

**Serving the Greater  
South Lyon Area**

(248) 573-8175  
1000 N. Lafayette St.  
Door #32  
South Lyon, MI 48178

The Center for

**Active  
Adults**

**Center  
for  
Active Adults**

**Letter From the Staff**  
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**Issue: 413 • March/April 2025**

**Visit Us At: [www.centerforactiveadults.com](http://www.centerforactiveadults.com)**

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### NOTE FROM THE STAFF

We would like to welcome our newest staff members: Chuck Scicluna, Joyce Durbin, and Chris Czajkowski. They are a very welcome addition, joining Jordan Halaby, Judy Keeling, and Pat Mengel. The staff would also like to thank Dianne Beagle, our interim director, who has done an outstanding job these past few months. We also have reluctantly accepted the resignation of Sherry Gjerpen, who started here as a volunteer and then transitioned to a paid position as a front desk employee. Sherry has earned a life-long invitation to stop in at ANY time!

We appreciate everyone's patience and understanding as technical problems prevented us from sending out our newsletter sooner. We understand how important our newsletter is to all of you and hope you enjoy its new and improved format! The staff would also like to thank Jordan for all his hard work to create a more user friendly and informative newsletter, and to get us back on schedule

*Happy almost spring! We also value your feedback. Any time.*

Dianne Beagle, Interim Director

Chris Czajkowski

Joyce Durbin

Jordan Halaby

Judy Keeling

Pat Mengel

Chuck Scicluna



## ANYONE CAN PAINT

Every month, Steve Wood comes to the center to teach a painting class. The twist is that his approach to teaching is his step-by-step procedure for creating your own work of art. To take this class, you must prepay an amount of \$23. Only one painting will be created per session

4th Tuesday of Month | 10:00am - 12:00pm | Price: \$23 |

Complexity: ★★☆☆

## GREETING CARDS

Once a week - except for the third week of the month - you have an opportunity to create unique, creative, and artistic greeting cards. Space may be limited so you must RSVP for the class. Please bring glue, double-sided-tape, and scissors. The rest of the materials are provided.

1st, 2nd, 4th Wednesdays of Month | 11:00am - 12:00pm | Price: \$7

| Complexity: ★☆☆☆



## KNIT AND CROCHET

Every Friday, a small group of people meet with each other in the Center's library. This club meets for 2 hours and they spend that time together by talking, knitting and making crochet. Beginners are encouraged to attend, so drop in anytime!

Fridays | 10:00am - 12:00pm | Price: Free | Complexity: ★★☆☆

## WATERCOLOR

Every month, we hold an introductory class for watercolor painting. Each class has a theme which is taught in a fun and creative environment. The instructor, Mi Berry, has been teaching this class for a long time, and her students really enjoy her class. Pre-registration and a payment of \$20 is required.

3rd Wednesday of Month | 12:30pm - 3:30pm | Price: \$20

Complexity: ★★☆☆



## WOOD CARVING

Join the group of woodcarvers that meet twice a week to hang out, drink coffee and whittle their latest individual projects. If you are interested in joining the group, the experienced carvers will not only welcome you, but also get you started on your newest hobby!

Mondays and Thursdays | 10:00am - 12:00pm | Price: Free |

Complexity: ★★☆☆

## CARDIO AND FITNESS WITH CAROL



These energizing classes are designed to get your heart pumping and your muscles strong. They combine dynamic cardio moves with weight training exercises to create a full-body workout that improves endurance, strength, and overall fitness. In these classes, you'll build muscle, boost your metabolism, and enhance your flexibility, all while enjoying a fun and friendly atmosphere

Fitness: Wednesdays and Fridays | 11:45am - 12:45pm | Price: \$2 |

Intensity: ★★☆☆

Cardio: Fridays | 10:30am - 11:30am | Price: \$3 | Intensity: ★★☆☆

## LINE DANCING

Join us twice a week for a lively and enjoyable line dancing session! Whether you're a seasoned dancer or a first-timer, this activity is a great way to keep moving while having fun. Line dancing involves following simple steps to a variety of music genres, from country to pop, all while socializing and making new friends. No partner or previous dance experience required - just bring your energy and a smile

