

The Center for



Serving the Greater South Lyon Area  
*"A Community Center for  
Ages 50 & Up"*

(248) 573-8175 [www.centerforactiveadults.com](http://www.centerforactiveadults.com)

Issue: 411 • SEPT/OCT 2024



**Wednesday, October 30th**

12:30pm Get on bus  
12:45pm Departure  
3:30pm Return



- Hayride
- 7-acre Corn Maze
- Pick a pie pumpkin in The Patch
- 1 cup of cider and 1 donut per person

\$10 per member

This is a non-refundable, member only event!  
Check out: "threecedarsfarm.org"

## CHRONIC PAIN PATH

**Take charge of your health!**

**Wednesdays at The Center**  
**1:00pm-3:30pm**

**Sessions 1-6:**  
September 18, 25  
and October 2, 9, 16, 23

**Registration Required**  
**To sign up:** Call The  
Center at 248.573.8175



NATIONAL KIDNEY  
FOUNDATION  
of Michigan

This workshop is  
offered at no cost to  
participants.

# Hungry Howie's

**FLAVORED CRUST PIZZA**

Fundraiser going on now  
thru Oct. 15th!

**FUN Raiser Card**



\$25 gets you many  
discounts and it goes toward  
a good cause!  
Great stocking stuffer!  
Purchase at The Center

**Included:**

Absolutely free  
pizzas, breadsticks,  
and more!

**Over \$100  
in discounts!**

## ACE WORKSHOP

September 26th, 1:00pm -2:30pm  
RSVP Requested at 248.573.8175

The Pair of ACE's

ADVERSE CHILDHOOD EXPERIENCES

Maternal Depression  
Emotional & Sexual Abuse  
Substance Abuse  
Domestic Violence  
Physical & Emotional Neglect  
Mental Illness  
Divorce  
Incarceration  
Homelessness

ADVERSE COMMUNITY ENVIRONMENTS

Poverty  
Discrimination  
Community Disruption  
Lack of Opportunity, Economic Mobility & Social Capital  
Violence  
Poor Housing  
Quality & Affordability

## WOOD CARVING AT ALL LEVELS

**Mondays & Thursdays**  
**10:00am - 1:00pm**



Welcoming new  
faces! No tools  
or experience  
required!

- If you're new to wood carving, the experienced carvers will get you started.
- Enjoy the camaraderie of working with other carvers.
- Assist the "Lean on Me" program/Travel short distances to shows & competition
- Please bring a drop cloth to catch your shavings.

A partnership with Salem-South Lyon Library



**BOOK  
CLUB**

### DISCUSSION DATES

**September 18th  
&  
October 16th**

**11:30am - 12:15pm**

See list of titles at The Center!

## Make & Take Greeting Card Class

*Have fun creating 3 unique  
greeting cards!*

**Wednesdays**

**Sept. 4th, 11th, 25th**

**Oct. 2nd, 9th, 23rd**

**11:00am - 12:30pm**

Only \$7 per class  
payable to The Center  
(Includes materials for all 3 cards)

**Space is limited** - RSVP the Monday before class by  
texting or calling the instructors. Call Judy or Faith or  
The Center to pre-register.

## Introduction to Watercolor Painting



Instructor, Mi Berry

**"Dragonfly"**

**Sept. 18th & Oct. 16th**

12:30pm - 3:00pm

Class fee: \$20

Pre-registration and payment  
required.

## KNIT & CROCHET

**Join us  
FRIDAYS!**

**10:00am-12:00pm**



**Beginners - Advanced Welcome**  
**Drop in anytime!**

## Anyone Can Paint, EVEN YOU!



**Tues., Sept. 24th  
& Tues. Oct. 22nd**

**10:00am - 12:00pm**

## Acrylic Landscape Painting

Join award winning television and  
YouTube artist, **Steve Wood**, to learn  
his step-by-step methods & proven  
techniques for painting beautifully!

**\$23 for each session: Payable to CAA**

- ♦ Fee includes brushes, paints, canvas & instruction
- ♦ Students should bring a margarine size plastic tub  
10" dinner plate & paper towels
- ♦ Students will complete 1 painting at each session.

