

March 2019

Weekly Activities

LUNCH

Mon-Fri - 12pm

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 Mar 1)

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

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

Sunday Programs

Color Your World
Mar 10 - 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>Lunch menu subject to change without notice. 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>		<p>Daylight saving time begins Sunday, March 10. Set your clocks ahead one hour.</p> 		<p>9-10am Stretch & Strength 1 10:30-11:30am Morning Tone & Stretch (make-up class) 10:30-11:30am Keep On Movin' (make-up class) 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Beef Stroganoff, noodles, corn, pears, dinner roll</p>
<p>9-10am Stretch & Strength 4 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg-Intermediate-Adv. 1-2:30pm Powerful Tools for Caregivers (RSVP 1.800.852.7795) 1:15-2:15pm Golf Conditioning 5-6pm Zumba Gold - Chair 6:45-7:45pm Zumba Gold</p> <p>Italian Meatball Sub, sub bun, Italian blend vegetables, wedge potatoes, peaches</p>	<p>8-9am Coffee Hour at Meadowbrook Café 5 9am-12pm Mah Jongg - Beginner 10-11am Beginner Line Dance 11am-12pm Improver Line Dance 1-2pm Advance Care Directive (RSVP healthcare.ascension.org/events) 1-3pm Bingo 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 7-8pm Tai Chi</p> <p>Chicken Chili, mashed potatoes, broccoli, apple, dinner roll</p>	<p>9-10am Stretch & Strength 6 9:15-10:15am Morning Tone & Stretch 10am-3pm AARP Income Tax Preparation (full) 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure 6:30-8:30pm How to Choose Housing for Seniors (RSVP)</p> <p>Salmon Burger, whole grain rice, capri vegetables, fruit cocktail, hamburger bun, dessert</p>	<p>10-11am Line Dance (no class) 7 11am-12pm Improver Line Dance (no class) 12-3:30pm Samba card game 1pm Ladies Lunch Bunch (Olive Garden - 43300 Crescent Blvd, Novi) 1-3pm Matter of Balance (RSVP healthcare.ascension.org/events) 3pm Deadline to purchase St. Patrick's Day Luncheon ticket or until sold out</p> <p>Stuffed Cabbage, au gratin potatoes, carrots, whole wheat bread, banana, dessert</p>	<p>9-10am Stretch & Strength 8 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Macaroni & Cheese, stewed tomatoes, brussel sprouts, tropical fruit, whole grain bread</p>
<p>9-10am Stretch & Strength 11 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg-Intermediate-Adv. 1-2:30pm Powerful Tools for Caregivers (RSVP 1.800.852.7795) 1:15-2:15pm Golf Conditioning 2-3:30pm Estate Planning (by appt) 5-6pm Zumba Gold - Chair 6:45-7:45pm Zumba Gold</p> <p>Chicken A La King, tossed salad, green peas, pears, dinner roll</p>	<p>8-9am Coffee Hour at Meadowbrook Café 12 9am-12pm Mah Jongg - Beginner 10-11am Beginner Line Dance 11am-12pm Improver Line Dance 12:30-3pm Focus Hope & TEFAP 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</p> <p>Beef Tacos (2), cheese, lettuce, tomatoes, salsa & sour cream, refried beans, tortillas, banana</p>	<p>9-10am Stretch & Strength 13 9:15-10:15am Morning Tone & Stretch 10am-2:30pm Novi Needlers Quilting Group 10am-3pm AARP Income Tax Preparation (full) 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure & Glucose Testing 1-3pm Boomers' Games Galore 6:30-8:30pm Wills, Trusts & Ladybird Deeds (RSVP)</p> <p>Salisbury Steak, au gratin potatoes, green beans, apple, whole grain bread, dessert</p>	<p>10-11am Line Dance 14 11am-12pm Improver Line Dance 12-2pm St. Patrick's Day Luncheon (advanced ticket required) 12-3:30pm Samba card game 1-3pm Matter of Balance (RSVP healthcare.ascension.org/events)</p> <p>Homebound Meal: Corned Beef, carrots & cabbage, whole potatoes, applesauce, rye bread, sugar cookie</p>	<p>9-10am Stretch & Strength 15 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Vegetable Lasagna, tossed salad, broccoli, peaches, whole grain bread</p>
