



THE GOLDEN GAZETTE

May 2016

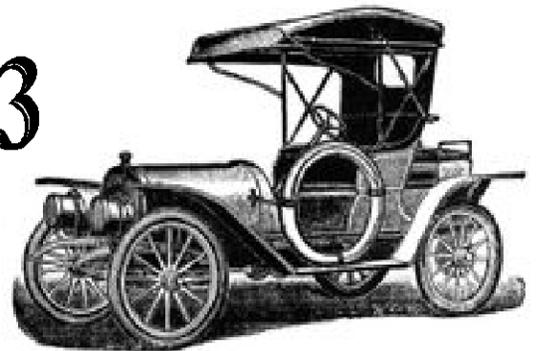
Edsel & Elenor Ford **MANSSION TOUR**

Guides reveal the private side of the Ford family while touring 20 rooms of the home. Stroll through the magnificent grounds with formal gardens, walkways, swimming pool, pool house, play house and the garage exhibit. Truly a must-see if you have never been, and if you have it's great to go again!

Tuesday, May 24th
Bus departs at 9:30am

Members \$10
Non-members \$13

*Moderate walking is involved,
please wear comfortable shoes
and clothing.*



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.

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
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, 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

May 6th, June 3rd, July 1st, August 5th
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.

Belle Isle Park



This trip will include Scott's Fountain, tour of the Dossin Great Lakes Museum, The Scripps Conservatory and lunch at the Detroit Yacht Club

(Cost of lunch is on your own)

Friday, August 26th
Bus departs at 9:00am
\$9 Member
\$13 Non-member

Social Security Benefits Seminar

Hosted by Kelly Lawrence

Financial Advisor for Edward Jones

Guest Speaker: Anthony Palma
Regional VP, Prudential Annuities

This seminar will help you make informed decisions about your Social Security benefit options and how much money you may need from other sources to supplement your retirement income. This is a FREE seminar but space is limited! Call

Kelly today at (586)275-8951

Wednesday, June 15th

10am-11:30am

FREE SEMINAR!

Phone reservations to Kelly required.

Continental breakfast included

FBI Tour and Presentation

Featuring two presentations:

The Kilpatrick Story & Insurance and prescription fraud

Monday, August 15th

Depart at 10:45 for lunch at Cracker Barrel then to the FBI Building in Detroit after lunch

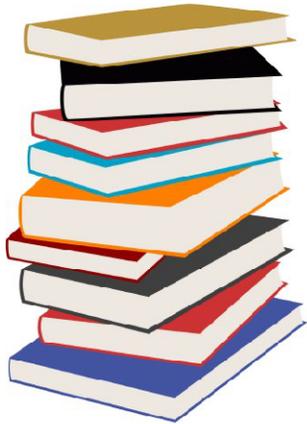
Members \$10, Non-members \$13

Includes tour and transportation, lunch is on your own



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.

Donations Needed!



We can use donations of: unused greeting cards, dvds, complete board games for all ages, craft supplies, party and holiday decorations and centerpieces, tea cups and saucers, serving trays, books, and puzzles, unused disposable plates utensils and tablecoverings. Please drop your donation off to either office during business hours. Thank you!

HOUSES OF WORSHIP

HISTORIC DETROIT CHURCH TOUR

Monday, September 12th

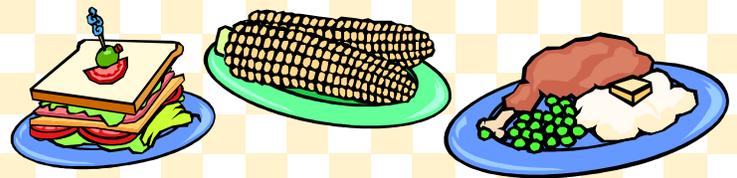
Bus departs at 9am and returns approximately 4:30pm

Members \$55, Non-members \$58

Cost includes guided tour, transportation and lunch



Restaurant Rovers



Tuesday, May 31st

Bus departs at 11:00am

\$4 Member, \$6 Non-Member

Cost of lunch is on your own

Ask office about restaurant choice/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.

Learning the iPad

for those who don't have a clue!

Your patient instructor will guide you through your iPad during this fun, informative course.

Held on Tuesdays (3 week session)

August 9th, 16th & 23rd

2pm - 4pm at the Activity Center

\$50/Member, \$55/Non-member

Registration Deadline

is Friday, July 29th

Cell Phone Class

for Android phone users

Your patient instructor will guide you through your Android phone during this fun, informative course. Topics will include texting, passwords, apps, internet, email, voicemail, contacts and so much more!

Held on Tuesdays (3 week session)

July 12th, 19th & 26th

2pm - 4pm at the Activity Center

\$50/Member, \$55/Non-member

Registration Deadline is Friday, July 1st

Please Join us for a Summer Cookout!



Let's kick off the summer together! We will have areas inside and out to eat, and will have a summer feast of grilled hot dogs, pasta salad, baked beans, chips, drinks and dessert.

Tuesday, July 5th at 11:30am

At the Activity Center

Members \$6, Non-members \$8

Must register no later than Thursday, June 30th

A MATTER OF



BALANCE

MANAGING CONCERNS ABOUT FALLS

**Thursday, May 5th
for 8 weeks**

12:30pm to 2:30pm

Members \$12, Non-members \$14

Please pre-register in office

Gibraltar Trade Center Senior Fun Fest

This event features informational displays, product demonstrations, crafting, games, dancing, shopping, health & wellness, and materials regarding athletic, leisure, volunteer, social and educational opportunities for seniors.

Friday, May 20th - 9am to 1pm

Members \$5, Non-members \$7





**WESTVIEW
ORCHARDS**
& Cider Mill of
Romeo

Westview Orchards Winery

Join us for a lively class enjoying three wines perfectly paired with three professionally prepared foods including Westview Orchard's very own bakery treats!

Thursday, July 14th
Bus departs at 3pm
Members \$25/Non-members \$28

United Shore
Professional Baseball League
Presents



VS.



Thursday, August 11th

Game starts at 7:25pm
Departs at 6:15pm, returns approx. 10pm

Held at the new
Jimmy John's Field in Utica, MI
Members \$17, Non-members \$19

Cost includes transportation,
seats in rows 12-13 behind home plate,
hot dog and drink

Sign up soon! Space is limited!

Senior Day at the Detroit Zoo

Senior Day at the Detroit Zoo is sure to be an adventure! Senior Day features live music, tram tours, bingo, zookeeper talks and a senior resource center.

Wednesday, September 7th
10am - 3:30pm

Cost is \$3 per person
for transportation only

Entry free for ages 62+,
Ages 55-61 pay \$14 at the gate

City of Fraser **City Picnic**

Parade, Craft Show & Fireworks!

Sunday, July 24th
Parade begins at noon
starting at FHS, ending at City Hall

City Picnic begins at 1pm
Craft/Vendor show, food,
Lion's club carnival with rides, beverage tent, live music

Fireworks at dusk!

All ages welcome!