**MUST PRE-PAY BY 12:00pm, MONDAY BEFORE CLASS ON  
TUESDAY! MINIMUM 6 STUDENTS NEEDED.**



# Tech Talk with Andrew

*Limited seating! RSVP to The Center*

**CENTER FOR ACTIVE ADULTS**  
**2 Wednesdays:**  
**Sept. 18th & Oct. 16th**  
**1:00pm - 2:30pm**

*Need help cleaning up your computer or  
finding the latest and greatest useful apps for  
your phone? Let Andrew show you how!*

## Oakland County Sheriff's Dept.'s SELF DEFENSE CLASS

### FOR WOMEN

**Tuesday, Nov. 6th**  
**1:00pm - 3:00pm**

**No Charge!**

RSVP REQUIRED:  
to The Center: [248.573.8175](tel:248.573.8175)



**The Center is  
Closed to Observe  
Labor Day**

Friday, August 30th &  
Monday, September 2nd

## FREE! FREE! FREE!

## DIA MUSEUM BUS TRIPS

- Sept. 10th, Docent Tour:  
8:30am departure
- Sept. 26th, "Djangophonique"  
Manouche Jazz Concert:  
11:45am departure
- Oct. 10th, Pianist Kazimierz  
Brzozowski Concert:  
11:45am departure

Call The Center to reserve your seat!  
[248.573.8175](tel:248.573.8175)



**Friday, Nov. 8th**  
**At The Center**

Traditional Thanksgiving Menu

11:30am Seating  
12:00pm Luncheon  
1:00pm Entertainment

50/50 Raffle and  
Door Prizes

\$10 per member,  
\$13 per non-member

*Pre-registration and  
payment required.  
Limited Seating!*



## Fall Qigong & Tai Chi Fundamentals

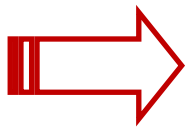
6 Classes: \$24



### MONDAYS

Oct. 7th - Nov. 11th  
12:45pm - 1:45pm

Pre-Registration and payment required



**New Sitting 40-Minute  
Qi Gong class  
with Hilary coming soon!**



National **Kidney** Foundation®

of Michigan

***Ask the Dietitian***  
**Nutrition for Healthy Aging**  
**Q & A Time!**

**OCTOBER 10th**

**1:00pm - 2:00pm**  
**at The Center**

**This Workshop is FREE**

**RSVP to The Center: 248.573.8175**

## YOGA



### **Morning Flow Yoga:**

Morning Flow Yoga is comparable to Moderate Flow Yoga honoring individuals' energetic levels earlier in the morning. This class 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 and equanimity. It works on stretching, strengthening, and balancing. Students must be able to get up and down from the floor on their own.

**Yin Yoga:** Yin is a slower paced practice that incorporates holding poses for a length of time. Yin yoga focuses on the bones, joints, ligaments, and fascia. Poses are held anywhere from 3 to 10 minutes to target the connective tissues. Yin is suitable for all levels of students that are able to get up and down from the floor on their own.

**Kaiut Yoga:** Kaiut Yoga is a practice designed by chiropractor Francisco Kaiut that focuses 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 isn't about creating pretty shapes. Rather the aim is to help people heal from injury and chronic pain and reconnect with the body's inner wisdom. Students must be able to get up and down from the floor on their own.

**Kaiut Chair Yoga:** Kaiut Yoga done in a chair or standing for those with limited range of motion.

**Yoga with Thad:** This is a light-hearted and fun approach to Hatha Yoga.

## Sessions Schedule

### Mondays

9:15am – Easy Flow with Savita  
(no class Oct. 28th & Nov. 4th)  
7:15pm – Evening Yin w/Star (on hold)

### Tuesdays

9:15am – Kaiut All-Level with Kymm  
10:30am – Kaiut Beg & Chair with Kymm  
7:15pm – Evening Yin w/Star (on hold)  
(Kymm is away in October. Call CAA for the sub schedule.)

### Wednesdays

9:15am – Kaiut with Kristie (on hold)  
10:30am – Chair Kaiut with Kristie (on hold)

### Thursdays

9:15am – Kaiut All-Level with Kymm  
10:30am – Kaiut Beg & Chair with Kymm  
7:15pm – Evening Kaiut with Suzanne  
(Suzanne will sub for Kymm on Thursdays in Oct.)

