



Five Star Singles Connection

Commitment to Community
www.fivestarconnection.org

March 2013

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Issue #3

President's Message

By: Jerry Maynard



This is an important month here at Five Star. Everyone is Irish this month. Our murder mystery is on the 23rd and we have an outstanding speaker.

Make note that our speaker night is moved to March 7th. Dr Lewerenz will be speaking about longevity. He is my personal physician and I can tell you from experience that you need to hear what he has to say. It will change the way you think about modern medicine.

Our murder mystery is "Dinner at Eight, Dead by Nine" and is a repeat from the past by popular demand. We are casting the play now and looking for aspiring thespians to fill the roles. The script is fun, easy to learn and your chance for stardom in front of your friends and family. A table of eight is only \$144 and is the best entertainment bargain in town. See David Kozlowski for tickets.

Our snow-birds will be returning soon. They have had a good Winter to be away and we are always glad to see them return.

Be safe. Stay warm. See you at the murder mystery.

Five★Speaker Spotlight

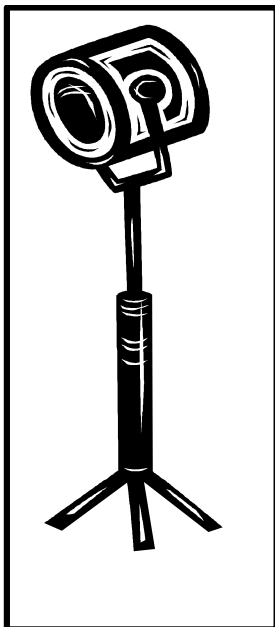
Dr. James Lewerenz
D.O.F.A.A.F.M

Founder and Director of the Longevity Health Institute and Lewerenz Medical Center and Physician at Beaumont and St. John Hospitals

"Longevity Wellness Protocol"

Thursday, March 7, 2013 **Note Earlier Date - 1st Thursday of the month
7:30 to 8:30PM

River Crest
 900 W. Avon Rd., Rochester Hills
FREE & Open to Public
 See page 2 for more information



Jim Blundo spoke about "Love & Romance The Second Time Around"



February Birthdays

From Your

Programs & Education Director

Tess Craven (248) 689-1390

MONTHLY SPEAKER

Date: Thursday, March 7

Time: 7:30 - 8:30PM

Speaker: Dr. James Lewerenz D.O.F.A.A.F.M.

Topic: "Longevity Wellness Protocol"

Are you interested in maximizing your quality of life with proven steps to improve your health and longevity? Would you like increased energy, mood, memory, sleep and muscle mass and decreased total body fat and wrinkles? Would you also like improved immunity, organ function, and cholesterol profile? Tonight, our renowned speaker will share his expertise in metabolic regenerative medicine and anti-aging, functional, and holistic methods using intracellular, nutrition and hormone restoration. Using the latest in cutting edge and integrative medicine, he has been called the Dr. Oz of this area.



Dr. James Lewerenz is the Founder and Director of the Longevity Health Institute and Lewerenz Medical Center. He is also a Staff Physician at Beaumont and St. John Hospitals with Board Certification in Anti-Aging Regenerative Medicine. Dr. Lewerenz specializes in longevity wellness and putting your body back in working balance to regenerate. Don't miss this invaluable program tonight! For more information, call Tess at (248) 689-1390.

Weekly Activities

DANCE LESSONS - Thursdays

Mar. 14, 21 and 28 8:00-8:30PM.

Line Dance Lesson

Lessons free with admission. Admission to the dance is \$7.00 for Members and \$10.00 for Guests.

CALENDAR PLANNING and BOARD OF DIRECTORS MTG - Wednesday,

March 6, 2013 7:00PM—9:30PM at Antonious - Rochester & N of Avon Rd. Call David Kozlowski (810) 990-4598 for details.

We are need of officers and directors to implement new ideas and suggestions to strengthen Five Star Connection. Contact any Board Member if you're interested.

Please welcome our newest member Richard Macan into our Five Star family.

Alumni Wedding Anniversaries: Shaaban & Maggie Abdalla celebrating 10 years on March 13th. Jim & Barbara Blundo celebrating 5 years on March 29th.

From Your

Membership Director

David Kozlowski (810)990-4598

A special thank you to all the workers who donated their time helping us at the Charity Poker this past February. Terry and I really appreciated the support and dedication. I would also like to mention that the monies earned in part is distributed to the charities in our area. One charity is the "Neighborhood House" right here in Rochester. Whose services include; the Clothes Closet, Counseling, Financial Assistance, Food Pantry, Transportation, Referrals for Assistance and Special Projects assisting clients throughout the year.

Dance Schedule	Theme
Thurs., Mar. 7	Casual Dress / Speaker Dance
Thurs., Mar. 14	St. Patrick's Day Dance
Thurs., Mar. 21	Birthday Dance
Thurs., Mar. 28	Spring Equinox Dance
Top 40 Music 8:30PM to 12:00AM Cash Bar	
Hope to see you all at FSC Dances! We meet at the River Crest at 900 W. Avon Rd. at Livernois in Rochester Hills. For more info call Terry Mike at (248) 650-3739	
www.fivestarconnection.org	

Mission Statement

The mission of the Five Star Connection, Inc. 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 all live, work and play.

