

The Center for

Active Adults

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

(248) 573-8175 www.centerforactiveadults.com

Issue: 409 • MAY/JUNE 2024



CAA DETROIT TIGER GAME Wednesday, May 29th



\$25.00 per member
Paid in Advance (no refunds)

Board People's Express 10:30am

Depart for Comerica Park 10:45am

Arrive at Comerica Park 12:00pm

Game Time 1:10pm vs. Pittsburgh Pirates

Approximate Departure Time 4:15pm

Est. Time of Arrival to South Lyon 5:30pm



Donate your gently worn, used and new shoes today!

Help us raise funds just by donating gently worn, used and new shoes! Be sure to ask friends, family, neighbors and co-workers to donate too!

Collected shoes not only help support us, but they will be reused and given a second life by those in need through #microenterprise. It's a WIN-WIN!

Location	Dates	Contact
The Center 1000 N. Lafayette Door #32	June 1st - July 31st	248.573.8175 or Centerforactiveadults@slsc.us

SPRING SALAD LUNCHEON

A perfect time to welcome new members!

Tuesday, May 7th, 12:00pm-1:30pm

Menu: *Maurice Salad, Roll w/butter, Beverage and Dessert*

\$10 per member non-refundable

🎵 **The Center's Holiday Singers** 🎵

Performing a Friendship/Mother's Day Medley

**Featured Speaker: Lisa Steinkopf -
The Houseplant Guru: Succulents 101**

Succulents are the new rage in plants!
Learn the basic care of succulents

– including the correct soil to use, watering basics and propagation.



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!

*THE TWO MOST IMPORTANT
DAYS IN YOUR LIFE ARE THE
DAY YOU ARE BORN AND THE
DAY YOU FIND OUT WHY.*

-Mark Twain

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
"Spring Theme"

May 22nd & June 26th
12:30pm - 3:00pm
Class fee: \$20

Pre-registration and payment required.

KNIT & CROCHET

Join us

FRIDAYS!

10:00am-12:00pm



Beginners - Advanced Welcome
Drop in anytime!

Anyone Can Paint, EVEN YOU!

Tuesdays, May 28th
& June 25th

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:

May 15th & June 19th

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!

FREE! DIA FREE!



DIA MUSEUM

DIA Trips

**May 30th, June 27th and
July 25th**

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

Call The Center to reserve your seat!

248.573.8175

Holiday Singers
Last day of practice May 3rd
Performance May 7th



2:00pm - 3:00pm

A partnership with Salem-South Lyon Library



BOOK DISCUSSION DATES:

May 15th & June 19th
11:30am - 12:15pm

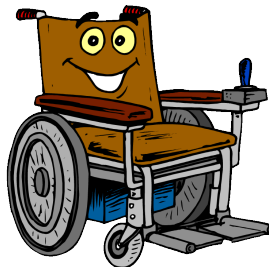
See list of titles at The Center!

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. 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!



MISC. INTERESTS & RESOURCES

Center Closings

Friday, May 24 and Monday, May 27th
July 1-12, Reopening July 15th

Tai Chi Fundamentals with Hilary



Session II ends May 6th

Session 3: The Fire Element:
“Preparing Our Hearts and Bodies
for the Heat of Summer”

4 Weeks: June 3rd, 10th, 17th
and 24th. Class Fee: \$16

Register today, class size is limited to 15 students!



Q & A Time!

National Kidney Foundation®

of Michigan

Nutrition for Healthy Aging
Ask the Dietitian

Thursday, June 13th

1:00pm - 2:30pm
at The Center

This Workshop is **FREE**
RSVP by June 11th



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 Evening Yin w/Star (on hold)

Tuesdays:

9:15 am – Kaiut with Kristie (through May)
10:30 am – Kaiut Beg & Chair with Kristie (through May)
7:15 pm Evening Yin w/Star (on hold)

Wednesdays:

9:15 am – Kaiut with Kristie
10:30 am – Chair Kaiut with Kristie

Thursdays:

9:15 am – Kaiut with Suzanne (through May)
7:15pm—Evening Kaiut w/Suzanne (Suzanne is back!)