### Fridays

9:15am – Hatha with Thad

*Contact The Center for more information!*

\$5 Members | \$8 Non-members

## SENIOR SWIM



SOUTH LYON HIGH SCHOOL EAST  
52200 10 Mile Road  
Enter at Door #23

**TUESDAYS & THURSDAYS**

**11:45am entrance**  
**12:00pm - 1:30pm Pool Time**  
**\$3 per person**



## NEW TIME!

The Center is now offering  
"Lap Swim"  
Tuesdays and Thursdays  
during Senior Swim!

## EXERCISE CLASS

With Physical Therapist  
**Carol Glenn**



These 1-hour beginner/  
intermediate level classes  
address total body strength,  
flexibility, and balance.  
Emphasis is placed on  
proper mechanics and  
proper movement.

**WEDNESDAY & FRIDAYS**

**11:45am - 12:45pm**  
Class fee: \$2

Class size is limited-  
Pre-registration is Advised!

## CARDIO & WEIGHTS

with Carol Glenn



**FRIDAYS**  
**10:30am -**  
**11:30am**

Class Fee: \$3



Join us at Pearson Elementary  
57900 11 Mile Rd, South Lyon

**3 nights a week starting**  
**September 3rd!**  
**Tuesday, Wednesday, Thursday**

**5:30pm - 7:30pm**

\$3 Members, \$5 Non-members

## PING PONG!

**-FREE-**

**Wednesdays**

**1:15pm - 3:00pm**

**CAA GYM**

**NEW!**







**Tuesdays**  
**1:00pm - 2:00pm**  
**Thursdays**  
**1:00pm - 2:00pm**

Class Fee: \$2

**Holiday Singers**  
*"A Tribute to Friendship"*  
Fridays at 2:00pm



*Practices begin*  
*Sept. 20th*

*Please join us for*  
**Breakfast**  
**Lucas Coney Island**  
**Mondays, Sept. 9th**  
**& Oct. 7th**

**Meet at 9:30am**

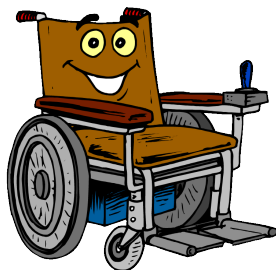


*Our Breakfast Group is a  
very casual, nice way to  
meet new friends & enjoy  
old ones.  
No reservations needed.*

## Medical Loan Closet

Do you have old medical equipment collecting dust? The Center will gladly take donations of wheelchairs, walkers, shower/commode chairs, transfer benches. All items are stored at The Center and loaned to your fellow

community members  
in need!



*In need of medical  
equipment? Just ask!  
We will do our best to help!*



**DISABLED AMERICAN VETERANS**

Call The Center to schedule  
a personal conference  
with Rick

**T.O.P.S**

**Take off Pounds Sensibly**

**EVERY FRIDAY**

Weigh-In: 8:30am - 9:15am

Meeting: 9:30am - 10:15am

**\$45 New Members**  
**\$37 Existing members**

**TOPS** is a non-profit weight-loss organization that helps people meet individual needs through group support.

The CAA would like to thank our T.O.P.S. group for their continued support of The Center! U R TOPS!

**MAHJONG** Team up for a game of Mahjong, a Chinese tiles version of Rummy!  
**WEDNESDAYS**  
 at CAA, 12:30pm



Join us for a casual game of drop-in Pinochle!



Join us every **WEDNESDAY**  
 10:00am - 12:00pm  
*Come join the friendly competition!*



Non-competitive, Mexican Train dominoes.  
 We will be playing by house rules.  
 Stop by and have some fun!

**TUESDAYS, 1:00pm - 3:00pm**

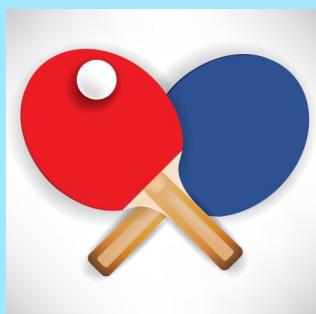
**Scrabble Club**  
**MONDAYS**



10:00am - 12:00pm

**PING PONG!**

**NEW!**



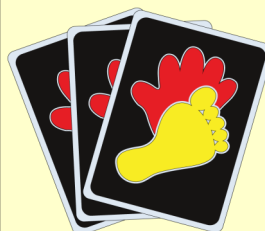
**Wednesdays**  
 1:15pm - 3:00pm

Join the fun  
 for free!



