



**Serving the Greater  
South Lyon Area**

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

The Center for

**Active  
Adults**

**Note From the Director  
Susan McCoy**

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**Issue: 414 • May/June 2025**

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

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## NOTE FROM THE STAFF



Hello Fellow CAA Members,

Outside this morning the birds are chirping and tweeting. Yay, Spring is almost here bringing new life and new growth. Our Center for Active Adults is also experiencing new growth this Spring. Me. My name is Susan McCoy and I am delighted to announce: I have joined our center as the new Director.

Serving you and your interests will bring me joy as we continue our quest to live well. As a senior person, I get you. Clear communication and collaboration is always my intent, so I want to hear from you. If you haven't been to our Center for Active Adults in a while, please stop by. I am eager to meet you!

Susan McCoy, 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

**\*\* Please Note that the Last Day of Pickleball is May 29th!  
See you in the Fall! \*\***



Join us for Pickleball at **Pearson Elementary School**, 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: ★★☆☆

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## BINGO

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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 | ★☆☆

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## DOMINOS

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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: ★☆☆



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## EUCHRE

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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: ★★☆☆

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## HAND AND FOOT

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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: ★★☆☆

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## PINOCHLE

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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-JONGG

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-Jongg 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.

	2		5	8		6		9
					9	4		
		4					2	
7	8				2		1	6
5	9							2
					5			
2								
	5	7		6				4
	4					1		

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DIFFICULTY: ★★★☆☆

## Sudoku

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

		9		7				
				9		5		4
3				2				
1		3	7	8		4		9
9		5	2				1	
8							3	7
		7	3	4				
5	4					9		

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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, idea, 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. **You will be required to sign a waiver.**



April 28th | 12pm - 2pm | Price: Free

May 5th | 12pm - 2pm | Price: Free





## CELL PHONE AND TECH TALK

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

## T.O.P.S

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

## UKRANIAN EGGS - FOLLOW UP



Instructor Carrie Weiland guided members on the Art of Ukranian egg decorating Thursday, April 3rd, at the Center for Active Adults. Watching the eggs come to life using detailed wax templates and vivid dye colors was an event to witness even for those who dropped in to observe. Individual creativity and inspiration was front and center on display. These eye-catching eggs make an attractive addition to any Spring decor.

A tremendous event, Carrie. CAA appreciates your generous donation to the Center and look forward to having you back whenever you would like to teach another class. Blessings and hugs from all of the members and staff ~ Susan McCoy

## LIFEGUARD NEEDED

The Center for Active Adults needs help finding a CPR certified lifeguard who is willing to work a couple hours twice a week at South Lyon East High School pool. Our members love to swim - the pool is ready - but a lifeguard is a must! Please have lifeguard candidates call us at the center: 248-573-8175. This is a paid opportunity.  
~ Susan McCoy





## YOGA

### 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

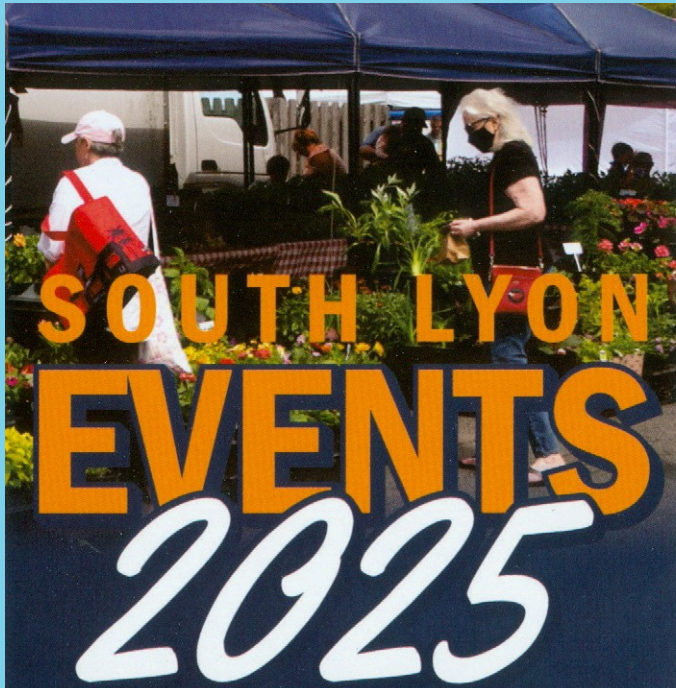
This 6 week series is for a beginner or seasoned practitioner, to improve balance, flexibility, and strength. This is a no impact moderate intensity exercise class which can be done standing or using a chair. Wear comfortable clothes! **Must Pre-Register**

