00 Dominoes<br>2:00 BINGO<br>7:15 Evening Kaiut  |    |   |  |

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.”

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