

The Center for



Active Adults

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

(248) 573-8175 www.centerforactiveadults.com

Issue: 412 • Nov/Dec 2024

Center for Active Adults Annual 12 Days of Christmas Raffle

Daily Drawings in December
Ticket Prices -1/\$1, 6/\$5, 15/\$10, 30/\$30
Need not be present to win!

HOPE

HEALTHY OUTCOMES
FROM POSITIVE EXPERIENCES

The 4 Building Blocks of HOPE

For Families

Join us at The Center to learn about the 4 building blocks for Positive Childhood Experiences (PCE) and how it can help protect against the poor health outcomes associated with Adverse Childhood Experiences (ACE).

Nov. 15th 9:00am - 11:00am
(during the T.O.P.S. meeting)

Nov. 21st, 1:00pm - 2:30pm

RSVP to The Center



AgeWays

Nonprofit Senior Services

Medicare 101

At The Center

A presentation by Shari Smith

November 7th
1:00pm - 2:30pm

Individual counseling appointments
available for Thursday, November 14th

Call The Center to reserve
your spot!

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

**Nov. 20th &
Dec. 18th**

11:30am - 12:15pm

See list of titles at The Center!

Make & Take Greeting Card Class

*Have fun creating 3
unique greeting
cards!*

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

WEDNESDAYS

Nov. 6th & 13th, Dec. 4th & 11th
11:00am - 12:30pm

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

Cookie Cupboard Sale

Dec. 9th, 10th, & 11th

10:00am-2:00pm

At The
Center



KNIT & CROCHET

**Join us
FRIDAYS!**

10:00am-12:00pm

Beginners - Advanced Welcome
Drop in anytime!



Anyone Can Paint, EVEN YOU!



**Tues., Nov. 26th and
Tues., Dec. 17th**
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.**

Do you believe
in angels?

TUSOL:
The Unseen Stuff of Life

Presentation by author
Carl Schleuder

Book signing afterwards

Wednesday Dec 11th
1:00pm - 2:30pm

Books will be available for \$10
RSVP requested



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

FOR WOMEN

Tuesday, Nov. 6th and
Wednesday, Jan. 29th
1:00pm - 3:00pm

No Charge!

RSVP REQUIRED:
to The Center: 248.573.8175

FREE! FREE! FREE!

DIA MUSEUM BUS TRIPS

Nov. 21st Depart 11:30am

"The Oyster Princess": a madcap
comedy piano accompanied film

Dec. 19th Depart 11:30am

Alvin Waddles and Marion Hayden
Holiday Concert

Call The Center to reserve your seat!
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!

Sponsored by Abbey Park



Qigong & Tai Chi Fundamentals



MONDAYS

12:45pm -1:45pm

6 Classes: \$24

Pre-Registration and payment required

Qigong is an ancient Chinese practice that combines gentle movements, attention and breath. Movements are relaxed, easy, low impact and can be performed in sitting or standing. A regular practice can improve balance, flexibility, endurance, respiration and mental well-being. It is an ideal exercise program for seniors who want to increase their health and vitality. Come in comfortable clothes that allow easy movement and learn how to decrease stress and increase your energy.



SPOTLIGHT

On Anita Lamour
Yoga Instructor

Anita spent many years training for sports competitions. Overtraining left her body unbalanced and injured. Work-related stress and anxiety clouded her mind and emotions. Seeking a way to heal her body and mind, she turned to yoga in 2004.

Anita completed 200-hour RYT training in 2010. She has over 300 hours of additional training in Yin Yoga, Yoga for Children, Restorative Yoga, Adaptive Yoga and Somatic Awareness for Yoga. She's taught many styles of yoga in the Metro Detroit/ Ann Arbor area.

Anita retired from full-time public school employment in 2017. Anita says, "I am grateful I can use my teaching skills to help others heal their body and mind with yoga".

When she is not teaching yoga classes, Anita enjoys crafting, gardening, traveling, hiking, boating, and of course, practicing yoga! (Her classes are held Wednesdays: All Level Yoga at 9:15am and Beg. & Chair Yoga at 10:30am).