Tuesdays and Thursdays | 1:00pm - 2:00pm | Price: \$2 | Intensity:

★★☆☆



## PICKLEBALL



Join us for Pickleball at **Dolsen Elementary School (or Pearson beginning in April)**, where fun and fitness come together! Whether you're new to the sport or a seasoned player, our pickleball sessions offer a great way to stay active and enjoy some friendly competition. With easy-to-learn rules and a supportive atmosphere, it's perfect for all skill levels. Come play, get moving, and meet new friends on the court - let's serve up some fun!

Tuesdays, Wednesdays, Thursdays | 5:30pm - 7:30pm | Price: \$3 |

Intensity: ★★☆☆

## WALKING CLUB

Stay active and comfortable while walking around the halls of Centennial Middle School without worrying about the weather. This is a great opportunity to boost your fitness, improve circulation, and socialize with fellow walkers - all in a relaxed, supportive environment. Whether you're walking for health, fun, or friendship, we welcome all fitness levels. Lace up your shoes and come walk with us!

Mondays and Wednesdays | 4:30pm - 6:00pm | Price: Free |

Intensity: ★☆☆☆





## BINGO

Bingo is a classic and fun game that's perfect for socializing and enjoying some friendly competition! Players mark off numbers on their cards as they're called out, aiming to complete a winning pattern - whether it's a line, four corners, or full card. Bingo is a great way to spend time with others, have fun, and maybe even win a little something along the way. Join us for a game - you could be our next Bingo winner!

Tuesday | 2:00pm - 3:00pm | Price: \$.25 per Card | Complexity: ★☆☆

Friday | 12:30pm - 1:45pm | Price: \$.25 per Card | ★☆☆

## DOMINOS

Dominos is a timeless and enjoyable game that's perfect for socializing and exercising your brain! Played with a set of rectangular tiles, the goal is to match numbers and create chains of dominos on the table. It's easy to learn, yet offers plenty of strategy and fun, making it a great way to spend time with friends. Whether you're an experienced player or new to the game, come join us for a relaxing and engaging session of dominos!



Tuesdays | 1:00pm - 3:00pm | Price: Free | Complexity: ★☆☆



## EUCHRE

Euchre is a fun, fast-paced card game that's perfect for socializing and sharpening your strategy skills! Typically played with four players in teams of two, the goal is to be the first to reach 10 points by winning rounds and tricks.

Tuesdays | 10:00am - 12:00pm | Price: Free | Complexity: ★★★

## HAND AND FOOT

Hand and Foot is a lively card game that's both fun and challenging. Played with multiple decks, the game involves forming sets and runs of cards to score points, with players trying to "go out" by getting rid of all their cards. The game is played in rounds, and strategy, teamwork, and a bit of luck make each round exciting. It's a wonderful way to spend time with friends, keep your brain engaged, and enjoy some friendly competition.



Wednesdays | 12:00pm - 3:30pm | Price: Free | Complexity: ★★★



## PINOCHLE

Pinochle is a classic card game that's easy to learn and a lot of fun. Played with a special deck, it combines strategy, teamwork, and a little luck. Whether you've played before or just starting out, it's a great way to exercise your mind and socialize with friends. Join us for a game and experience the excitement of bidding, melding, and trick-taking.

Wednesdays | 10:00am - 12:00pm | Price: Free | Complexity: ★★★

## SCRABBLE

Challenge your vocabulary and creativity with Scrabble, the classic word game loved by all ages. Build words, score points, and partake in friendly competition. It's a wonderful way to keep your mind active while sharing laughs and learning with friends. Join us for a game and let the words flow.

