



**Serving the Greater South Lyon Area**

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



**Issue: 418 • January/February 2026**

### **HOLIDAY POTLUCK**

**Our Holiday Potluck was Amazing!**

Viewing the bountiful, passing dishes at our luncheon reminded me of the story of the loaves and the fishes ... we had enough delicious food to feed multitudes. Thank you to Grace Lentini and the Holiday Singers for the entertainment. Your harmonious voices reminded attendees what is really important. Thank you to Dennis and Kathy Zanavich for serving along with washing dishes. Cheryl Hegwood and Karen Lucas jumped in, rolled up their sleeves to sweep, collect trash, and put the Center back in order. Thank you, members, for being remarkable. Wishing you a prosperous and healthy 2026! - Susan



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

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## LETTER FROM THE DIRECTOR

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Hello CAA Members

I am indebted to the out pour of support for the December Holiday Raffle. This was my first raffle event with you. I witnessed the caring and felt the generosity that we as a group create. Together we have power to build and create the facility and the center program that we envision. Serving as your Director fills me with joy and meaning. Thank you

As we look ahead at 2026, let's continue to use our minds and hearts to appreciate the moments we have in front of us. Continue the work of living well. I am proud of the opportunity to share this next year with you.

Love and Inspiration,  
Susan

## 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. **Please note that you must bring a paper plate, some paper towels, and any empty butter container or other small container for water.**

**4th Tuesday of Month - January 27th, February 24th**

**10:00am - 12:00pm | Price: \$23 | Complexity: ★★☆☆**

## CARD MAKING

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.

**1<sup>st</sup>, 2<sup>nd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> Wednesday of Every Month**

**11:00am - 12:00pm | Price: \$7 | Complexity: ★☆☆☆**



## KNIT AND CROCHET



Every Friday, a small group of people meet with each other in the Centers' 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.

**January 21st, February 25th**

**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 EXERCISE 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 and Exercise: Wednesdays and Fridays | 11:45am - 12:45pm | Price: \$2 | Complexity: ★★☆☆**  
**Cardio and Weights: Fridays | 10:30am - 11:30am | Price: \$3 | Complexity: ★★☆☆**

## 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 | 11:45am - 12:45pm | Price: \$2 | Complexity: ★★☆☆**  
**Thursdays | 1:00pm - 2:00pm | Price: \$2 | Complexity: ★★☆☆**

## TAI CHI GUNG



CAA would like to introduce Heather Caverly, our new Wednesday and Thursday Tai Chi Gung instructor. Heather began July 16th, teaching standing Tai Chi Gung Wednesday 1:00pm - 1:45pm, and Thursday at 11:45am - 12:45pm.

### Standing Tai Chi Gung

**Wednesdays | 1:00pm - 1:45pm | Price: \$2 | Complexity: ★★☆☆**  
**Thursdays | 11:45am - 12:45pm | Price: \$2 | Complexity: ★★☆☆**

## 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 | Complexity: ★★☆☆**



## NOVEMBER'S HEALTHY TIP

**Physical therapy offers many benefits - it can reduce pain, improve mobility, strength and function, and help prevent injuries and falls. Physical therapy is a specialized profession and the therapists develop personalized exercises and provide education to improve quality of life.**

## YOGA

### Savita - Easy Flow Yoga

Mondays | 9:15am - 10:15am | Price: \$5 | Intensity: ★★☆☆

### Jeanie Gentle Chair Yoga

Tuesdays and Thursdays | 10:30am - 11:30am | Price: \$5 | Intensity: ★★☆☆

### Suzanne Kaiut Yoga

Tuesdays | 9:15am - 10:15am | Price: \$5 | Intensity: ★★☆☆

### Kristie Kaiut Yoga

Wednesdays | 9:15am - 10:15am | Price: \$5 | Intensity: ★★☆☆

### Kristie Beginner Chair Yoga

Wednesdays | 10:30am - 11:30am | Price: \$5 | Intensity: ★☆☆☆

### Kymm Kaiut Yoga

Thursdays | 9:15am - 10:15am | Price: \$5 | Intensity: ★★☆☆

### Yoga With Thad

Fridays | 9:15am - 10:15am | Price: \$5 | Intensity: ★★☆☆

## PICKLEBALL



Join us for **Pickleball at Dolsen Elementary School**, which starts on Tuesday **November 4<sup>th</sup>, 2025**. The price for each session will now be **\$5**. 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 | 5:15pm - 7:30pm | Price: \$5 | Intensity: ★★★

**\*\* Pickleball will be held at Dolsen Elementary School from November through March, and then back at Pearson Elementary School during April and going forward \*\***

## BINGO



Bingo is a classic and fun game that's perfect for socializing and enjoying some friendly competition! 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!

