

January 2019

Weekly Activities

LUNCH

Mon-Fri - 12pm
(Closed Jan 1, 21)

PINOCHLE

Mon - 12:30-3:30pm
(Closed Jan 21)

CHINESE CLUB

Tue - 10am
(Closed Jan 1)

EUCHRE

Wed - 12:30-3:30pm

CONTRACT BRIDGE

Thu - 12:15-3:30pm

DUPLICATE BRIDGE

Fri - 12:30-3:30pm

THERAPEUTIC MASSAGE

9am-4pm by appt.

Mon - Peggy Schwartz
734-634-0254

Tue-Thu - Lisa Firth
248-894-3071
(Closed Jan 1, 21)

ASSISTED STRETCHING

Tue-Wed - Lisa Firth
9am-4pm - by appt.
248.894.3071
(Closed Jan 1)

Saturday Programs

Zumba Gold
Sat, Jan 12-Feb 23
9-10am

Calendar Key



Bold black print =
program offered at
no charge.

All programs held at the
Meadowbrook Activity
Center (MAC) unless in
blue or green.

**Blue print = Novi Civic
Center**

**Green print = held at an
off-site location**

**Red print = denotes
Daily Lunch Program**

Monday	Tuesday	Wednesday	Thursday	Friday
	CLOSED Older Adult Services Office Meadowbrook Activity Center, Lunch Service Transportation, Novi Civic Center  In observance of New Year's Day	9-10am Stretch & Strength 11am-12pm Blood Pressure Chicken Fingers (2), coleslaw, broccoli, peaches, whole grain bread, sweet potato cubes	12-3:30pm Samba card game 1-3pm Detroit Institute of Arts: Behind the "Seen" (RSVP) Smoked Turkey Sausage, roll, baked beans, macaroni salad, cherry pie	9-10am Stretch & Strength 1-3pm Bingo 1-3pm "In Stitches" Spaghetti & Meatballs, tossed salad, blended vegetables, apple, garlic stick, dessert
9-10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg 5-6pm Zumba Gold Chair 6:45-7:45pm Zumba Gold Stuffed Cabbage, au gratin potatoes, carrots, whole wheat bread, banana	8-9am Coffee Hour at Meadowbrook Café 11am-12:30pm Mah Jongg Instructional 12:30-3pm Focus Hope 1-3pm Bingo 1-3pm Ask the Lawyer (by appointment) 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive 7-8pm Tai Chi Pulled BBQ Chicken Sandwich, wedge potatoes, green beans, pears, hamburger bun	9-10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10am-2:30pm Novi Needlers Quilting Group 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure & Glucose Testing 1-3pm Boomers' Games Galore Philly Beef Steak w/green peppers & onions, California vegetables, sub bun, pears, pudding	10:30am-12pm How To Choose Housing for Seniors (RSVP) 12-3:30pm Samba card game 1pm Ladies Lunch Bunch (Wagon Wheel Lounge, 212 S. Main St., Northville) 1-3:30pm PATH Diabetes (Personal Action Toward Health) (RSVP at www.healthcare.ascension.org/events) Sloppy Joe, hamburger bun, corn, potato wedges, fruit pie	9-10am Stretch & Strength 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches" Baked Cod, macaroni salad, Brussel sprouts, banana, dinner roll
9-10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg 1-2:15pm Making A Memoir (RSVP) 2-3:30pm Estate Planning (by appt) 5-6pm Zumba Gold Chair 6:45-7:45pm Zumba Gold Macaroni & Cheese, stewed tomatoes, green beans, tropical fruit, whole grain bread	8-9am Coffee Hour at Meadowbrook Café 11am-12:30pm Mah Jongg Instructional 1-3pm Bingo 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive 7-8pm Tai Chi 7:30-9pm Bereavement Support Group Baked Ziti w/cheese, Italian vegetables, tossed salad, garlic bread, peaches	9-10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure 1-2pm A Novel Bunch Book Club ("Eleanor Oliphant is Completely Fine" by Gail Honeyman) 5:30-7pm Ask the Lawyer (by appointment) 6:30-8:30pm Retirement Realities - Don't be Sold, be Informed! (RSVP) Chicken and Dumplings, tossed salad, peas & carrots, pears, dinner roll, pudding	10-11:30am Bits & Bytes Café 12-3:30pm Samba card game 1-3:30pm PATH Diabetes (RSVP at www.healthcare.ascension.org/events) 3pm Deadline to purchase A Taste of China Luncheon ticket or until sold out Potato Encrusted Fish, macaroni salad, broccoli, orange, dinner roll, dessert	9-10am Stretch & Strength 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches" Golden Crispy Chicken, sweet potato cubes, spinach, apple, whole wheat bread
