



**Serving the Greater  
South Lyon Area**

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



**Issue: 417 • November/December 2025**

## **BOND PROPOSAL**

### South Lyon Community Schools Bond Proposal

South Lyon Community Schools is demonstrating its commitment to the many community members who utilize the Center for Active Adults with its Zero-Tax-Rate-Increase Bond Proposal, which will appear on the November 4th ballot.

As part of South Lyon Community Schools' commitment to lifelong learning and community support, the Center for Active Adults will undergo renovation and expansion to enhance wellness and educational opportunities for residents. Planned improvements include converting adjacent classrooms into new program areas, updating and reconfiguring existing spaces, and adding modern equipment and flexible furniture. Accessibility and parking improvements are also included in the proposal.

A committee of Center members will be actively involved throughout the planning process to ensure that the final design meets the needs of those who regularly use the Center.

For more information regarding the Ballot Proposal, please visit the District's website at [https://www/slcs.us/2025\\_bond\\_proposal/](https://www/slcs.us/2025_bond_proposal/) Questions can be emailed to [Bond2025@slcs.us](mailto:Bond2025@slcs.us).

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

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## LETTER FROM THE DIRECTOR

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Hello Fellow CAA Members,  
This Fall, start your next joy-filled chapter at the Center for Active Adults. Join us for uplifting workshops, yoga, Tai Chi, exercise, line dancing, book discussion, knitting, walking club, pickleball, swimming, and a wide selection of games all designed for people like us to add more joy in life. At the Center, we share stories, exchange information, and support each other to re-imagine our future by living well while having fun!

We want you here. Happy Fall, Susan

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## MEET THE STAFF

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Susan McCoy - Director

Dianne Beagle | Joyce Durbin | Jordan Halaby  
Judy Keeling | Pat Mengel | Charles Scicluna

## 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.

**4th Tuesday of Month - November 25h, No December Class**

**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.

**November 19th, No December Class**

**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.



**Thursdays | 1:00pm - 2:00pm | Price: \$2 | Complexity: ★★☆☆**  
**Tuesdays | 11:45am - 12:45pm | 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 Pearson Elementary School, which starts on Thursday October 7<sup>th</sup>, 2025. 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!

\*\* There will be no pickleball held on November 26<sup>th</sup> or 27<sup>th</sup> \*\*

Tuesdays, Wednesdays, Thursdays | 5:15pm - 7:30pm | Price: \$3 | 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: ★★☆☆**

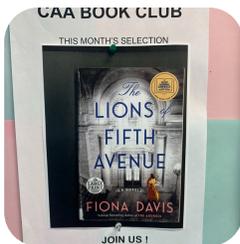
## MAH-JONGG

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 - November 19th, No December Session  
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 - November 4th, December 2nd  
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 - November 17th & December 15th | 11:00am - 12:00pm | 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 - November 21st & December 16th | 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

**3rd Wednesday of the Month - November 19th, No December Session | 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**

## GINGERBREAD CRAFT

Celebrate the holidays by making a Gingerbread House. Join Pat Hatfield on Thursday 12th from 12:00pm - 3:00pm. Kits are supplied. There is a limit of 15 people. Cost for craft is \$15



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## WELCOME, DIANNE BEAGLE

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Welcome Back, Dianne Beagle.

We are pleased to announce Dianne Beagle as our new CAA Office Consultant. Dianne has many years of experience working in Administration for South Lyon Community Schools, as well as serving CAA as Interim Director. I am delighted to have Dianne back on the CAA Team! - Susan



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## SPECIAL EVENTS

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CAA has (12) hour long appointments available to complete medicare open enrollment forms. Husband and wife can attend together and count as one spot. (Ageways organization). Call or stop in to register for an appointment

Let's Celebrate Together - Potluck at the Center

As we enter the traditional holiday seasons, let's take time to celebrate together. On November 14<sup>th</sup> at 11:30am CAA will host a potluck at the center. Sign-up at the front desk and let us know what your passing dish will be. Join us to be entertained by the Holiday Singers and take a chance to win door prizes along with participating in a 50/50 Buck Bucket. We will supply the paper products, coffee and tea; you will supply laughter and a sense of community

Special Travel Presentation

Canadian Rockies Train Trip: Explore the best of Western Canada via the famous Rocky Mountaineer train. Set off on a mesmerizing voyage from Vancouver, British Columbia to Calgary, Alberta

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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## STORYTELLER LUNCH

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Activity Spotlight - Gails MacDonald's Storyteller's Lunch

By Lynn Turek-Reynolds

On October 2, 2025 the Center for Active Adults held their first Storyteller's lunch. Barbara Greene and Dorothy Tennant spoke and answered questions about growing up in South Lyon. The fundraiser was organized by Gail MacDonald who serves on the Advisory Board for the Center. Adding to the fun, two large blankets were raffled out as door prizes as well as a 50/50 bucket of \$120.00 being split between a lucky winner and the Senior Center. Forty members of the community gave positive feedback on the event that included a delicious pork loin, broccoli, mashed potatoes, gravy and chocolate covered cheesecake lunch provided by Abby Park. If you would like the center to host a future Storyteller's Lunch, please contact Susan and express your interest.