Mondays | 10:00am - 12:00pm | Price: Free | Complexity: ★★★



## MAH-JONG

The classic game of strategy, skill, and luck offers a fun way to engage your mind while socializing with friends. Played with colorful tiles, Mah-Jong is both relaxing and mentally stimulating, making it a great way to improve concentration and memory. Whether you're a seasoned player or new to the game, come enjoy a game that's been loved for generations. All are welcome -let's get together and play!

Wednesdays | 12:30pm - 3:30pm | Price: Free | Complexity: ★★★



## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

				6	3		2	
	9	5					1	7
4			1		2		7	
5			6	7				
	1	9	4					
	6					2	3	
							4	
			9			5		

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DIFFICULTY: ★★★☆

## Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

7			3	2	8	9		
	6	1				8		
					7			3
		3	7				9	
9						2		1
		8	2	6			4	
				8		1		
		9		4				

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DIFFICULTY: ★★★☆☆

## BLOOD PRESSURE SCREENING

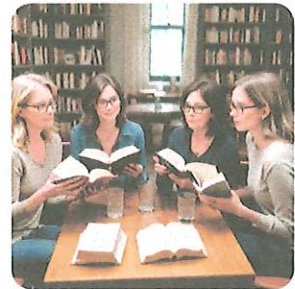


Join us each month for a blood pressure screening workshop to learn more about maintaining healthy blood pressure and how it impacts your overall well-being. During this free session, a healthcare professional will provide individual pressure checks, offer tips for managing your numbers, and answer any questions you have about heart health. Don't miss this important workshop - your heart will thank you!

3rd Monday of Month | 11:00am - 12:00pm | Price: Free

## BOOK CLUB

Love reading and discussing great books? Our book club is the perfect place for that! Each month, we pick an exciting book to read and meet to share our thoughts, ideas, and opinions in a friendly and welcoming atmosphere. It's a wonderful way to connect with fellow book lovers, enjoy stimulating conversations, and discover new authors and genres. Whether you're a lifelong reader or just getting back into the habit, we'd love to have you join us! All are welcome - come turn the page with us!



3rd Wednesday of Month | 11:30am-1:00pm | Price: Free

## DIA



Join us for a cultural adventure at the world-renowned Detroit Institute of Arts! Explore stunning exhibits, from classic masterpieces to contemporary art, all housed in a beautiful historic building. The guided tour will offer a deeper understanding of the art collections, or occasionally you can enjoy a live concert in the auditorium. Whether you're an art enthusiast or just looking for a fun day out, this trip promises to be a memorable experience. Don't miss out - reserve your spot today **\*\* Must Register in Advance \*\***

Once per Month | Varies | Price: Free

## SELF DEFENSE FOR WOMEN

Empower yourself with confidence and practical skills in our self-defense for women workshop. This hands-on session, led by the Oakland County Sheriff, will teach simple, effective techniques to help you protect yourself in any situation. You'll learn how to stay safe, build awareness, and respond with strength and confidence. Whether you're looking to feel more secure or simply want to learn something new, this workshop is designed for women of all fitness levels. Join us for a fun, informative, and empowering experience.



TBD | TBD | Price: Free

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## CELL PHONE AND TECH TALK

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Want to get more comfortable with your phone, tablet, or computer? Join Andrew from the library for a free tech talk workshop! He'll guide you through useful tips, tricks, and shortcuts to help you navigate today's technology with ease. Whether you're a beginner or just want to learn something new, this workshop is for you. Bring your device and get ready to boost your tech skills in a friendly, supportive environment. Sign up today and discover the power of technology

3rd Wednesday of Month | 1:00pm - 2:00pm | Price: Free

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## T.O.P.S

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T.O.P.S (Taking Off Pounds Sensibly) is a supportive non-judgemental weight loss program that focuses on healthy habits, and gradual, sustainable weight loss. Members meet weekly to share tips, set goals, and encourage one another on their weight loss journey. With a focus on sensible eating, physical activity, and positive motivation, T.O.P.S helps participants achieve their health goals at their own pace. If you're looking for a friendly, supportive group to help you stay on track, come join us at T.O.P.S.



