

The Center for

Active
Adults

**Serving the Greater
South Lyon Area**

(248) 573-8175

1000 N. Lafayette St.

Door #32

South Lyon, MI 48178

 *Safeguarding
Our Community*
The Mission...

Note From CAA Staff

Page 9

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Visit Us At: www.centerforactiveadults.com

TABLE OF CONTENTS

Note From Staff	Page: 2
Arts and Crafts	Page: 3
Health and Fitness	Page: 4
Yoga and Pickleball	Page: 5
Fun and Games	Page: 6/7
Miscellaneous	Page: 8
Special Notes from CAA	Page: 9
At The Center	Page: 10
Calendar September 2025	Page: 11
Calendar October 2025	Page: 12

LETTER FROM THE DIRECTOR

Hello Fellow CAA Members,



When you use your key tag to check-in to your activities, you help both the Center and yourself. Check in at the kiosk tells us so much more than that you are in the building. We also use statistical information to let the city or your respective township know how many citizens are using the Center for Active Adults. This data impacts our funding, which helps support operations and programming. So next time you come in, please take a minute to swipe your key tag and check into all of your activities. If you no longer have your key tag, we will give you a new one - **for free**.

Thank you for supporting the center!



Susan McCoy, Director

Chris Czajkowski

Joyce Durbin

Jordan Halaby

Judy Keeling

Pat Mengel

Chuck 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 - September 23rd, October 28th | 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.

1st, 2nd, 4th, and 5th Wednesdays of Month - September 3rd, 10th, 24th & October 1st, 8th, 22nd, 29th | 11:00am - 12:00pm | Price: \$7 | Complexity: ★☆☆☆



KNIT AND CROCHET

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

September 24th and October 29th | 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

Exercise: Wednesdays and Fridays | 11:45am - 12:45pm | Price: \$2 |

Intensity: ★★☆☆

Cardio: Fridays | 10:30am - 11:30am | Price: \$3 | Intensity: ★★☆☆

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



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

★★☆☆

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

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 Wednesday 1:00pm - 1:45pm. On Thursday at 11:45am - 12:45pm she will be teaching standing Tai Chi Gung.

Standing Tai Chi Gung | Wednesday: 1:00pm - 1:45pm & Thursday:
11:45am - 12:45pm | Price: \$2 | Intensity: ★★☆☆

CARDIO DRUMMING

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

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



YOGA

Savita - Easy Flow Yoga

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

Jeanie Gentle Chair Yoga

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

Suzanne Kaiut Yoga

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

Kristie Kaiut Yoga

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

Kristie Beginner Chair Yoga

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

Kymm Kaiut Yoga

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

Yoga With Thad

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

**** See Monthly Calendars for Yoga Times ****

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

PICKLEBALL



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

Join us for Pickleball at **Pearson Elementary School**, which starts on **Thursday October 7th, 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, its 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: \$3 |
Intensity: ★★ ★

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

**** Please note that pickleball will not be in session on the following dates due to a scheduling issue:
October 14th, 15th, and 16th ****

BINGO



Bingo is a classic and fun game that's perfect for socializing and enjoying some friendly competition! Players mark off numbers on their cards as they're called out, aiming to complete a winning pattern - whether it's a line, four corners, or full card. Bingo is a great way to spend time with others, have fun, and maybe even win a little something along the way. Join us for a game - you could be our next Bingo winner!

Tuesday | 2:00pm - 3:00pm | Price: \$.25 per Card | ☆

Friday | 12:30pm - 1:45pm | Price: \$.25 per Card | ☆☆☆

DOMINOS

Dominos is a timeless and enjoyable game that's perfect for socializing and exercising your brain! Played with a set of rectangular tiles, the goal is to match numbers and create chains of dominos on the table. It's easy to learn, yet offers plenty of strategy and fun, making it a great way to spend time with friends. Whether you're an experienced player or new to the game, come join us for a relaxing and engaging session of dominos!



Tuesdays | 1:00pm - 3:00pm | Price: Free | ☆



EUCHRE

Euchre is a fun, fast-paced card game that's perfect for socializing and sharpening your strategy skills! Typically played with four players in teams of two, the goal is to be the first to reach 10 points by winning rounds and tricks.

