

June 2019

Weekly Activities

LUNCH
Mon-Fri - 12pm

COFFEE HOUR
Tue - 8-9am

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

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
Medicare 101
Jun 15, 1-3:30pm
Novi Public Library (RSVP)

Zumba Gold
May 4-Jun 15, 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**

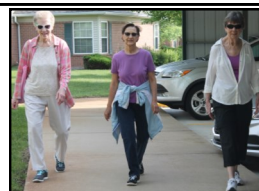
**Red print = denotes
Daily Lunch Program**

Monday	Tuesday	Wednesday	Thursday	Friday
<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>9-10am Stretch & Strength 3</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>6:45-7:45pm Zumba Gold</p> <p>Italian Meatball Sub, sub bun, wedge potatoes, Italian beans, pears</p>	<p>9am Novi Path Walkers (held rain or shine) 4</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner 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>5:15-6:15pm Drums Alive</p> <p>7-8pm Tai Chi</p> <p>Beef Tacos (2), cheese, lettuce, tomatoes, salsa & sour cream, refried beans, tortillas, mixed fruit</p>	<p>9-10am Stretch & Strength 5</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>6:30-8:30pm Why Families Feud in Probate Court and How to Prevent the Mayhem (RSVP)</p> <p>Maurice Salad w/ham & turkey, swiss, cheddar cheese, gherkin pickles, chopped greens, dinner roll, banana</p>	<p>10-11am Beginner Line Dance 6</p> <p>12-3:30pm Samba card game</p> <p>Golden Crispy Chicken, sweet potato cubes, spinach, apple, whole wheat bread, dessert</p>	<p>9-10am Stretch & Strength 7</p> <p>9:30-10:15am Interval Cardio</p> <p>10:30-11:15am Chair Yoga</p> <p>10:30-11:30am Morning Tone & Stretch</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Salmon Burger, capri vegetables, orange, hamburger bun, dessert</p>
<p>9-10am Stretch & Strength 10</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>2-3:30pm Estate Planning (by appt)</p> <p>6:45-7:45pm Zumba Gold</p> <p>Sweet & Sour Chicken, whole grain rice, Asian vegetables, pineapple, dinner roll</p>	<p>9am Novi Path Walkers (held rain or shine) 11</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner Line Dance</p> <p>12:30-3pm Focus Hope & TEFAP</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</p> <p>5:15-6:15pm Drums Alive</p> <p>7-8pm Tai Chi</p> <p>Copper Country Pie, mixed vegetables, stewed tomatoes, peaches, corn bread topping</p>	<p>9-10am Stretch & Strength 12</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10am-2:30pm Novi Needlers Quilting Group</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>Chef Salad Plate w/ham & turkey, mixed greens, carrot raisin salad, pita bread, macaroni salad, cherry pie</p>	<p>10-11am Beginner Line Dance 13</p> <p>12-3:30pm Samba card game</p> <p>1pm Ladies Lunch Bunch (Library Pub, 42705 Grand River, Novi)</p> <p>Grilled Turkey Burger, hamburger bun, baked beans, cucumber salad, orange</p>	<p>9-10am Stretch & Strength 14</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>Roast Beef, tossed salad, mashed potatoes, green beans, dinner roll, dessert</p>
<p>9-10am Stretch & Strength 17</p> <p>10:30-11:30am Keep On Movin' (make-up)</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1pm Movie Matinee - "Dunkirk" (\$1 at door)</p> <p>Philly Steak Sandwich, wedge potatoes, carrots, pears, hamburger bun</p>	<p>9am Novi Path Walkers (held rain or shine) 18</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10:30-11:30am Novi Public Library at MAC</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>7:30-9pm Bereavement Support Group</p> <p>Mostaccioli w/meat sauce, Italian vegetables, orange, breadstick, tossed salad</p>	<p>9-10am Stretch & Strength 19</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin' (make-up)</p> <p>11am-12pm Blood Pressure</p> <p>5:30-7pm Ask the Lawyer (by appointment)</p> <p>Chicken Salad Plate, mixed greens, 3 bean salad, pita bread, apple pie</p>	<p>10am-12pm Healthy Hearing cancelled 20</p> <p>10-11:30am Bits & Bytes Café</p> <p>12-3:30pm Samba card game</p> <p>3pm Last day to purchase ticket for Fourth of July Luncheon or until sold out</p> <p>Beef Tips Stir Fry w/stir fry vegetables, whole grain rice, pineapple, dessert</p>	<p>9-10am Stretch & Strength 21</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Baked Fish, hamburger bun, baked beans, coleslaw, fruit cocktail</p>
<p>9-10am Stretch & Strength 24</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>Beef Chili, mashed potatoes, broccoli, apple, corn muffin</p>	<p>9am Novi Path Walkers (held rain or shine) 25</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>Pulled BBQ Pork Sandwich, wedge potatoes, green beans, applesauce, bun</p>	<p>9-10am Stretch & Strength 26</p> <p>10am-1pm Novi Needlers Quilting</p> <p>11am-12pm Blood Pressure</p> <p>1-3pm Boomers' Games Galore</p> <p>Tuna Salad Plate, cheese, cucumbers, tomatoes, mixed greens, potato salad, pita bread, banana</p>	<p>12-2pm Fourth of July Luncheon (advanced ticket required) 27</p> <p>12-3:30pm Samba card game</p> <p>1:30-2:30pm Hearing Loss Support Group</p> <p>Stuffed Cabbage, smashed redskins, green beans, whole wheat bread, peaches, dessert</p>	<p>9-10am Stretch & Strength 28</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Beef Stroganoff, noodles, corn, pineapple, dinner roll</p>