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 | ★★☆☆



# SOUTH LYON EVENTS 2025

## **CARNIVALE**

Saturday, March 8, 4-7 pm

## **EASTER EGG SCRAMBLE**

Saturday, April 19, 11 am

## **CITY-WIDE GARAGE SALES**

May 1, 2, 3, 4

## **FARMERS MARKET**

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

## **DOWNTOWN LADIES' NIGHT OUT – SPRING**

Friday, May 9, 5 – 9 pm

## **POLICE / FIRE OPEN HOUSE**

Saturday, May 17, 11 am – 3 pm

## **LAKE STREET CRUISE-IN CAR SHOW**

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

## **MEMORIAL DAY PARADE**

Monday, May 26, 9 am

## **CONCERTS AT MCHATTIE PARK HISTORIC VILLAGE**

Fridays, June 20 & 27, July 11 - August 22, 7 pm



# SOUTH LYON EVENTS 2025

## **MOVIES IN THE PARK AT MCHATTIE PARK HISTORIC VILLAGE**

Fridays, July 18, August 15, September 19 - Dusk

## **LAKE STREET CRUISE-IN MOTORFEST**

Saturday, July 26, 11 am – 5 pm

## **CHRISTMAS IN JULY**

Saturday, July 26, 4 pm – Midnight

## **DEPOT DAY AT MCHATTIE PARK HISTORIC VILLAGE**

Saturday, September 6, 10 am – 4 pm

## **PUMPKINFEST**

Friday, Saturday, Sunday, September 26-28

## **DOWNTOWN KIDS TRICK OR TREAT**

Thursday, October 30, 6 - 8 pm

## **DOWNTOWN LADIES' NIGHT OUT – FALL**

Friday, November 14, 5 – 9 pm

## **HOLIDAY SPECTACULAR / CARL & JOANNE'S OLD-FASHIONED CHRISTMAS**

Saturday, December 6

## **SOUTH LYON EVE**

Wednesday, December 31

Dates and times subject to change.

# May 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Morning Flow Yoga</p> <p>9:15 <b>Breakfast Club (Lucas)</b></p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>10:30 Tai Chi</p> <p>11:45 Qi Gong</p> <p>12:00 <b>Self-defense for Women</b></p> <p>28</p>	<p>9:15 Kaitu Yoga w Suzanne</p> <p>10:00 Euchre</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 Bingo</p> <p>3:30 <b>Advisory Board Meeting</b></p> <p>5:30 Pickleball - Pearson</p> <p>29</p>	<p>9:15 Kaitu Yoga w Kristie</p> <p>10:00 Pinochle</p> <p>10:30 Kristie Chair Yoga</p> <p>11:00 Card Making</p> <p>11:45 Exercise w/ Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>5:30 Pickleball - Pearson</p> <p>30</p>	<p>9:15 Yoga w/ Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>1:00 Line Dancing</p> <p>5:30 Pickleball - Pearson</p> <p>1</p>	<p>8:45 T.O.P.S. Weigh - in</p> <p>9:15 Yoga w/ Thad</p> <p>9:30 T.O.P.S. Meeting</p> <p>9:30 <b>Firekeepers Casino Trip</b></p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 Cardio &amp; Weights w/ Carol</p> <p>11:45 Exercise w/ Carol</p> <p>12:30 Bingo</p> <p>2</p>
<p>9:15 Morning Flow Yoga</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>10:30 Tai Chi</p> <p>11:45 Qi Gong</p> <p>12:00 <b>Spring Celebration Luncheon</b></p> <p>1:00 <b>St. Josephs Helpers Presentation</b></p> <p>12</p>	<p>9:15 Kaitu Yoga w Suzanne</p> <p>10:00 Euchre</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 Bingo</p> <p>5:30 Pickleball - Pearson</p> <p>13</p>	<p>9:15 Kaitu Yoga w Kristie</p> <p>10:00 Pinochle</p> <p>10:30 Kristie Chair Yoga</p> <p>11:00 Card Making</p> <p>11:30 Book Club</p> <p>11:45 Exercise w/ Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>1:00 Cell Phone &amp; Tech w/Andrew</p> <p>5:30 Pickleball - Pearson</p> <p>14</p>	<p>9:15 Yoga w/ Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>1:00 Line Dancing</p> <p>5:30 Pickleball - Pearson</p> <p>8</p>	<p>8:45 T.O.P.S. Weigh - in</p> <p>9:15 Yoga w/ Thad</p> <p>9:30 T.O.P.S. Meeting</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 Cardio &amp; Weights w/ Carol</p> <p>11:45 Exercise w/ Carol</p> <p>12:30 Bingo</p> <p>9</p>
<p>9:15 Morning Flow Yoga</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Yoga w/Jeanie</p> <p>11:00 <b>Blood Pressure Screening w/Henry Ford Ascension</b></p> <p>12</p>	<p>9:15 Kaitu Yoga w Suzanne</p> <p>10:00 Euchre</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>11:30 DIA Trip</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 Bingo</p> <p>5:30 Pickleball - Pearson</p> <p>20</p>	<p>9:15 Kaitu Yoga w Kristie</p> <p>10:00 Pinochle</p> <p>10:30 Kristie Chair Yoga</p> <p>11:45 Exercise w/ Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>12:30 Watercolor</p> <p>3:00 <b>Texas Roadhouse Fundraiser - Brighton (3:00 - 10:00 pm)</b></p> <p>5:30 Pickleball - Pearson</p> <p>21</p>	<p>9:15 Yoga w/ Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>1:00 Line Dancing</p> <p>5:30 Pickleball - Pearson</p> <p>15</p>	<p>8:45 T.O.P.S. Weigh - in</p> <p>9:15 Yoga w/ Thad</p> <p>9:30 T.O.P.S. Meeting</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 <b>Cardio &amp; Weights w/ Carol</b></p> <p>11:45 Exercise w/ Carol</p> <p>12:30 Bingo</p> <p>16</p>
<p><b>Memorial Day</b></p> <p>26</p>	<p>9:15 Kaitu Yoga w Suzanne</p> <p>10:00 Euchre</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>1:00 Dominoes</p> <p>1:00 Line Dancing</p> <p>2:00 Bingo</p> <p>5:30 Pickleball - Pearson</p> <p>27</p>	<p>9:15 Kaitu Yoga w Kristie</p> <p>10:00 Pinochle</p> <p>10:30 Kristie Chair Yoga</p> <p>11:00 Card Making</p> <p>11:45 Exercise w/ Carol</p> <p>12:00 Hand &amp; Foot</p> <p>12:30 Mahjong</p> <p>5:30 Pickleball - Pearson</p> <p>28</p>	<p>9:15 Yoga w/ Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Yoga w/ Jeanie</p> <p>1:00 Line Dancing</p> <p>5:30 Pickleball - Pearson (Last Day)</p> <p>29</p>	<p>8:45 T.O.P.S. Weigh - in</p> <p>9:15 Yoga w/ Thad</p> <p>9:30 T.O.P.S. Meeting</p> <p>10:00 Knit &amp; Crochet</p> <p>10:30 <b>Cardio &amp; Weights w/ Carol</b></p> <p>11:45 Exercise w/ Carol</p> <p>12:30 Bingo</p> <p>30</p>