Fridays:

9:15 am – Hatha with Thad

Kymm will be back in June teaching both classes on Tuesdays & Thursdays

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
11:30am - 1:00pm Pool Time
\$3 per person



Come on in, the water's fine!

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

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!

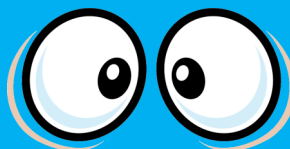
FITNESS & HEALTH

Thank you to the
New Hudson Lowe's for
giving us a great discount on
our new refrigerator!



DISABLED AMERICAN VETERANS

Call The Center to schedule
a personal conference
with Rick



Check it out!

The Center for Active Adults now
has a web page!
www.CenterForActiveAdults.com



Steve will be back May 9th

Tuesdays
1:00pm - 2:00pm
Thursdays
1:00pm - 2:00pm
\$2.00 Class Fee

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.

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

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



**SUMMER PICK-UP
PICKLEBALL**

*Last indoor evening play at
Dolsen is Thursday June 13th*

However, The Center for Active Adults has reserved pickleball court time at Millennium Middle School this summer.
Tuesday and Friday Mornings from 9-11 am
Tuesday and Friday Evenings from 6-8 pm
Starting June 18- ending August 30, 2024

T.O.P.S

Take off Pounds Sensibly

EVERY FRIDAY

Weigh-In: 8:30am - 9:15am
Meeting: 9:30am -10:15am

\$45 New Members
\$37 Existing members

TOPS is a non-profit weight-loss organization that helps people meet individual needs through group support.

The CAA would like to thank our T.O.P.S. group for their continued support of The Center! U R TOPS!

MAHJONG



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

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



Join us every **WEDNESDAY**
10:00am - 12:00pm
Come join the friendly competition!

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

Scrabble Club



MONDAYS

10:00am - 12:00pm



NEW GROUP!

WEDNESDAYS
12:30pm - 2:00pm

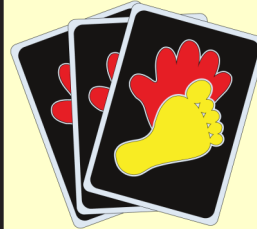
Drop in anytime!
We will teach you how to play!

Everybody welcome



TUESDAYS 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!*

WEDNESDAYS
12:00pm - 3:30pm



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

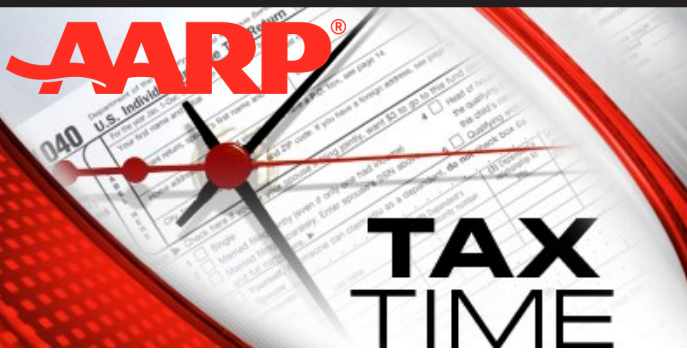
...and B.Y.O.F.

(Bring Your Own Friends!)



Please RSVP to the Center

FUN & GAMES



Thank you for another wonderful year!



DINE TO DONATE AT AUBREE'S

20% OF YOUR BILL WILL BE DONATED TO:

CENTER FOR ACTIVE ADULTS

PRESENT THIS FLYER TO YOUR SERVER ON:

DATE: FRIDAY, MAY 10TH, 2024 FROM: 11AM-10PM

WHERE: AUBREE'S SOUTH LYON 21775 PONTIAC TRAIL 248-437-8000

VALID ON DINE-IN & CARRYOUT

DISCLAIMER:

Donation percentage excludes tax, tip, and alcohol sales. Valid at participating restaurants during specific listed hours. Must present flyer for organization to receive credit for purchase. Flyers are not to be distributed in the restaurant or within the perimeter of the restaurant parking lot — doing so may forfeit donations. Thank you!

