### July 2019

#### 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 offsite location
- Red print = denotes Daily Lunch Program

### Weekly Activities

**LUNCH**
- Mon - Fri: 12pm (No lunch Jul 4, 5)

**COFFEE HOUR**
- Tue - Thurs: 8am

**PINOCHLE**
- Mon: 12:30-3:30pm

**CHINESE CLUB**
- Tue: 9am

**DUPONT BRIDGE**
- Fri: 12:30-3:30pm

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

**ASSISTED STRETCHING**
- Tue - Wed - Lisa Firth 9am-4pm - by appt. 248-894-3071

### Menu

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9am</td>
<td>Spaghetti &amp; Meatballs, tossed salad, blended beans, apple sauce, whole grain bread</td>
</tr>
<tr>
<td></td>
<td>10am</td>
<td>Hamburger w/cheese, hamburger bun, wedge potatoes, carrots, apple</td>
</tr>
<tr>
<td></td>
<td>11am</td>
<td>Vegetable, apple, hamburger bun</td>
</tr>
<tr>
<td></td>
<td>12pm</td>
<td>Teriyaki Chicken, whole grain rice, Asian vegetables, orange, dinner roll</td>
</tr>
<tr>
<td></td>
<td>1pm</td>
<td>Grilled Chicken Sandwich, 3 bean salad, hamburger bun, pears, cole slaw</td>
</tr>
<tr>
<td></td>
<td>2pm</td>
<td>Sloppy Joe, hamburger bun, carrots, tropical fruit</td>
</tr>
<tr>
<td></td>
<td>3pm</td>
<td>Baked Cod, wedge potatoes, blended vegetables, pineapple, cake</td>
</tr>
<tr>
<td></td>
<td>4pm</td>
<td>Copper County Pie, mixed vegetables, stewed tomatoes, banana, corn bread topping</td>
</tr>
<tr>
<td></td>
<td>5pm</td>
<td>Chicken Fettuccini Alfredo, Caesar salad, broccoli, peaches, garlic bread</td>
</tr>
</tbody>
</table>

### Activities

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>9am</td>
<td>9am Novi Path Walkers (held rain or shine)</td>
</tr>
<tr>
<td></td>
<td>10am</td>
<td>9am Novi Path Walkers (held rain or shine)</td>
</tr>
<tr>
<td></td>
<td>11am</td>
<td>9am Stretch &amp; Strength</td>
</tr>
<tr>
<td></td>
<td>12pm</td>
<td>9am Stretch &amp; Strength</td>
</tr>
<tr>
<td></td>
<td>1pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>2pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>3pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>4pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>5pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>6pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>7pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>8pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>9pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>10pm</td>
<td>1:30pm Bingo</td>
</tr>
<tr>
<td></td>
<td>11pm</td>
<td>1:30pm Bingo</td>
</tr>
</tbody>
</table>

### Lunch Service, Transportation

**Meadowbrook Activity Center**

**Older Adult Services Office**

**Lunch Service, Transportation Novi Civic Center**

### Lunch Menu Subject to Change

- Lunch menu subject to change without notice.
- 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**

**CANCELS MEALS**: 248-347-0489
UPCOMING PROGRAMS

Birding 101
Thu, July 11 - 6:30-7:30pm
We invite you and your friends to learn about tips for beginners, bird identification, feeding habits/preferences, backyard bird feeding and basic birding equipment. Beginners and experts welcome. Pre-registration required by calling 248.347.0414.
Age: All
Location: Novi Civic Center
Registration Ends: Jul 8

Invasive Species In Your Backyard
Thu, July 18 - 6:30-7:30pm
It's more than just zebra mussels - Michigan has hundreds of invasive species, but a few of them can have large impacts on recreation, infrastructure and home values. Learn to identify the invasive species that may be in your backyard and how to control their spread. There will be an update on the newest aquatic invaders in Novi-European frog-bit and Red swamp crayfish. Controlling invasive species benefits you as well as our beautiful natural areas in Oakland County!
Pre-registration required by calling 248.347.0414.
Age: All
Location: Novi Civic Center
Registration Ends: Jul 15

Living Gluten Free: Is It Necessary or Just a Craze?
Wed, July 24 - 1-2pm
For some being gluten free is essential for managing the signs and symptoms of certain medical conditions. Are there also health benefits for the general population? Know before you go gluten free. Pre-registration required at healthcare.ascension.org/events. For more information, call 1.866.501.3627.
Age: Adults
Instructor: Beth Thiesen, Ascension-St. John Providence
Location: Novi Civic Center
Registration Ends: Jul 22

Ladies Lunch Bunch - Thu, July 11 1pm 
George Murphy’s at the Creek, 36000 Seven Mile, Livonia.

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.

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 8am-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.

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

Don’t Delay – Register Today!

For more information contact:
Derek R. Stogner
Older Adult Services Manager
248.347.0414
 dstogner@cityofnovi.org

Older Adult Services Office
451.75 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

July 2019
Older Adult Services Activities Calendar

Don’t Miss...

- Novi Path Walkers - Tue, July 2, 9, 16, 23, 30 9am held at the Meadowbrook Activity Center (Stay motivated, meet new people and have fun. Walks average 20-30 minutes - walks held rain or shine).
- Chair Volleyball - Thu, July 2, 9, 16, 23, 30 1:45-3pm - held at the Novi Civic Center.
- Ladies Lunch Bunch - Thu, July 11 - 1pm (George Murphy’s at the Creek, 36000 Seven Mile, Livonia).
- Birding 101 - Thu, July 11 - 6:30-7:30pm - held at the Meadowbrook Activity Center (RSVP).
- Movie Matinee - Mon, July 15 - 1pm - held at the Meadowbrook Activity Center - “A Dog’s Purpose” (no charge - refreshments served).
- A Novel Book Club - Wed, July 17 - 1-2pm held at the Meadowbrook Activity Center - (“The Dry” by Jane Harper).
- Invasive Species In Your Backyard - Thu, July 18 6:30-8:30pm - held at the Novi Civic Center.
- Living Gluten Free: Is It Necessary or Just a Craze? Wed, July 24 - 1-2pm - held at the Novi Civic Center (RSVP healthcare.ascension.org/events).

Meadowbrook Commons
25075 Meadowbrook Rd
Novi, Michigan 48375

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

Meadowbrook Activity Center
248-735-5617

Meadowbrook Commons
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