

The Center for



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

(248) 573-8175

Issue: 395 • JAN/FEB 2022



INCOME TAX PREPARATION APPOINTMENTS at CAA

Schedule Your Appointment Beginning
Tuesday, January 11, 2022
to Start in February

call 248.573.8175

Check out page 3 for details and a list of times
you must provide at the time of service.

Introduction to Watercolor Painting Flower Series

Wednesdays
January 19th and
February 16th
12:30pm - 3:30pm



Instructor,
Mi Berry

Class fee:
\$20 and
Supply fee \$15

AGELESS STRENGTH

Weekly Classes Led by
Stefani Bethga Starting

Monday, January 17th

12:45pm - 1:45pm

Class fee: \$4

In this class you'll improve your bone density and muscle strength. It's all about maintaining and improving functional ability for daily life. Sessions also include gentle flexibility exercises to keep your joints supple and playful coordination exercises to boost your brain health. Classes may be taken either standing or sitting in a chair and are suitable for every fitness level and ability.

WOOD CARVING AT ALL LEVELS

Mondays & Thursdays

10:00am - 1:00pm



- 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 & competitions
- Please bring a drop cloth to catch your shavings.

Welcoming new faces! No tools or experience required!

NO YEARLY DUES REQUIRED

"If you want to fly, give up everything that weighs you down."



Make & Take Greeting Card Class

Have fun creating 3 unique greeting cards each week

**Wednesdays
11:00am - 12:00am**

Only \$7.00 per class (payable to instructors) includes materials for all 3 cards.

Spaces are limited - RSVP the Monday before class by texting or calling the instructors. The Center will provide Faith and Sharon's phone numbers.

Holiday Wreath Making Class

Instructor Mi Berry



Valentine's Day Theme

January 12th

12:30pm - 2:30pm

Spring Theme: February 9th

12:30pm - 2:30pm

Class fee \$15 and Supply fee \$15

KNIT & CROCHET

JOIN US FRIDAYS



**10:00am
to
12:00pm**

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

Anyone Can Paint, EVEN YOU!

Tuesday, Jan. 25th

10:00am - 12:00pm

Friday, Feb. 18th

1:00pm - 3:00pm



Acrylic Landscape Painting

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

\$23.00—for each session: Payable to CAA

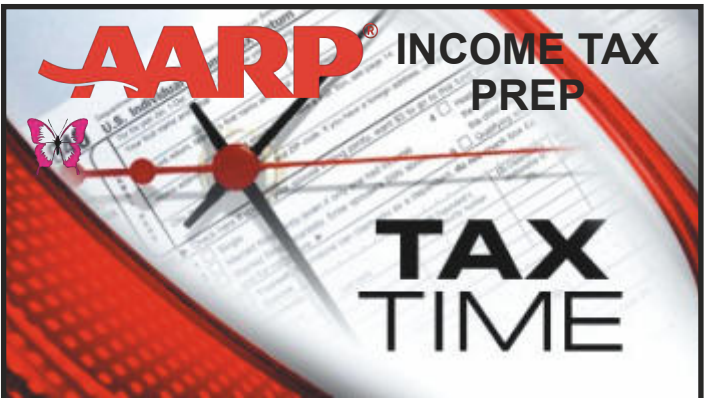
- ◆ Fee includes brushes, paints, canvas & instruction
- ◆ Students should bring a margarine size plastic tub
- ◆ 10" dinner plate & paper towels
- ◆ Students will complete 1 painting at each session.

MUST PRE-PAY BY 12-NOON, MONDAY BEFORE CLASS on TUESDAY! MINIMUM 8 STUDENTS NEEDED.



FUN & GAMES

B.Y.O.G.
 (Bring Your Own Game)
Every Wednesday, 1:00pm - 3:00pm
...and B.Y.O.F.
 (Bring Your Own Friends!)