Tuesdays | 10:00am - 12:00pm | Price: Free | ☆

HAND AND FOOT

Hand and Foot is a lively card game that's both fun and challenging. Played with multiple decks, the game involves forming sets and runs of cards to score points, with players trying to "go out" by getting rid of all their cards. The game is played in rounds, and strategy, teamwork, and a bit of luck make each round exciting. It's a wonderful way to spend time with friends, keep your brain engaged, and enjoy some friendly competition.



Wednesdays | 12:00pm - 3:30pm | Price: Free | ☆



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 | ☆

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 | ☆



MAH-JONGG



The classic game of strategy, skill, and luck offers a fun way to engage your mind while socializing with friends. Played with colorful tiles, Mah-Jongg is both relaxing and mentally stimulating, making it a great way to improve concentration and memory. Whether you're a seasoned player or new to the game, come enjoy a game that's been loved for generations. All are welcome -let's get together and play!

Wednesdays | 12:45pm - 3:30pm | Price: Free | ☆

LIFEGUARD NEEDED

The Center for Active Adults needs help finding a CPR certified lifeguard who is willing to work a couple hours twice a week at South Lyon High School pool **in the fall**. Our members love to swim - the pool is ready - but a lifeguard is a must! Please have lifeguard candidates call us at the center: 248-573-8175. This is a paid opportunity.

~ Susan McCoy



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 - September 17th & October 15th |
11:30am-1:00pm | Price: Free

OTHER ITEMS

Mary Pat Freund CAA Library Volunteer Extraordinary

Every month, Mary Pat quietly shelves books keeping our CAA library up to date and easy to browse. We see **Mary Pat** and appreciate the dedicated help!

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.

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 - September 15th & October 20th | 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 - September 19th & October 23rd | 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 Month - September 17th & October 15th |
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

SPECIAL EVENTS

Steve Kennedy Coffee and Donuts with the Mayor

Tuesday, **September 9th,**
@ 11:30am

Belinda Kabodian, BS, RN, HN-BC
Diabetes Prevention lecture following blood pressure screening

September 15,
From Noon - 1:00pm

Please join us for cookies and coffee to attend "Compassion and Choices". Understand and ask questions about the Medical Landscape specific to Michigan. This includes: Advance Directives, Dementia Tools, Medical Aid in Dying. Take action to control your end-of-life journey. **** Preregistration is required ****

Tuesday, **September 16th,**
@ 11:30am

DTE and Consumers Energy present "Energy Smart Seniors" - **free kit included - ** Preregistration is required ****

Thursday, **September 18th,**
@ 2:00pm

Texas Roadhouse Brighton Fundraiser. 10% donated to Center for Active Adults

Wednesday, **September 24th,**
From 3:00pm - 10:00pm

Join your friends at the Center for Active Adults for fun and fellowship! After lunch, enjoy the memories of life-long South Lyon residents, the Schroeder Sisters, as they share their stories of growing up in the 1940s with air raid warnings and black-outs during WWII, along with rationing of food and gasoline, to living in current-day South Lyon, one of the fastest growing communities in Michigan. Tickets are \$10.00 and all proceeds donated to CAA. **** Preregistration is required ****

Tuesday, **October 2nd,**
@ 11:30am

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**

Tuesday, **November 25th**

SPECIAL THANKS

Thank you to Liz for helping us keep Connected!

Liz Skinner-Jent has organized a "Connections" group to help CAA members stay connected. This group meets the last Monday of each month and has come up with some great ideas already! Look forward to having some more fun at the center thanks to Liz and her members

Cheryl Hegwood is in the news again for her volunteerism. Thank you, Cheryl, for having our Bingo Barrel Cage repaired. Happy spinning Bingo players.

Daniel Mosier has faithfully and continuously helped us get CAA newsletter mailing out on time. Daniel also quietly volunteers to help alphabetize papers and reorganize CAA files. Thank you, Daniel



We love our volunteers and Pat is one of the best!

Thank you to **Pat Hall** for making a jump start on collecting baskets for our annual fund-raising event held on **Saturday, December 6th, 2025 9am - 4pm at South Lyon High School. Pat collected gift cards from local business owners making each basket valued over \$300.00!**

POTLUCK SUCCESS!

On **Friday, August 1st**, we had the pleasure of hosting our first ever potluck in the park! We were happy to provide fun, games, food and entertainment to our members. We are also grateful for having Thad Bogert for supplying us with musical entertainment!