Please join us for Breakfast

Lucas Coney Island

Mondays, May 6th & June 3rd

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



Downtown South Lyon

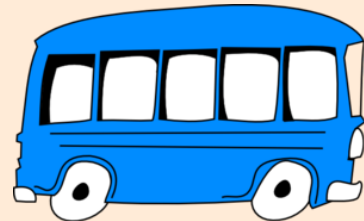
4th Wednesday May - Sept!

May 22, June 26, Aug 28 and Sept 25 July 27: Motorfest 11:00am - 5:00pm

All Cruisers Welcome!

www.lakestreetcruisein.com

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

LYON TOWNSHIP
Downtown Development Authority
HONORING YESTERDAY • BUILDING TOMORROW

Bring your lawn chairs or blankets & join us at **INSPIRATION PARK**, Wednesdays, 6 - 8 pm
56730 Grand River Ave
FOOD AVAILABLE ONSITE FOR PURCHASE



MUSIC FOOD & FUN

June 12 Weekend Come Back

High Energy Covers from the 60's thru Today, activities & Food from the Bavarian Inn Cluck Truck!



June 26 The Common Scolds

Top 40's Hits, Rock, activities & Food from Papi's Taco Parrillero!



July 10 Detroit Retro Society

Pop, Rock & More, activities & Food from the Grand Traverse Pie Company!



July 17 Toppermost Beatles Tribute

Beatles Tribute Band, activities & Food from The Burger Joint!



July 31 Atomic Radio Band

Rock, Top 40's, activities & Food from Whiskey Jack's BBQ



Aug. 14 Captain Fantastic Volunteer Appreciation Night

Elton John Tribute Band, activities & Picnic Food available for purchase!



Additional series sponsors:



An event will be cancelled in cases of inclement weather
No alcohol permitted

For more information: 248.437.2240 or www.lyontwp.org

SILENT AUCTION FUNDRAISER

For May/June

Check out the items for bid at The Center!

MAY
2 foot pedal machines



JUNE
Kimono Quilt



THE CLOSET

Check out our shop filled with goodies, gifts, trinkets & treasures to support The Center. Come in & see what we've got.
Happy Hunting!



We gratefully accept donations!

"Growing Together!" Spring Fund Fundraising Campaign



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

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!

ANGELS DONATIONS for March & April 2024

Philip L.	Bob and Suzanne H.
Richard P.	Barbara Z.
Star and Ron M.	Barb C.
Alice G.	Cathay C.
Judy and Paul K.	Dennis M.
Sharon D.	Cathy and Joe G.
Lucy Z.	Rosemary G.
Pam K.	Jill F.
Eileen and Terrance T.	Lois F.
Debbie M.	Susan D.
Carol B.	Richard B.
Lucy H.	Michael and Marlene H.
Wynn H.	Pam V.
Jan R.	Sandy and Art K.
Joan S.	Theresa O.
Dan and Sharon H.	Jan B.
Gail N.	Alvin M.
Michelle and Monica P.	Tyrone T.
Phil A.	Lois G.
Mary Kay W.	Shirley G.
Adelheide S.	Pam J.
Bill and Bonnie O.	Linda H.
Pat L.	Mike F.
Elizabeth C.	Dawn and Robert W.
Jim and Ruth W.	Janet H.
Kathy Z.	Sandra S. in memory of
Freya D.	James S
Larry and Donna H.	
Mary and Ray N.	
Wendy L.	
Linda D.	
Harless C.	
Susan M.	
Judy C.	
Pat M.	
Dorothy M.	
Wanda L.	



Thank You!

A Note from the Director

Hi All!
There's lots of wonderful programs this spring!
Hope you will join us!