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

Monday

9:15am – Morning Flow w/Savita
7:15pm – Evening Yin w/Star (She's back!)

Tuesdays

9:15am – Kaiut All-Level with Kymm
10:30am – Kaiut Beg & Chair with Kymm
7:15pm – Evening Yin w/Star (She's back!)

Wednesdays

9:15am – All Level Yoga w/Anita
10:30am – Beg. & Chair Yoga w/Anita
(See "Spotlight" ad above.)

Thursdays

9:15am – Kaiut All-Level with Suzanne
10:30am – Kaiut Beg & Chair with Suzanne
7:15pm – Evening Kaiut with Suzanne

Fridays

9:15am – Hatha with Thad
(No class on Nov. 1st & 8th)

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

ON HOLD!

PICKLEBALL



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

3 Courts!

Tues., Wed. and Thurs.

5:30pm -7:30pm

Everyone is Welcome!

\$3 Members, \$5 Non-members

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

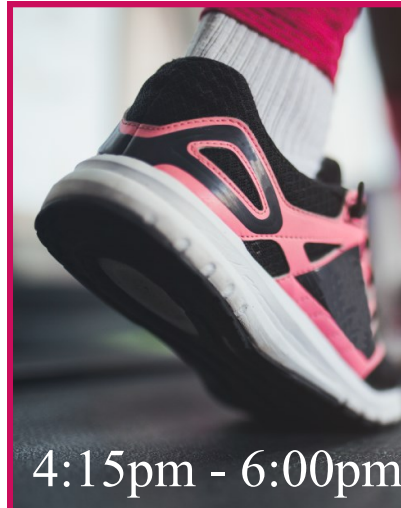
**Class size is limited-
Pre-registration is Advised!**

CAA WALKING CLUB

**Mondays &
Wednesdays**

*Beginning
Nov. 4th*

4:15pm - 6:00pm Centennial MMS



INDOOR WALKING CLUB

Everyone is welcome to The Walking Club at the First United Methodist Church of South Lyon will resume again this winter, starting on **Tuesday, January 7, 2025**. Join this group that walk the hallways of the church building from **3:30pm – 5:00pm on Tuesday and Thursday afternoons**. Some walk fast, some walk slowly – everyone is welcome. One lap around the building is between 1/10 and 2/10 of a mile. Bring walking shoes to change into to help keep the carpets clean.

640 S. Lafayette Street
South Lyon, MI 48178

CARDIO & WEIGHTS with Carol Glenn

FRIDAYS

10:30am - 11:30am

Class Fee: \$3



Tech Talk with Andrew

Limited seating! RSVP to The Center

CENTER FOR ACTIVE ADULTS
2 Wednesdays:
Nov. 20th and Dec. 18th
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!

Holiday Singers Practice Fridays at 2:00pm



PERFORMANCES

"A Tribute to Friendship" at
Friendsgiving, Friday, Nov. 8th

Holiday Medley Saturday, Dec. 7th
in Witch's Hat Chapel during
the Holiday Spectacular

Pl

Breakfast Lucas Coney Island

First Mondays,
Nov. 4th and Dec. 2nd



Meet at 9:30am

Our Breakfast Group is a very casual, nice way to meet new friends & enjoy old ones.

No reservations needed.

It's Line Dance Time

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

Class Fee: \$2

T.O.P.S

Take off Pounds Sensibly

EVERY FRIDAY

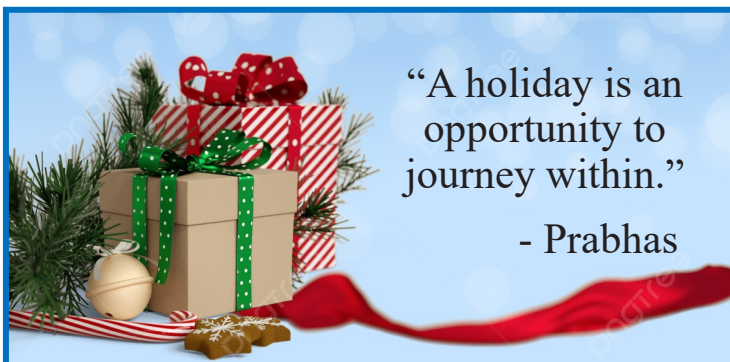
Weigh-In: 8:45am - 9:15am

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!