AARP INCOME TAX PREP

TAX TIME

Have an AARP tax appointment coming up? Please review the following info. Need an AARP tax appointment? Please call the CAA for appt. availability *beginning Jan. 11th* call 248.573.8175

These are some of the items EACH taxpayer needs to bring to their appointment. The more info you bring, the better. (Please read all bullet points):

- Government issued photo ID - A MUST!
- Copy of last year's tax return - A MUST!
- Social Security Card - A MUST!
- Record of medical insurance paid
- W-2 and W-2P forms from each employer, statements of income received from pensions, IRAs, annuities, 1099s (interest and/or dividends)
- Property tax statements
- Address to where you send rent/lease payments
- Heating bill statements (Nov. - Jan.)
- Cancelled check for direct deposit
- There are additional items to bring this year. Please be sure to pick up a list of all documents needed at the CAA

PLEASE NOTE:

- Don't lose your appointment—make sure you have all documents. If in doubt, bring it!
- If schools are closed due to bad weather, the Center will be closed too. Your appointment will be rescheduled.
- For tax returns outside the scope of their training (i.e. small businesses, farm subsidy, military, rental properties, or if you sold over 4 investments, call the Center for a complete list) they will suggest you obtain the service of a paid tax preparer.
- Tax forms will be filed electronically!

EVENTS & MISC



DIA MUSEUM TRIPS!

MARK YOUR CALENDAR!

January 13th, March 19th and May 5th. Leaving at 11:00am
 Call The Center for Details

A Heartfelt Thank You to Our 12 Days of Christmas Raffle Contributors

Abbey Park at Mill River
 Cat Tails Golf Course
 Rolling Meadows Golf Course
 Tanglewood Golf Club
 CAA Swimmers
 Sue and Dave Tolonen
 CAA T.O.P.S.
 CAA Yogis
 CAA Hand & Foot Players
 CAA Wood Carvers
 CAA Knitting & Crocheting Group
 Rose & Fred Heiler
 South Lyon Rehab
 Cambrian Senior Living



MASSAGE THERAPY

Massage Therapy promotes a fabulous feeling of improved health and circulation, easing of muscle tension & stress reduction.



MONDAYS

(new earlier time)

9:00am - 11:00am

\$20.00 for 25-Minutes
Seated Massage

Our Myomassologists offer:

- Reflexology
- Pressure Point
- Swedish
- Lomi Lomi

Certified Myomassologists:

Joan Shifferd & Laurie Canfield

Call The Center for an Appointment

CARDIO & WEIGHTS

With Gail Turner

Tuesdays & Fridays

10:30am - 11:30am

Burn fat and tone muscle in this hybrid training class that combines cardio, weights, and strength training. See the results after a warm up and focusing on your entire body.

Modifications are available from the instructor. Please bring a towel and water bottle. Wear exercise clothes and shoes.

\$3 member \$5 non-member

Pre-registration is required!



All level Yang Yoga is moderately paced changing and active yoga that yokes breath with movement. This form of yoga focuses on proper alignment, breathing exercises, balance, focus, endurance, muscle strength and meditation. If you are in reasonably good physical condition, you should be well suited for hatha yoga. No previous experience with yoga is required.

NOTE: All levels must be able to get up and down from floor.

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.

Kaiut Yoga is a low impact functional movement practice. It promotes greater body awareness for the purpose of fostering well-being in the body and mind. You only do what you can, while feeling safe and secure in your pose. Working with your nervous system, it will keep you in tune with what you're sensing and feeling, in order for you to feel calm, safe and secure. The results are ease of movement and the ability to have more functional day-to-day movement such as bending over to pick up things, reaching up into a cupboard and turning the head easier for driving.

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

Call the center for more details.

***No classes w/Suzanne Feb. 3, 2022 thru March 16, 2022.**

Pre-registration recommended for All-Level Kaiut Classes

Mondays:

All Level Yoga/Yang w/Star: 9:15am - 10:15am

Beginner's Yoga w/Star: 10:30am - 11:30am

All Level Yin Yoga w/Star: 7:15pm - 8:15pm

Tuesdays:

Kaiut All-Level w/Kymm: 9:15am - 10:15am

Kaiut Beg +Chair w/Kymm: 10:30am - 11:30am

Evening Kaiut w/Kymm: 7:15pm - 8:15pm

Wednesdays:

Kaiut All-Level w/Kymm: 9:15am - 10:15am

Kaiut Beg+Chair w/Kymm: 10:30am - 11:30am

Thursdays:

Kaiut All-Level w/Kymm: 9:15am - 10:15am

Kaiut Beg+Chair w/Kymm: 10:30am - 11:30am

Evening Kaiut w/Suzanne*: 7:15pm - 8:15pm

Fridays:

All-Level w/Thad: 9:15am - 10:15am

Kaiut All-Level w/Suzanne*: 10:30am - 11:30am

\$5 per session. \$8 non-members
\$45 for 10 classes



Tai Chi & Qigong Body Harmony



Often described as "meditation in motion."