UPCOMING PROGRAMS

Novi Path Walkers

Tue, June 4, 11, 18, 25
9am

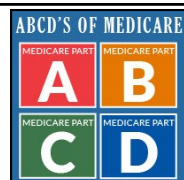


Can you really walk your way to fitness? You bet! The benefits of regular walking include lifting your mood, strengthening your bones and maintaining a healthy weight. Walkers set their own pace. Walks average 20-30 minutes. Stay motivated, meet new people and have fun. Walk rain or shine! We will walk inside if inclement weather. All ages welcome. For information, contact Older Adult Services at **248.347.0414**.

Age: All
Price: No Charge
Location: Meadowbrook Activity Center, Community Room

Medicare 101

Sat, Jun 15 - 1-3:30pm



Are you ready to enroll in Medicare? This program provides an overview of Medicare. Topics include: Medicare Parts A and B, Medigap insurance, Medicare Advantage plans and Medicare prescription drug coverage. After participating in this program, participants will be better equipped to make informed Medicare related decisions. The program is presented in association with the MMAP, Inc., a private, non-profit agency that is not connected with any insurance company. Pre-registration required by calling **248.347.0414**.

Age: Adults eligible to enroll in Medicare
Price: No Charge
Presenter: John Howland, MMAP Counselor
Location: Novi Public Library
Registration Ends: Jun 13

Movie Matinee

Mon, Jun 17 - 1pm - "Dunkirk"



Join your friends for the monthly movie matinee on the big screen. Enjoy a new DVD release complete with popcorn and refreshments. Pre-registration is not required. Most movies are PG or PG-13.

Dunkirk - In May 1940, Germany advanced into France, trapping allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

Age: Adult
Price: \$1 at the door
Location: Meadowbrook Activity 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).

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:
Derek Stogner
Older Adult Services Manager
248.347.0414
dstogner@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

June 2019 Older Adult Services Activities Calendar



Novi Path Walkers - Tue, June 4, 11, 18, 25 - 9am - MAC

Don't Miss...

- **Novi Path Walkers** - Tue, June 4, 11, 18, 25 - 9am held at the Meadowbrook Activity Center (held rain or shine).
- **Chair Volleyball** - Tue, June 4, 11, 18, 25 1:45-3pm - held at the Novi Civic Center.
- **Why Families Feud in Probate Court and How to Prevent the Mayhem** - Wed, June 5 - 6:30-8:30pm held at the Novi Civic Center (RSVP).
- **Boomers' Games Galore** - Wed, June 12 and 26 1-3pm - held at the Novi Civic Center.
- **Ladies Lunch Bunch** - Thu, June 13 - 1pm (Library Pub, 42705 Grand River, Novi).
- **Medicare 101** - Sat, June 15 - 1-3:30pm - held at the Novi Public Library (RSVP).
- **Movie Matinee** - Mon, June 17 - 1pm - held at the Meadowbrook Activity Center - "Dunkirk" (\$1 at door).
- **Bits & Bytes Café'** - Thu, June 20 - 10-11:30am held at the Meadowbrook Activity Center.
- **Fourth of July Luncheon** - Thu, June 27 - 12pm held at the Meadowbrook Activity Center (advanced ticket required).



Fourth of July Luncheon - Thursday, June 27 at 12pm



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