

Five Star Social Connection

July 2017

“Serving our Local Communities”

www.fivestarconnection.org



Speaker Spotlight “Sleep and Your Health” (PowerPoint Presentation)

Speaker: Kelly Dean, RPSGT
Registered sleep technologist and former
Director of Crittenton Hospital Sleep Center

Thursday, July 13th
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



July Dance Schedule Quick Look

July 6	Summer Dance
July 13	Speaker Dance
July 20	Birthday Dance
July 27	Beach Party Dance

*Today's Hits & Yesterday's Favorites
played by "TJ" the DJ
8 pm - 11pm • Cash Bar*

see page 3 for more info or call Royal 586-206-0630

President's Message

by Bill Gotts

Members and guests,

Wow! What a presentation Paul Gross from WDIV Channel 4 made on speaker night! Those of us who attended with our many guests, were treated to a very professional breakdown of where we're headed with regard to global warming. It was definitely an eye opener!

Congratulations to Tess Craven for going out and getting such an interesting speaker. We are blessed to have monthly speakers from so many different backgrounds with a variety of topics to bring to us. It takes a lot of time to gather and assemble the information and make an interesting presentation. I know now since I am working on my August report!

I want to thank our member, Wayne Stober, for offering his 1968 Detroit Tiger pennant for auction, and to Judy Miles for purchasing it with the proceeds donated to Five Star. Another thank you goes out to all of those who support us with our raffle drawings each week. Every dollar helps!

We are being offered three hours of free bowling at Classic Lanes as a result of a generous donation made by Five Star. Five Star sponsored a lane for the Lion's Club "Pins for Pups" campaign last March. Any and all members will be invited to participate. I am in the process of getting a date scheduled for this fun event.

Sad to report that Beulah Hurley passed away June 8th of complications. She was a long time member of Five Star, and a friend to many. She will be missed.

Our Five Star and Somerset picnic will be held on Sunday August 6th at Lake St. Clare Metropark (Metro Beach). Everyone is invited, cost is \$13 per person. See Terry Mike or Bobbie Mathie to sign-up. May the food be good and the weather better!

Let's dance!

July Event Speakers

by Tess Craven, Program & Education Director

Thursday, July 13

7:30 – 8:30 pm

Speaker: Kelly Dean, RPSGT

Topic: "Sleep and Your Health" (PowerPoint Presentation)

Would you like to know more about the importance of quality sleep and its effects on your health? Are you interested in tips to get a restful sleep? Do you need to know about sleep disorders such as sleep apnea and its signs and treatment options? Then don't miss our informative program tonight. Our expert will present a PowerPoint program covering various research data important to sleep and your health. Tips for getting restful sleep will be emphasized including a do-and-don't list with handouts. Stages in your sleep cycles as well as sleep disorders will also be discussed.

Kelly Dean, a registered sleep technologist is the former Director of Operations for Crittenton Hospital Sleep Center. As a sleep expert, she will give us the latest research and facts on sleep and also signs and outcomes of its deprivation. For more information, call Tess at 248-689-1390.



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Membership News

by Donna Olzak
Marketing Director

Members and guests,

I wanted to take this opportunity to thank Bill Gotts, the board, and

you, the members, for allowing me to step into the role of Marketing Director. In the past I did marketing as part of my job, but it has been a while, so I am open to any ideas or suggestions you might have. One thing I do know for sure is that "marketing" is a fancy way of saying spreading the word about the Dance to as many people as possible and everyone can help with that. Now that we are a social dance group we can talk to anyone we meet that likes to dance and invite them to come. (Take some extra business cards so you can share them with the people you are inviting to check us out) Wearing our Five Star shirts at other events will help too. On my end of things I will be working on getting our Dances noticed in print as well as social media. Once they know about us and start coming how could they not want to join in on all the fun! See you at the dances...you know where to look for me!