WILL RESUME IN APRIL 2022

Mid-Winter Break!



Feb. 21th - 25th

PILATES WORKSHOP

Instructor Stefanie Bethge

1:15pm- 2:45pm

Monday, January 10th

Workshop fee \$5



PILATES ON THE MAT

aims to build core & pelvic floor strength along with vitalizing breathing and body awareness via the effective Pilates Method. Interspersed

standing Pilates exercises will improve your

balance and joint stability. You get stronger and more flexible through gentle, low-impact exercises to address muscle imbalances that often occur as we age and contribute to back pain, hip pain, knee and shoulder pain. You'll feel aligned, focused and refreshed!

Modifications will be suggested for beginners or for those with physical limitations. No previous Pilates experience is necessary to join the class.

SENIOR SWIM Pool Stairs Available



Location: South Lyon High School

1000 N. Lafayette, South Lyon

Across the sidewalk from Center for Active Adults

HOURS

Tuesdays & Thursdays

11:45am - 1:30pm

No Swim until 1/20/22

**Cost: \$3.00 per swim
or 10 swim passes for \$25**

Purchase passes at the Center and visit with us after you swim!

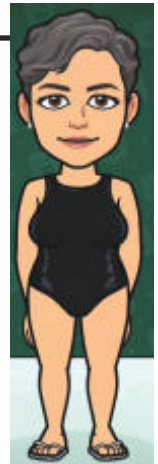
TIPS & TRICKS with CARRIE

First Tuesday of the month during Senior Swim (Closed in Jan.)

Feb. 1, 2022

Spend 30 minutes brushing up on your swimming skills.

Included with daily swim fee.



ALL MEMBERS & GUESTS:

Please let our front desk know if you have any changes to your membership form information such as address, phone number, email, etc.

If you have not filled out your membership form yet, please do so ASAP! It is important for The Center to be able to count AND connect with you!

Thank you for your help!



DPPHealth

Virtual Diabetes Prevention Program

DPP Health is a virtual diabetes prevention program.

DPP Health can help you reduce your risk of developing Type 2 diabetes by losing a moderate amount of weight and developing a more physically active lifestyle.

To find out more about DPP Health virtual diabetes program and how to register for the next class, please contact Ed Bohach at ebohach@nkfm.org or call 734-222-9800, ext. 2240.

DPP Health is currently free to anyone who qualifies.

COVERING TOPICS THAT MAY INTEREST YOU:

- | | |
|---------------------|-----------------------------|
| Mindful eating | Self-Talk |
| Physical Activity | Stress Management |
| Social Support | Sleep |
| Diet Trends & Myths | Plant Based Eating |
| Triggers | Eating & Activity on the go |

WALKING CLUB



Centennial Middle School
Free to all community members

**Monday - Friday
4:15pm - 6:00pm**

Goes Thru March

*Center for Active Adults Mission Statement:
"To encourage the art of living well by building a vibrant community of active individuals, 50 & up, through diverse programming and activities."*

Donations cheerfully & gratefully accepted!

EXERCISE CLASS

*The CAA is so happy to welcome back, exercise class leader,
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, \$2 Fee

**Pre-registration is recommended -
Class size is limited**

No class Nov. 12th

PICKLE BALL

**Mondays & Wednesdays
5:30pm - 7:30pm**

\$3.00 per member, \$5 non-member
Dolson Elementary Gym
56775 Rice Street, New Hudson, MI 48165



Pickleball Supervisor needed! Contact the CAA for details

T.O.P.S TAKE OFF POUNDS SENSIBLY

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

EVERY FRIDAY

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

Meeting: 9:30am - 10:15am

\$32 to join.

