

April 2019

Weekly Activities

LUNCH

Mon-Fri - 12pm
(No lunch Apr 19)

PINOCHLE

Mon - 12:30-3:30pm

CHINESE CLUB

Tue - 10am

EUCHRE

Wed - 12:30-3:30pm

CONTRACT BRIDGE

Thu - 12:15-3:30pm

DUPLICATE BRIDGE

Fri - 12:30-3:30pm
(No Bridge Apr 19)

THERAPEUTIC MASSAGE

9am-4pm by appt.
Mon - Peggy Schwartz
734-634-0254
Tue-Thu - Lisa Firth
248-894-3071

ASSISTED STRETCHING

Tue-Wed - Lisa Firth
9am-4pm - by appt.
248.894.3071

Saturday Programs

Euchre Tournament
Sat, Apr 6 - 2pm

Zumba Gold
Sat, Mar 9-Apr 13
9-10am

Sunday Programs

Color Your World
Apr 14, 1-2:30pm
Meadowbrook Activity
Center (RSVP)

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
<p>9-10am Stretch & Strength 1</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1:15-2:15pm Golf Conditioning</p> <p>6:45-7:45pm Zumba Gold</p> <p>Hamburger w/cheese, hamburger bun, wedge potatoes, carrots, pineapple</p>	<p>8-9am Coffee Hour at Meadowbrook Café 2</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner Line Dance</p> <p>11am-12pm Improver Line Dance</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>7-8pm Tai Chi</p> <p>Chicken Fettuccine Alfredo, tossed salad, broccoli, peaches, dinner roll</p>	<p>9-10am Stretch & Strength 3</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10am-3pm AARP Income Tax Preparation (full)</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure</p> <p>Chef Salad Plate, mixed greens, carrot raisin salad, pita bread, banana, dessert</p>	<p>10-11am Beginner Line Dance 4</p> <p>11am-12pm Improver Line Dance</p> <p>12-2pm Batter Up for the All Star, Grand Slam Luncheon (advanced ticket required)</p> <p>12-3:30pm Samba card game</p> <p>1-3pm Matter of Balance</p> <p>Beef Hot Dog, hot dog bun, Lays potato chips, baked beans, cole slaw, apple pie</p>	<p>9-10am Stretch & Strength 5</p> <p>9:30-10:15am Interval Cardio</p> <p>10:30-11:30am Morning Tone & Stretch</p> <p>10:30-11:30am Chair Yoga Free Demo</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Macaroni & Cheese, stewed tomatoes, Brussel sprouts, tropical fruit, whole grain bread, dessert</p>
<p>9-10am Stretch & Strength 8</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1:15-2:15pm Golf Conditioning</p> <p>2-3:30pm Estate Planning (by appt)</p> <p>6:45-7:45pm Zumba Gold</p> <p>Stuffed Peppers, mashed potatoes, peas, roll, mixed fruit</p>	<p>8-9am Coffee Hour at Meadowbrook Café 9</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner Line Dance</p> <p>11am-12pm Improver Line Dance</p> <p>12:30-3pm Focus Hope</p> <p>1-3pm Bingo</p> <p>1-3pm Ask the Lawyer (by appointment)</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball 7-8pm Tai Chi</p> <p>Beef Tacos (2), cheese, lettuce, tomatoes, salsa, sour cream, refried beans, tortillas, peaches</p>	<p>9-10am Stretch & Strength 10</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10am-2:30pm Novi Needlers Quilting Group</p> <p>10am-3pm AARP Income Tax Preparation (full)</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure & Glucose Testing</p> <p>1-3pm Boomers' Games Galore</p> <p>6:30-8:30pm Wills, Trusts & Ladybird Deeds (RSVP)</p> <p>Chicken Salad Plate, mixed greens, 3 bean salad, pita bread, banana, dessert</p>	<p>10-11am Beginner Line Dance 11</p> <p>10:30am-12pm What You Need To Know About Required Minimum Distributions (RSVP)</p> <p>11am-12pm Improver Line Dance</p> <p>12-3:30pm Samba card game</p> <p>1pm Ladies Lunch Bunch (Famous Dave's, 43350 Crescent Blvd, Novi)</p> <p>1-3pm Matter of Balance</p> <p>Spaghetti & Meatballs, tossed salad, blended vegetables, apple, garlic stick, dessert</p>	<p>9-10am Stretch & Strength 12</p> <p>9:30-10:15am Interval Cardio</p> <p>10:30-11:30am Morning Tone & Stretch</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Vegetable Lasagna, tossed salad, broccoli, pears, whole grain bread</p>