July Celebrations

- 1 Suzanne Young
- 2 Ed Sankar
- 4 George Salem
- 7 Terry Mike-Kozlowski
- 9 Kathy Goppold
- 11 Christina Barney-Patton
- 13 Judy Eddy
- 18 Maggie Abdalla
- 18 Yvette Reghi
- 19 JoJo Havens
- 24 Norma Arabia
- 27 Bill Fox
- 31 Royal Brunet



"Happy Birthday" to this month's celebrants!

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.

July 6, Thursday: Summer Dance. Dance Lesson at 7:30 pm. Dancing at 8 pm.

July 11, Tuesday: Somerset Mix-N-Mingle/Dance. Doors open at 7 pm. Dance from 7:30 - 11 pm. Members \$7. Non Members \$10. Call Jim 248-229-9390.

July 13, Thursday: Monthly Speaker 7:30 – 8:30pm. Our speaker tonight is Kelly Dean, registered sleep technologist and former Director of Crittenton Hospital Sleep Center. She will be presenting the topic "Sleep and Your Health" in a PowerPoint program. See pg. 2 for details. **Dance following the speaker.**

July 20, Thursday: Birthday Dance. Dance lesson at 7:30 pm. Dancing at 8 pm. Complimentary cake provided.

July 22, Saturday: Five Star Adopt-A-Highway cleanup. Meet at Bordines Nursery's parking lot, corner of Hamlin & Rochester roads at 8 am for the supplies. Contact Dan Platz at 248-882-7700 for more information and to sign-up.

July 25, Tuesday: Somerset Meet & Greet at Ocean Prime, 2915 Coolidge, Troy, 48084, southwest corner of Big Beaver and Coolidge. Prime Hour is from 4 - 7 pm. For information call Janet 586-420-1009 or Sandy 586-438-7773.

July 27, Thursday: Beach Party Dance. Dance Lesson at 7:30 pm. Dancing at 8 pm.

July 28, Friday: Somerset Shambles at Greystone Golf Club. 67500 Mound Rd., Washington, MI 48095. Members & Non-Members \$70 Includes: 18 Holes w/cart, range balls, & dinner. Tee Time 10 am. Send checks to Dennis Higgins, 3355 Hazelton Ave., Rochester Hills 48307.

Metro Beach Schedule:

July 2 Toppermost Beatles Tribute
July 9 Gary Greenfelder Orchestra
July 16 JC's Little Big Band
July 23 Rick Lieder Band
July 30 George Brothers: Classic Rock

Partridge Creek

July 1 Teen Angels: 50's & 60's Hits
July 2 Rick Lieder Band: Country
July 3 TJ Craven: Crooning the Classics
July 7 Sinjon Smith: Radio Hits
July 8 Merge: Variety
July 9 Sun Messengers: R & B Variety
July 15 The Detroit Motion: Blues/Motown
July 22 Rhythm Kings: Hits from the 80's
July 29 Mainstream Drive: Variety

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 10:45 pm.

More photos are on our website!



June Speaker Paul Gross and Members



4th of July Party...



Cutting the Cake



Get Well Wishes!

Future Events

- Aug. 6 Five Star & Somerset Picnic – Lake St. Clair Metropark
- Aug. 10 Speaker Bill Gotts: "Explore Detroit"
- Aug. 20-22 Somerset Golf Trip to Tullymore & St. Ives Golf Resort
- Aug. 29 Somerset Meet & Greet – Too Ra Loo
- Sept. 13-15 Somerset Golf Trip to Tawas Beach Bay Resort
- Sept. 22 Five Star – Card & Game Night
- Dec. 2 Somerset Christmas Party

Board of Directors:

President	Bill Gotts	248-217-0514
President Elect	(open position)	
Secretary	Brenda Gagnon	248-628-9667
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	Royal Brunet	586-206-0630
Marketing	Donna Olzak	586-480-0006

Advisors:

Divorce	Jim Blundo	248-930-0644
Recovery	Bill Reisdorf	248-766-4484
Family Law	Terry Mike-Kozlowski	248-650-3739
Financial	David Kozlowski	248-760-6944
Presidential		

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