**Tuesdays | 2:00pm - 3:00pm | Price: \$.25 per Card | Complexity: ★☆☆**  
**Fridays | 12:30pm - 1:45pm | Price: \$.25 per Card | Complexity: ★☆☆**

## 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.



**Tuesdays | 1:00pm - 3:00pm | Price: Free | Complexity: ★☆☆**

## EUCHRE



Euchre is a fun, fast paced 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. Strategy, teamwork, and a bit of luck make each round exciting.



**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.



**Wednesdays | 12:45pm - 3:30pm | Price: Free | Complexity: ★★★**

## 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, ideas, 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 - January 21st, February 25th  
11:30am - 1:00pm | Price: Free | Complexity: ★☆☆**

## WALKING CLUB

Looking to stay active, converse, and connect with friendly faces? Come join our Walking Club, where fitness meets fun in a supportive and social environment. We are walking at a relaxed pace, making time for laughter, conversation, and a little exercise along the way.



**Centennial Middle School - Door #8  
Monday - Thursday | 4:00pm - 6:00pm | Price: Free | Intensity: ★☆☆  
Starts November 3rd**

## WRITER'S CLUB



Are you thoughtfully (or just for fun) writing a memoir, some poetry, or something you'd like to share? You are invited to meet up with fellow writers. The Writer's Club will share our writing & encouragement in a setting of friendship. Plan to come the first Tuesday of each month from 12:30pm - 1:30pm

**First Tuesday of the Month - January 6<sup>th</sup>, February 3<sup>rd</sup>  
12:30pm - 1:30pm | Price: Free | Intensity: ★★☆☆**

## 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 - January 19th, February 9th | 11:00am - 12:00pm | Price: Free**

## DIA

DIA - Detroit Institute of Arts  
By Lynn Turek-Reynolds

Enjoy an afternoon excursion to the DIA by motorcoach and be home by dinner. Explore the museum at your own pace or join an hour-long tour hosted by a docent. View art from all over the world that includes rotating exhibitions. Relax at the Café DIA and have a cup of coffee with friends. Find that perfect purchase you have been searching for at the DIA Shop. Some trips also showcase optional films in the beautiful Detroit Film Theatre. Whether you are an art enthusiast or casual observer there is something to captivate everyone.

**Once Per Month - January 23rd, February 26th | Time Varies | 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. 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

**3<sup>rd</sup> Wednesday of the Month - January 21<sup>st</sup>, February 25<sup>th</sup> | 1:00pm - 2:00pm | Price: Free**

## SPECIAL THANKS

The 2025 Pumpkin Fest Committee gifted \$3,000.00 to the Center for Active Adults! Thank you for considering the South Lyon Senior Community. The funds are being used to supplement member costs for two travel events.

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## T.O.P.S

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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**

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## SPECIAL EVENTS

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### **Congratulations, Buck Bucket Winners of 2025!**

October 10th | Wanda Lange | \$30.00

October 17th | Debbie Apsley | \$24.00 and a Halloween Puzzle

October 24th | Mary Arp | \$21.00

October 31st | Cheryl Hegwood | \$26.00

November 14<sup>th</sup> | Jan Johnson | \$37.00

### **Women's Self Defense - Back by Popular Demand**

The Oakland County Sheriff's Office is returning to train at the Center. Learn the skills and develop the mindset to defend yourself. **January 26 from 12 - 2:00pm and February 2 from 12 - 2:00pm.** Wear comfortable clothes as these sessions include physical training. The class is free and a waiver must be completed to attend. Call to register

### **Kidney Foundation**

Beginning **February 26**, the Kidney foundation will be teaching six chronic pain workshops. Attendees will learn about pain management and through problem solving techniques develop an individual action plan. CAA is limited to twelve participants so please call to register. These workshops are free. The series dates are: 2/26, 3/5, 3/12, 3/19, 4/2, 4/9

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## HOLIDAY RAFFLE - THANKS!

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Special Thanks for generous baskets: Action Sports & Community Center, Blakes, Duo Vino, Randy Hardy, Lakeland Country Club, Gail MacDonald, Bev McDevitt, Paige Ryan Salon, Phillips Funeral Home, Ted & Susan Prusinski, Riverbank Golf Club, Judi Stefani, and Village Travellers.

We are grateful to our Classes and Groups who also made beautiful baskets for our Holiday Raffle event.

Thank you to: Bingo, Card Club, Carol's Exercise Classes, Crochet & Knit, Dominos, Line Dancing, Mahjongg, Woodcarvers, and Yoga.