Fridays | 8:30am - 10:15am | Price: See Instructor

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## MATTHAEI BOTANICAL GARDENS

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Take a tropical vacation close to home! Join a guided tour of Matthaei Botanical Gardens' conservatory with its tropical temperate and desert houses, to explore plants from around the world. Learn about cacao and coffee trees, why bananas are actually not trees, and explore how botanical gardens provide the public with sustainability, plant knowledge, and well-being through connections to nature. After the guided tour, decorate a pot and plant a small plant to take home. **Must pre-register.**

April 1 | 10:00AM | Price: \$6

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## SOUTHERN CHARM TRAVEL PRESENTATION

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Representatives from Collette Travel will be here to present information on their upcoming trip to the sunny south, featuring Savannah & Charleston. Trip dates are September 28th - October 5th

March 5th | 2:00pm - 3:00pm | Price: Free

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## VILLAGE TRAVEL TRIPS

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Interested in a travelling vacation? Representatives from Village Travel will present information on their upcoming trips. Watch our newsletters for presentation dates.

March 10th | 1:00pm - 2:00pm | Price: Free



## Gentle Chair Yoga

Chair yoga is a gentle form of yoga that is done while seated or using a chair for balance. It's designed to make yoga accessible to people who have difficulty standing or balancing and will improve strength, flexibility, balance and decreases blood pressure

## Morning Flow Yoga

Morning flow yoga 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. It works on stretching, strengthening and balancing. Students must be able to get up and down from the floor on their own

## Kaiut Yoga

Kaiut yoga is designed to focus 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's aim is to help people heal from injury and chronic pain. Students must be able to get up and down from the floor on their own

## Kaiut Chair Yoga

Kaiut Yoga done while sitting in a chair (or standing next to one) for those with limited range of motion.

## Yoga with Thad

This is a light-hearted and fun approach to Hatha Yoga



### Meet Jeanie, our new gentle chair yoga instructor!

Jeanie would like to share the following with us:

I completed the yoga 200-hour teaching certification program, with special training in chair yoga on January 18th 2025. I entered yoga training with the goal to teach chair yoga to seniors and to be an integral member of a senior center community. This is my first teaching experience, and I am very excited to share my love of yoga with you! My goal is to help you feel good.

**\*\* See Monthly Calendars for Yoga Times \*\***

**\*\* All Classes are \$5 \*\***

# TAI CHI & QIGONG

## Tai Chi Fundamentals

This 6 week series is for a beginner or seasoned practitioner, to improve balance, flexibility, and strength. This is a no impact moderate intensity exercise class which can be done standing or using a chair. Wear comfortable clothes! **\*\* Must Pre-Register \*\***

Begins April 7th | 10:30AM | Price: \$24 for Series | ☆

## QiGong for Wellness

This ancient Chinese practice combines gentle movements, attention, and breath. It can be performed sitting or standing. Wear comfortable clothes for easy movement.

Begins April 7th | 11:45AM | Price: \$4 | ☆



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### Aubree's Pizza

This is a very easy way to help fund the center. Please consider taking one of the flyers available at the center or simply taking a picture of the flyer with your phone and showing it to your server on this day. On **March 11 from 11am to 10pm**, Aubree's will donate 20% of the sales generated from anyone who shows the flyer to their server to our center. So... enjoy a great meal at Aubree's knowing that you are also helping fund your center - it's a win-win situation.



### Kroger/Busch's



Looking for another way to help fund our center? If you are a My Way member at Busch's (it's free, all you have to do is sign up!) every time you stop in for groceries and give the cashier your phone number tied to your My Way account, Busch's will donate a portion of the proceeds to our center. Kroger has a similar program where you are able to link your Kroger shopping card to our center. Both of these stores make it very easy to send funds to our center without costing you any extra money!