March Birthdays	
"Happy Birthday" to all March birthday members! Celebrate!	
2 Barbara Blundo	
2 Susanne Jackowiak	
3 Mark Waldman	
4 Ida Maniaci	On the 3rd
4 Wayne Stober	Thursday of each
6 Barbara Jackson	month Five Star will
6 Kathy Gojcaj	supply a
11 George Borza	Birthday Cake to
17 Dusanka Radovic	celebrate all the
21 Thomas Grable	birthdays for the
22 Joe Konkolesky	month.
25 Karen Comfort	
25 Frank Gorlitz	
25 Gaudencia Saavedra	
26 Naomi Varga	

ACTIVITIES AND DISCUSSIONS

March 7, Thursday Casual Dress / Speaker Dance. 8:30PM—12:00AM.

March 7, Thursday Monthly Speaker (Note Earlier Date). 7:30PM - 8:30PM. Our speaker tonight is Dr. James Lewerenz D.O.F.A.A.F.M., Founder and Director of the Longevity Health Institute and Lewerenz Medical Center and also Physician at Beaumont and St. John Hospitals. He will be presenting the topic "Longevity Wellness Protocol". For more information see page 2 for details or call Tess at (248) 689-1390.

March 9 & 23, Saturday Somerset Cross Country Skiing. 12:00PM. The second and fourth Saturday of every month, as long as weather permits, we'll be Cross Country Skiing. Ski Rental at the Golf Course is \$10.00, which includes skis, boots and poles for half day rental. Stoney Creek Metropark is located at 4300 Main Park Road in Shelby Township 48316. Phone: (586) 781-4242. For more information, please contact Carol (586) 420-0748.

March 12, Tuesday Somerset Singles Dance. 7:30PM. Doors open at 7:00PM. Dancing starts at 7:30PM. Members: \$6.00 and Non-Members: \$10.00. Located at the Elks at 25950 Schoenherr in Warren. For more information call: Bobbie (248) 760-7778.

March 14, Thursday St. Patrick's Day Dance. 8:30PM - 12:00AM.

March 16, Saturday Five Star Play "The Drowsy Chaperone". 8:00PM. Come join other Five Star Members for the play "The Drowsy Chaperone" at the theater for 8:00PM show. The Drowsy Chaperone is a parody of American Musical Comedy of the 1920's that boldly addresses a great unspoken desire in all our hearts: to be entertained. Located at Ridgedale Players, 205 W. Long Lake Rd. in Troy 48098. 248-988-7049. Call Dan for more information (248) 882-7700.

March 17, Sunday Five Star - Play "Move Over Mrs. Markham". 2:00PM. Come join other Five Star members for an afternoon of fun at Avon Players at 2:00PM. Philip is a straight-laced publisher who reluctantly agrees to let his business partner borrow his apartment for the evening to "entertain" his latest girlfriend. Located at Avon Players, 1185 Washington Rd. in Rochester 48306. (248) 608-9077. Call Dan for more information at (248) 882-7700.

March 21, Thursday Birthday Dance. 8:30PM—12:00AM. Complimentary birthday cake.

March 23, Saturday Bethany East—Dance. 8:00PM to Midnight. Join Bethany for a fun night of dancing and socializing. Make new friends and learn some new dance moves. Admission: \$13.00 which includes beverages and snacks (beer and wine and soda). Located at the Sterling Chateau Hall (Holy Ghost Orthodox Church), 38500 Ryan Rd, Sterling Heights. Contact Loretta (586) 264-0284 or Connie (586) 601-5555.

March 23, Saturday Five Star - Murder Mystery "Dinner at 8 Dead by 9". 5:30PM. Come have dinner at 5:30PM and immediately following will be the Murder Mystery. The mystery begins when a theater group meets to celebrate a special anniversary. The questions are: Who gets killed? And Who did it? Located at the Rochester Community House, 816 Ludlow, Rochester 48307. For Tickets: call David 810-990-4598.

March 28, Thursday Spring Equinox Dance. 8:30PM—12:00AM.

April 29, Monday Coalition Meeting. 7:00PM. At the house of Bobbie Mathie.

Thursday Night Speaker and Socializing



Board of Directors

Title:	Name:	Phone:
President	Jerry Maynard	(248) 979-1010
President Elect	David Kozlowski	(810) 990-4598
Secretary	Larry Jordan	(586) 286-7078
Treasurer	Brenda Gagnon	(248) 628-9667
Directors:		
Administrative Director	Dan Platz	(248) 882-7700
Membership Director	David Kozlowski	(810) 990-4598
Program & Education Director	Tess Craven	(248) 689-1390
Dance Director	Pattie Suhr	(248) 652-0669
Friendship Director	Mary Jane Harrison	(248) 872-3900
Website Director	Martha Tobolski	(586) 321-4395
Advisors:		
Divorce Recovery Therapist	Jim Blundo	(248) 930-0644
Family Law	Bill Reisdorf	(248) 766-4484
Financial Advisor	Terry Mike	(248) 650-3739

Future Events

April 21	Somerset - Dinner Theater - Genitti Hole in the Wall
April 24	Somerset - Meet & Greet - Sterling Bistro
May 2-4	Somerset Trip to Atlantic City
May 6	Somerset - Meet & Greet - Ocean Prime
May 17	Coalition Dance
May 19	Golf Kick Off Shambles - Cedar Glen Golf Club
June 7-9	Somerset - Forest Dunes Golf Club
July 12-14	Somerset - Golf - Lakewood Shores
July 24	Somerset - Huge Social Event - Emagine RO
Aug. 25-27	Somerset - Golf Crystal Mountain
Sept. 19-22	Five Star Charity Poker - "The River"
Sept. 21-23	Somerset - Candlestone Golf Resort

Notice: 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.

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