CLOSED Older Adult Services Office Meadowbrook Activity Center Lunch Service Transportation Novi Civic Center  In observance of Martin Luther King Jr., Birthday	8-9am Coffee Hour at Meadowbrook Café 10:30-11:30am Novi Public Library at MAC 1-3pm Bingo 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive 7-8pm Tai Chi Sandwich w/ham, turkey, salami, potato salad, carrot sticks, peaches, sub bun	9-10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10am-1pm Novi Needlers Quilting 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure 1-3pm Boomers' Games Galore 6:30-8:30pm Financial Aid for Assisted Living and Nursing Home (RSVP) Copper Country Pie, mixed vegetables, tossed salad, corn bread topping, apple pie	8:30-11:50am Dr. Guy - Foot Specialist (313.537.4030 to schedule appointment) 10:30am-12pm What You Need to Know About Required Minimum Distributions (RSVP) 12-2pm A Taste of China Luncheon (advanced ticket required) 12-3:30pm Samba card game 1-3:30pm PATH Diabetes (RSVP at www.healthcare.ascension.org/events) 1:30-2:30pm Hearing Loss Support Group Sweet & Sour Meatballs, whole grain rice, Brussel sprouts, banana, dessert	9-10am Stretch & Strength 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches" Grilled Turkey Burger, hamburger bun, baked beans, cucumber salad, orange
9-10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg 1pm Movie Matinee - "Mission: Impossible - Fallout" (\$1 at door) 5-6pm Zumba Gold Chair 6:45-7:45pm Zumba Gold Chicken Parmesan, noodles, Italian vegetables, pineapple, garlic bread	8-9am Coffee Hour at Meadowbrook Café 11am-12:30pm Mah Jongg Instructional 1-3pm Bingo 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive 7-8pm Tai Chi Beef Goulash, tossed salad, blended vegetables, apple, garlic stick	9-10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure 1-2pm Living Gluten Free: Is It Necessary or Just a Craze? (RSVP at www.healthcare.ascension.org/events) 6:30-8:30pm Wills, Trusts and Ladybird Deeds (RSVP) Grilled Chicken Sandwich w/lettuce & tomato, 3 bean salad, hamburger bun, mixed fruit, coleslaw	12-3:30pm Samba card game 1-3:30pm PATH Diabetes (RSVP at www.healthcare.ascension.org/events) Beef Tacos (2), cheese, lettuce, tomatoes, salsa & sour cream, refried beans, tortillas, banana	<u>Lunch menu subject to change without notice.</u> Margarine and half pint of milk served with every meal. Please observe requested lunch donation amount - \$3 per meal PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS: 248-347-0489

UPCOMING PROGRAMS

Making a Memoir

Monday, 1-2:15pm
January 14



Novi Woods Elementary 4th grade students invite you to share stories with them. Students will take their interview notes, add their writing skills they have been learning and turn it into a precious keepsake memoir for you within a few weeks. Pre-registration required.

Age: 55+

Price: No Charge

Location: Meadowbrook Activity Center

Registration Ends: Jan 11 - limit 50

PATH Diabetes (Personal Action Toward Health)

Thursdays, 1-3:30pm
Jan 10-Feb 14



The Diabetes-PATH workshop is a six-week workshop designed to provide skills and tools to help people living with diabetes. You will learn to manage your everyday activities by making an action plan, avoid complications, balance your blood sugar, improve your communication skills, understand the importance of monitoring your blood sugar, manage symptoms and decrease stress, improve your overall health and increase your energy. Pre-registration required at healthcare.ascension.org/events. For more information, call 1.866.501.3627.