"A holiday is an opportunity to journey within."

- Prabhas

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

Center Closing Dates:

Nov. 27th - Dec. 1st

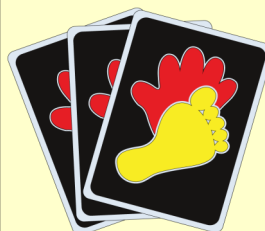
Dec. 23 - Jan. 7th

Happy Holidays!



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
 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





National **Kidney** Foundation®
of Michigan

Ask the Dietitian
Nutrition for Healthy Aging
Q & A Time!
December 12th
1:00pm - 2:30pm
at The Center

This Workshop is FREE
RSVP to The Center: 248.573.8175

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!*



CALL FOR VENDORS
HOLIDAY MARKET

DECEMBER

14

2:00-5:45 PM

HANDMADE PRODUCTS & FOOD

56807 GRAND RIVER AVE. NEW HUDSON MI

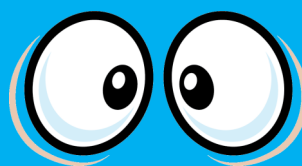
RSVP AT AALLEN@LYONTWP.ORG



SILENT AUCTION FUNDRAISER



Check out the Coach purse
and Dooney & Bourke Set
for bid at The Center!



Check it out!

The Center for Active Adults now
has a web page!
www.CenterForActiveAdults.com

Upcoming COMMUNITY EVENTS

Presenting Sponsor: **REYES Coca-Cola BOTTLING**

Lyon Township DDA Presents

Lighting 2024 UP THE Grand

DOWNTOWN
NEW HUDSON

**SATURDAY, DEC 14
2:00 - 7:00 PM**

A Partnership between





SANTA VISIT - FOOD - MUSIC - PETTING ZOO - FUN & MORE



THE CARL AND JOANNE FOUNDATION PRESENTS

SOUTH LYON EVE

12/31/2024

LIVE ENTERTAINMENT BY
DIRT ROAD TO NOWHERE
AT HEINANEN ENGINEERING

BIGGEST NYE PARTY IN SL - AREA'S ONLY LIVE BALL DROP AT MIDNIGHT - 21+ AFTER 7:30PM

FOR TICKETS, MORE INFO AND SPONSORSHIP OPPORTUNITIES: carlandjoanne.org  



*The 2024 South Lyon
Holiday Spectacular
Parade*

**Saturday, Dec. 7th
Parade states at 6PM**

**Line up - 5PM, Bartlett Elementary
350 School Street, South Lyon**

South Lyon High
School Football
Boosters Presents...

The 36th Annual Holiday Shop

Saturday, Dec. 7th, 10AM-4PM
South Lyon High School, 1000 N. Lafayette

Buy your
tickets now
and skip the
lines!



General Admission - \$5
Eventbrite Early Bird Entry - \$8 (9AM entry)
Over 200 vendors and crafters
Music, free parking & raffle prizes every 15 minutes!



You're Invited!

Kiwanis Holiday Senior Dinner

Monday, December 9th
5:30PM - 7:30PM, Doors Open at 5:00PM
South Lyon High School Commons
Dinner, Magic Show and Live Music

No RSVP Needed



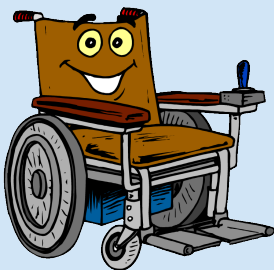
“Growing Together!” Fall Fund Fundraising Campaign

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



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!



*Please call first. We
have limited space.*

A Note from the Director

*So very GRATEFUL to be part of this wonderful
community!*

Warmest regards,

Carrie

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 August & September 2024

Phil A.

Mary W.

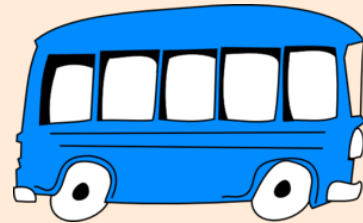
Sandra and Tom O.