Thank you to local eateries for gift cards: Aubree's, Bakers/SL Hotel, Buffalo Wild Wings - Brighton, CanCun, Culvers, Lucas, Mojave Cantina, Olive Garden, Outback, Red Robin, Red Olive, South Lyon Liquor Station

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## SLHS THEATER

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SLHS Theater will be in the Center to sell tickets to the new play. Tickets will be sold on February 10<sup>th</sup> and 12<sup>th</sup> from 10:00am - 11:30am

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## ACTIVITY SPOTLIGHT

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Firekeepers trip #3 - Members Only - **Thursday January 29, 2026**. Sign-up and pre-pay at front desk. \$20 per person

### Judy's Hallway Boutique

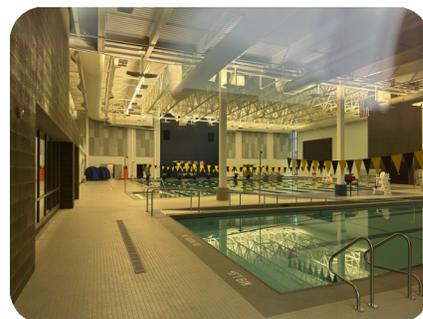
Would you like to donate to a meaningful cause and clean out a jewelry box or closet shelf at the same time? CAA is taking small, like new items for Judy's Hallway Boutique. We offer these items free of charge to members. Of course, there is the option to throw a dollar (or two) in our donation teapot. These funds will be used to pay for member transportation to an event in the future. Thank you from Judy Keeling for your consideration and participation.

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## SENIOR SWIM

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Our state of the art South Lyon High School pool facilities are now open for senior swim. Would you like to participate in a low-impact exercise that can help with weight management, boost mood, and strengthen lungs. Please join Pat Davio, aerobics instructor, in the 85 degree therapeutic pool. Maybe you want to swim laps in the competition pool? Your lane is open. Locker rooms are ready for the Center's usage. **Please check in at the Center's front desk (\$5.00 per swim)** and we will walk you across to the pool.



**Mondays and Wednesdays | 11:30am - 1:15pm | Price: \$5**

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## UPCOMING FUNDRAISERS

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**Texas Roadhouse  
January 15th**



**Mojave Cantina  
February 9**

**Please visit the Center for more information**

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## TRIP ANNOUNCEMENT

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Sometimes our trips are booked after the bi-monthly newsletter has been printed. Please stop by the Center and check out our trip board so you do not miss the opportunity to sign-up!