Age: 55+

Price: No Charge

Instructor: Sue Knapp, St. John Providence Community Health

Location: Novi Civic Center

Registration Ends: Jan 8

AARP Income Tax Preparation



Wednesdays, 10am-3pm
Feb 6, 13, 20, 27, Mar 6, 13, 20, 27, Apr 3, 10

Does tax time have you stressed? Certified AARP Volunteer Tax Preparers are here to help by providing FREE tax aide by appointment. Tax preparers are AARP trained volunteers, they are not accountants. Complex returns may be refused. You are responsible for accuracy and retention of all information and tax records. Please call 248.347.0414 beginning January 2 to schedule your appointment.

Price: No Charge

Location: Novi Civic Center

TRANSPORTATION

Novi residents age 55 and older or those under 55 with a limiting disability are eligible.

Hours: Transportation is available Mon-Fri, 8am-7pm (last pick-up is 6:30pm in Novi or 6pm out of Novi) and Sat 9am-3pm (last pick-up is at 2:30pm in Novi or 2pm out of Novi).

Fare Structure:

- No charge within the City of Novi and border shopping areas.
- \$5 one-way outside the city limits - within a 10 mile range (begins at the Novi Civic Center).

Reservations are required at least 1 business day in advance and are scheduled based on availability.

To schedule your appointment, call 248.735.5617 Mon-Fri, 7am-4pm.



Punch Card Special!

Purchase a Punch Card and receive one free ride. Punch Card price: \$30 7 rides outside the City (save \$5).

INCLEMENT WEATHER

In the event of a major snow/ice storm, all closure information will be posted on:

- City of Novi website - www.cityofnovi.org
- Facebook - City of Novi Boomers and Beyond
- Novi Weather Hotline - 248.347.0473
- Meals on Wheels - 810.632.2155

Transportation Services will contact all riders scheduled for that day.

For more information contact:
Karen Kapchonick
Older Adult Services Manager
248.347.0414
kkapchonick@cityofnovi.org



Older Adult Services Office
45175 Ten Mile Rd
Novi, Michigan 48375

Meadowbrook Activity Center
25075 Meadowbrook Rd
Novi, Michigan 48375

Meadowbrook Commons Leasing Office
248-305-8646
meadowbrook@kmgprestige.com

Find us on Facebook-search Novi Boomers and Beyond

Novi Parks, Recreation & Cultural Services

January 2019 Older Adult Services Activities Calendar



Don't Miss...

- **How to Choose Housing for Seniors** - Thu, January 10 - 10:30am-12pm held at the Novi Civic Center (RSVP).
- **PATH Diabetes (Personal Action Toward Health)** Thu, January 10-February 14 - 1-3:30pm - held at the Novi Civic Center (RSVP at www.healthcare.ascension.org/events).
- **Retirement Realities - Don't be Sold, be Informed!** Wed, January 16 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- **Financial Aid for Assisted Living and Nursing Home** Wed, January 23 - 6:30-8:30pm held at the Novi Civic Center (RSVP).
- **What You Need to Know About Required Minimum Distributions** - Thu, January 24 - 10:30am-12pm held at the Novi Civic Center (RSVP).
- **A Taste of China** - Thu, January 24 - 12pm - held at the Meadowbrook Activity Center (advanced ticket required).
- **Movie Matinee** - Mon, January 28 - 1pm - held at the Meadowbrook Activity Center - "Mission: Impossible - Fallout" (\$1 at door).
- **Living Gluten Free: Is It Necessary or Just a Craze?** Wed, January 30 - 1-2pm - held at the Novi Civic Center (RSVP at www.healthcare.ascension.org/events).
- **Wills, Trusts and Ladybird Deeds** - Wed, January 30 6:30-8:30pm held at the Novi Civic Center (RSVP).



"Novi Needlers" Quilting Group



Older Adult Services
248.347.0414

Important Numbers

City of Novi Older Adult Services: 248.347.0414
Daily Lunch Reservations: 248.347.0489
Meals on Wheels: 1.888.886.8971
Weather Hotline: 248.347.0473
Transportation: 248.735.5617