

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

Wednesdays at 10am
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.

Chair Yoga

Tuesdays for 6 weeks at 11am
NEXT CLASS BEGINS APRIL 5th
This class is for beginners through advanced, and is great for mind, body, spirit and making new friends! Cost is \$24 Members or \$30 for Non-members. Participants must pre-register for this class at least one week prior to start date.



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-*

Greektown Casino

Monday April 4th, June 6th and August 1st
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. Sign up in advance, space is limited!

EUCHRE TOURNAMENTS

April 1st, May 6th, June 3rd, July 1st
at the Fraser Activity Center
Sign up at 6:30pm, Game at 7pm

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.

DETROIT
Tigers
GAMES

Thursday, June 23rd
Tigers V. Mariners

Wednesday, July 20th
Tigers V. Twins

Bus departs at 11:30am
Games begin at 1:08pm

\$47 Member
\$52 Non-member

Includes transportation,
lower baseline box seat, hotdog and drink!

**CONGRATULATIONS
MR. STARRING!**

A BIG congrats to Ken Starring on
12 perfect scores of 300 during our
Wii Bowling program at the Center.
What a great accomplishment.
Way to go!



TWELVE 300 GAMES!

LIFE EXPRESSIONS DECOR PROGRAM

TUESDAY, APRIL 19TH

AT THE ACTIVITY CENTER WITH INSTRUCTOR KATHI THOMAS

YOUR CHOICE OF TWO TIMES:

DAYTIME: 1PM TO 3PM OR EVENING 5:30PM TO 7:30PM

REGISTRATION COST IS \$5

SUPPLY COST (AT CLASS): \$20 ONE BOARD, \$18 SECOND

Light refreshments included

Make & Take Board - Over 100 Selections!



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.

Ford Mansion Tour



Guides reveal the private side of the Ford family while touring 20 rooms of the home. Stroll through the formal gardens, walkways, pool and pool house, playhouse and garage exhibit. This is surely a must see! A moderate amount of walking is involved. Please dress comfortably.

Tuesday, May 24th - 9:30am
\$10 Members, \$13 Non-members
Space is very limited. Register today!

HOUSES OF WORSHIP

HISTORIC DETROIT CHURCH TOUR

Monday, September 12th

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

Members \$55, Non-members \$58

Cost includes guided tour, transportation and lunch



Restaurant Rovers

Lakeside Family
Restaurant

(Polish-American Food)

Tuesday, April 26th

Bus departs at 11:00am

\$4 Member, \$6 Non-Member

Cost of lunch is on your own

Ask office to see a menu!

CLINTON RIVER CRUISE

Tuesday, June 14th - 11am

\$40 Members, \$45 Non-members

Cost includes transportation,
3 hour cruise on the Clinton River,
and a complete buffet lunch

Space is very limited. Register today!





Macomb County Senior Services

Phone: (586)469-5228

CALL TODAY FOR GRASS CUTTING INFO!

MCCSA's Senior Citizen Chore Service assists senior citizens with home maintenance and minor repairs. The program is available to persons age 60 and older who are residents of targeted areas in Macomb County and meet eligibility guidelines and cost.

Grass Cutting

Each year a new grass cutting list is created based on social and economic need. If you're interested in grass cutting call immediately (as lists are prepared beginning the first of each year) to see if you qualify and can get onto the list the County prepares. Grass cutting begins mid-April and continues until October. Lawns are cut approximately once a week April to July, and every other week August to October.

Chores and Odd Jobs

A chore and odd job service is available for senior residents of Macomb County. Please note that you may be required to purchase materials and the labor costs are included in suggested cost sharing (call 586-469-5228 for more information). Types of jobs include: Minor plumbing, change storms and screens, minor electrical, install window plastic, change furnace filters, clean gutters, Replace locks, and install smoke alarms.

Fraser Activity Center Code of Conduct

Your happiness and safety here at the Center is extremely important to us. We ask that you take a brief moment to read over our policies and ask that you abide by them while at the Activity Center. This will ensure that everyone is comfortable here at their "home away from home". Thank you!

- Members should conduct themselves in an orderly manner, have common courtesy and respect for one another
- Offensive language, yelling and threatening are not allowed at the Center. Inappropriate touching or communication is not acceptable. Incident forms should be completed in such circumstances, so the situation can be rectified. If this arises, please see office staff as soon as possible. All incidents will remain confidential, except to those involved.
- Illegal gambling is not allowed on the premises.
- No alcoholic beverages are permitted at the Center without permit
- No one under the influence or in possession of narcotics or other substances will be allowed to participate in activities at the Center.
- There shall be no intentional destruction of property or equipment.
- Smoking is prohibited within the Center. Any infraction may result in dismissal from the Center.
- Proper and appropriate dress are required. This includes cleanliness and hygiene.
- In the event a member accidentally injures another member, an incident report must be completed. In addition, both members should speak with the Director or staff member. There is a no tolerance policy for deliberate injury. Any continued incidents may be addressed by the Public Safety Department and/or require dismissal.