**TUESDAYS 10:00am - 12:00pm**

**Hand & Foot**  
**Card Club**



Everyone is invited to join us for a fun afternoon to play Hand & Foot

*Don't know how to play?  
 We'll show you!*

**WEDNESDAYS**  
 12:00pm - 3:30pm



**TUESDAYS - 2:00pm - 3:00pm**  
**FRIDAYS - 12:30pm - 1:45pm**

25 cents/card; play multiple cards  
 Bring a friend! All Welcome!

**B.Y.O.G.**

(Bring Your Own Game)



**WEDNESDAYS**

Bring it on!

**1:00pm - 3:00pm**

**...and B.Y.O.F.**

(Bring Your Own Friends!)



Please RSVP to The Center

## *Jewelry Extravaganza!*



*A variety of beautiful, elegant, and fun styles!*

**October 7th – 11th**

At The Center

## **SILENT AUCTION FUNDRAISER**

**For September**

*Beautifully framed mountain painting (32" x 40")*



Check out this item for bid at The Center!

The wind is rising,  
and the air is wild  
with leaves.

We have had our  
summer evenings; now  
for October eves!

-Humbert Wolfe

## **CAA DETROIT TIGER GAME**



**September 12th**

**\$25 per member**

**Paid in Advance (no refunds)**

**Board People's Express 11:00am**

**Game Time 1:10pm vs. Rockies**

**Approximate Departure Time 4:15pm**

**Est. Time of Arrival to South Lyon 5:30pm**

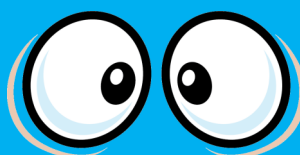
## **THE CLOSET**

Check out our shop filled with  
goodies, gifts, trinkets & treasures  
to support The Center. Come in &  
see what we've got.

**Happy Hunting!**



*We gratefully  
accept donations!*



*Check it out!*

The Center for Active Adults now  
has a web page!  
[www.CenterForActiveAdults.com](http://www.CenterForActiveAdults.com)



# Upcoming COMMUNITY EVENTS

Downtown  
South Lyon

**4th Wednesday**  
Last one is Sept. 25  
All Cruisers Welcome! For more info:  
[www.lakestreetcruisein.com](http://www.lakestreetcruisein.com)

## Chamber Canine Crawl!

**Saturday, Sept. 14<sup>th</sup>**

Join us for a stroll through downtown South Lyon with your dog while they strut their stuff for the **Best Costume Contest- Prize for best dressed!** (Costumes optional)

**9:00 am** Check in at Animal Crackers\*  
**9:30 - 10:30** Walk through downtown

**\$15.00/pack** ("family" in dog terms)

\$5.00 of each registration fee will be donated to the South Lyon Community Schools Pack of Social Emotional Learning Dogs

For more details and online registration, please visit <https://business.brightoncoc.org/events/details/chamber-canine-crawl-44331>  
Registration is also available on-site prior to the event.

**Sponsorships Available!**  
For details, please email [michellet@brightoncoc.org](mailto:michellet@brightoncoc.org)

\*Animal Crackers South Lyon  
509 S. LaLayette, South Lyon, MI 48178

## HISTORIC WALKING TOUR

**LYON TOWNSHIP DDA - HISTORY ON THE GRAND**

Friday, October 11, 2024  
Meet at Inspiration Park (56730 Grand River Ave)  
6 - 9 pm, \$25 per person

**TICKETS ON SALE NOW!!**

Scan to order your tickets.

*South Lyon*

**FARMERS MARKET**

**Downtown  
South Lyon**

**9:00am - 2:00pm  
Every Saturday**

*Fresh produce,  
homemade food, crafts,  
music and more!*

Last Day - Oct. 24th

## SOUTH LYON AREA PUMPKINFEST!

**Sat. - Sept. 28th, 10:00am - 7:00pm**  
**Sun. - Sept. 29th, 10:00am - 5:00pm**

**2024**

For complete festival schedule & bands go to:  
[www.southlyonpumpkinfest.com](http://www.southlyonpumpkinfest.com)

## A Note from the Director

Thanks for a wonderful summer!