**BUFFALO  
WILD  
WINGS**

### Buffalo Wild Wings

Similar to Aubree's, this is another way to enjoy lunch or dinner out and help our center. Buffalo Wild Wings in the Green Oak Shopping Center will donate portion of their sales to our center on **Wednesday, April 23rd, 2025**. Simply present a flyer to your server or take a picture of the flyer with your phone.



### Texas Roadhouse

Just like with Aubree's and Buffalo Wild Wings, simply go to Texas Roadhouse (By Costco and Kohl's), show the flyer, and a portion of your bill will be donated back to us. Easy peasy!! Our donation day at Texas Roadhouse will be **May 21st 2025**.

# MARCH 2025

02/10/2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>** AARP TAX HELP WILL NOT BE AVAILABLE AT THE CAA THIS YEAR **</b></p> <p>9:15 Morning Flow Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 4:15 Walking Club—Centennial</p>	<p><b>AARP Tax-Aide</b> 888-227-7669 taxaide.aarpfoundation.org</p> <p>10:00 Euchre <b>10:30 Chair Yoga w/Jeanie</b> 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 5:30 Pickleball—Dolsen</p>	<p><b>Age Ways Tax Info</b> 800-852-7795 ageways.org</p> <p>9:15 Kaiut All Level w/Kristie 10:00 Pinochle 10:30 Kaiut Beg &amp; Chair w/Kristie <b>11:00 Card Making Class</b> 11:45 Exercise w/Carol 12:00 Hand &amp; Foot 12:30 Mahjong 1:00 Fun &amp; Games <b>2:00 Southern Trip Presentation</b> 4:15 Walking Club—Centennial 5:30 Pickleball—Dolsen</p>	<p>10:00 Wood Carving 10:30 Chair Yoga w/Jeanie 1:00 Line Dancing 5:30 Pickleball—Dolsen</p>	<p><b>** Please note new events highlighted in orange</b></p> <p>8:45 T.O.P.S. Weigh-In 9:30 T.O.P.S. Meeting 9:15 Yoga w/ Thad 10:00 Knit &amp; Crochet 10:30 Cardio &amp; Weights w/ Carol 11:45 Exercise w/ Carol 12:30 BINGO</p>
<p>9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 4:15 Walking Club—Centennial <b>1:00 Village Travel Presentation</b></p>	<p>10:00 Euchre <b>10:30 Chair Yoga w/Jeanie</b> 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 5:30 Pickleball—Dolsen <b>11am-10pm Dine to Donate at Aubrees South Lyon</b></p>	<p>9:15 Kaiut All Level w/Kristie 10:00 Pinochle 10:30 Kaiut Beg &amp; Chair w/Kristie <b>11:00 Card Making Class</b> 11:45 Exercise w/Carol 12:00 Hand &amp; Foot 12:30 Mahjong 1:00 Fun &amp; Games 4:15 Walking Club - Centennial 5:30 Pickleball—Dolsen</p>	<p>10:00 Wood Carving 10:30 Chair Yoga w/Jeanie 1:00 Line Dancing 5:30 Pickleball—Dolsen</p>	<p>8:45 T.O.P.S. Weigh-In 9:30 T.O.P.S. Meeting 9:15 Yoga w/ Thad 10:00 Knit &amp; Crochet <b>TBD DIA Trip</b> 10:30 Cardio &amp; Weights w/Carol 11:45 Exercise w/ Carol 12:30 BINGO</p>
<p>9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving <b>11:00 Blood Pressure Screening w/Henry Ford/Ascension</b> 4:15 Walking Club—Centennial</p>	<p>10:00 Euchre <b>10:00 Anyone Can Paint</b> <b>10:30 Chair Yoga w/Jeanie</b> 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 5:30 Pickleball—Dolsen</p>	<p>9:15 Kaiut All Level w/Kristie 10:00 Pinochle 10:30 Kaiut Beg &amp; Chair w/Kristie <b>11:30 Book Club</b> 11:45 Exercise w/Carol 12:00 Hand &amp; Foot <b>12:30 Water Color Painting</b> 12:30 Mahjong <b>1:00 Cell Phone &amp; Tech w/ Andrew</b> 1:00 Fun &amp; Games <b>4:15 Walking Club—LAST DAY</b> 5:30 Pickleball—Dolsen</p>	<p>10:00 Wood Carving 10:30 Chair Yoga w/Jeanie 1:00 Line Dancing 5:30 Pickleball—Dolsen</p>	<p>8:45 T.O.P.S. Weigh-In 9:30 T.O.P.S. Meeting 9:15 Yoga w/ Thad 10:00 Knit &amp; Crochet 10:30 Cardio &amp; Weights w/ Carol 11:45 Exercise w/ Carol 12:30 BINGO</p>