# June 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Morning Flow Yoga <b>9:15 Breakfast Club (Lucas)</b> 10:00 Scrabble 10:00 Wood Carving	9:15 Kaitui Yoga w Suzanne 10:00 Euchre 10:30 Chair Yoga Jeanie 1:00 Dominoes 1:00 Line Dancing 2:00 Bingo	9:15 Kaitui Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w/ Kristie 11:00 Card Making 11:45 Exercise with Carol 12:00 Hand & Foot 12:30 Mahjong	9:15 Yoga with Kymm 10:00 Wood Carving 10:30 Chair Yoga Jeanie <b>11:30 Village Travelers Travel Presentation</b> 1:00 Line Dancing	8:45 T.O.P.S. Weigh - in 9:15 Yoga with Thad 9:30 T.O.P.S. Meeting 10:00 Knit & Crochet 10:30 Cardio & Weights with Carol 11:45 Exercise with Carol 12:30 Bingo
9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving	9:15 Kaitui Yoga w Suzanne 10:00 Euchre 10:30 Chair Yoga Jeanie 1:00 Dominoes 1:00 Line Dancing 2:00 Bingo	9:15 Kaitui Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w/ Kristie 11:00 Card Making 11:45 Exercise with Carol 12:00 Hand & Foot 12:30 Mahjong	9:15 Yoga with Kymm 10:00 Wood Carving 10:30 Chair Yoga Jeanie <b>11:00 MGM Detroit Trip</b> 1:00 Line Dancing	8:45 T.O.P.S. Weigh - in 9:15 Yoga with Thad 9:30 T.O.P.S. Meeting 10:00 Knit & Crochet 10:30 Cardio & Weights with Carol 11:45 Exercise with Carol 12:30 Bingo
9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving	9:15 Kaitui Yoga w Suzanne 10:00 Euchre 10:30 Chair Yoga Jeanie 1:00 Dominoes 1:00 Line Dancing 2:00 Bingo	9:15 Kaitui Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w/ Kristie <b>11:30 Book Club</b> 11:45 Exercise with Carol 12:00 Hand & Foot 12:30 Mahjong 12:30 Watercolor <b>1:00 Cell Phone &amp; Tech w/ Andrew</b>	9:15 Yoga with Kymm 10:00 Wood Carving 10:30 Chair Yoga Jeanie 1:00 Line Dancing	8:45 T.O.P.S. Weigh - in 9:15 Yoga with Thad 9:30 T.O.P.S. Meeting 10:00 Knit & Crochet 10:30 Cardio & Weights with Carol 11:45 Exercise with Carol 12:30 Bingo
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<b>CLOSED</b>				



*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: 414  
Months: May/June: 2025

Susan McCoy  
*Director*

Jordan Halaby  
*Technical Support Specialist,  
Newsletter Editor*

Pat Mengel, Judy Keeling, Joyce Durbin, Chuck Scicluna, Chris Czajkowski  
*Administrative Support Staff*

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](http://www.centerforactiveadults.com)

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