

Fraser Activity
Center
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Fraser, MI
48026

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

Christina Woods—
Director

Candace Schuver,
Lesley Ostrowski,
Kyle Lesh—
Clerks

Dianne
Opalewski—*Van
Coordinator*

Ron Farthing,
Curt Gibson—*Van
Drivers*

Golden Gazette

JULY 2016

Summer Cookout!

Tuesday, July 5th | 11:30 am Lunch

Enjoy the good weather and have a summer picnic with friends! We will have spaces to lunch inside and outside and serving a traditional summer feast! We will serve hotdogs, baked beans, pasta salad, garden salad and chips with dessert. Cost is \$6 members, \$8 non-members.



Tech Classes

Learning the iPad

Tuesdays, Starting August 9th,
2-4pm

Your patient instructor will guide you through your iPad following this fun, informative course spanning 3 weeks. Please bring a charged iPad with you to the class.

Cost is \$50 member/\$55 non-member. Register by Friday, July 29th.



Cell Phone Class

For Android Phone Users

Tuesdays, Starting July 12th, 2-4pm

Your patient instructor will guide you through your iPad following this fun, informative course spanning 3 weeks. Please bring a charged android phone with you to the class.

Cost is \$50 member/\$55 non-member. Register by Friday, July 1st.

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/ect) 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
July 1st, 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

Greektown Casino

August 1st, 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
July 26th, August 30th, September 27th
Every month features a new restaurant. Cost is \$4 for transportation; cost of lunch is on your own. Menus will be available at the Center upon request.

Tigers Game - Wait List

Wednesday, July 20th
Bus departs at 11:30am,
Game at 1:08 pm
Trip includes transportation, lower baseline box seats, hotdog and drink! You can't beat this great deal! Cost is \$47 members, \$52 non-members

Westview Orchards Winery

Thursday, July 14th Bus departs at 3 pm, returns at 6pm
Join us for a lively "class" enjoying 3 wines perfectly paired with 3 professionally prepared foods, including

Westview Orchards' bakery treats. \$25 members, \$28 non-members

Professional baseball game at the new Jimmy Johns Field

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

Detroit Historical Museum Tour

Tuesday, September 6th
Bus departs at 9:15 am
Join us for a walk down memory lane at the Detroit Historical Museum. In the museum you'll find cobblestone streets, 19th century stores, an auto assembly line, toy trains and a fur trading post from the 1700s. For over 85 years, the Museum has chronicled the life and times of the region, safeguarding its rich history. Here is "the history of its history." This 90 minute tour will be followed by lunch, TBD. This tour will sell out! Cost is \$12 members, \$15 non-members. Cost of lunch is on your own.

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). Churches we will be touring: People's community, St. John Christian Methodist

Like a program that is sold out? Call us anyway to be put on a waiting list! We'll call you should we schedule another trip due to demand!

Episcopal Saint Moses the Black,
Outer Drive
Faith Lutheran and Christ the King

JULY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Bridge 10a Pickleball 10a Euchre Tourn. 6:30p	2
3	4 Happy Independence Day! CENTER IS CLOSED	5 Exercise 10a Pickleball 10a Chair Yoga 11a Senior Cookout 11:30a	6 Pinochle 12:30a Wii 12:45p	7 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	8 Bridge 10a Pickleball 10a	9
10	11 Reflexology Pinochle 12:30p	12 Exercise 10a Pickleball 10a Chair Yoga 11a Red Hats 11a Cell Class 2p	13 Pinochle 12:30a Wii 12:45p	14 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p Winery 3p	15 Bridge 10a Pickleball 10a	16
17	18 Pinochle 12:30p	19 Exercise 10a Pickleball 10a Chair Yoga 11a Cell Class 2p	20 Pinochle 12:30a Wii 12:45p Tigers 11:30a	21 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	22 Bridge 10a Pickleball 10a	23
24 City Picnic, Parade and Craft Show	25 Reflexology Pinochle 12:30p	26 Exercise 10a Pickleball 10a Chair Yoga 11a Rovers 11a Cell Class 2p	27 Pinochle 12:30a Wii 12:45p	28 Bingo 9:30a Exercise 10a Pickleball 10a Euchre 12:30p	29 Bridge 10a Pickleball 10a	30
31						

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

Have you noticed that we have many books, decorations, puzzles and craft supplies in the hallway of the Activity Center? We are selling these gently used items at a low price to help benefit our senior programming. Stop by today to check out what we have to offer! We are also accepting donations too!

Thank you ~ Activity Center Staff