



**Serving the Greater
South Lyon Area**

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

**Swim Is Back!
Starting June 3rd**

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Issue: 415 • July/August 2025

Visit Us At: www.centerforactiveadults.com

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MEET THE STAFF



Chris Czajkowski
Support Staff



Joyce Durbin
Support Staff



Jordan Halaby
Technical Support Staff



Judy Keeling
Support Staff



Susan McCoy
Director



Pat Mengel
Support Staff



Chuck Scieluna
Support Staff

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. **** Each student should bring their own plates for paint, bowl for water, and paper towels ****

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

Complexity: ★★☆☆

GREETING CARDS

Create unique, artistic greeting cards. Please bring glue, double-sided tape and scissors. The rest of your 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 in the Center's library for two hours. 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 three times 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



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

★★☆☆

Tuesdays | 11:45am - 12:45pm | Price: \$2 | Intensity: ★★☆☆

PICKLEBALL

**** Summer Pickleball will be at Millennium Middle School this Summer! ****

**** AM Sessions: June 17th - August 29th (9:00am - 11:00am) ****

**** PM Sessions: June 3rd - August 29th (6:00pm - 8:00pm) ****



Join us for the summer at Millennium Middle School summer pickleball. Just come and show up **Please bring your own paddle and balls**. If someone is on the court already, nicely tell them that the courts are reserved for the Center for Active Adults. Whether you are new to the sport or a seasoned player, this is a great way to stay active and enjoy some friendly competition for the summer. We will begin the fall season in October 2025

Tuesdays, Fridays AM | 9:00am - 11:00am | Price: Free | Intensity:

★★★☆☆

Tuesdays, Fridays PM | 6:00pm - 8:00pm | Price: Free | Intensity:

★★★☆☆

CARDIO DRUMMING

Join us for cardio drumming on Mondays at 10:30am. CAA has the equipment so you can have the fun in this energetic fitness class that combines drumming with aerobic exercise



Mondays | 10:30am - 11:30am | Price: \$3 | 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-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.

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

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DIFFICULTY: ★★☆☆

Sudoku

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

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

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DIFFICULTY: ★★☆☆

MAY 12TH LUNCHEON

Thank you to Abbey Park for providing the food for our May 12th Spring Luncheon. You managed to turn an ordinary lunch into a joyous feast. We truly appreciate your kindness!

Our Holiday Singers have Perfect Pitch and Heart!

Thank you so much for being a part of our Spring Luncheon. Your harmonious voices were a celebration commemorating Mother's Day, Father's Day, and Memorial Day. Grace Lentini and singers: Bravo!

Special Notes

Stan Wolak - Thank you for playing the keyboard as food was served. Your quiet willingness to share your talent provided the ideal atmosphere

Cheryl Hegwood - Your powerpoint elevated the beauty of our choir's presentation. You are creative, thoughtful and kind. Also, thank you for calling Bingo on a regular basis!



BOOK CLUB

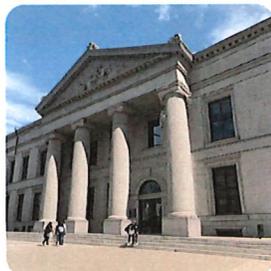
Love reading and discussing great books? Our book club is the perfect place for that! Each month, we pick an exciting book to read and meet to share our thoughts, idea, and opinions in a friendly and welcoming atmosphere. It's a wonderful way to connect with fellow book lovers, enjoy stimulating conversations, 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!

