

Five Star Singles Connection

“Serving our Local Communities”

www.fivestarconnection.org



President's Message

by David Kozlowski

Members and guests,

Our “Halloween Spooktacular,” Hollywood style was October 27th! Many members and guests went out of their way coming up with unique costumes and themes with hilarious props! Thank you to the hall decorators for setting up and tear downs, and Kathleen Kalinowski & JoJo Havens for the homemade cakes & cookies. Best night ever!

With the thought of Daylight Savings time ending, election jitters and the Thanksgiving holiday upon us, what better way to relieve stress than to get out and dance? Bring your single friends & family members to the River Crest.

Our speaker this month is Sharon DeRouin, certified fitness/mobility coach/ trainer from Retro Fitness, with 25+ years of experience. She will give us the latest fitness tips and exercise techniques, especially designed for those over 50 who want to “Be Fit - Get Fit - Stay Fit” increasing your mobility, flexibility and endurance. Join us Thursday November 10th at 7:30 pm. Free and open to the public. Dance follows at 8:30pm, \$7 members, \$10 guests.

December 3rd is our Coalition Christmas Dance Party at the Ukrainian Cultural Center in Warren. No tickets at the door, reservations only. Respond by November 20th to reserve your seat. Rob Gamblin and his Free Lance Band will be furnishing the music. See our website www.fivestarconnection.org for the flyer and all the latest pictures of our events.

Thursday, December 15th is our Annual Meeting prior to our dance. Bill Gotts accepted the nomination for President starting January 1st. He will need a President Elect beside him, so keep in mind who you would like to nominate at the meeting.

November is the time to be thankful, a time to remember and to embrace those who enrich our lives. I’m thankful for a lot of things, but I’m most thankful for you, our Five Star members and friends! Happy Thanksgiving!



Speaker Spotlight:

“Fit After Fifty”

Speaker:

Sharon DeRouin

AFAA Certified Fitness Trainer

Thursday, November 10th

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



Radford Jones, October Speaker, with Members

November Dance Schedule

Quick Look

Nov. 3	Casual Dance
Nov. 10	Speaker Dance
Nov. 17	Birthday Dance
Nov. 24	No 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



November Event Speaker

by Tess Craven, Program & Education Director

Thursday, November 10

7:30 – 8:30 pm

Speaker: Sharon DeRouin

Topic: "Fit After Fifty"

Are you interested in improving your fitness level by learning the latest fitness tips and exercise techniques? Do you want to "Be Fit - Get Fit - Stay Fit" and increase your mobility, flexibility, strength, and endurance? In tonight's informative and physically stimulating presentation with demonstrations, our speaker will share information about many forms of fitness/exercises available today to help us experience how easy and enjoyable fitness can be! In addition to stressing the benefits of exercise vs. a sedentary lifestyle, she will concentrate on injury prevention while learning safe, functional exercise movements.

Sharon DeRouin is a certified fitness/mobility coach /trainer from Retro Fitness (formerly the Rochester Athletic Club). With 25+ years of experience in this field, she specializes in senior- focused personal training and fitness of individuals and groups. She also teaches nutrition, crossfit training, kickboxing, aerobics and spinning. We expect to have fun with this program tonight. It is packed with many demonstrations and fun fitness routines to "Get Fit." For more information, call Tess at (248) 689-1390.



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Membership News

by David Kozlowski,
Membership Director

Members and guests,

A huge thank you goes out to Pat Pircer for assisting Dan Platz and me at our Adopt-A-Highway on October 15th. Mother nature blessed us with a cool and sunny morning and a great day to be outdoors!

Mary Lee from the Rochester Community House is in need of our help once again. She requested workers for the "Breakfast with Santa" on December 10th. They especially need mixers & flippers for the kitchen. They are also looking for floor servers and other help where needed. "Breakfast with Santa" is a fun event with sing-alongs, face painting, and games for the kids. Our guest Saint Nicholas is always looking for extra elves to help keep the youngsters occupied. See me for more details and sign up for this fun event.



November Celebrations

- 4 Sandra Adams
- 8 Shirley Hathaway
- 12 John Lanman
- 13 Sonia Sassin
- 15 Pat Borowski
- 18 John Gentilia

"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.

Nov. 2, 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.

Nov. 3, Thursday: Casual Dance. Dance Lesson at 8 pm. Dancing at 8:30 pm.

Nov. 8, Tuesday: Somerset Mix-N-Mingle Dance/Toy Drive. Doors open at 7 pm at the River Crest Banquet Hall, Mix-N-Mingle and Dance from 7:30 - 11pm. Members \$7, non-members \$10. All are welcome. For more info call Jim 248-229-9390.

Nov. 9, Wednesday: Somerset "Whine & Dine" at Crispelli's. 645 E. Big Beaver (north side of Big Beaver just west of Rochester Rd. RSVP to Nancy at 248-585-3165 by November 7.

Nov. 10, Thursday: Speaker Dance 7:30 – 8:30 pm. Our speaker tonight is Sharon DeRouin, fitness/mobility coach and trainer from Retro Fitness (formerly the Rochester Athletic Club). She will be presenting the topic "Fit After Fifty," which will include many demonstrations. See pg 2 for details.
Dance following the speaker.

Nov. 11, Friday: Rochester Community Chorus Presents "Broadway Blockbusters" at 7:30 pm. St Mary of the Hills, 2675 John R Rd., Rochester Hills, MI 48307. Featuring hits from West Side Story, Phantom, Les Misérables, and Hairspray. Tickets at the door, \$10.

Nov. 13, Sunday: Somerset Feather Bowling. Cadieux Café, 4300 Cadieux (between Warren and Mack). Arrival time: 3:30pm. Play time: 5-8 pm. Cost: \$13 members and \$17 non-members. For more information call Rosalie 586-745-7063.

Nov. 13, Sunday: Rochester Community Chorus Presents "Broadway Blockbusters" at 4 pm. St. Paul's United Methodist Church, 620 Romeo Rd. Rochester, MI 48307. Featuring hits from West Side Story, Phantom, Les Misérables, and Hairspray. Tickets at the door, \$10.

Nov. 15, Tuesday: Somerset Meet-N-Greet at McCormick & Schmick's. 2850 Coolidge, Troy, 48084, just past Sak's at Somerset Mall. Enjoy Happy Hour prices from 4 - 6:30 pm. Call Jan 586-420-1009 or Sandy 586-438-7773.

Nov. 17, Thursday: Birthday Dance. Dance Lesson at 8 pm. Dancing at 8:30 pm. Complimentary cake provided.

Nov. 24, Thursday: No Dance. "Happy Thanksgiving" to all and enjoy your family.

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!



October Birthday Celebrants



Hanging out...



Halloween Spooktacular...



Royal Brunet Teaching Dance Lessons

Future Events

- Dec. 3 Coalition Christmas Dance Party:Ukranian Cultural Center
- Dec. 8 5 Star Speaker: Dr. Eric DeRusha, "6 Ways to a Healthier You"
- Dec. 9 Sailing Singles: Belle Isle Christmas Stroll
- Dec. 11 Sailing Singles: Boston-Edison Historic Holiday Home Tour
- Dec. 13 Somerset: Meet-N-Greet, Ike's Restaurant
- Dec. 31 DeCarlo's: New Year's Eve Party
- 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

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

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