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## SPECIAL THANKS

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Thank you to our Holiday Singers for providing musical entertainment to our upcoming November Holiday Potluck. Led by Grace Lentini, the singers will perform on November 14<sup>th</sup> at 11:30am

If the delicious aroma of popcorn wafts your way when at the center, please thank our long-time member, Pat Lucas. Pat purchased the popcorn maker, corn, and oil to add to the fun of playing games in our main room. Thank you, Pat!

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## ACTIVITY SPOTLIGHT

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**Pinochle - Wednesdays from 10:00am - 12:00pm**

**By: Lynn Turek-Reynolds**

Looking to make new friends, socialize, and play cards? Consider Wednesday Pinochle. Never played in your life? No worries, we'll teach you. Whether you are a novice or a master, all are welcome to this weekly low pressure gathering. Depending on the turn out, we play double deck, 3-handed, 4-handed, 5-handed, and 6-handed.

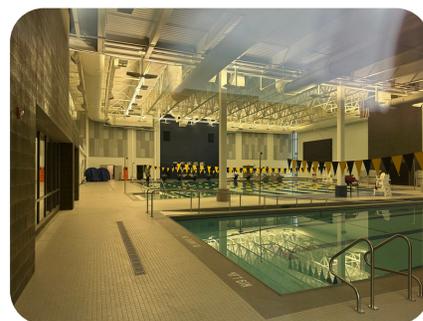
We do them all so that everyone can play!

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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**

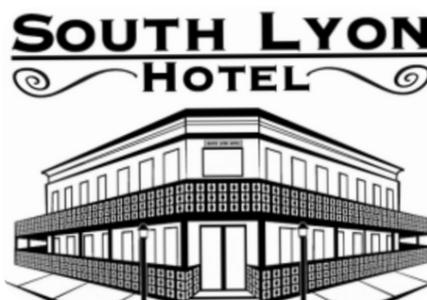
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## UPCOMING FUNDRAISERS

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**Aubree's Pizzeria & Grill  
November 18<sup>th</sup>**



**South Lyon Hotel  
December 8<sup>th</sup>**

**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!



# December 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:15 Morning Flow Yoga <b>9:30 Breakfast Club - Lucas Coney Island</b> 10:00 Scrabble 10:00 Wood Carving 10:30 Cardio Drumming 11:30 Swim SL High Aerobics / Laps; Check in at Senior Center Desk 4:00 Walking Club 4p-6p Centennial MS Door #8	9:15 Kaitu 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 - Dolson Elem	9:15 Kaitu Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:00 Card Making 11:30 Swim SL High Aerobics / Laps; Check in at Senior Center Desk 11:45 Exercise with Carol 12:00 Hand & Foot 12:45 Mah-jongg 1:00 Tai Chi Gung -Standing 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolson Elem	9:15 Kaitu 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 - Dolson Elem	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 and Weights with Carol 11:45 Exercise with Carol 12:30 Bingo
1	2	3	4	5
9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Cardio Drumming 11:30 Swim SL High Aerobics / Laps; Check in at Senior Center Desk 4:00 Walking Club 4p-6p Centennial MS Door #8 <b>5:00 South Lyon Hotel Fundraiser after 5p No Flyer needed</b>	9:15 Kaitu 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 - Dolson Elem	9:15 Kaitu Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:00 Card Making 11:30 Swim SL High Aerobics / Laps; Check in at Senior Center Desk 11:45 Exercise with Carol 12:45 Mah-jongg 1:00 Tai Chi Gung -Standing 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolson Elem	9:15 Kaitu 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 - Dolson Elem	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 and Weights with Carol 11:45 Exercise with Carol 12:30 Bingo
8	9	10	11	12
9:15 Morning Flow Yoga 10:00 Scrabble 10:30 Wood Carving 10:30 Cardio Drumming <b>11:00 Blood Pressure Screening</b> 11:30 Swim SL High Aerobics / Laps; Check in at Senior Center Desk 4:00 Walking Club 4p-6p Centennial MS Door #8	9:15 Kaitu Yoga w/ Suzanne 10:00 Euchre 10:30 Chair Yoga w Jeanie <b>11:30 DIA - Board Bus</b> 11:45 Line Dancing 1:00 Dominoes 2:00 Bingo 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolson Elem	9:15 Kaitu Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:30 Swim SL High Aerobics / Laps; Check in at Senior Center Desk 11:45 Exercise with Carol 12:00 Hand & Foot 12:45 Mah-jongg 1:00 Tai Chi Gung -Standing 4:00 Walking Club 4p-6p Centennial MS Door #8 5:15 Pickleball - Dolson Elem	9:15 Kaitu 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 - Dolson Elem	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 and Weights with Carol 11:45 Exercise with Carol 12:30 Bingo
15	16	17	18	19
22	23	24	25	26
29	30	31	1	2

Last Revised: 10.07.2025



*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: 417

Months: November/December 2025

Susan McCoy  
Director

Jordan Halaby  
Technical Support Specialist  
Newsletter Editor

Pat Mengel, Judy Keeling, Joyce Durbin, Chuck Scicluna, Dianne Beagle  
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](http://www.centerforactiveadults.com)

**SOUTH LYON CENTER FOR ACTIVE ADULTS**  
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SOUTH LYON, MI 48178

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South Lyon,  
Michigan**