Carrie, Sherry, Pat, Judy and Jordan

SOUTH LYON EVENTS 2024

CITY-WIDE GARAGE SALES

May 2, 3, 4, 5

FARMERS MARKET

Select Saturdays, Nov. to March at the VFW,
10:00am - 2:00pm Saturdays, May through
October, 9:00am - 2:00pm

DOWNTOWN LADIES' NIGHT OUT—SPRING

Friday, May 10, 5:00pm - 9:00pm

POLICE/FIRE OPEN HOUSE

Saturday, May 18, 11:00am - 3:00pm

LAKE STREET CRUISE –IN CAR SHOW

Fourth Wednesday, May-September
6:30pm - 9:30pm

MEMORIAL DAY PARADE


Monday, May 27, 9:00am

CONCERTS AT MCHATTIE PARK HISTORIC VILLAGE

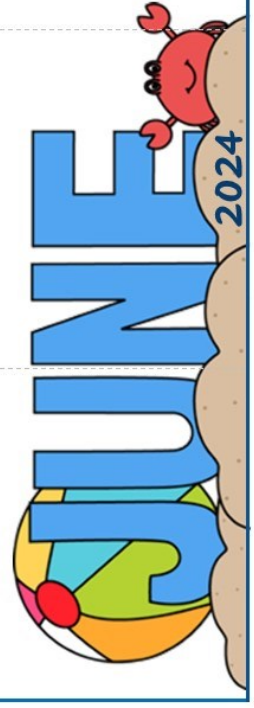
Fridays, June 21 & 28, July 12 - August 23, 7:00pm

Looking for
Quick Lunch and
Fundraising
Volunteers!
Call Carrie at The Center

Pickle Ball
 Mon, Tues., Wed., and Thurs. 5:30pm-7:30pm
 Doisen Elem. Gym

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:00 Massage by Appt. 9:30 Breakfast Club 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 pm Evening Yin w/Star</p>	<p> 9:15 Kaiut All Level w/Kristie 10:00 Euchre 10:30 Chair Kaiut w/Kristie 11:15 Senior Swim 12:00 Spring Salad Luncheon 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin w/Star (on hold)</p>	<p>1 9:15 Kaiut All Level w/Kristie 10:00 Pinochle 10:30 Chair Kaiut w/Kristie 11:00 Card Making 11:45 Exercise w/Card 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games</p>	<p>2 9:15 Kaiut w/Suzanne 10:00 Wood Carving 11:15 Senior Swim 1:00 Line Dancing 7:15 Evening Kaiut w/Suz.</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 Cardio & Weights/Card 11:45 Exercise w/Card 12:30 BINGO 2:00 Holiday Singers</p>
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<p>27 CENTER CLOSED TO OBSERVE MEMORIAL DAY </p>	<p>28 9:15 Kaiut All Level w/Kristie 10:00 Euchre/Anyone Can Paint 10:30 Chair Kaiut w/Kristie 11:15 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin w/Star (on hold)</p>	<p>29 9:15 Kaiut All Level w/Kristie 10:00 Pinochle 10:30 Chair Kaiut w/Kristie 10:30 Detroit Tigers Game! 11:00 Card Making 11:45 Exercise w/Card 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games</p>	<p>30 9:15 Kaiut w/Suzanne 10:00 Wood Carving 11:15 Senior Swim 11:30 DIA Trip 1:00 Line Dancing 7:15 Evening Kaiut w/Suz.</p>	<p>31 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 Cardio & Weights/Card 11:45 Exercise w/Card 12:30 BINGO</p>

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24 9:00 Massage by Appt. 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15pm Evening Yin w/Star (on hold)	25 9:15 Kaiut All Level w/Kymm 10:00 Euchre 10:00 Anyone Can Paint 10:30 Chair Kaiut w/Kristie 11:15 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15pm Evening Yin w/Star (on hold)	26 9:15 Kaiut All Level w/Kymm 10:00 Pinochle 10:30 Chair Kaiut w/Kristie 11:00 Card Making 11:45 Exercise w/Card 12:00 Hand & Foot 12:30 Mahjong 12:30 Watercolor 1:00 Fun & Games	27 9:15 Kaiut w/Kymm 10:00 Wood Carving 10:30 Chair Kaiut w/Kymm 11:15 Senior Swim 11:30 DIA Trip 1:00 Line Dancing 7:15 Evening Kaiut w/Suz.	28 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 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO



Pickle Ball - Last day at Dolsen is June 13th
 Play pickle ball at Millennium Middle School this summer!
 Tuesday and Friday Mornings from 9-11 am
 Tuesday and Friday Evenings from 6-8 pm
 Runs June 18th to August 30th

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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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.

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