

‘Come Play With Us’

Seniors offered exercise, health programs, games, much more

By Diane Gale Andreassi

WITH more than 4,500 members, the Center for Active Adults is the place to go for everything – from exercise classes and wellness programs to woodworking instruction, pickleball and a wide variety of other activities – if you’re at least 50 years old.

There are day trips with a motor coach taking participants to outings, like free visits to the Detroit Institute of Arts that includes transportation and entrance costs; a multitude of classes; indoor walking clubs; guest lectures; computer and technology instruction and access to a free medical equipment loan closet. The center, located in South Lyon High School, also offers health screenings, wellness classes, financial seminars and onsite massages.

Coming together

“We have amazing instructors and physical therapists who teach exercise classes, including people who once owned their own yoga studios,” said center Director Carrie Cavanaugh.

“The quality of the workshops is amazing,” she added. “Everyone is coming together sharing their passion knowing how important the seniors are. Everyone welcomes everyone.”

In the last five years the center had 4,888 members registered, Cavanaugh said. Membership is free to South Lyon, Lyon Township and Green Oak Township residents. Each community contributes annually to the center.

Non-residents are charged \$37 for a year. Each month there are, on average, 30 to 40 new



members. Between 100 to 150 people typically visit the center daily.

Some of the other programs include senior swim; tai chi classes; drop-in pickleball where other members will teach new participants how to play; day and evening yoga classes; line dancing sessions; a University of Michigan kidney health program; art classes; rubber stamp card classes; wood carving and wood burning; knitting and crocheting and AARP income tax preparation. Veterans’ programs are also on the agenda.

Weight loss groups like T.O.P.S meet at the center along with bridge, pinochle, euchre and other card-playing groups. Bingo, Scrabble Mah-jongg, dominos and a book club gather there, too.

Supported by many

The center is funded by the three municipalities, membership fees, donations and fundraising programs. Recently, the center received a grant that made it possible to buy an air purifying system for every room.

“We’re focused on viruses and a cleaning program to ensure cleanliness and care of the environment,” Cavanaugh said. “And we promote healthy aging for both mind and body, and provide opportunities to discover new skills and redefine old ones.”

A resale shop, The Closet, offers a shopping experience where people donate knick-knacks, household items, purses, scarves and jewelry. A center library sells paperback books for 25 cents each, and hardcover books go for 50 cents. The center also provides information and referral services.

“I know we make a huge difference in a lot of peoples’ lives and there are a lot of friendships that are made,” Cavanaugh said. “I’m enriched every day by these members. There are so many wonderful people with many life experiences. There’s something for everyone at the center. Come play with us. We’ll have fun.”

For more information about the center call (248) 573-8175 or go to centerforactiveadults.com.