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

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



Join Us!!

EuChre!

TUESDAYS 10:00am - 12:00pm

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



WEDNESDAYS
10:00am - 12:00pm
FRIDAYS
1:00pm - 3:00pm

Scrabble Club



All are Welcome!
Every Monday
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!*

Mondays & Thursdays, 12:00pm - 3:30pm



Tuesdays - 2:00pm - 3:00pm
Fridays - 12:30pm - 1:45pm

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



Calling All Bridge Players "Party" Bridge

Bridge is held Wednesdays
12:15pm - 3:30pm

No partner needed
Questions? Call The Center (248) 573-8175



Non-competitive, many free train dominoes.
We will be playing by house rules.
Stop by and have some fun!

TUESDAYS, 1:00pm - 3:00pm

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.

I love competition no matter at what age.

- Jason Kidd, NBA All-Star & coach

FUN & GAMES

Renaming Contest for the Library and The Closet

We are renaming The Library because our books are for sale, not for loan.



We are renaming The Closet because the items for sale are way too nice not to be seen and used in your homes.

Contact the Center for more details

THE CLOSET

A shop filled with goodies, gifts, trinkets & treasures to support the Center for Active Adults. Come in & see what we've got. Happy Hunting!



*We gratefully accept donations!
Thank You!!*

Please join us for Breakfast

**Lucas Coney Island
Monday, January 3rd
& Monday, February 7th
Meet at 9:30am**



Our Breakfast Group is a very casual, nice way to meet new friends & enjoy old ones. No reservations needed. Just show up—we would love to have you join us!

Visit the CAA Library!
Book sales in time for winter weather reading—the entire month of January



Soft Cover 25¢
Hard Cover 50¢
(unless marked)

Games, puzzles, CDs & movies as marked

NEED HELP GETTING TO THE CENTER?



**Livingston County Residents:
L.E.T.S 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

For more info: peoplesexpressmi.com



Get your name on our CAA Volunteer List at the front desk, or check out our Volunteer Board for new opportunities to help at the Center.

BOOK CLUB



A partnership with Salem-South Lyon Library

BOOK DISCUSSION DATES:
3rd Wednesday of the Month
11:45am - 12:15pm

January 19th & February 16th

See list of titles at the Center!



JEWELRY SALE

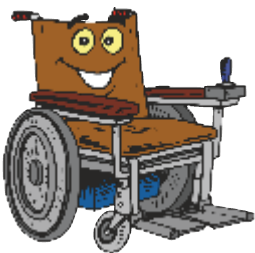
January 18, 19, 20

10:00am - 2:00pm

At the Center

Medical Loan Closet

Do you have old medical equipment collecting dust? The CAA will gladly take donations of wheelchairs, walkers, shower/commode chairs, transfer benches, unopened packages of briefs, and other durable medical equipment. All items are stored at the center and loaned to your fellow community members in need!



NOTE: We cannot accept clothing, shoes, or opened brief packages.

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

At The Center we have so much to offer; games, arts & crafts, yoga and exercise classes, workshops, clubs, bookstore, and plenty more! We look forward to having you join in the fun!



Call the Center to schedule a personal conference with Rick.

Decluttering

YOUR HOME?

DONATE YOUR UNWANTED TREASURES TO US!

Preferred donation items include jewelry, kitchen items, seasonal decorations, greeting cards & books.

All proceeds from "The Closet" (our resale shop) benefit the Center and our programs!



Certified Lifeguards & Spotters Needed!

Contact us for more information!
(248) 573-8175

LEISURE / WORKSHOPS

Be an Angel! Support The Center for Active Adults

Your \$25 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!

Thank You to the following

In Memory of Virginia (x2)
Elizabeth and William L.
Phil A.
Veronica W.
Anne S.
Tom and Judy W.