<p>9-10am Stretch & Strength 18 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg-Intermediate-Adv. 1pm Movie Matinee - "First Man" (\$1 at door) 1-2:30pm Powerful Tools for Caregivers (RSVP 1.800.852.7795) 1:15-2:15pm Golf Conditioning 5-6pm Zumba Gold - Chair 6:45-7:45pm Zumba Gold</p> <p>Beef Stew, tossed salad, stew vegetables with potatoes, apple, dinner roll</p>	<p>8-9am Coffee Hour at Meadowbrook Café 19 9am-12pm Mah Jongg - Beginner 10-11am Beginner Line Dance 10:30-11:30am Novi Public Library at MAC 11am-12pm Improver Line Dance 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</p> <p>Stuffed Steak, whipped potatoes, California vegetables, pineapple, whole grain bread</p>	<p>9-10am Stretch & Strength 20 9:15-10:15am Morning Tone & Stretch 10am-3pm AARP Income Tax Preparation (full) 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure 1-2pm A Novel Bunch Book Club ("The Wright Brothers" by David McCullough) 5:30-7pm Ask the Lawyer (by appointment)</p> <p>Sloppy Joe, hamburger bun, corn, potato nuggets, fruit pie</p>	<p>10-11am Line Dance 21 10-11:30am Bits & Bytes Café 10am-12pm Healthy Hearing (by appt) 10:30am-12:30pm Turning Your Retirement Nest Egg into a Retirement Income Plan (RSVP) 11am-12pm Improver Line Dance 12-3:30pm Samba card game 1-3pm Matter of Balance (RSVP healthcare.ascension.org/events)</p> <p>Pulled BBQ Chicken Sandwich, wedge potatoes, green beans, pears, hamburger bun, dessert</p>	<p>9-10am Stretch & Strength 22 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Tuna Sandwich, potato salad, carrot sticks, peaches, bread</p>
<p>9-10am Stretch & Strength 25 9:15-10:15am Morning Tone (no class) 10:30-11:30am Keep On Movin' (no class) 12:30-4pm Mah Jongg-Intermediate-Adv. 1:15-2:15pm Golf Conditioning 5-6pm Zumba Gold - Chair 6:45-7:45pm Zumba Gold</p> <p>Grilled Chicken Sandwich w/lettuce & tomato, 3 bean salad, hamburger bun, mixed fruit</p>	<p>8-9am Coffee Hour at Meadowbrook Café 26 9am-12pm Mah Jongg - Beginner 10-11am Beginner Line Dance 11am-12pm Improver Line Dance 1-2pm Hydration and Healthy Eating (RSVP healthcare.ascension.org/events) 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 Pub Burger w/cheese, baked beans, potato wedges, fruit cocktail, hamburger bun</p>	<p>9-10am Stretch & Strength 27 9:15-10:15am Morning Tone (no class) 10am-1pm Novi Needlers Quilting 10am-3pm AARP Income Tax Preparation (full) 10:30-11:30am Keep On Movin' (no class) 11am-12pm Blood Pressure 1-3pm Boomers' Games Galore 6:30-8:30pm New Laws Affecting Your Estate Plan (RSVP)</p> <p>Chicken Parmesan, noodles, Italian vegetables, pineapple, garlic bread</p>	<p>8:30-11:50am Dr. Guy - Foot Specialist (313.537.4030 to schedule appointment) 28 11am-12pm Improver Line Dance 12-3:30pm Samba card game 1-3pm Matter of Balance (RSVP healthcare.ascension.org/events) 1:30-2:30pm Hearing Loss Support Group 3pm Deadline to purchase Batter Up for an All Star, Grand Slam Luncheon ticket</p> <p>Ham, mashed sweet potatoes, green beans, pineapple, dinner roll</p>	<p>9-10am Stretch & Strength 29 9:30-10:15am Interval Cardio (no class) 10:30-11:30am Morning Tone (no class) 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Baked Cod, macaroni salad, Brussel sprouts, banana, dinner roll</p>

