

CAA Monthly Class and Group Schedule 12.2023

CLASSES	Day / Days	TIMES
AGELESS STRENGTH	Mondays	12:45 - 1:45
AARP TAX PREPARATION	Wednesdays + Thursdays Feb+Mar 2024	8:30 - 4:30
ANYONE CAN PAINT - RSVP	4th Tuesday of the month	10:00 - 12:00
BINGO - Friday	Fridays	12:30 - 1:45
BINGO - Tuesday	Tuesdays	2:00 - 3:00
BOOK SALE	Assortment of Fiction and Non-Fiction Books	Everyday
BOOK CLUB MEETING	3rd Wednesday of the month	11:30 - 12:15
BREAKFAST BUNCH	1st Monday of each Month	9:30 Lucas'
BUNCO	Wednesdays Starting January 2024	
B.Y.O.G. (Bring Your Own Game)	Wednesdays	1:00 - 3:00
CARD MAKING - RSVP	Wednesdays	11:00 - 12:00
CAA CLOSET	Resale Shop - donations gladly accepted	Everyday
DAV - Disabled Am. Veterans Representative	Call CAA to Schedule appt	TBD
DETROIT INSTITUTE OF ART - TRIPS	- See CAA Newsletter for monthly trips	TBD
DIABETES PREVENTION PROGRAM	National Kidney Foundation - offered yearly	TBD
DIABETES PATH	National Kidney Foundation - offered yearly	TBD
DOMINOES	Tuesdays	1:00 - 3:00
DRAWING w/ Lori	2nd Wednesdays	1:00 - 3:00
EUCHRE	Tuesdays	10:00 - 12:00
Exercise w/ Carol	Wednesdays + Fridays	11:45 - 12:45
FITNESS w/ Gail	Tuesdays + Fridays	10:30 - 11:30
HAND & FOOT	Thursdays	12:00 - 3:30
HOLIDAY SINGERS	Fridays - Seasonal -see Newsletter	2:00 - 3:30
HYPERTENSION SELF MANAGEMENT PROGRAM	National Kidney Foundation - offered yearly	TBD
JEWELRY SALE	Seasonal - 4 times per year	TBD
KNIT & CROCHET	Fridays	10:00 - 12:00
LEGAL ADVICE WORKSHOPS	Quarterly Startling Jan 2023	TBD
LINE DANCING	Thursdays	12:00 - 1:00
MAHJONGG	Wednesdays	12:30 - 3:30
MASSAGE - by Appt.	Mondays	9:00 - 11:00
MATTER OF BALANCE	National Kidney Foundation - offered yearly	TBD
PICKLEBALL @ Ann Dolsen Elementary	Monday, Tuesday, Wednesday + Thursday Evenings	5:30 - 7:30 pm
PILATES w/ Stephanie	Mondays	11:40 - 12:40
PINOCHLE - Wednesday	Wednesdays	10:00 - 12:00
QUICK LUNCH		11:00 - 1:00
SCRABBLE	Mondays	10:00 - 12:00
SENIOR SOCIALITES w/ Novi, Northville + Livonia	Throughout the year	TBD
SOUP'S ON	Last Tuesday of the month	11:00 - 1:00
SPECIAL EVENTS	Throughout the year	TBD
The Cookie Cupboard - Bake Sale	December	10:00 - 2:00
Crochet Necklace Workshop	New Workshop Nov 2023	TBD
Day Trips	Various see CAA Newsletter for details	TBD
Fidget Class and Kit	CAA and SL NHS	TBD
Flu Shot Clinic	Annual Program Rite Aid	TBD
Friends Giving	Annual Turkey Luncheon	TBD
Get Out and Play - MetroParks	3 trips each summer	TBD
Hungry Howies	Annual Fundraiser	TBD
Identity Theft Prevention Workshop	2x per year	TBD
Kiwanis Club Dinner	2nd Monday in December	TBD
Medicare Questions and Answers Workshop	Area on Aging 1A Oct/Nov	TBD

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Monthly Fundraiser	Monthly Silent Auction	
CAA Parking Lot Trunk Sale	A Saturday in September	TBD
Pizza and Pop With The Civitans	Annual Event	TBD
Pop- up Christmas Sale	November and December each year	
Spring Salad Lunch	April or May annually	TBD
Stampin Up Workshops	Various	TBD
St Patrick's Day Party	March each year	TBD
Twelve Days of Christmas Raffle	November and December each year	TBD
Valentine's Day Party	February each year	TBD
SWIM -now at SL EAST HS	Tuesdays + Thursdays	11:30 - 1:30
TECHNOLOGY CLASSES - w/ SSLDL Andrew	2X Per Month	1:00 - 2:30
T.O.P.S.	Fridays	9:00 - 10:15
WALKING CLUB @ Centennial MMS	T, W, TH November thru March	4:15 - 6:00 pm
WATERCOLOR PAINTING	3rd Wednesday of Month	12:30 - 3:00
WEDNESDAY FUN + GAMES -- RSVP	Wednesdays	1:00 - 3:00
WOOD CARVING	Mondays + Thursdays	10:00 - 1:00
YOGA		
Morning Flow w/Savita	Mondays	9:15 - 10:15
Evening Yin w/Star	Monday evenings	7:15 - 8:15 pm
Kaiut All-Level w/Kymm	Tuesdays	9:15 - 10:15
Kaiut Beg +Chair w/Kymm	Tuesdays	10:30 - 11:30
Evening Kaiut w/ Kymm	Tuesday evenings	7:15 - 8:15 pm
Kaiut All-Level w/Kristie	Wednesdays	9:15 - 10:15
Kaiut Beg + Chair w/Kymm	Wednesdays	10:30 - 11:30
Kaiut All-Level w/Kymm	Thursdays	9:15 - 10:15
Kaiut Beg + Chair w/Kymm	Thursdays	10:30 - 11:30
Evening Kaiut w/Suzanne	Thursday evenings	7:15 - 8:15 pm
Hatha w/Thad	Fridays	9:15 - 10:15
		Revised 12.1.2023