A Fond Farewell

From our wonderful Office Coordinator:

I would like to wish our Membership a Very Blessed Christmas and extreme success in the coming years. In the past 6 years I have gotten to know many of you and developed lasting friendships which I will miss greatly! I'll stop in to see everyone when I get back in town and If anyone is passing through Indiana stop and see David and I, we'd love to visit with you again. David and I are looking forward to finally retiring together - so don't be SAD for us - be GLAD!
Love you all!
Rita

From Your CAA Director

Dear Members,

Happy New Year! It's a time for change at The Center! We have some new instructors and classes to tell you about:

An introduction to Pilates workshop, with new instructor Stefanie Bethge. Hoping that we have enough interest to add Pilates to our exercise lineup. We have Stefanie teaching weekly, Ageless Strength classes. Lots of established interest and need by our membership.

Mi Berry, one of our members, has agreed to teach a series of flower watercolor painting classes. I am confident that she can make an artist out of us. How about a holiday wreath to brighten your home? She'll help enhance your decor with Valentine's and Spring themed classes.

DIA Trips are resuming - Mark your calendars we have three trips scheduled. Thank you to Oakland County for offering these free outings

Rick, a Disabled American Veteran Services Representative and CAA member, is offering appointments to assist our community. Call here to schedule a helpful DAV appointment.

Ok, so we are going to miss, Steffanie Sunday, our Community Fitness instructor. Our thanks to her for helping to get The Center up and moving again.

A huge **THANK YOU** to our Rita Allen for all the years of dedication and devotion to The Center and its members! - We won't be the same without your warm smile and daily greetings. Rita and Dave are finally getting to enjoy their retirement in Muncie, Indiana.

Warmest regards,
Carrie

LOOKING FOR 2 PART-TIME ADMINISTRATIVE ASSISTANTS TO WORK at THE CENTER

Please call Carrie, CAA Director, for more details & set up an interview.

It's a great place to work and surrounded by awesome people!

SUPPORT THE CENTER WHILE YOU GROCERY SHOP!


Sign up for **Busch's & Kroger's** Community Rewards Programs
This will not affect your personal points.



To apply, please go online:
www.krogercommunityrewards.com
AND Buschs.com/community
(or we will assist you)

Thank you for your support!!

