

Fraser Activity
Center
34935 Hidden Pine
Drive
Fraser, MI 48026

Office
(586) 296-8483

Van
(586) 294-4611

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(586) 296-8493

Hours:
Mon-Th 8-4:30,
F 8-2:30

Christina Woods—
Director

Candace Schuver,
Lesley Ostrowski,
Kyle Leshner -
Clerks

Dianne Opalewski—
Van Coordinator

Dorothy Hale -
*Program
Coordinator*

Ron Farthing,
Curt Gibson—
Van Drivers

Golden Gazette

October 2016

Harvest Party

**Tuesday, November 1st
At the Activity Center**

**Doors at 11am, lunch at 11:30am
Cost \$8 Members, \$10 Non-members**

Includes a catered meal by Schott's,
drink, dessert, raffles and
entertainment by Bobby T!

Please see the office to sign up and for
the catered meal menu if you wish.
Space is limited, register soon!

Flu Shots

**Thursday, October 20th
At the Activity Center
10am to 1pm**



Please bring your ID and insurance cards.
Medicare Part B and Medicaid accepted.

Those without insurance will need to pay
\$20 cash or check at the time of service.

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. Programs with a supply cost (catering/tickets/etc) will be refunded minus the supply cost, unless the spot is filled by another participant. No-shows or late notice cancellations will not be given a refund, exchange or transfer.

*Be sure
to register
for
programs
soon
as spaces
DO
fill up!*

*Payment
required at
time of
Registration*

Leisure

Cards

Double Pinochle- Monday and Wednesday at 12:30 pm

Euchre - Thursday at 12:30 pm

Duplicate Bridge - Friday at 9:45am

Drop in fee applies. Game entrance fee varies among groups and is paid out in prizes.

Wii Games

Every Wednesday at 12:45 pm

Join the Wii video game craze!

This game is great to help improve hand-eye coordination and movement, and can be done while seated. This drop-in program is a lot of fun! Drop in fee applies.

Bingo

Every Thursday at 9:30 am

Come and try your luck at BINGO!

Cost is \$2 for 3 cards. Drop in fee applies.

18 + Euchre Tournament

First Friday of the Month, Sign in at 6:30 pm, Game at 7 pm

October 7th , November 4th

Come in and use your skills at the Euchre Tournament! Cost is \$5 per person, with an optional \$1 high game. Two 50/50 raffles available, water and coffee are provided.

Reflexology & Massage

Mondays by Appointment

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 Roberta for an appointment at (586) 445-9944

Seniors 55+ Pickleball

Tuesdays, Thursdays & Fridays at 10 am

This fun program is co-ed drop-in and seniors from every community are welcome to play at the Activity Center. Don't know how to play? Call the Center to set up a lesson! Drop-in fee: \$1 members, \$2 non-members.

Low Impact Aerobic Exercise Class

Tuesdays and Thursdays at 10 am

Meet up with friends and exercise along with the Richard Simmons Silver Foxes videotape. This class features a low impact, aerobic workout for the beginner or intermediate exerciser. Drop in fee applies

Health and Wellness

Chair Yoga

Tuesdays at 11 am

Chair yoga focuses on increasing movement and using a chair assures that people of all abilities are able to participate. Call (586) 296-8483 for more information. Cost for 6 sessions is \$26 members, \$32 non-members.

Seniors 55+ Volleyball

Mondays & Wednesdays at 10 am

Will be starting in October. Date TBD

This co-ed, drop in program is fun for everyone from beginners to pros! Drop in fee is \$1 Members,\$2 Non-members

Trips and Events

Senior Coloring Hour - NEW

First and third Monday starting Monday, October 3rd
Each session will begin at 11 am. Coloring supplies will be provided for you to use. Reduce your stress and anxiety, improve your vision, focus, and most of all have fun! Drop in fee applies. Coloring is FREE!

A Matter of Balance

Program begins Tuesday, October 4th and will run until November 22nd on Tuesdays from 12:30pm-2:30pm
Matter of Balance is an evidence based program for seniors who want to learn more about preventing falls. There will be eight consecutive, two hour sessions and refreshments provided at each session. This class is limited to only 16 people and is very popular, so please sign up soon! Register at the Activity Center. Class is taught by McLaren Macomb, AAA1-B, and Macomb County. Cost is \$12/Residents, \$14/Non-residents.

