



THE GOLDEN GAZETTE

January 2016

Happy New Year!

"The best things in life are the people we love...the places we've been...and the memories we've made along the way!"

The staff at the Fraser Activity Center would like to thank you for another wonderful year of sharing laughs with us, making memories on our many trips and events, and just enjoying your company when you're in here to visit!

Cheers to a happy, healthy New Year to all of you!
Thank you for being a part of our family!

~The Fraser Activity Center Staff~

Fraser Activity Center 34935 Hidden Pine Dr., Fraser MI 48026
Office Phone: 586.296.8483 Van Service Phone: 586.294.4611
Office : M.-TH. 9AM-4:30PM, F. 9AM-2:30PM

Weekly Events at the Center

Bingo

Every Thursday at 9:30am
Come and try your luck at Bingo! Cost is \$2 for 3 cards. Prizes awarded for a Bingo!
Drop-in fee of \$.25 applies.

Cards

Pinochle - Mondays and Wednesdays 12:30pm
Euchre - Thursdays at 12:30pm
Duplicate Bridge - Fridays at 10am
Drop-in fee of \$.25 applies.

Reflexology & Massage by Roberta

Mondays by appointment only
Roberta Eggart has been a certified practitioner for 20 years. She uses pressure points on the hands, feet or back to massage, relax and promote good health. Call for an appointment (586) 445-9944

Seniors Co-ed 55+ Pickleball

Tuesdays, Thursdays & Fridays at 10am
Drop-in fee: \$1 members, \$2 non-members.

Seniors Co-ed 55+ Volleyball

Mondays and Wednesdays at 10am
Starting October 5th.
Drop-in fee: \$1 members, \$2 non-members.

Wii Games - Bowling

Every Wednesday at 12:45pm
Wii can be done while seated or standing
Drop-in fee of \$.25 applies

Low Impact Aerobics Class

Tuesdays and Thursdays at 10am
This class is for the beginner or intermediate exerciser. Can be done sitting, standing or combination. Drop-in fee of \$.25 applies.



With much appreciation, we would like to thank the following businesses for their kindness, generosity and helpfulness. We are overjoyed and beyond thankful!

American House Sterling Meadows

Oakmont Senior Communities

American House East I and East II

Nursing Unlimited Incorporated

EUCHRE TOURNAMENTS

January 8th, February 5th, March 4th at the Fraser Activity Center

Sign up at 6:30pm, Game begins at 7pm sharp

Ages 18+ welcome. Rules available at the Center. Two 50/50 raffles are available, and coffee and water are provided. Cost is \$5 per person, with optional \$1 high game.



MANAGING CONCERNS ABOUT FALLS

Matter of Balance Class

Do you have concerns about falling? Join us for 8 exciting sessions full of new informational tips, group exercises to increase strength, flexibility and endurance, and to share solutions and positive thinking!

Beginning Thursday, February 4th

12:30pm to 2:30pm

\$12 Members, \$14 Non-members

Register no later than Friday, January 22nd

Greektown Casino

Monday, February 1st, April 4th

Bus departs at 9:30am and returns at 3pm

\$18/Member, \$20/Non-member

Includes transportation & \$20 bonus play!

Enjoy a day downtown at Greektown Casino! Must register in advance for this trip. We must have your Greektown rewards number at the time of registration. The Activity Center reserves the right to cancel due to weather conditions and number of participants.

Painting with a Twist

Tuesday, February 16th

Bus departs at 10:30am, painting class begins at 11am (approx. 2 hours class)

\$38/Member, \$40 Non-member

Looking for a fun day out? Unleash your creative side with Painting with a Twist! The talented team of instructors guides you step by step through the day's featured painting. Pop, water and wine are available for purchase

Fraser Public Library Fundraiser

DOWNTON ABBEY

Saturday, January 16th

2pm to 5pm at the Fraser Activity Center

Cost is \$25 per ticket

Cost includes a presentation on changing fashion of the early 1900's, an English style tea with scones and a raffle of Downton Abbey products

Tickets can be purchased at the Library or Activity Center

Proceeds will go towards Library shelving & repairs



DOWNTON ABBEY

Happy Birthday to our January born members!

Restaurant Rovers



Tuesday, January 26th

Bus departs at 11:00am

Members \$4, Non-Members \$6

LEARN TO PLAY BRIDGE!

Tuesdays, 6pm to 8pm

**At the Fraser Activity Center
Starting January 26th for 10 weeks**

Have you always wanted to learn how to play the card game Bridge, but never had anyone to teach you? Well we can! We will be holding a Bridge class that will teach you everything you need to know over the course of ten weeks. This class is for ages 21 and older.

Please register no later than January 15th.



**Cost is \$30
Per Person**



Refunds, exchanges, or transfers on programs or events will only be given if the cancellation is made 72 hours in advance at the director's discretion (for FAC programs only). No-shows or late notice cancellations will not be given a refund, exchange or transfer.