<p>9-10am Stretch & Strength 15</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10am-3pm AARP Income Tax Prep (FULL)</p> <p>10:30-11:30am Keep On Movin'</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1pm Movie Matinee - "The Old Man & The Gun" (\$1 at door)</p> <p>1:15-2:15pm Golf Conditioning</p> <p>6:45-7:45pm Zumba Gold</p> <p>Sweet & Sour Chicken, whole grain rice, Asian vegetables, orange, dinner roll</p>	<p>8-9am Coffee Hour at Meadowbrook Café 16</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10:30-11:30am Novi Public Library at MAC</p> <p>1-3pm Financial Crimes & Identity Theft (RSVP)</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>7-8pm Tai Chi</p> <p>7:30-9pm Bereavement Support Group</p> <p>Beef Goulash, Italian blended vegetables, applesauce, whole grain bread, dessert</p>	<p>9-10am Stretch & Strength 17</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure</p> <p>5:30-7pm Ask the Lawyer (by appointment)</p> <p>6:30-8:30pm New Laws Affecting Your Estate Plan (RSVP)</p> <p>7-9pm Native Plan Gardening Tips (RSVP)</p> <p>Chicken Fajita Strip Salad, mixed greens, cucumbers, tomatoes, black olives, banana, tortilla chips</p>	<p>10-11:30am Bits & Bytes Café 18</p> <p>10am-12pm Healthy Hearing (by appt)</p> <p>12-3:30pm Samba card game</p> <p>1-3pm Matter of Balance</p> <p>1:30pm Novi Group Travel Fair</p> <p>Baked Ham w/pineapple, mashed sweet potatoes, green beans, dinner roll, Easter sugar cookie</p>	<p style="text-align: center;">CLOSED</p> <p style="text-align: center;">Older Adult Services Office Meadowbrook Activity Center Lunch Service Transportation Novi Civic Center</p> <p style="text-align: center;">In observance of Good Friday</p> 
<p>9-10am Stretch & Strength 22</p> <p>9:15-10:15am Morning Tone (no class)</p> <p>10:30-11:30am Keep On Movin' (no class)</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1:15-2:15pm Golf Conditioning</p> <p>6:45-7:45pm Zumba Gold (no class)</p> <p>Sloppy Joe, hamburger bun, corn, potato wedges, peaches</p>	<p>8-9am Coffee Hour at Meadowbrook Café 23</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>1-2pm Medication Management (RSVP healthcare.ascension.org/events)</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>6:15-7:15pm WERQ Dance Class Free Demo</p> <p>7-8pm Tai Chi (no class)</p> <p>Chicken and Dumplings, tossed salad, carrots, orange, dinner roll</p>	<p>9-10am Stretch & Strength 24</p> <p>9:15-10:15am Morning Tone (no class)</p> <p>10am-1pm Novi Needlers Quilting</p> <p>10:30-11:30am Keep On Movin' (no class)</p> <p>11am-12pm Blood Pressure</p> <p>1-3pm Boomers' Games Galore</p> <p>6:30-8:30pm Facing the Giant Together (RSVP)</p> <p>Tuna Salad Plate, cheese, cucumbers, tomatoes, mixed greens, pita bread, fruit pie</p>	<p>10:30am-12pm Allocating Your 401K, 403b and 457 for Retirement (RSVP) 25</p> <p>12-3:30pm Samba card game</p> <p>1-2pm Detroit Institute of Arts: Behind the Seen "Through Her Eyes: Women Artists in the DIA's Collection" (RSVP)</p> <p>1-3pm Matter of Balance</p> <p>1:30-2:30pm Hearing Loss Support Group</p> <p>3pm Deadline to purchase ticket for Derby Luncheon</p> <p>Stuffed Steak, tossed salad, green beans, banana, dinner roll, dessert</p>	<p>9-10am Stretch & Strength 26</p> <p>9:30-10:15am Interval Cardio (no class)</p> <p>10:30-11:30am Morning Tone (no class)</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Chicken Parmesan, noodles, Italian vegetables, pineapple, garlic bread</p>
<p>9-10am Stretch & Strength 29</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1:15-2:15pm Golf Conditioning</p> <p>6:45-7:45pm Zumba Gold</p> <p>Grilled Turkey Burger, hamburger bun, baked beans, cucumber salad, apple</p>	<p>8-9am Coffee Hour at Meadowbrook Café 30</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>5:15-6:15pm Drums Alive</p> <p>7-8pm Tai Chi</p> <p>Pulled BBQ Chicken Sandwich, wedge potatoes, carrots, pears, bun, dessert</p>	<p>Lunch menu subject to change without notice.</p> <p>Margarine and half pint of milk served with every meal.</p> <p>Please observe requested lunch donation amount - \$3 per meal</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS: 248-347-0489</p>		

