

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 9-4:30,
F 9-2:30

Christina Woods—
Director

Candace Schuver,
Lesley Ostrowski,
Kyle Leshner - *Clerks*

Dorothy Hale -
Wii/Bingo/Euchre
Tournament

Dianne Opalewski—
Van Coordinator

Ron Farthing,
Curt Gibson—
Van Drivers

Golden Gazette

SEPTEMBER 2016

YATES CIDER MILL



Friday, October 14th

Bus leaves at 9:30am and
will return around 1:30pm.

Cost is \$9 Members, \$11 Non-Members.
Price includes one donut, a souvenir cup
with cider and a tour. There will be addi-
tional time for you to walk around. Any ad-
ditional purchases are on your own.

DETROIT HISTORICAL MUSEUM **“Memories & Moments Tour”**

Experience 300 years of Detroit history with visits to many different exhibits, explore the role of the city during World War II Exhibit and view artifacts showcasing iconic people, places and moments of Detroit in the 20th Century.

Tuesday, September 6th

Bus Departs at 10am From the Center

Members \$12.00, Non-Members \$15.00

Only a few spaces left!

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

September 2nd, October 7th

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.

Just a reminder that some time in mid-October we will be hosting our flu shot clinic, and this year we will have the Shingles and Pneumonia shot too. More information to come soon!

Trips and Events

Greektown Casino

October 3rd 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. Trip fills very quickly. Register at the Fraser Activity Center the Monday after the previous trip.

Houses of Worship: A Tour of Historic Detroit Churches

Monday, September 12th. Bus departs at 9 AM and returns around 4:30 PM. Cost: \$55 for members, \$58 for non-members (price includes guided tour and lunch). These will be five beautiful, different denominational churches for you to view and enjoy!

Detroit Symphony Orchestra “Home for the Holidays”

Friday, December 16th. Bus departs at 9:30am, Please 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! More information to follow on a flyer soon! Cost is \$49/ members or \$54/non-members,



A Matter of Balance

A 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! Program begins October 4th and will run until November 22nd from 12:30pm-2:30pm Cost is \$12/Residents, \$14/Non-residents. Register at the Activity Center. Class is taught by McLaren Macomb, AAA1-B, and Macomb County.

“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. For your pleasure a cash only concession counter with light snacks and beverages will be available

Restaurant Rovers

Golden Corral on September 27th. Van Departs at 11am
Cost is \$4 for transportation for members, \$6 for Non-member; cost of lunch is on your own.

The Parade Company Tour

Tuesday, October 4th
Depart at 10:45am
Discover Detroit's most enchanting hidden treasure! Venture into our magical Parade land and experience a behind the scenes look at "America's Thanksgiving Parade". Cost is \$14 Members, \$17 Non-members

Farmer's Market and Craft and Vendor Show

Saturday, October 1st
11:30am to 3:30pm
Steffens Park (outdoors)
Bring your home grown garden items, baked goods or crafts to sell at this fun city event! Cost is \$5 for a table or free if you donate your funds that you make to the FFBC. It will also be combined with the Recreation Department and Fraser Firefighters open house so there will be many things to see and do! Forms at the Activity Center.
No admission cost for shoppers!

Senior Spelling Bee at the Clinton Township Senior Center!

Friday, October 21st the bus departs at 9am from Fraser. Check in is at 9:30am and contest begins at 10am. Lunch will be served around Noon. Each speller may bring one guest with them to cheer them on! Teams of 6 people, and two alternates are required. Sign up in office!

SEPTEMBER 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Bingo 9:30 Exercise 10a Pickleball 10a Euchre 12:30p	2 Bridge 10a Pickleball 10a Euchre Tournament 6:30p	3
4	5 Offices Closed for Labor Day	6 Exercise 10a Pickleball 10a Chair Yoga Detroit Historical 10a	7 Pinochle 12:30p Wii 12:45p	8 Bingo 9:30 Exercise 10a Pickleball 10a Euchre 12:30p	9 Bridge 10a Pickleball 10a	10
11	12 Reflexology Pinochle 12:30p Worship Tour 9a	13 Exercise 10a Pickleball 10a Chair Yoga Red Hats 11a	14 Pinochle 12:30p Wii 12:45p	15 Bingo 9:30 Exercise 19a Pickleball 1a Euchre 12:30p	16 Bridge 10a Pickleball 10a	17
18	19 Pinochle 12:30p	20 Exercise 10a Pickleball 10a Chair Yoga	21 Pinochle 12:30p Wii 12:45p	22 Bingo 9:30 Exercise 19a Pickleball 10a Euchre 12:30p	23 Bridge 10a Pickleball 10a	24
25	26 Reflexology Pinochle 12:30pm	27 Exercise 10a Pickleball 10a Chair Yoga Rovers 11a	28 Pinochle 12:30p Wii 12:45p	29 Bingo 9:30 Exercise 19a Pickleball 10a Euchre 12:30p	30 Bridge 10a Pickleball 10a	

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**

As a reminder:

Please help keep our Activity center nice and tidy! We ask that you dispose of all of your used cups and plates after you are finished. Also, if you or your group use any dishes for snacks, please wash and dry them after each use. It is not the staff's responsibility to do so. Thank you very much!

