

Spring & Summer Series ~ 2015 ~

"FREE" Open to the public!

River Crest Banquet Hall 900 W. Avon Road, Rochester Hills, 48307



Speaker 7:30pm ~ Dancing at 8:30pm ~ Come Join Us!

Thursday Evening	SPEAKER & TOPIC
March 12	Deputy Mark Hickson: "Target-Hardening For Security of Your Home" Oakland County Sheriff Deputy will inform us about ways to protect our homes through mechanical and environmental approaches that deter crime.
April 9	Jo Bruce: "Fillers vs. Spillers"- The Choice is Yours! Motivational speaker will help us discover how we can make our life more positive and proactive with better life choices as we age by learning how to make that glass half-full while thinking and laughing at the same time.
May 14	Dr. Diane Culik MD: "Live to 100 - 10 Do's and 10 Don'ts For Longevity" Medical expert will share her expertise and health tips with specific facts that maximize overall health to increase quality of life and longevity and prevent poor health in our golden years.
June 11	Rick Bloom: "Money Talk 2015-Current Market and Investment Outlook" Renowned financial expert will update us with money talk and facts we need to invest in our current market for asset growth and retirement portfolio protection.
July 9	Five Star Connection Members: "Classic Cars – Cruise Stories" Our F.S.S.C. members and guests will bring their awesome classic cars and motorcycles to the River Crest parking lot to share interesting cruise stories and information about their vehicles.
August 13	Kathleen Cannon: "Massage and Bodywork 101-Techniques and Benefits" Message therapist will explain the difference between varied techniques of massage, including: deep tissue, rolf ing, reflexology, reiki and European facials, as well as the benefits of each.
	Information on speakers or future topics: Tess Craven 248-689-1390