MONDAY	TUESDAY	WEDS.	THURS.	FRIDAY
<p>3</p> <p>9:00 Massage by Appt. 9:15 All Level Yoga 9:30 Breakfast Club 10:00 Scrabble/Wood Carv. 10:30 Beginning Yoga 12:00 Hand & Foot 5:30 Pickleball 7:15 Evening Yin</p>	<p>4</p> <p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gall 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p> <p>AARP Tax appts available</p>	<p>5</p> <p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:15 Bridge 12:30 Mahjong 1:00 Fun & Games 5:30 Pickleball</p>	<p>6</p> <p>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 12:00 Hand & Foot 7:15 Evening Kaiut</p>	<p>7</p> <p>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga w/Thad 10:00 Knit & Crochet 10:30 Fitness w/Gall 10:30 Kaiut All Levels 11:45 Exercise w/Card 12:30 BINGO 1:00 Pinochle</p>
<p>10</p> <p>9:00 Massage by Appt. 9:15 All Level Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 12:00 Hand & Foot 1:15 Pilates Workshop 5:30 Pickleball 7:15 Evening Yin</p>	<p>11</p> <p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gall 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p>	<p>12</p> <p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:15 Bridge 12:30 Mahjong 12:30 Wreath Making 1:00 Fun & Games 5:30 Pickleball</p>	<p>13</p> <p>9:15 Kaiut All Level 10:00 Wood Carving 11:00 DIA Trip 10:30 Kaiut Beg + Chair 12:00 Hand & Foot 7:15 Evening Kaiut</p>	<p>14</p> <p>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga w/Thad 10:00 Knit & Crochet 10:30 Fitness w/Gall 10:30 Kaiut All Levels 11:45 Exercise w/Card 12:30 BINGO 1:00 Pinochle</p>
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<p>24</p> <p>9:00 Massage by Appt. 9:15 All Level Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 12:00 Hand & Foot 12:45 Ageless Strength 5:30 Pickleball 7:15 Evening Yin</p>	<p>25</p> <p>9:15 Kaiut All Level 10:00 Euchre 10:00 Anyone Can Paint 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gall 11:45 Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p>	<p>26</p> <p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:15 Bridge 12:30 Mahjong 1:00 Fun & Games 5:30 Pickleball</p>	<p>27</p> <p>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:45 Swim 12:00 Hand & Foot 7:15 Evening Kaiut</p>	<p>28</p> <p>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga w/Thad 10:00 Knit & Crochet 10:30 Fitness w/Gall 10:30 Kaiut All Levels 11:45 Exercise w/Card 12:30 BINGO 1:00 Pinochle</p>
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 <p>9:00 Massage by Appt. 9:15 All Level Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 12:00 Hand & Foot 12:45 Ageless Strength 5:30 Pickleball 7:15 Evening Yn</p>	<p>1</p> <p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gall 1:00 Dominoes 11:45 Swim 2:00 BINGO</p>	<p>2</p> <p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:15 Bridge 12:30 Mahjong 1:00 Fun & Games 5:30 Pickleball</p>	<p>3</p> <p>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:45 Swim 12:00 Hand & Foot</p>	<p>4</p> <p>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gall 10:30 Kaiut All Levels 11:45 Exercise w/Card 12:30 BINGO 1:00 Pinochle</p>
<p>7</p> <p>9:00 Massage by Appt. 9:15 All Level Yoga 9:30 Breakfast Club 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 12:00 Hand & Foot 12:45 Ageless Strength 5:30 Pickleball 7:15 Evening Yn</p>	<p>8</p> <p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gall 11:45 Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p>	<p>9</p> <p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Exercise w/Card 12:15 Bridge 12:30 Mahjong 12:30 Wreath Making 1:00 Fun & Games 5:30 Pickleball</p>	<p>10</p> <p>9:15 Kaiut All Level 10:00 Wood Carving 11:00 DIA Trip 10:30 Kaiut Beg + Chair 11:45 Swim 12:00 Hand & Foot</p>	<p>11</p> <p>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Yoga with Thad 10:00 Knit & Crochet 10:30 Fitness w/Gall 11:45 Exercise w/Card 12:30 BINGO 1:00 Pinochle</p>
<p>14</p> <p>9:00 Massage by Appt. 9:15 All Level Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 12:00 Hand & Foot 12:45 Ageless Strength 5:30 Pickleball 7:15 Evening Yn</p>	<p>15</p> <p>9:15 Kaiut All Level 10:00 Euchre 10:30 Kaiut Beg + Chair 10:30 Fitness w/Gall 11:45 Swim 1:00 Dominoes 2:00 BINGO 7:15 Evening Kaiut</p>	<p>16</p> <p>9:15 Kaiut All Level 10:00 Pinochle 10:30 Kaiut Beg + Chair 11:00 Card Making 11:45 Book Club 11:45 Exercise w/Card 12:15 Bridge 12:30 Mahjong 12:30 Watercolor Painting 1:00 Fun & Games 5:30 Pickleball</p>	<p>17</p> <p>9:15 Kaiut All Level 10:00 Wood Carving 10:30 Kaiut Beg + Chair 11:45 Swim 12:00 Hand & Foot</p>	<p>18</p> <p>8:30 T.O.P.S. Weigh-in 9:30 T.O.P.S. Meeting 9:15 Kaiut All Level 10:00 Knit & Crochet 10:00 Anyone Can Paint 10:30 Fitness w/Gall 11:45 Exercise w/Card 12:30 BINGO 1:00 Pinochle</p>
<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>CENTER CLOSED: MID-WINTER BREAK</p>				
<p>28</p> <p>9:00 Massage by Appt. 9:15 All Level Yoga 10:00 Scrabble 10:00 Wood Carving 10:30 Beginning Yoga 12:00 Hand & Foot 12:45 Ageless Strength 5:30 Pickleball 7:15 Evening Yn</p>	<p>February 2022</p> <p>Walking Club: Monday - Friday, 4:15pm – 6:00pm Centennial Middle School</p>			

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Months: JAN/FEB 2022

Carrie Cavanaugh:
Center Director, Newsletter Editor

TBD:
Office Coordinator

Sue Tolonen:
Project Coordinator

Karen Ann Smith:
Newsletter Layout & Design

Find Us Online:
www.slcs.us (Under Departments)

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Brian Toth

Assistant Superintendent for Administrative Services
South Lyon Community Schools -
345 S. Warren, South Lyon
South Lyon, MI 48178

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