

Fraser Activity
Center
34935 Hidden Pine
Drive
Fraser, MI 48026

Office
(586) 296-8483

Van
(586) 294-4611

Fax
(586) 296-8493

Hours:
Mon-Th 8-4:30,
F 8-2:30

Christina Woods—
Director

Candace Schuver,
Lesley Ostrowski,
Kyle Leshner -
Clerks

Dianne Opalewski—
Van Coordinator

Dorothy Hale -
*Program
Coordinator*

Ron Farthing,
Curt Gibson—
Van Drivers

Golden Gazette

November 2016

Christmas Party

Friday, December 9th

At the Fraser Activity Center

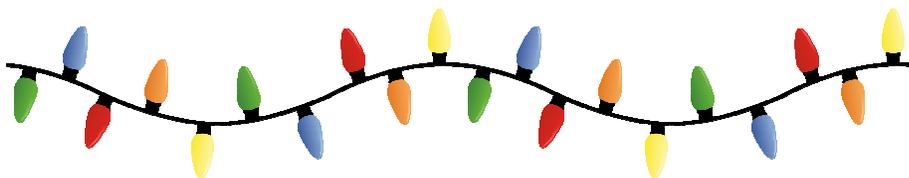
Doors at 11am, Meal at 11:30am

Members \$13, Non-members \$16

Cost includes catered meal by Schotts
Catering, choir performance and carols
and a special gift from the staff.

Join us as we celebrate the holidays
here at the Center! We will have a
beautifully catered meal, the Fraser
High School Choir will perform once
again for us. This is a special event we
don't want you to miss!

Sign up soon to reserve your spot
Deadline to sign up is Friday,
December 2nd.



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

Pinochle- Monday and Wednesday at 12:30 pm

Euchre - Thursday at 12:30 pm

Duplicate Bridge - Friday at 9:45am

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 a lot 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

November 4th, December 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.

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. Drop in fee applies

Health and Wellness

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 \$26 members, \$32 non-members.

Seniors 55+ Volleyball

Mondays & Wednesdays at 10 am

This co-ed, drop in program is fun for everyone from beginners to pros! Drop in fee is \$1 Members,\$2 Non-members

Trips and Events

Senior Coloring Hour - NEW

Every other Monday
(November 7th, 21st)
Each session will begin at 11 am. Coloring supplies will be provided for you to use. Reduce your stress and anxiety, improve your vision, focus, and most of all have fun! Drop in fee applies. Coloring is FREE!

Restaurant Rovers

November Rovers will be at The Country Inn Van Departs at 11:30am Cost is \$4 for transportation for members, \$6 for Non-member; cost of lunch is on your own.

Ford Field Tour

Thursday, November 10th
Bus leaves at 10:15am
We invite you to tour Ford Field for a behind the scenes glimpse at Detroit's crown jewel and the home of the Detroit Lions. Lunch will be at "Breadstick" restaurant and the cost is on your own, Spaces will sell out extremely fast, register today! Cost is \$11 Member, \$14 Non-member.

"A Christmas Carol" at Meadowbrook Theatre

Saturday, November 12th
Bus leaves at 1:00 pm. Cost is \$20/members, \$24/Non-members. This beautiful Christmas show will run 2 hours with a 15 minute intermission. A cash only concession counter with light snacks and beverages will be available.

Wild Lights at the Detroit Zoo

Friday, November 18th
5pm to 9pm - The Zoo will light up again this holiday season. Bundle up and head out with us! Cost is \$15 members, \$17 Non-members

Make Your Own Christmas Cards with Sandra & Arlene!

Tuesday, November 29th, December 6th & 13th - 1pm to 2 pm
Enjoy an afternoon well spent on creating the most beautiful hand folded Christmas cards. Sandra and Arlene have taught internationally on cruises and will show you this beautiful craft! Cost is \$2 each session payable to the instructor. Supplies included. Register at the office by Monday, Nov. 28th!

Greektown Casino

Monday, December 5th
9:30 am – 3pm
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. Register at the Fraser Activity Center the Monday after the previous trip.

Shopping at Lakeside Mall

Tuesday, December 13th
10am until 1:30pm
Don't wait until the very last minute to do your holiday shopping! Enjoy your time walking around this beautifully decorated mall with a group of friends or on your own. Cost is \$2 per person.

Detroit Symphony Orchestra "Home for the Holidays"

Friday, December 16th. Bus departs at 9:30am, Please arrive to the Center at 9:15am. Share in Detroit's favorite best-selling holiday musical tradition with family and friends and thrill to the spectacle of the season. It's a sparkling celebration with carols and classics—and yes, there will be a Santa Claus too! Cost is \$49 Members or \$54 Non-members

As a reminder, the City Offices and Activity Center will be closed

November 11th for Veterans Day

November 24th & 25th for the Thanksgiving Holiday

December 23rd -January 3rd for Christmas and New Years

We wish you the happiest of holidays from the staff at the Activity Center!

November 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Exercise 10a Pickleball 10a	2 Pinochle 12:30p Wii 12:45p	3 Bingo 9:30 Exercise 10a	4 Bridge 9:45a Pickleball	5
6	7 Pinochle 12:30p Reflexology	8 Exercise 10a MOB 12:30p ELECTION DAY	9 Pinochle 12:30p Wii 12:45p Red Hats 11a Blood Pressure Check 11:30a	10 Bingo 9:30 Exercise 10a Pickleball 10a Euchre 12:30p Ford Field	11 Center Closed Thank You Veterans!	12 Meadowbrook Theatre 1pm
13	14 Pinochle 12:30p Coloring Class 11a	15 Exercise 10a Pickleball 10a Chair Yoga 11a MOB 12:30p	16 Pinochle 12:30p Wii 12:45p	17 Bingo 9:30 Exercise 10a Pickleball 10a Euchre 12:30p	18 Bridge 9:45a Pickleball 10a Wild Lights	19
20	21 Pinochle 12:30p Reflexology	22 Exercise 10a Pickleball 10a Chair Yoga 11a	23 Pinochle 12:30p Wii 12:45p	24 Center Closed	25 Center Closed	26
	28 Pinochle 12:30p Coloring Class 11a	29 Exercise 10a Pickleball 10a Chair Yoga 11a Card Making 1p	30 Pinochle 12:30p Wii 12:45p			

THANK YOU

With much appreciation, we would like to thank our October sponsors for their kindness, generosity and helpfulness. We are overjoyed and beyond thankful!

**American House Sterling Meadows
Heartland of Sterling Heights
Bozin Productions
Audrey Gibson**

Pickleball & Volleyball
The gym will not be available on:
*Tuesday, November 8th
Friday, November 11th
Thursday, November 24th
Friday, November 25th*