

Recurring Events

# January 2025

## Fitness & Exercise

★Meadowbrook Activity Center★

Stretch and Strength, 9am, MWF

Keep On Movin, 10:45am, MW

Zumba Gold, 6:30pm, M

Zumba Gold, 9:30am, Sa

Tai Chi Beginner/Intermediate, 5:45pm, T

Tai Chi Intermediate, 7pm, T

Zumba, 6:30pm, Th

◇Novi Civic Center◇

Morning Tone & Stretch, 9:15am, MW

Adult and Older Adult Hula, 9:30am, F

Chair Volleyball, 1:45pm, T, Th

Offsite/Virtual

Morning Tone & Stretch, 9:15am, MWF, Virtual

## Games, Hobbies & Health

★Meadowbrook Activity Center★

Chinese Club, 10am, M

Therapeutic Massage, 9am-4pm, M-Th

All Things Yarn - Knitting/Crocheting, 1:30pm, T

Assisted Stretching, 9am-4pm, T-W

Blood Pressure Screening, 11am, W

Bingo, 1pm, F

◇Novi Civic Center◇

Pinochle, 12pm, M

Mahjong, 12:30pm, M

Mahjong, 10am, T

Euchre, 12pm, W

Samba, 12pm, Th



Duplicate Bridge, 12:30pm, F



★ = Meadowbrook Activity Center

◇ = Novi Civic Center

● = Lakeshore Park Building

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1  New Year's Day! City offices closed	2	3	4
5	6	7 AARP Tax Aide registration starts	8 <i>Ladies Lunch Bunch, Deadwood Bar &amp; Grill, Northville, 1pm</i>  ★ <i>Sing-along, 2pm</i>	9	10	11
12	13 ◇ New: Happy Healthy New Year & New You, 1pm	14 ◇ Focus: HOPE, 12:30pm  ★ Ask the Lawyer, 1pm	15 ◇ Ask the Lawyer, 5:30pm	16	17 ◇ Michigan Day!, 12pm	18
19	20  MLK Day City offices closed	21 ◇ Bereavement Support Group, 7:30pm	22	23 ★ New: Hearing Loss & Hearing Devices, an Overview, 1:30pm  ★ Bringing the Music to You, 3:30pm	24	25
26	27	28	29 ★ Behind the Seen with the DIA, 1:30pm	30	31	

Programs require pre-registration except for those italicized. Call 248.347.0414 or visit [cityofnovi.org/oas](http://cityofnovi.org/oas) for more information.

## FEATURED PROGRAMS



**Michigan Day!**  
 Fri, Noon-2pm  
 Jan 17  
 Celebrate National Michigan Day by joining us for a lunchtime event highlighting the best of what Michigan has to offer and testing your Michigan knowledge. Enjoy Buddy's pizza, Faygo, Vernors, Better Made chips, and fun trivia! The top two teams will receive Michigan-themed prizes. Pre-registration is required.

**Age:** 18+  
**Price:** Res. \$8/Non-res \$10  
**Location:** Novi Civic Center  
**Registration Deadline:** Jan 15

**NEW: Hearing Loss & Hearing Devices**  
 Thu, 1:30-2:30  
 Jan 23  
 Are you struggling with your hearing? Have conversations become too difficult, music become less enjoyable, and laughs blend into the background noise? You are not alone. Learn more about the types of hearing loss, various hearing devices that can help and finding possible solutions. Pre-registration required at [cityofnovi.org](http://cityofnovi.org) or by calling 248.347.0414.