UPCOMING PROGRAMS

NEW - Healthy Hearing Program

Thu, 10am-12pm
Mar 21, Apr 18, May 16, Jun 20



One in three people in the U.S. between the ages of 65 and 74 has hearing loss. Stay in the conversation. To keep your hearing healthy, have regular hearing screenings. A hearing screening is a quick test to see how well you hear different sounds. Hearing aid cleanings will also be available. Appointment required by calling **248.347.0414**.

Age: 55+
Price: No Charge
Instructor: Personalized Hearing Care, Inc.
Location: Meadowbrook Activity Center

Batter Up for an All Star, Grand Slam Luncheon



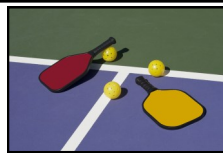
Thu, April 4 - 12-2pm

Be a "sport" and join us at a Detroit Tiger picnic luncheon at the Meadowbrook Activity Center. Hot dogs, cracker jacks, cheers and fun, this party is sure to be a home run. Come "Catch" this Tigers home game luncheon with Older Adult Services. This program is proudly supported by Mindful Home Transitions.

Age: 55+
Price: Res. \$7.50/Non-Res. \$9
Location: Meadowbrook Activity Center
Ticket Deadline: Mar 28 or until sold out

Indoor Pickleball

Thu, April 11-May 30
10am-12pm Beginner
12-2pm-Beginner to Intermediate



Participate in the new INDOOR Pickleball sessions at The Practice Zone! The six-week session will be your opportunity to stop on by and play other local players in the area. Some paddles will be available, but we suggest you bring your own paddle. Balls supplied. Registration is required. No class Apr 4.

Age: 55+
Price: Res. \$30/Non-Res. \$36
Location: The Practice Zone - 24164 Haggerty Rd., Farmington Hills
Registration Ends: Apr 18

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

March 2019 Older Adult Services Activities Calendar



St. Patrick's Day Luncheon - Thursday, March 14 - 12-2pm

Don't Miss...

- **AARP Income Tax Preparation** - Wed, April 10, Mon, April 15 - 10am-3pm - held at the Novi Civic Center (RSVP).
- **Color Your World** - Sun, March 10 - 1-2:30pm "Paper Sculptures" - held at the Meadowbrook Activity Center (RSVP).
- **St. Patrick's Day Luncheon** - Thu, March 14 - 12pm held at the Meadowbrook Activity Center (ticket req).
- **Movie Matinee** - Mon, March 18 - 1pm - held at the Meadowbrook Activity Center - "First Man" (\$1 at door).
- **A Novel Bunch Book Club** - Wed, March 20 - 1-2pm held at the Meadowbrook Activity Center ("The Wright Brothers" by David McCullough).
- **Turning Your Retirement Nest Egg Into a Retirement Income Plan** - Thu, March 21 10:30am-12:30pm - held at the Novi Civic Center (RSVP).
- **Hydration and Healthy Eating** - Tue, March 26 1-2pm held at the Novi Civic Center (RSVP healthcare.ascension.org/events).
- **New Laws Affecting Your Estate Plan** - Wed, March 27 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- **Batter Up for an All Star, Grand Slam Luncheon** Thu, April 4 - 12-2pm - held at the Meadowbrook Activity Center (ticket required).



St. Patrick's Day Luncheon - Thursday, March 14 - 12-2pm



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