UPCOMING PROGRAMS

Financial Crimes, Scams and Identity Theft

Tue, April 16 - 1-3pm

All around the country, older adults are all too often the targets of unscrupulous scam artists. Novi is no exception. Older Adult Services is partnering with the Novi Police Department to offer a special seminar on identity theft and financial crimes/scams presented by Det. Jerry Stempien, an expert in this area. He will speak on Identity Theft, Credit Card and Check Fraud, Imposter and Tax Scams and other con artist scams which the Novi Police often see online and over the phone. Learn what you can do to protect yourself, as well as actions you can take if you suspect that you have been scammed. Pre-registration is required by calling **248.347.0414**.

Age: 55+ **Price:** No Charge
Location: Novi Civic Center **Registration Ends:** Apr 14
Instructor: Det. Jeremy Stempien, Novi Police Department



NEW - Native Plant Gardening Tips

Wed, April 17 - 7-9pm

Join us for Drew Lathins' introductory talk about native plants and why they are beneficial in your garden. The use of native plants is increasing to create beautiful landscapes that increase habitat, reduce inputs, build healthier outdoor living areas, and manage stormwater.

Drew has been working with and learning about native plants for 15 years on his own properties and is the former general manager of Great Lakes Native Plants, a provider of plants native to the Great Lakes region. He is a Master Conservation Steward and has been recognized by various organizations for his dedication to and accomplishments in the native plant movement.

Age: 18+ **Price:** No Charge
Instructor: Drew Lathin **Location:** Novi Civic Center
Registration Ends: Apr 15



Detroit Institute of Arts: Behind the Seen - "Through Her Eyes: Women Artists in the DIA's Collection"

Thu, April 25 - 1-2pm

Behind the Seen will bring the same level of insight and engagement about the DIA's collection from the museum to the Meadowbrook Activity Center. Viewing the work of women artists in the DIA collection heightens awareness of the creative contributions of women across cultures and time and provides a lens through which to explore issues of gender, relationships between generations, politics, and culture. Pre-registration required by calling **248.347.0414**.

Price: No Charge **Speaker:** DIA volunteer
Location: Meadowbrook Activity Center
Registration Ends: Apr 22



TRANSPORTATION

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

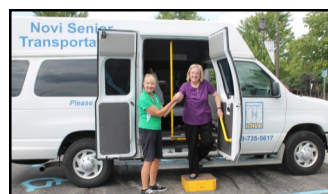
Hours: Transportation is available Mon-Fri, 8am-7pm (last pick-up is 6:30pm in Novi or 6pm out of Novi) and Sat 9am-3pm (last pick-up is at 2:30pm in Novi or 2pm out of Novi).

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).

WHY DO GOOD PROGRAMS, CLASSES AND TRIPS GET CANCELLED?

Nothing cancels a good program or trip faster than everyone waiting until the last minute to register. Registration deadlines are very important for planning purposes for City of Novi Older Adult Services' staff, travel companies, instructors and speakers. If there are not enough registered participants by the "Registration Ends" date, the class, the program, the trip or the special event will be cancelled.

Don't Delay — Register Today!



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

April 2019 Older Adult Services Activities Calendar



Mah Jongg - Beginner and Intermediate-Advanced Classes

Don't Miss...

- **Wills, Trusts & Ladybird Deeds** - Wed, April 10 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- **What You Need to Know About Required Minimum Distributions** - Thu, April 11 - 10:30am-12pm - held at the Novi Civic Center (RSVP).
- **Movie Matinee** - Mon, April 15 - 1pm - held at the Meadowbrook Activity Center - "The Old Man & The Gun" (\$1 at door).
- **Financial Crimes, Scams and Identity Theft** - Tue, April 16 - 1-3pm - held at the Novi Civic Center (RSVP).
- **Native Plant Gardening Tips** - Wed, April 17 7-9pm - held at the Novi Civic Center (RSVP).
- **Novi Group Travel Fair** - Thu, April 18 - 1:30pm held at the Novi Civic Center.
- **Medication Management** - Tue, April 23 - 1-2pm held at the Novi Civic Center (RSVP: healthcare.ascension.org/events).
- **Facing the Giant Together** - Wed, April 24 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- **DIA: Behind the Seen "Through Her Eyes: Women Artists in the DIA's Collection"** - Thu, April 25 1-2pm - held at the Meadowbrook Activity Center (RSVP).



Euchre Tournament - Saturday, April 6 - 2pm



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