June 16th | 11:30am-1:00pm | Price: Free

August 13th | 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

HOTEL FUNDRAISER

**SOUTH LYON
HOTEL**



Join us for a special fundraising event taking place on **Monday July 21st** at the South Lyon Hotel. This event does not require a flyer to be presented at the time of dining. You can participate in this event anytime after 5pm. What's in it for us? The Hotel will donate 5% of **all sales** made that night to our center

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

July 16th | 1:00pm - 2:00pm | Price: Free

August 13th | 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



MEMORY LOSS SUPPORT GROUP

Spend 30 minutes on Fridays sharing with a small support group for memory loss. "Hope is that beautiful place between the way things were... and the way things are yet to be" ~ Unknown

Fridays | 1:00pm - 1:30pm | Price: Free

SENIOR SWIMMING

Yay! Swimming is back at South Lyon East High School for the summer. Would you like to participate in a low-impact exercise that can help with weight management, boost mood, and even strengthen lungs? Please join us at SLEHS to swim. We are happy to announce that Pat Davio will be the aerobics instructor at the pool.

**** Locker room opens at 1:00pm. Swim goes from 1:30pm - 2:30pm ** **
Wallet Only ****

Tuesdays and Thursdays | 1:00pm - 3:00pm | Price: \$5



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 ****

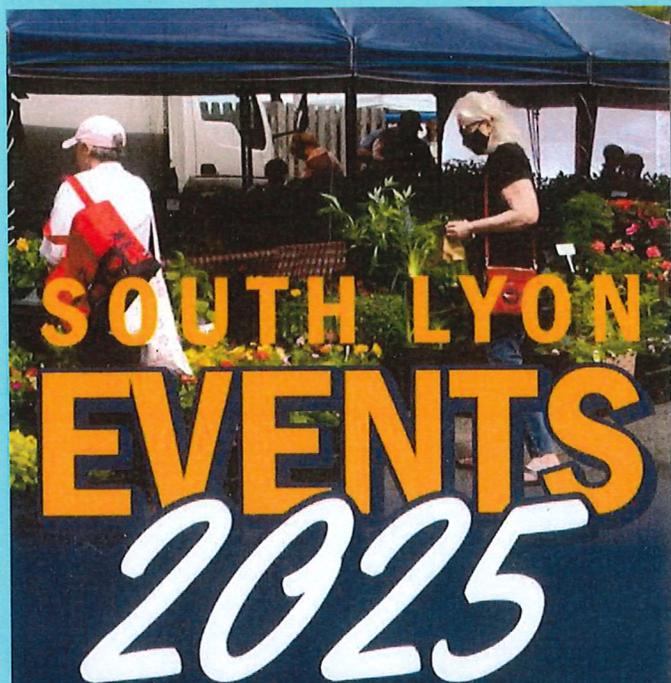
**** All Classes are \$5 ****

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



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

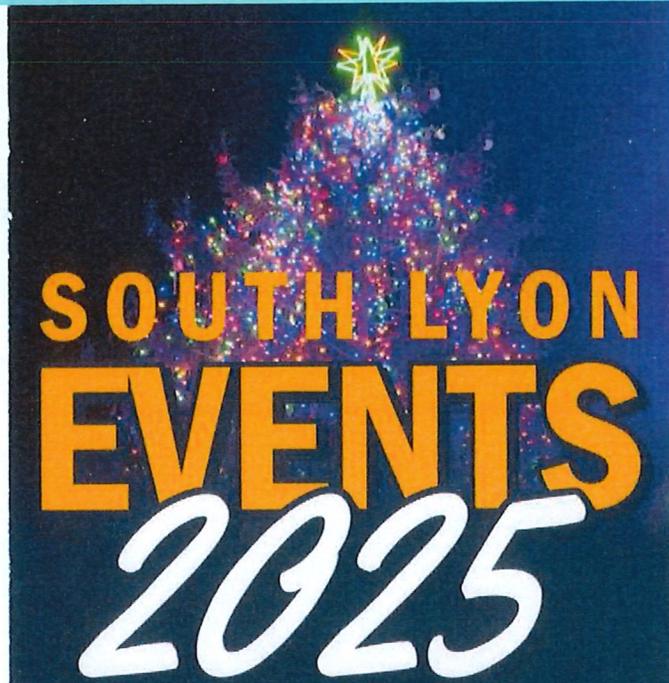
Fourth Wednesday, May-September, 6:30 - 9:30 pm

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.