# January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p style="text-align: right; margin-right: 10px;"><b>29</b></p> <p>9:15 Savita Morning Flow Yoga  <b>9:30 Breakfast Club - Lucas Cony Island</b>            10:00 Scrabble            10:00 Wood Carving            10:30 Cardio Drumming            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            4:00 Walking Club 4p-6p Centennial MS Door #8</p>	<p style="text-align: right; margin-right: 10px;"><b>30</b></p> <p>9:15 Kaiut Yoga w Suzanne            10:00 Euchre            10:30 Chair Yoga w/ Jeanie  <b>12:30 Writing Club</b>            1:00 Dominoes            2:00 Bingo            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>31</b></p> <p>9:15 Kaiut Yoga w Kristie            10:00 Pinochle            10:30 Chair Yoga w Kristie            11:00 Card Making            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            11:45 Exercise with Carol            12:00 Hand &amp; Foot            12:45 Mah-Jongg            1:00 Tai Chi Gung - Standing            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>1</b></p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CLOSED</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">x</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Christmas / Holidays</p>	<p style="text-align: right; margin-right: 10px;"><b>2</b></p> <p>8:30 T.O.P.S Weigh-in            9:15 Yoga with Thad            9:30 T.O.P.S. Meeting            10:00 Knit and Crochet            10:30 Cardio &amp; Weights w/ Carol            11:45 Exercise with Carol            12:30 Bingo</p>
<p style="text-align: right; margin-right: 10px;"><b>5</b></p> <p>9:15 Savita Morning Flow Yoga            10:00 Scrabble            10:00 Wood Carving            10:30 Cardio Drumming            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            4:00 Walking Club 4p-6p Centennial MS Door #8</p>	<p style="text-align: right; margin-right: 10px;"><b>6</b></p> <p>9:15 Kaiut Yoga w Suzanne            10:00 Euchre            10:30 Chair Yoga w/ Jeanie            11:45 Line Dancing            1:00 Dominoes            2:00 Bingo            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>7</b></p> <p>9:15 Kaiut Yoga w Kristie            10:00 Pinochle            10:30 Chair Yoga w Kristie            11:00 Card Making            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            11:45 Exercise with Carol            12:00 Hand &amp; Foot            12:45 Mah-Jongg            1:00 Tai Chi Gung - Standing            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>8</b></p> <p>9:15 Kaiut Yoga with Kymm            10:00 Wood Carving            10:30 Chair Yoga w/ Jeanie            11:45 Tai Chi Gung - Standing            1:00 Line Dancing            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>9</b></p> <p>8:30 T.O.P.S Weigh-in            9:15 Yoga with Thad            9:30 T.O.P.S. Meeting            10:00 Knit and Crochet            10:30 Cardio &amp; Weights w/ Carol            11:45 Exercise with Carol            12:30 Bingo</p>
<p style="text-align: right; margin-right: 10px;"><b>12</b></p> <p>9:15 Savita Morning Flow Yoga            10:00 Scrabble            10:00 Wood Carving            10:30 Cardio Drumming            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            4:00 Walking Club 4p-6p Centennial MS Door #8</p>	<p style="text-align: right; margin-right: 10px;"><b>13</b></p> <p>9:15 Kaiut Yoga w Suzanne            10:00 Euchre            10:30 Chair Yoga w/ Jeanie            11:45 Line Dancing            1:00 Dominoes            2:00 Bingo            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>14</b></p> <p>9:15 Kaiut Yoga w Kristie            10:00 Pinochle            10:30 Chair Yoga w Kristie            11:00 Card Making            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            11:45 Exercise with Carol            12:00 Hand &amp; Foot            12:45 Mah-Jongg            1:00 Tai Chi Gung - Standing            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>15</b></p> <p>9:15 Kaiut Yoga with Kymm            10:00 Wood Carving            10:30 Chair Yoga w/ Jeanie            11:45 Tai Chi Gung - Standing            1:00 Line Dancing  <b>3:00 Texas Roadhouse Brighton Fundraiser 3p-10p</b>            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>16</b></p> <p>8:30 T.O.P.S Weigh-in            9:15 Yoga with Thad            9:30 T.O.P.S. Meeting            10:00 Knit and Crochet            10:30 Cardio &amp; Weights w/ Carol            11:45 Exercise with Carol            12:30 Bingo</p>
<p style="text-align: right; margin-right: 10px;"><b>19</b></p> <p>9:15 Savita Morning Flow Yoga            10:00 Scrabble            10:00 Wood Carving            10:30 Cardio Drumming  <b>11:00 Blood Pressure Screening</b>            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            4:00 Walking Club 4p-6p Centennial MS Door #8</p>	<p style="text-align: right; margin-right: 10px;"><b>20</b></p> <p>9:15 Kaiut Yoga w Suzanne            10:00 Euchre            10:30 Chair Yoga w/ Jeanie            11:45 Line Dancing            1:00 Dominoes            2:00 Bingo            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>21</b></p> <p>9:15 Kaiut Yoga w Kristie            10:00 Pinochle            10:30 Chair Yoga w Kristie            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk  <b>11:30 Book Club</b>            11:45 Exercise with Carol            12:00 Hand &amp; Foot  <b>12:30 Watercolor Painting</b>            12:45 Mah-Jongg            1:00 Tai Chi Gung - Standing  <b>1:00 Teah Talk w/ Andrew</b>            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>22</b></p> <p>9:15 Kaiut Yoga with Kymm            10:00 Wood Carving            10:30 Chair Yoga w/ Jeanie            11:45 Tai Chi Gung - Standing            1:00 Line Dancing            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>23</b></p> <p>8:30 T.O.P.S Weigh-in            9:15 Yoga with Thad            9:30 T.O.P.S. Meeting            10:00 Knit and Crochet            10:30 Cardio &amp; Weights w/ Carol  <b>11:30 DIA</b>            11:45 Exercise with Carol            12:30 Bingo</p>
<p style="text-align: right; margin-right: 10px;"><b>26</b></p> <p>9:15 Savita Morning Flow Yoga            10:00 Scrabble            10:00 Wood Carving            10:30 Cardio Drumming            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk  <b>12:00 Women's Self Defense Class #1</b>            4:00 Walking Club 4p-6p Centennial MS Door #8</p>	<p style="text-align: right; margin-right: 10px;"><b>27</b></p> <p>9:15 Kaiut Yoga w Suzanne            10:00 Euchre  <b>10:00 Anyone Can Paint</b>            10:30 Chair Yoga w/ Jeanie            11:45 Line Dancing            1:00 Dominoes            2:00 Bingo            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>28</b></p> <p>9:15 Kaiut Yoga w Kristie            10:00 Pinochle            10:30 Chair Yoga w Kristie            11:00 Card Making            11:30 Swim SL High Aerobics/Lap: Check in at the Senior Center Desk            11:45 Exercise with Carol            12:00 Hand &amp; Foot            12:45 Mah-Jongg            1:00 Tai Chi Gung - Standing            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>29</b></p> <p>9:15 Kaiut Yoga with Kymm  <b>9:15 FireKeepers Casino</b>            10:00 Wood Carving            10:30 Chair Yoga w/ Jeanie            11:45 Tai Chi Gung - Standing            1:00 Line Dancing            4:00 Walking Club 4p-6p Centennial MS Door #8            5:15 Pickleball - Dolsen Elem.</p>	<p style="text-align: right; margin-right: 10px;"><b>30</b></p> <p>8:30 T.O.P.S Weigh-in            9:15 Yoga with Thad            9:30 T.O.P.S. Meeting            10:00 Knit and Crochet            10:30 Cardio &amp; Weights w/ Carol            11:45 Exercise with Carol            12:30 Bingo</p>