**Age:** 55+  
**Price:** Free  
**Location:** Meadowbrook Activity Center  
**Registration Deadline:** Jan 21

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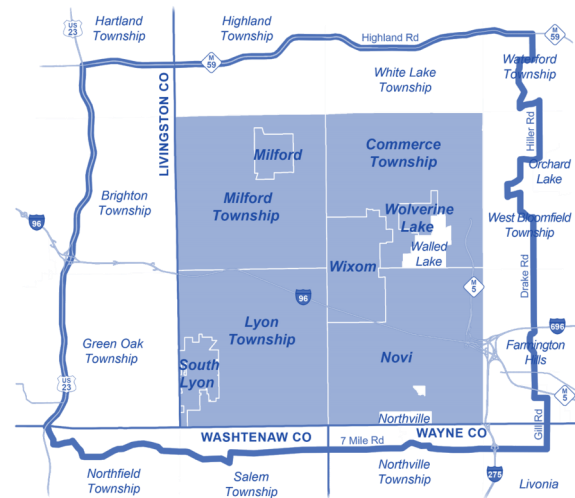
Kit Kieser  
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## People's Express

**Need a ride in Novi?** People's Express can take you there! Reservations must be made at least three business days in advance.

Call **877-214-6073** Monday- Friday 8am-7pm to schedule your ride.



### Fares for ages 55+ , veterans , & people with disabilities

- Free within PEX's Oakland County service area
- \$1.25 per mile outside of boundary

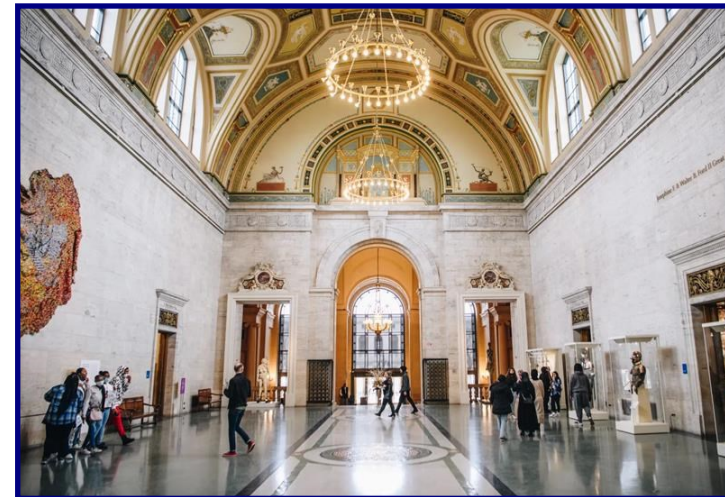
### Service Hours

- Mon-Fri 5am-9pm
- Sat 5am-5pm
- Sun 8am-5pm

For more info, visit [cityofnovi.org/transit](http://cityofnovi.org/transit)

# January 2025

## City of Novi Older Adult Services Activities Calendar



### Behind the Seen w/ the DIA:

#### To Die Upon a Kiss

Wed, 1:30-2:30pm

Jan 29

Presented by a trained DIA volunteer, Behind the Seen brings insight and engagement about the DIA's collection from the museum to you! Scientists have proven that when experiencing "love," brain cells release dopamine, a natural stimulant, to many regions of the brain that affect human behavior. These areas of the brain are associated with wanting, motivation, focus, and craving. View a selection of works that explore the variety of behaviors associated with "love."

**Age:** 18+

**Price:** Free

**Location:** Meadowbrook Activity Center

**Registration Ends:** Jan 24

## IMPORTANT INFORMATION

City of Novi Older Adult Services	248.347.0414
Daily Lunch Reservations	248.347.0489
Meals on Wheels	810.632.2155
Weather Hotline	248.347.0473
People's Express	877.214.6073

### City of Novi Civic Center

45175 Ten Mile Rd

### Meadowbrook Activity Center

25075 Meadowbrook Rd

### Lakeshore Park

601 S Lake Drive

### Pre-Registration

Many City of Novi programs require pre-registration either online, by phone or in person. This includes fitness classes, sports and many Older Adult Services Special Events.

Visit [cityofnovi.org/oas](http://cityofnovi.org/oas) or call **248.347.0414** to register.



cityofnovi.org