FROM THE STAFF



Christina Woods Activity Center Director

It's amazing what a year can bring. In a year, we've gotten a new roof on our Center to keep us warm and dry, we've replaced the uneven, cracked cement, we've gone on new adventures and trips and made new friends along the way. We are so grateful and blessed to have such great team members- Candace, Dianne, Lesley, Kyle, Ron, Curt, Dorothy, Ashleigh, Denise, and so many volunteers that keep our groups running! They all work so hard to keep everything going smoothly.

Our wish for you this coming year is to take a step back and enjoy life. Enjoy the little things, the new destinations, new conversations, new knowledge and skills. Maybe it's learning to relax with Chair Yoga, or finally figuring out what Pickleball is, learning how to play Bridge or relaxing on a trip to the Ford House or Greentown Casino. Do something that you enjoy and help others enjoy as well. It is in giving that we receive, and we hope that we can give you some joy that you then pass on to others in the new year.

Candace Schuver Activity Center Clerk

This year has been filled with many wonderful things, not only here at the Center, but in my personal life too! Many of you know that I had married the love of my life Todd, and had a son Nicholas, who is now 11 months old. What a blessing!

Here at the Center we were able to create many of new trips and events, many of which were very popular and are already planning events for this time next year! We want to thank you from the bottom of our hearts for being a valuable part of our Center. You are all family to us and we hope to see you often this upcoming year. Cheers to happiness, prosperity and great health in 2016 to us all!





Dianne Opalewski - Van Service Clerk

When asked to write something about my year here at the center, I thought what can I say, how can I put into words what I'm thinking? Well, I'm going to say just what is on my mind and in my heart. I want to thank every one of you who is patient with me as I go through the process of learning who you are, what you need and helping you get to your appointments and obtain the days and times you require. I often hear from my seniors, "wait till you get to be my age". Hmm...little do they know I am or very close to being their age. A big plus was when Ron came in to get me one day very recently and brought me on his bus with 5 of the very nicest ladies that I have helped out through this year scheduling their trips to the doctors or to meijers for shopping. Well ladies(all you ladies I talk to) it works both ways. I didn't picture any of these lovely ladies the way they looked when I met them. This was a nice surprise for me, as it really helps to finally see who you are talking with, The gentlemen aren't generally as curious as us women, but I'm sure they were just as surprised to find out that I was one of them "seniors" also. Likewise, I was extremely pleased to put a name to the face of several of our gentleman senior riders. I would like you all to know how happy I am that I can help you and I'm glad that I have this opportunity to do something good for all of you. It is my pleasure! I wish each and every one of you a very happy, healthy new year and look forward to servicing you in 2016!

Lesley Ostrowski - Activity Center Clerk/Van Driver

December marked 7 years for me here at the Activity Center! I can't believe how time flies, and I have enjoyed getting to know all of you along the way! 2015 was a great year both here and outside of work. I recently obtained my chauffeur license and I am now driving the SMART bus for special trips on the days I am not in the office. Earlier this year my younger son, Michael, graduated from De La Salle Collegiate and is now attending Michigan State University! We have enjoyed going to visit him on campus and attending the football games...GO GREEN! I hope the new year brings everybody good health, happiness and good fortune!





Kyle Leshar

Youth Program Coordinator

2015 was a great year for me! When I am not working here at the Activity Center, I am studying Communications, Public Relations and political Science at Oakland University, as well as coaching the Varsity Boy's Basketball team at Fraser High School. Most importantly, my Michigan Wolverines had a great year in football! I hope everyone has a great 2016, and I look forward to another great year with everyone at the Center!



Ashleigh Moro - Special Events

As saddened as I was to leave the Center for a little bit to start my new teaching job. I'm ok knowing I have the love and support of all of you, and that I will be able to see you all again from time to time when my schedule allows for special events, or just to say hello! My new job is quite an adventure, and I love the kids I work with. Enriching their lives, enriches mine! I wish you all the best in 2016 and hope to see you all very soon!

Denise Burgess- Van Driver

I Hope you all had a very merry Christmas and Hapy New Year with your loved ones. This year, my wish for you is happiness, good health and strong friendships that will last a lifetime!

Curt Gibson - Van Driver

I Hope you had a Merry Christmas and Happy New Year!

Ron Farthing- Van Driver

Welcome to the new year! I hope that it brings the joy to you that it did for me last year. I Have been blessed to finally be absolutely healthy for the last year, but the biggest joy that I get, is to be surrounded by great co-workers and to be able to meet and attend to the wonderful seniors I get to see everyday. I Love my job!

Dorothy Hale - Bingo, Wii

Merry Christmas and Happy New Year! Hope this year is a good one!

HAPPY NEW YEAR



HOUSES OF WORSHIP

A TOUR OF HISTORIC DETROIT CHURCHES

Monday, March 7th

**Bus departs at 9:00am and
returns approximately 4:30pm**

Members \$55, Non-members \$58
(Includes tour, transportation & lunch)

Your tour will include the following*:

*People's Community, Outer Drive Faith Lutheran,
St. John Christian Methodist Episcopal, St. Moses the Black
Christ the King. * Churches are subject to change.**



Magic Flute

At the Detroit Opera House

Friday, May 13th

**Bus departs at 10am
Performance at 11am**

Members \$30, Non-members \$35
(Includes transportation and performance)