5:15 Pickleball - Dolsen Elem.  
 Last Revised: 1/20/2025

## February 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Savita Morning Flow Yoga <b>9:30 Breakfast Club - Lucus Coney Island</b> 10:00 Scrabble 10:00 Wood Carving 10:30 Cardio Drumming 11:30 Swim SL High Aerobics/Lap: Check in at Senior Center Desk <b>12:00 Women's Self Defense Class #2</b> 4:00 Walking Club 4p-6p Centennial MS Door #8 <b>2</b>	9:15 Kaitui Yoga w Suzanne 10:00 Euchre 10:30 Chair Yoga w Jeanie 11:45 Line Dancing <b>12:30 Writing Club</b> 1:00 Dominoes 2:00 Bingo 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolsen Elen <b>3</b>	9:15 Kaitui Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:00 Card Making 11:30 Swim SL High Aerobics/Lap: Check in at Senior Center Desk 11:45 Exercise with Carol 12:00 Hand & Foot 12:45 Mah-jongg 1:00 Tai Chi Gang - Standing 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolsen Elen <b>4</b>	9:15 Yoga with Kymm 10:00 Wood Carving 10:30 Chair Yoga w Jeanie 11:45 Tai Chi Gang - Standing 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolsen Elen <b>5</b>	8:45 T.O.P.S Weigh-in 9:15 Yoga with Thad 9:30 T.O.P.S. Meeting 10:00 Knit and Crochet 10:30 Cardio and Weights with Carol 11:45 Exercise with Carol 12:30 Bingo <b>6</b>
9:15 Savita Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Cardio Drumming 11:30 Swim SL High Aerobics/Lap: Check in at Senior Center Desk 4:00 Walking Club 4p-6p Centennial MS Door #8 <b>23</b>	9:15 Kaitui Yoga w Suzanne 10:00 Euchre <b>10:00 Anyone Can Paint</b> 10:30 Chair Yoga w Jeanie 11:45 Line Dancing 1:00 Dominoes 2:00 Bingo 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolsen Elen <b>24</b>	9:15 Kaitui Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:00 Card Making 11:30 Swim SL High Aerobics/Lap: Check in at Senior Center Desk <b>11:30 Book Club</b> 11:45 Exercise with Carol 12:00 Hand & Foot <b>12:30 Writing Club</b> 12:45 Mah-jongg 1:00 Tai Chi Gang - Standing 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolsen Elen <b>25</b>	9:15 Yoga with Kymm 10:00 Wood Carving 10:30 Chair Yoga w Jeanie <b>11:30 DJA-Jazz Concert</b> 11:45 Tai Chi Gang - Standing 1:00 Line Dancing <b>1:00 Chronic Pain Series 1/6</b> 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolsen Elen <b>26</b>	8:45 T.O.P.S Weigh-in 9:15 Yoga with Thad 9:30 T.O.P.S. Meeting 10:00 Knit and Crochet 10:30 Cardio and Weights with Carol 11:45 Exercise with Carol 12:30 Bingo <b>27</b>
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<div style="display: flex; justify-content: center; align-items: center; gap: 20px;"> <div style="border-top: 2px solid red; width: 100%;"></div> <span style="color: red; font-size: 2em;">x</span> <div style="border-top: 2px solid red; width: 100%;"></div> </div> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">CLOSED</p> <p style="text-align: center; color: red; font-weight: bold; font-size: 1.2em;">Winter Break</p>				
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

Last Revised: 11.18.2025



*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: 418

Months: January/February 2026

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**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

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