HAPPY BIRTHDAY, DOROTHY



Congratulations on your **100th** birthday,
Dorothy Meyers!

September 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLOSED</p> <p>✘</p> <p>Labor Day</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</p>	<p>9:15 Kaiut Yoga w Kristie 10:00 Pinochle 10:15 TIGER GAME 10:30 Chair Yoga w Kristie 11:00 Card Making 11:45 Exercise with Carol 12:00 Hand & Foot 12:45 Mah-Jongg 1:00 Tai Chi Gung - Standing</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</p>	<p>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</p>
<p>9:15 Morning Flow Yoga 9:30 Breakfast Club - Lucas Coney Island 10:00 Scrabble 10:00 Wood Carving 10:30 Cardio Drumming 1:00 Line Dancing</p>	<p>9:15 Kaiut Yoga w/ Suzanne 10:00 Euchre 10:30 Chair Yoga w Jeanie 11:30 Coffee & Donuts with the Mayor Steve Kennedy 11:45 Line Dancing 1:00 Dominoes 2:00 Bingo</p>	<p>9:15 Kaiut Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:00 Card Making 11:45 Exercise with Carol 12:00 Hand & Foot 12:45 Mah-Jongg 1:00 Tai Chi Gung - Standing</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 2:00 Balance Class - Athletico PT</p>	<p>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 11:30 Village Travel Presentation 11:45 Exercise with Carol 12:30 Bingo</p>
<p>9:15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Cardio Drumming 11:00 Blood Pressure Screening 12:00 Diabbetes Prevention Lecture 1:00 Line Dancing</p>	<p>9:15 Kaiut Yoga w/ Suzanne 10:00 Euchre 10:30 Chair Yoga w Jeanie 11:30 Compassion & Choices Speaker 11:45 Line Dancing 1:00 Dominoes 2:00 Bingo</p>	<p>9:15 Kaiut Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:30 Book Club 11:45 Exercise with Carol 12:00 Hand & Foot 12:45 Mah-Jongg 1:00 Tai Chi Gung - Standing 1:00 Tech Talk with Andrew</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 2:00 DTE Energy Lecture</p>	<p>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 11:30 DIA 11:45 Exercise with Carol 12:30 Bingo</p>
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Last Revised: 08.13.2025

October 2025

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29	30	1	2	3
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13	14	15	16	17
<p>9-15 Morning Flow Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Cardio Drumming 11:00 Blood Pressure Screening 12:00 Women's Self-Defense 1:00 Lime Dancing</p>	<p>9-15 Kairui Yoga w/ Suzanne 10:00 Euchre 10:30 Chair Yoga w/ Jeanie 11:45 Lime Dancing 1:00 Dominoes 1:00 Senior Swin at SL East 2:00 Bingo 5:15 Pickleball @ Pearson</p>	<p>9-15 Kairui Yoga w Kristie 10:00 Pinochle 10:30 Chair Yoga w Kristie 11:00 Card Making 11:45 Exercise with Carol 12:00 Hand & Foot 12:45 Mah-Jongg 1:00 Tai Chi Gung - Standing 5:15 Pickleball @ Pearson</p>	<p>9-15 Kairui Yoga with Kymm 10:00 Wood Carving 10:30 Chair Yoga w/ Jeanie 11:30 DIA 11:45 Tai Chi Gung - Standing 1:00 Lime Dancing 1:00 Senior Swin at SL East 5:15 Pickleball @ Pearson</p>	<p>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 11:30 Village Travel Presentation 11:45 Exercise with Carol 12:30 Bingo</p>
20	21	22	23	24
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27	28	29	30	31

Last Revised: 08.13.2025



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: 416

Months: September/October: 2025

Susan McCoy
Director

Jordan Halaby
*Technical Support Specialist,
Newsletter Editor*

Pat Mengel, Judy Keeling, Joyce Durbin, Chuck Scicluna, Chris Czajkowski
Administrative Support Staff

NEWSLETTER OF SOUTH LYON CENTER FOR ACTIVE ADULTS

Located in SW Corner of South Lyon High School
Corner of Lafayette (Pontiac Trail) and Eleven Mile Rd.

PHONE NUMBER: 248.573.8175

OFFICE HOURS: MONDAY-FRIDAY, 9:00am - 3:30pm

www.centerforactiveadults.com

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

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