## Saturday Programs

**Zumba Gold**
- May 4 6:15, 9:10am (no class May 25)

**Color Your World**
- May 5 (no class May 25)
  - Meadowbrook Activity Center (RSVP)

**Calendar Key**
- Bold black print = program offered at no charge.
- All programs held at the Meadowbrook Activity Center (MAC) unless noted.
- Blue print = Novi Civic Center
- Green text = held at an offsite location
- Red print = Daily Lunch Program

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### May 2019

**Monday**

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**Thursday**

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**Chinese Club**
- Tue 1-6pm
- Wed 12:30-3:30pm

**Duplicate Bridge**
- Fri 12:30-3:30pm (no bridge May 3, 17)

**Therapeutic Massage**
- 9am-4pm by apt.
- Mon - Peggy Schwartz
- Tue-Thur - Lisa Firth
- 248.894.3071

**Assisted Stretching**
- Tue & Wed - Lisa Firth
- 9am-4pm by apt.
- 248.894.3071

**Saturday Programs**
- Zumba Gold
- May 4 6:15, 9:10am (no class May 25)

**Sunday Programs**
- Color Your World
- May 5, 1-2:30pm
- Meadowbrook Activity Center (RSVP)

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### Lunch

**Lunch menu subject to change without notice.**
- Margarine and half pint of milk served with every meal.
- Please request boxed lunch.

**Lunch Service**
- 11:30am-1:30pm
- No Pinochle May 27

**Lunch Menu Options**
- Enchiladas (248.894.3071)
- RSVP required for meals.
- For further information, please call 248.347.0414.

**Weekly Activities**
- Lunch Service, Transportation, Novi Civic Center
- In observance of Memorial Day 10am Memorial Day Parade

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### Contact Information

- Meadowbrook Activity Center
- 2259 North Main Street
- Novi, MI 48375
- 248.894.3071

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### Weekly Activities

**Coffee Hour**
- Tue 8-9am

**Pinch-Hit**
- Mon - 12:30-3:30pm (no pinch May 27)

**Chinese Club**
- Tue 1-6pm
- Wed 12:30-3:30pm

**Duplicate Bridge**
- Fri 12:30-3:30pm (no bridge May 3, 17)

**Therapeutic Massage**
- 9am-4pm by apt.
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**Assisted Stretching**
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### Daily Lunch Program

- Color Your World (no class May 25)
- Grilled Turkey Burger, hamburger bun, baked beans, cucumber salad, apple
- 9:10am Stretch & Strength 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep on Movin’ 12:30-4pm Mah Jongg/Intermediate-Adv. 11:15-11:15pm Golf Conditioning 2:30-3:00pm Estate Planning (by apt) 6:45-7:45pm Zumba Gold

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UPCOMING PROGRAMS

Novi Path Walkers
Tue, May 7, 14, 21, 28
9am
Can you really walk your way to fitness? You bet! The benefits of regular walking include lifting your mood, strengthening your bones and maintaining a healthy weight. Walkers set their own pace. Walks average 20-30 minutes. Stay motivated, meet new people and have fun. All ages welcome. For information, contact Older Adult Services at 248.347.0414.
Age: All
Price: No Charge
Location: Meadowbrook Activity Center, Community Room
Registration Ends: May 6

Birding 101
Thu, May 9 - 1:2pm
Ever wonder about the birds you are seeing around you? Birding is something that can be done anywhere and everywhere - from a bench in a local park to your own backyard. Beginners and experts welcome!

We invite you and your friends to learn about:
- Tips for beginners
- Bird identification
- Feeding habits/preferences
- Backyard bird feeding
- Basic birding equipment

Pre-registration is required by calling 248.347.0414.
Price: No Charge
Location: Novi Civic Center
Registration Ends: May 6
Instructor: Brittany Leick

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!

Visit the Detroit Institute of Arts
Thu, May 16 - 12-3:30pm
All aboard for a free trip to the DIA! The City of Novi is partnering with the DIA to offer this exclusive opportunity to ride a fully accessible deluxe motor coach and enjoy a “make it take it” art project or tour the museum. Bus will depart from the Meadowbrook Commons gazebo parking lot at 12noon promptly. Please arrive 15 minutes early. Refreshments are available at the DIA.
Pre-registration required by calling 248.347.0414.
Age: 55+
Price: No Charge
Location: Pick-up and drop-off at the Meadowbrook Activity Center
Registration Ends: May 2

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

Older Adult Services Office 451.75 Ten Mile Rd Novi, Michigan 48375
Meadowbrook Activity Center 250.75 Meadowbrook Rd Novi, Michigan 48375
Meadowbrook Commons Leasing Office 248-305-8646 meadowbrook@kmgprestige.com

Find us on Facebook-search Novi Boomers and Beyond

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

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Don’t Delay – Register Today!

Don’t Miss…
- Novi Path Walkers - Tue, May 7, 14, 21, 28 - 9am held at the Meadowbrook Activity Center.
- Age in Place - Tue, May 7 - 1:2pm held at the Novi Civic Center (RSVP: healthcare.ascension.org/events).
- Financial Aid for Assisted Living and Nursing Home
- Wed, May 8 - 6:30-8:30pm - held at the Novi Civic Center (rserv).
- Ladies Lunch Bunch - Thu, May 9 - 1pm (Claddagh Irish Pub, 17800 Haggerty Rd., Livonia).
- Birding 101 - Thu, May 9 - 1:2pm - held at the Novi Civic Center (RSVP).
- Retirement Realities - Don’t Be Sold, be Informed!
- Wed, May 15 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- Visit the Detroit of Arts - Thu, May 16 - 12-3:30pm depart at the Meadowbrook Activity Center (RSVP).
- Movie Matinee - Mon, May 20 - 1pm - held at the Meadowbrook Activity Center - “Green Book” (11 at door).
- How to Choose Housing for Seniors - Wed, May 29 6:30-8:30pm - held at the Novi Civic Center (RSVP).

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

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