Lots of great programming to look forward to.  
Hope you will join us!

*Carrie, Jordan, Judy, Pat and Sherry*

## "Growing Together!" Fall Fund Fundraising Campaign



*Every contributor adds  
a leaf to our tree,  
helping to keep The  
Center flourishing.*



**DINE TO DONATE**  
**AT AUBREE'S**

**20% OF YOUR BILL WILL  
BE DONATED TO:**

**CENTER FOR ACTIVE  
ADULTS**

**PRESENT THIS FLYER  
TO YOUR SERVER ON:**

**DATE: FRIDAY, SEPTEMBER 20TH,  
2024**

**WHERE:  
AUBREE'S  
SOUTH LYON  
21775 PONTIAC TRAIL  
248-437-8000**

**VALID ON DINE-IN & CARRYOUT**

### **DISCLAIMER:**

Donation percentage excludes tax, tip, and alcohol sales. Valid at participating restaurants during specific listed hours. Must present flyer for organization to receive credit for purchase. Flyers are not to be distributed in the restaurant or within the perimeter of the restaurant parking lot — doing so may forfeit donations. Thank you!

## Be an Angel! Support The Center for Active Adults

Your donation will not only earn you Angel Wings, but also help us to continue to offer the extensive programming and vibrant community that our center is known for!

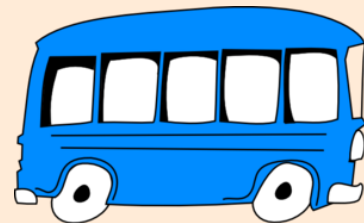
### **ANGELS DONATIONS for June & July 2024**

Betty K.  
Carol F.  
Phil A. (2x)



**Thank You!**

## NEED HELP GETTING TO THE CENTER?



**Livingston County Residents:**

**LETS Public Transportation**

To schedule, call: 517.546.6600

8:30am - 3:30pm, M-F

For more info: [www.livgov.com/lets](http://www.livgov.com/lets)

**Oakland County Residents:**

**People's Express**

To schedule, call: 877.214.6073

10:00am - 7:00pm, M-F

or more info: [peoplesexpressmi.com](http://peoplesexpressmi.com)

### **DISCLAIMER!**

Although the Senior Center provides information through workshops, seminars and referrals for senior services, we do not endorse any private company; we merely inform consumers of the availability of services that may enhance the lives of seniors outside of The Center for Active Adults. As a consumer, you are encouraged to independently research and ask for references.





Pickleball: Tuesday, Wednesday, Thursday - 5:30pm - 7:30pm. See pg. 5



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div></div> <div>9:15 Morning Flow Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 7:15 pm Evening Yin (on hold)</div>	<div>3</div> <div>9:15 Kaiut All Level 10:00 Euchre 10:30 Chair Kaiut 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold)</div>	<div>4</div> <div>9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:00 Card Making Class 11:45 Exercise w/Carol 12:00 Hand &amp; Foot 12:30 Mahjong 1:00 Fun &amp; Games 1:15 Ping Pong</div>	<div>5</div> <div>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg &amp; Chair 11:45 Senior Swim 1:00 Line Dancing 7:15 Evening Kaiut</div>	<div>6</div> <div>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit &amp; Crochet 10:30 Cardio &amp; Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO</div>
<div>9</div> <div>9:15 Morning Flow Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 7:15 pm Evening Yin (on hold)</div>	<div>10</div> <div>8:30 DIA Trip 9:15 Kaiut All Level 10:00 Euchre 10:30 Chair Kaiut 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold)</div>	<div>11</div> <div>9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:00 Card Making Class 11:45 Exercise w/Carol 12:00 Hand &amp; Foot 12:30 Mahjong 1:00 Fun &amp; Games 1:15 Ping Pong</div>	<div>12</div> <div>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg &amp; Chair 10:30 Detroit Tigers Trip 11:45 Senior Swim 1:00 Line Dancing 7:15 Evening Kaiut</div>	<div>13</div> <div>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit &amp; Crochet 10:30 Cardio &amp; Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO</div>
<div>16</div> <div>9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 pm Evening Yin (on hold)</div>	<div>17</div> <div>9:15 Kaiut All Level 10:00 Euchre 10:30 Chair Kaiut 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold)</div>	<div>18</div> <div>9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:30 Book Club 11:45 Exercise w/Carol 12:00 Hand &amp; Foot 12:30 Mahjong/Watercolor 1:00 Fun &amp; Games/Tech Talk 1:00 Chronic Pain Path 1:15 Ping Pong</div>	<div>19</div> <div>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg &amp; Chair 11:45 Senior Swim 1:00 Line Dancing 7:15 Evening Kaiut</div>	<div>20</div> <div>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit &amp; Crochet 10:30 Cardio &amp; Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers Practice</div>
<div>23</div> <div>9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 pm Evening Yin (on hold)</div>	<div>24</div> <div>9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Chair Kaiut 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold)</div>	<div>25</div> <div>9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:00 Card Making Class 11:45 Exercise w/Carol 12:00 Hand &amp; Foot 12:30 Mahjong 1:00 Fun &amp; Games 1:00 Chronic Pain Path 1:15 Ping Pong</div>	<div>26</div> <div>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg &amp; Chair 11:45 DIA Trip 11:45 Senior Swim 1:00 ACE Workshop 1:00 Line Dancing 7:15 Evening Kaiut</div>	<div>27</div> <div>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit &amp; Crochet 10:30 Cardio &amp; Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers Practice</div>
<div>30</div> <div>9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 pm Evening Yin (on hold)</div>	<div></div>			
<div></div>				
<div>2024</div>				