Liz L.



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

Oakland County Residents:

People's Express

To schedule, call: 877.214.6073



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

or more info: 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
4 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	5 9:15 Kaiut All Level (Call) 10:00 Euchre 10:30 Chair Kaiut (Call) 11:45 Senior Swim (on hold) 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin	6 9:15 Yoga w/Anita 10:00 Pinochle 10:30 Beg. Chair Yoga 11:00 Card Making Class 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games 1:00 Self Defense	7 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:45 Senior Swim (on hold) 1:00 Line Dancing 1:00 Medicare 101 7:15 Evening Kaiut	1 8:45 T.O.P.S. Weigh-in 9:15 No Hatha with Thad 9:30 T.O.P.S. Meeting 10:00 Knit & Crochet 10:30 Cardio & Weights/Carol 11:45 Exercise w/Carol 12:30 BINGO 2:00 Holiday Singers Practice
11 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 pm Evening Yin	12 9:15 Kaiut All Level (Call) 10:00 Euchre 10:30 Chair Kaiut (Call) 11:45 Senior Swim (on hold) 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin	13 9:15 Yoga w/Anita 10:00 Pinochle 10:30 Beg. Chair Yoga 11:00 Card Making Class 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games	14 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:45 Senior Swim (on hold) 1:00 Line Dancing 7:15 Evening Kaiut Medicare Counseling	15 8:45 T.O.P.S. Weigh-in 9:00 HOPE Presentation 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
18 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 1:00 Kidney Health Workshop 7:15 pm Evening Yin	19 9:15 Kaiut All Level (Call) 10:00 Euchre 10:30 Chair Kaiut (Call) 11:45 Senior Swim (on hold) 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin	20 9:15 Yoga w/Anita 10:00 Pinochle 10:30 Beg. Chair Yoga 11:30 Book Club 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games 1:00 Tech Talk w/Andrew	21 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:30 DIA Trip 11:45 Senior Swim (on hold) 1:00 Line Dancing 1:00 HOPE Presentation 7:15 Evening Kaiut	22 8:45 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
25/30 9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 7:15 pm Evening Yin	26 9:15 Kaiut All Level (Call) 10:00 Euchre 10:00 Anyone Can Paint 10:30 Chair Kaiut (Call) 11:45 Senior Swim (on hold) 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin	27 CENTER CLOSED. REOPENS Dec. 2nd Have a safe and happy holiday!	28 	29 



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9 9:15 Morning Flow Yoga 10:00-2:00 Cookie Cupboard 10:00 Scrabble 10:00 Wood Carving 12:45 Tai Chi 7:15 pm Evening Yin Raffle drawings start	10 9:15 Kaiut All Level (Call) 10:00-2:00 Cookie Cupboard 10:00 Euchre 10:30 Chair Kaiut (Call) 11:45 Senior Swim (on hold) 1:00 Dominoes 1:00 Line Dancing 2:00 BINGO 7:15 pm Evening Yin	11 9:15 Yoga w/Anita 10:00-2:00 Cookie Cupboard 10:00 Pinochle 10:30 Beg. Chair Yoga 11:00 Card Making Class 11:45 Exercise w/Carol 12:00 Hand & Foot 12:30 Mahjong 1:00 Fun & Games	12 9:15 Kaiut w/Suzanne 10:00 Wood Carving 10:30 Kaiut Beg & Chair 11:45 Senior Swim (on hold) 1:00 Ask the Dietitian 1:00 Line Dancing 7:15 Evening Kaiut	13 8:45 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
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23	24	25	26	27
Closed Dec. 23rd to Jan. 7th Have a blessed holiday season! See you in 2025!				
30 	31 	DECEMBER 		

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.”

Issue: 412

Months: Nov./Dec. 2024

Carrie Cavanaugh:
Center Director, Newsletter Editor

Sherry Gjerpen, Pat Mengel and
Judy Keeling:
Administrative Support Staff

Jordan Halaby:
Technical Support Specialist

Karen Ann Smith:
Newsletter Layout & Design

Find Us Online: www.CenterForActiveAdults.com

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

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

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