

# **Five Star Singles Connection**

December 2016

**"Serving our Local Communities"**

[www.fivestarconnection.org](http://www.fivestarconnection.org)



**Speaker Spotlight**  
**"Six Ways To A Healthier You"**  
(PowerPoint presentation)

**Dr. Eric DeRusha**

Owner/Operator of Paint Creek Chiropractic &  
Nutritional Wellness Center in  
Downtown Rochester

Thursday, December 8

7:30 to 8:30 pm

River Crest

900 W. Avon Road, Rochester Hills

*FREE & Open to the Public • see page 2 for more information*

## **President's Message**

by David Kozlowski

Members and guests,

It should be of no surprise to anyone that our dance attendance has been down ever since November. We encourage your support through these tough times. December 15th is our Annual Meeting at the River Crest, and we hope to have a solution to our dance crisis. Nominations for President Elect and Marketing Director will be taken at this time. Who's your favorite?

Our speaker this month is Doctor Eric DeRusha, owner/operator of Paint Creek Chiropractic & Nutritional Wellness Center in Downtown Rochester. Come join us and learn ways to improve (and often reverse) digestive, hormone and other chronic health issues for a "healthier you."

Thursday, December 22nd is our annual Christmas Dance with complimentary hot hors d'oeuvres. No dance on Thursday, December 29th.

Looking back over the 3 years when I received the Executive role of President, it was a true eye opening experience. Fortunately for me, many of my Board Members were very well versed in how things were run, what to expect, and who was able to fulfill our duties as a 501c organization. I'm very thankful for our past Presidents, former and existing Board Members, and our new Board for 2017.

Starting January 1st, Bill Gotts will be our new Five Star President. Royal Brunet will be the new Dance Director, replacing Brenda Gagnon. Brenda & Mary Jane Harrison will be our Members-At-Large. Terry Mike, Donna Olzak and I, (new Past President), will remain on the Executive Board. Dan Platz (Social), Tess Craven (Program & Education), and my role as Membership Director will continue.

May this Christmas burn away all your sadness and bury the tears so that your life is perpetually filled with happiness and joy.

## **Five Star Christmas Dance**

Thursday, December 22nd

Dance Lesson 8pm

Dancing 8:30pm

**Complimentary Hot Hors d'Oeuvres**

## **December Dance Schedule**

### **Quick Look**

- December 1 Casual Dance
- December 8 Speaker Dance
- December 15 Annual Meeting/Birthday Dance
- December 22 Christmas Dance

*Today's Hits & Yesterday's Favorites played by "Rob" the DJ*

*8:30 pm - 11:30 pm • Cash Bar*

*see page 3 for more information or call Brenda at 248-628-9667*

## December Event Speaker

by Tess Craven, Program & Education Director

Thursday, December 8

7:30 – 8:30 pm

Speaker: Dr. Eric DeRusha

Topic: "Six Ways To A Healthier You"

Do you want to feel more energy, reduce pain, and improve chronic health problems this holiday season? Are you looking for ways to correct the underlying causes of your non-optimal health in a non-invasive way? Tonight's informative PowerPoint presentation will focus on a whole body approach to total wellness. Our speaker will share his expertise in giving us many ways to optimal health including: chiropractic biophysics, laser therapy, nutritional vitamin supplements, exercise, posture, therapeutic massage, aromatherapy, and nutritional response testing.

Dr. Eric DeRusha is owner /operator of the Paint Creek Chiropractic & Nutritional Wellness Center on Main Street in Downtown Rochester. He has been in practice for 20 years and was the first Michigan chiropractor to be certified in the "Biophysics Technique" and also the first to offer cutting edge MLS Cold Laser Therapy. Come join us tonight so we learn ways to improve (and often reverse) our digestive, hormone and other chronic health issues... all the tips needed for a "healthier you." For more information, call Tess at (248) 689-1390.



December 2016  
page 2



### Membership News

by David Kozlowski,  
Membership Director

Members and guests,

Where have all the members and their friends gone? We miss you! For the last month or so, our attendance has dropped drastically. For us to survive, we need your support and participation at our dances. Five Star Connection has come a long way helping the community...don't let it slip away!

Christmas is a time for nostalgia, but is also a time for making new memories. Enjoy the fellowship of new friends, and cherish the company of family in this season of loving and sharing. Merry Christmas to one and all.



