



# Conzueala Forrest

NOV 7, 1944 - OCT 7, 2017



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Alexander-Levitt  
FUNERALS & CREMATIONS

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# Conzueala Forrest

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**C**onnie died peacefully Saturday, October 7th surrounded by family. She lived her life to the fullest with strength, determination, and lots of love.

She was born November 7, 1944 to Robert and Naomi Hoornstra. Her childhood was spent in both Flint and Ludington. She graduated from Flint Central in 1962.

She enjoyed staying busy with exercise class, painting (flowers and cats were her favorites), and a good game of scrabble with her girlfriends. She never wanted to sit still. She was a real go getter to the end.

Connie would always tell you how it is! She was blunt to a fault-but always full of love and respect. A favorite observation was..."Taylor Swift, I don't like the look of her!" Spoken confidently and with know fear of disagreement! All who knew her can remember something she said that was equally funny and blunt! She will surely be missed.

She is survived by her loving husband of 43 years, Frank; her daughters and son in law, Meredith and David Benke; her beautiful granddaughters, Morgan and Payton. She also leaves behind more extended family throughout Michigan, as well as her tribe, Little River Band of Ottawa Indians.

No memorial service will be held--her request, of course! Donations can be made to the American Cancer Society in her name.  
[Cancer.org/donations](https://www.cancer.org/donations)



## Tribute Wall

**Conzueala Forrest**

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PC

**Peter Congi** posted:

Frank just heard the bad news of your wife's passing i was in the exercise class i have nothing but great memories of you and Connie, such a inspiration in my life, i will miss her. Love and prayers to the Forrest family. Peter Congi.

October 14 at 8:52 AM

RM

**Rea Mills** posted:

Dear Frank, I am so sorry to hear of Connie's passing. We will all miss her at Bunco.Rea Mills

October 11 at 1:32 PM

VM

**Vicki Minard** posted:

Frank, I am so sorry for your loss. Connie inspired me to show up at one of three different exercise classes we attended over the past several years, and to do the exercises properly! She was bright, quick, funny and a pleasure to be around. I was so happy last February when she told me she was celebrating feeling better with good medical news that the cancer was in remission. Her death comes as a shock to me, and I will miss her. May you soon find peace and light. Vicki Minard

October 11 at 8:01 AM

DR

**David And Richard** posted:

Dear Frank- We are so very sad to hear of Connie's passing. We enjoyed chattingand encouraging both of you in senior aerobics class. The class won't be the samewithout her. God bless. Fondly, David and Richard.

October 11 at 7:15 AM

DS

**David Sherman** posted:

Dear FrankWe were so sorry to learn of Connie's passing. She was a trouper for so long. You know how much we adored her.Exercise classes will not be the same, for sure.While she will be missed so much, we know that her love and your good memories will live on.May you have only better days ahead.With sincere sympathy and caringDavid and Roberto (from exercise class)

October 11 at 7:12 AM



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RC

**Roger Collins. From Our Exercise Class** posted:

Hi Frank. My deepest sympathy on your loss of Connie. I always enjoyed chitchatting with you both at exercise. She always had a good sense of humor even when she obviously did not feel well. I will miss picking on her like she would pick on me...a lovely lady. My best to you and best wishes. Stay strong. Roger Collins, of the "back row gang".

October 11 at 4:53 AM

MR

**Michael Ridolfi** posted:

frank. please accept my sincere sympathy to you and your family during this most difficult time. may you find comfort in knowing how much your devotion meant to connie..our exercise program will not be the same, we will miss connie, and you. sincerely,michael ridolfi

October 10 at 5:29 PM

CB

**Carey Brown** posted:

When Connie and Frank started coming to the exercise class, she was instantly one of the most admired and respected members of the class...she was so good doing challenging senior exercises but more importantly her love and care for Frank and their regular attendance even when one knew they were not feeling their best was an inspiration to me and many others. No matter what the exercise was, generally Connie was good at it and Frank did his best to be as good as Connie was. Actually Connie's commitment to the class and her delightful personality will be genuinely missed but remembered by all. And I hope when I am in declining health, I will be as brave and courageous and consistently inspirational to others as Connie and Frank were in our exercise class.

October 10 at 3:13 PM

JH

**John Hamwey** posted:

I was very saddened to hear of the passing of Connie. She and Frank attended my exercise classes for several years. I spoke with her 10-12 days ago and she informed me of her recent diagnosis. I was not expecting to hear this news today, however. Connie was a very strong & determined woman. She ended our last conversation by stating "I will be back!" and I believed that she would be. She made sure Frank was exercising as much as he could. I truly admired her for her ability to get him up and out to join us. She also so enjoyed the many friends they made in the class. Others have been asking about them both, I will send a notice to everyone... I know they will be upset. My deepest sympathies go to Frank and the entire family on behalf of all the participants of Exercise Class #3 at The Pride Center in Wilton Manors. Sincerely, John Hamwey, Instructor

October 10 at 11:21 AM



## **Memories only last if you share them**

Join us in honoring Conzueala by contributing to a collection of shared memories.



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