24	25	<b>CLOSED</b> 26	27	28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving <b>31</b>	9:15 <b>Matthaei Garden Trip</b> 10:00 Euchre 10:30 Chair Yoga w/Jeanie 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 5:30 <b>Pickleball—PEARSON</b>	9:15 Kaiti All Level w/Kristie 10:00 Pinochle 10:30 Kaiti Beg & Chair w/Kristie 11:00 <b>Card Making Class</b> 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 5:30 Pickleball—Pearson	10:00 Wood Carving 10:30 Chair Yoga w/Jeanie 1:00 Line Dancing 5:30 Pickleball—Pearson	8:45 T.O.P.S. Weigh-In 9:30 T.O.P.S. Meeting 9:15 Yoga w/Thad 10:00 Knit & Crochet 10:30 Cardio & Weights w/Carol 11:45 Exercise w/Carol 12:30 BINGO
9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Tai Chi 11:45 Qi Gong <b>14</b>	10:00 Euchre 10:30 Chair Yoga w/Jeanie 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 5:30 Pickleball - CANCELLED	9:15 Kaiti All Level w/Kristie 10:00 Pinochle 10:30 Kaiti Beg & Chair w/Kristie 11:30 <b>Book Club</b> 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 12:30 <b>Water Color Painting</b> 1:00 <b>Cell Phone &amp; Tech w/Andrew</b> 5:30 Pickleball—Pearson	10:00 Wood Carving 10:30 Chair Yoga w/Jeanie 1:00 Line Dancing 5:30 Pickleball—Pearson	* CLOSED * <b>GOOD FRIDAY</b>
9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Tai Chi 11:45 Qi Gong <b>21</b>	10:00 Euchre 10:00 <b>Anyone Can Paint</b> 10:30 Chair Yoga w/Jeanie 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 5:30 Pickleball—Pearson	9:15 Kaiti All Level w/Kristie 10:00 Pinochle 10:30 Kaiti Beg & Chair w/Kristie 11:00 <b>Card Making Class</b> 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 5:30 Pickleball—Pearson 11am-Close <b>Buffalo Wild Wings Fundraiser (Brighton)</b>	10:00 Wood Carving 10:30 Chair Yoga w/Jeanie 1:00 Line Dancing 5:30 Pickleball—Pearson	8:45 T.O.P.S. Weigh-In 9:30 T.O.P.S. Meeting 9:15 Yoga w/Thad 10:00 Knit & Crochet 10:30 Cardio & Weights w/Carol 11:45 Exercise w/Carol 12:30 BINGO
9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Tai Chi 11:45 Qi Gong <b>28</b>	10:00 Euchre 10:30 Chair Yoga w/Jeanie 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 5:30 Pickleball—CANCELLED	9:15 Kaiti All Level w/Kristie 10:00 Pinochle 10:30 Kaiti Beg & Chair w/Kristie 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 5:30 Pickleball—Pearson	10:00 Wood Carving 10:30 Chair Yoga w/Jeanie 1:00 Line Dancing 5:30 Pickleball—Pearson	8:45 T.O.P.S. Weigh-In 9:30 T.O.P.S. Meeting 9:15 Yoga w/Thad 10:00 Knit & Crochet 10:30 Cardio & Weights w/Carol 11:45 Exercise w/Carol 12:30 BINGO
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