Restaurant Rovers

Olive Garden on October 25th. Van Departs at 11am
Cost is \$4 for transportation for members, \$6 for Non-member; cost of lunch is on your own.



Ford Field Tour

Thursday, November 10th
Bus leaves at 10:15am
We invite you to tour Ford Field for a behind the scenes glimpse at Detroit's crown jewel and the home of the Detroit Lions. Lunch will be at "Breadstick" restaurant and the cost is on your own, Spaces will sell out extremely fast, register today! Cost is \$11 Member, \$14 Non-member.

"A Christmas Carol" at Meadowbrook Theatre

Saturday, November 12th
Bus leaves at 1:00 pm. Cost is \$20/members, \$24/Non-members. This beautiful Christmas show will run 2 hours with a 15 minute intermission. A cash only concession counter with light snacks and beverages will be available.

Wild Lights at the Detroit Zoo

Friday, November 18th
5pm to 9pm - The Zoo will light up again this holiday season. Bundle up and head out with us! Cost is \$15 members, \$17 Non-members

Make Your Own Christmas Cards with Sandra & Arlene!

Tuesday, November 29th, December 6th & 13th - 1pm to 2 pm

Cont....

Enjoy an afternoon well spent on creating the most beautiful hand folded Christmas cards. Sandra and Arlene have taught internationally on cruises and will show you this beautiful craft! Cost is \$2 each session payable to the instructor. Supplies included.

Greektown Casino

Monday, December 5th
9:30 am – 3pm
Cost is \$18 for members, \$20 for non-members for transportation and includes \$20 in reward play! Check with the Center for more up to date information. Register at the Fraser Activity Center the Monday after the previous trip.

Shopping at Lakeside Mall

Tuesday, December 13th
10am until 1:30pm
Don't wait until the very last minute to do your holiday shopping! Enjoy your time walking around this beautifully decorated mall with a group of friends or on your own. Cost is \$2 per person.

Detroit Symphony Orchestra "Home for the Holidays"

Friday, December 16th. Bus departs at 9:30am, Please arrive to the Center at 9:15am. Share in Detroit's favorite best-selling holiday musical tradition with family and friends and thrill to the spectacle of the season. It's a sparkling celebration with carols and classics—and yes, there will be a Santa Claus too! Cost is \$49 Members or \$54 Non-members

October 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 POC Firefighters Open House and Fall Fest 11:30a-3:30p
2	3 Pinochle 12:30p Greektown 9:30a Coloring Class 11am	4 Exercise 10a Pickleball 10a Chair Yoga 11a MOB 12:30p	5 Pinochle 12:30p Wii 12:45p	6 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	7 Bridge 9:45a Pickleball 10a Euchre Tourn. 6:30p	8
9	10 Pinochle 12:30p Reflexology	11 Exercise 10a Pickleball 10a Chair Yoga 11a Red Hats 11a MOB 12:30p	12 Pinochle 12:30p Wii 12:45p	13 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	14 Bridge 9:45a Pickleball 10a Yates 9:30a	15
16	17 Pinochle 12:30p Coloring Class 11am	18 Exercise 10a Pickleball 10a Chair Yoga 11a MOB 12:30p	19 Pinochle 12:30p Wii 12:45P	20 Bingo 9:30a Exercise 10a Euchre 12:30p FLU SHOTS No Pickleball	21 Bridge 9:45a Pickleball 10a	22
23	24 Pinochle 12:30p Reflexology	25 Exercise 10a Pickleball 10a Chair Yoga 11a MOB 12:30pm Rovers 11a	26 Pinochle 12:30p Wii 12:45p	27 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	28 Bridge 9:45a Pickleball 10a	29
30	31 Pinochle 12:30p					

THANK YOU

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
Heartland of Sterling Heights**

Pickleball & Volleyball Reminder:

The gym will not be available on
*Thursday, October 20th
Monday, November 7th
Tuesday, November 8th*