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>9:15 Morning Flow Yoga</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>10:30 Cardio Drumming</p> <p>1:00 Line Dancing</p>	<p>9:15 Kaiut 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 Senior Swim at SL East</p> <p>2:00 Bingo</p>	<p>9:15 Kaiut Yoga w Kristie</p> <p>10:00 Pinochle</p> <p>10:30 Chair Yoga with Kristie</p> <p>11:30 Book Club</p> <p>11:45 Exercise with Carol</p> <p>12:00 Hand & Foot</p> <p>12:30 Mah-Jongg</p> <p>1:00 Tech Talk with Andrew</p>	<p>9:15 Yoga with Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Yoga w Jeanie</p> <p>1:00 Senior Swim at SL East</p> <p>1:00 Line Dancing</p>	<p>8:45 T.O.P.S Weigh - in</p> <p>9:15 Yoga with Thad</p> <p>9:30 T.O.P.S Meeting</p> <p>10:00 Knit and Crochet</p> <p>10:30 Cardio & Weights with Carol</p> <p>11:45 Exercise with Carol</p> <p>12:30 Bingo</p> <p>1:00 Memory Support Group</p>
30	15	16	17	18
<p>9:00 Kensington Boat Trip</p> <p>9:15 Morning Flow Yoga</p> <p>10:00 Scrabble</p> <p>10:00 Wood Carving</p> <p>10:30 Cardio Drumming</p> <p>1:00 Line Dancing</p> <p>5:00 South Lyon Hotel Fundraiser</p>	<p>9:15 Kaiut Yoga w Suzanne</p> <p>10:00 Euchre</p> <p>10:00 Anyone Can Paint</p> <p>10:30 Chair Yoga w Jeanie</p> <p>1:00 Dominoes</p> <p>1:00 Senior Swim at SL East</p> <p>2:00 Bingo</p>	<p>9:15 Kaiut Yoga w Kristie</p> <p>10:00 Pinochle</p> <p>10:30 Chair Yoga with Kristie</p> <p>11:45 Exercise with Carol</p> <p>12:00 Hand & Foot</p> <p>12:30 Mah-Jongg</p>	<p>9:15 Yoga with Kymm</p> <p>10:00 Wood Carving</p> <p>10:30 Chair Yoga w Jeanie</p> <p>1:00 Senior Swim at SL East</p> <p>1:00 Line Dancing</p>	<p>8:45 T.O.P.S Weigh - in</p> <p>9:15 Yoga with Thad</p> <p>9:30 T.O.P.S Meeting</p> <p>10:00 Knit and Crochet</p> <p>10:30 Cardio & Weights with Carol</p> <p>11:45 Exercise with Carol</p> <p>12:30 Bingo</p> <p>1:00 Memory Support Group</p>
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21	22	23	24	25
28	29	30	31	1

Millennium Middle School - Free and Unsupervised - (Tuesday / Friday)
 Outdoor Pickleball: PM Sessions June 3rd - August 29th (6:00 - 8:00)
 Outdoor Pickleball: AM Sessions June 17th - August 29th (9:00 - 11:00)

Last Revised: 05.15.2025

August 2025

Millennium Middle School - Free and Unsupervised - (Tuesday / Friday)
Outdoor Pickleball: PM Sessions June 3rd - August 29th (6:00 - 8:00)
Outdoor Pickleball: AM Sessions June 17th - August 29th (9:00 - 11:00)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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25	26	27	28	29

Last Revised: 05.15.2025



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: 415

Months: July/August: 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

Make checks out to **S.L.C.S**

SOUTH LYON CENTER FOR ACTIVE ADULTS
1000 N. LAFAYETTE
SOUTH LYON, MI 48178

NON-PROFIT
PERMIT
NO. 2
South Lyon,
Mich.