



THE GOLDEN GAZETTE

FEBRUARY 2016



Paczki Day Party!

Celebrate Paczki Day with friends and staff! We will have a variety of flavors and hot coffee and tea! As tradition goes, Paczki Day was an opportunity for Polish Catholics to eat all of the sugar, eggs and lard in their house before Lent. Whether Catholic or not, we know a good holiday when we taste it!

Tuesday, February 9th at the Center
9am to 12pm or until sold out
Cost is \$1.50 per Paczki
(With a 2 Paczki per person limit. Unlimited coffee and tea)

St. Patrick's Day Party



Thursday, March 17th



Doors at 11am, Lunch at 11:30am

Members \$9, Non-members \$11

Includes: Corned beef sandwich, soup, salad & dessert



REGISTER BY MARCH 11TH!

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

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 FEBRUARY 23RD
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, February 1st and 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. Sign up in advance, space is limited!

EUCHRE TOURNAMENTS

February 5th, March 4th, April 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.



MANAGING CONCERNS ABOUT FALLS

Matter of Balance Class

Do you have concerns about falling? Join us for eight 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

Restaurant Rovers

"Just Delicious Scones"

Tuesday, February 23rd

Bus departs at 11am

\$4 Member, \$6 Non-Member

Cost of lunch is on your own

Ask office to see lunch specials!



Estate Planning Seminar

by Edward Jones Financial Advisors

Free Seminar and Continental Breakfast!

**March 7th at 10:30am
at the Activity Center**



Must pre-register by March 1st!

LIFE EXPRESSIONS DECOR PROGRAM

TUESDAY, APRIL 5TH

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 (EVENING OF): \$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.



HOUSES OF WORSHIP

A TOUR OF HISTORIC DETROIT CHURCHES

Monday, March 7th

Bus departs at 9am and returns approx. 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 begins at 11am

Members \$30, Non-members \$35

(Includes transportation and performance)

OUR TOWN

A PLAY IN THREE ACTS

*The definitive edition of the
Pulitzer Prize-winning classic*

**THORNTON
WILDER**

"OUR TOWN" by Thornton Wilder

At the Warren Civic Theatre

Thursday, April 21st

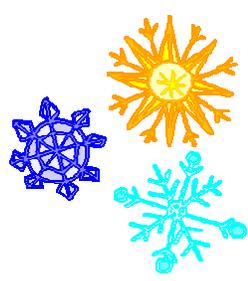
Bus leaves at 9:30am, 10am performance

Members \$8.00, Non-members \$10

Register no later than April 1st



JUST A LITTLE *Reminder*



With cold and flu season here and spreading rapidly, we want to make sure we keep ourselves as healthy as we can. Please remember to take the following precautions, as simple as they are, to ensure we keep ourselves, our friends, and our families happy and healthy this winter.

- If you're not feeling well, please stay home to rest. It's the best medicine! We will miss you here, but we promise we will still be here when you return. Please don't spread those germs to your friends!
- Please wash your hands before you eat, after use of the restroom, after coughing and sneezing, and touching shared objects, like door handles and playing cards. When we are in the midst of having a fun day, or are in a rush, we sometimes forget these simplest of tasks that can save us from getting ourselves, and others ill! Germs spread fast in groups!
- Bundle up! With it being so cold outside we want to make sure you keep warm at all times in case you have car troubles, have to walk a ways to a store from a parking lot, or even to scrape snow and ice off your car. We encourage you to bring a sweater or lap blanket with you to the Center if you get cold easily. We have the heat up, however it can still get chilly!
- With gloomy weather we sometimes we feel a little "down and out". We ask that you please remain pleasant to those around you, and use of foul language and bullying is not permitted. We hope to keep this a fun place to be, and that if you are having a bad day, that by the time you leave here it will have turned around! We all have those "off" days, but please try to remember not to take it out on others. If you need someone to talk to to cheer you up there are many friends here to chat with, or come visit one of the staff members. Our doors are always open!