### December Celebrations

- 10 David Kozlowski
- 12 Susan O'Connell
- 13 Darlene Janulis
- 19 Pat Pircer
- 20 Joyce Mocabay
- 22 Pat Miller
- 24 Shaaban Abdalla
- 31 Lorraine Hoppe-Harding

*"Happy Birthday" to this month's celebrants!*



Merry Christmas



*Our mission is to provide support and enrichment necessary to promote a healthy, social and educational environment for single parents, families and single adults. We are structured to create an atmosphere where these needs can be addressed and individuals flourish. As a diverse organization, we strive to enrich the community where we live, work and play. Five Star Connection, Inc. is a non-profit Corporation that is exempted from Federal Income Tax under Section 501c4 of The Internal Revenue Code.*

**Dec. 1, Thursday: Casual Dance.** Dance Lesson at 8 pm. Dancing at 8:30 pm.

**Dec. 7, Wednesday, Five Star Board Meeting.** Eat at 7 pm and meeting begins at 7:30 until 9:30 pm. Location: Kozlowski residence. Call David at 248-760-6944.

**Dec. 8, Thursday: Speaker Dance 7:30 – 8:30 pm.** Our speaker tonight is Dr. Eric DeRusha owner/operator of Paint Creek Chiropractic and Nutritional Wellness Center in Downtown Rochester. He will be presenting the topic “Six Ways To A Healthier You” in a Power Point Program. See pg 2 for details. **Dance following the speaker.**

**Dec. 9, Friday: Sailing Singles: Belle Isle Christmas Stroll,** that includes the Belle Isle Aquarium, the Dossin Museum, and the Anna Scripps Conservatory. For more information contact Glenna Buehler 586-296-3149.

**Dec. 11, Sunday: Sailing Singles: Boston-Edison Historic Holiday Home Tour.** The tour is a combination walking and bus tour. This home tour will visit five outstanding holiday decorated historic Detroit properties. Tours begin at the Sacred Heart Seminary, which is at the corner of Linwood Ave. and Chicago Blvd. Price is \$40. For more information call Glenna Buehler 586-296-3149.

**Dec. 13, Tuesday: Somerset Meet-N-Greet at Ike’s Restaurant.** 38550 Van Dyke, Sterling Heights, 48312, south of 17 Mile on the east side of Van Dyke. Happy Hour begins at 4 pm. Call Jan 586-420-1009 or Sandy 586-438-7773.

**Dec. 15, Thursday: Annual Meeting/Birthday Dance.** Meeting at 8 pm. Dancing at 8:30 pm. Complimentary cake provided.

**Dec. 18, Sunday: Five Star, Meadowbrook Theatre.** “A Christmas Carol” showing at 2 pm. Everyone’s favorite holiday classic captivates audiences for the 35<sup>th</sup> year with the tale of a mean-spirited miser and the ghosts that haunt him. Dinner at 6:30 pm. Call Dan Platz for more information 248-882-7700.

**Dec. 22, Thursday: Christmas Dance.** Lesson 8 pm. Dancing 8:30 pm. Will be serving Hot Hor d’Oeuvres.

**Dec. 29, Thursday: “No Dance” Happy New Year.**



**WEATHER ADVISORY**

If in doubt: Contact any board member or River Crest Banquet Hall regarding dance cancellations due to road conditions. All members will be contacted either by phone or e-mail if cancellation is imminent. Your safety is our main concern!

*Notice: The Board of Directors will not tolerate any misconduct at our dances and individuals will not be allowed to return. No admittance will be made after 11:15 pm.*

**More photos are on our website!**



**Dancing and Having Fun...**



**Board of Directors:**

President	David Kozlowski	248-760-6944
President Elect	Bill Gotts	248-217-0514
Secretary	Donna Olzak	586-480-0006
Treasurer	Terry Mike-Kozlowski	248-650-3739

**Directors:**

Social	Dan Platz	248-882-7700
Membership	David Kozlowski	248-760-6944
Program & Education	Tess Craven	248-689-1390
Dance	Brenda Gagnon	248-628-9667
Member at Large	Mary Jane Harrison	248-872-3900
Marketing	(open position)	

**Advisors:**

Divorce Recovery	Jim Blundo	248-930-0644
Family Law	Bill Reisdorf	248-766-4484
Financial	Terry Mike-Kozlowski	248-650-3739
Presidential	Jerry Maynard	248-979-1010

**Future Events**

- Jan. 10 Somerset Mix-N-Mingle at River Crest
- Jan. 12 Five Star Speakers: Terry Mike-Kozlowski: "Tax Tips" & David Walker: "Downsizing"
- Jan. 13 Sailing Singles: Art & Architectural Tour, Detroit Public Library
- Feb. 9 Tom Burno: "Sacred Seven - Ingredients That Make a Relationship Work"

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