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 9:15 Morning Flow Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 pm Evening Yin (on hold)	<b>1</b> 9:15 Kaiut All Level (Call) 10:00 Euchre 10:30 Chair Kaiut (Call) 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold)	<b>2</b> 9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:00 Card Making Class 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games <b>1:00 Chronic Pain Path</b>	<b>3</b> 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:45 Senior Swim 1:00 Line Dancing 7:15 Evening Kaiut	<b>4</b> 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers Practice
<b>7</b> Jewelry Sale	<b>8</b> Jewelry Sale	<b>9</b> Jewelry Sale	<b>10</b> Jewelry Sale	<b>11</b> Jewelry Sale
<b>14</b> 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 pm Evening Yin (on hold)	<b>15</b> 9:15 Kaiut All Level (Call) 10:00 Euchre 10:30 Chair Kaiut (Call) 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold) <i>Last day of Hungry Howie's</i>	<b>16</b> 1:15 Ping Pong 9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:30 Book Club 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong/Watercolor 1:00 Fun & Games/Tech Talk <b>1:00 Chronic Pain Path</b>	<b>17</b> 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:45 Senior Swim 1:00 Line Dancing 7:15 Evening Kaiut	<b>18</b> 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers Practice
<b>21</b> 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi <b>1:00 Kidney Health Workshop</b> 7:15 pm Evening Yin (on hold)	<b>22</b> 9:15 Kaiut All Level (Call) 10:00 Euchre 10:00 Anyone Can Paint 10:30 Chair Kaiut (Call) 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold)	<b>23</b> 1:15 Ping Pong 9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:00 Card Making Class 11:30 Book Club 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games <b>1:00 Chronic Pain Path</b>	<b>24</b> 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:45 Senior Swim <b>1:00 Ace Workshop</b> 1:00 Line Dancing 7:15 Evening Kaiut	<b>25</b> 8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers Practice
<b>28</b> 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 pm Evening Yin (on hold)	<b>29</b> 9:15 Kaiut All Level (Call) 10:00 Euchre 10:30 Chair Kaiut (Call) 11:45 Senior Swim 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin (on hold)	<b>30</b> 9:15 Kaiut All Level (on hold) 10:00 Pinochle 10:30 Chair Kaiut (on hold) 11:45 Exercise w/Carol 12:00 Hand & Foot <b>12:30 3 Cedars Trip</b> 12:30 Mahjong 1:00 Fun & Games 1:15 Ping Pong	<b>31</b> 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:45 Senior Swim 1:00 Line Dancing 7:15 Evening Kaiut .	<b>JEWELRY SALE</b> <b>Oct. 7th - 11th</b> <b>At The Center</b> 

The Center for



*Ages 50 & up*

*Our Mission:*

“To encourage the art of living well by building a vibrant community of active individuals, 50 & up, through diverse programming and activities.”

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