

Fraser Activity
Center
34935 Hidden Pine
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Fraser, MI 48026

Office
(586) 296-8483

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(586) 294-4611

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Hours:
Mon-Th 9-4:30,
F 9-2:30

Christina Woods—
Director

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

Dorothy Hale -
Wii/Bingo/Euchre
Tournament

Dianne Opalewski—
Van Coordinator

Ron Farthing,
Curt Gibson—
Van Drivers

Golden Gazette

AUGUST 2016

THE FEDERAL RESERVE Bank of Chicago Detroit Branch



The Federal Reserve Bank of Chicago Detroit Branch has invited us to a presentation that will include a discussion of the Federal Reserve System and a tour of the Cash Department, which disburses currency to area banks. The discussion and tour will take about one hour.

Monday, October 24th

**Bus Departs at 9:15am from the Center
Members \$7.00, Non-Members \$10.00**

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 10 am
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 lots 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
August 5th, September 2nd
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.

Health & Wellness

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. Each session is designed to increase flexibility, stamina and balance. Drop in fee applies.

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 \$24 members, \$30 non-members.

Trips and Events

Greektown Casino

October 3rd

9:30 am – 3:00 pm

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.

Restaurant Rovers

Last Tuesday of the Month, Van Departs at 11 am

Every month features a new restaurant. Cost is \$4 for transportation for members, \$6 for Non-member*; cost of lunch is on your own. Menus will be available at the Center upon request.*Cost of programs may vary depending on distance traveled.

Professional baseball game at the new Jimmy Johns Field - Wait List

Thursday, August 11th departs at 6:15 pm, returns at 10pm
Check out the brand new multi-million dollar stadium in Utica! Game will be the Eastside Diamond Hoppers vs Utica Unicorns. Cost includes transportation, seats in rows 12-13 behind home plate, hotdog and a drink! Cost is \$17 members, \$19 non-members.

Detroit FBI Tour and Presentation - Wait Lists

Monday, August 15th & 29th

Depart at 10:45 am

This is sure to be one of our most exciting trips! We start the day out with lunch at Cracker Barrel and then on to the Detroit FBI Building for 2 interesting presentations by an official FBI Agent on the Kilpatrick Case and Insurance and Prescription Fraud. \$10 Members, \$13 Non-members. Lunch is on your own.

Belle Isle Park- Wait Lists

Friday, August 19th & 26th
Bus Departs at 9 am

This trip will include Scott's Fountain, Dossin tour of the Great Lakes museum, the Cripps Conservatory and lunch at the Detroit Yacht Club (cost of lunch on your own). Cost is \$9 members, \$13 non-member

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 denomination churches for you to view and enjoy!

The Parade Company Tour

Tuesday, October 4th

Depart at 10:45am

Discover Detroit's most enchanting hidden treasure! Venture into our magical Paradeland 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! It will also be combined with the Recreation Department and Fraser Firefighters open house so there will be many things to see and do! Cost is \$5 per table or table is free if you donate all proceeds to the Fraser First Booster Club. Forms are available at the Activity Center office.

Senior Spelling Bee at the Clinton Township Senior Center!

Friday, October 21 bus

departs at 9am from Fraser.

Check in is at 9:30am and contest begins at 10am.

Lunch will be served around Noon. Each spell may bring one guest with them to cheer them on! Teams of 6 people, and two alternates are required. Sign up in office!

AUGUST 2016

SUN	MON	TUE	WED	THU	FRI	SAT
	1 Pinochle 12:30p Greektown 9:30a	2 Election Day No Pickleball Exercise 10a Chair Yoga 11a	3 Pinochle 12:30p Wii 12:45p	4 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	5 Bridge 10a Pickleball 10a Euchre Tourn. 6:30p	6
7	8 Reflexology Pinochle 12:30p	9 Exercise 10a Pickleball 10a Chair Yoga 11a Red Hats 11a	10 Pinochle 12:30p Wii 12:45p	11 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p Utica Baseball 6:15p	12 Bridge 10a Pickleball 10a	13
14	15 Pinochle 12:30p FBI 10:45a	16 Exercise 10a Pickleball 10a Chair Yoga 11a	17 Pinochle 12:30p Wii 12:45p	18 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	19 Bridge 10a Pickleball 10a Belle Isle 9a	20
21	22 Reflexology Pinochle 12:30p	23 Exercise 10a Pickleball 10a Chair Yoga 11a	24 Pinochle 12:30p Wii 12:45p	25 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	26 Bridge 10a Pickleball 10a Belle Isle 9a	27
28	29 Pinochle 12:30p FBI 10:45a	30 Exercise 10a Pickleball 10a Chair Yoga 11a Rovers 11a	31 Pinochle 12:30p Wii 12:45p			

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

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!