

# May 2025

## Fitness & Exercise

### ★ Meadowbrook Activity Center ★

Balance Fit, 10am, Th  
 Keep On Movin, 10:45am, MW  
 Stretch and Strength, 9am, MWF  
 Tai Chi Beginner/Intermediate, 5:45pm, T  
 Tai Chi Intermediate, 7pm, T  
 Zumba Gold, 6:30pm, M  
 Zumba, 6:45pm, Th

### ◇ Novi Civic Center ◇

Drums Alive, 10:45am, T  
 Drums Alive, 11:30am, W  
 Morning Tone & Stretch, 9:15am, MW  
 Zumba, 6:45pm, W  
 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, 12:15pm, F*

- ★ = Meadowbrook Activity Center
- ◇ = Novi Civic Center
- = Lakeshore Park Building

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Coming up in June... ● Sip, Sip, Hooray, June 4 ◇ What is Artificial Intelligence (AI)?, June 10 ★ Line Dance and Lunch, June 12 ★ S.L.I.P.—Senior Lifestyle Injury Prevention, June 12				1	2 Stargazing - A Martian Beehive, 9pm, ITC Sports Park	3
4	5 ★ People's Express: How to Get Around Town, 1:30pm	6 ★ Treats and Tunes, 2pm	7	8	9	10
11	12	13 ◇ Focus: HOPE, 12:30pm ★ Ask the Lawyer, 1pm	14 ★ <i>No. Vi Book Club, Lone Bright River by Liz Moore, 1pm</i>  <i>Ladies Lunch Bunch, 1pm, Longhorn Steakhouse</i>	15	16	17
18	19	20 Invasive Species Hike, 4pm, Rotary Park  ◇ Bereavement Support, 7:30pm	21 ◇ Ask the Lawyer, 5:30pm  <i>Fuerst Field of Honor, 5:30pm, Fuerst Park</i> Vets pre-register for dinner	22 ◇ Mindful Meditation, 1:30pm	23	24
25	26 <i>Memorial Day Parade, 10am</i>  City offices closed	27	28	29	30	31  cityofnovi.org

## FEATURED PROGRAMS

### People's Express: How to Get Around Town Mon, May 5, 1:30pm—Free

Join us for an informative session on People's Express, Novi's expanded curb-to-curb transportation service. Open to residents 14 and older, this low to no-cost option is accessible, inclusive, and designed to meet your needs. Learn how to register, schedule rides, and get the most from this service. Pre-registration required at [cityofnovi.org](http://cityofnovi.org) or by calling 248-347-0414

**Location:** Meadowbrook Activity Center

**Registration Deadline:** May 2

**Presenter:** Staff, People's Express

### Treats and Tunes

#### Tue, May 6, 2pm—Free

Enjoy an afternoon of sweet treats and smooth tunes as Jim Duprey serenades us with his pop and jazz performance.

**Age:** 18+

**Location:** Meadowbrook Activity Center



### Mindful Meditation

#### Thu, May 22, 1:30pm—Free

Explore the mind-body connection through a guided journaling session focused on mental wellness. Learn mindful journaling, create your own journal, reduce stress, and boost gratitude. All supplies provided. Pre-registration required at [cityofnovi.org](http://cityofnovi.org) or call 248.347.0414.

**Age:** 18+

**Location:** Meadowbrook Activity Center

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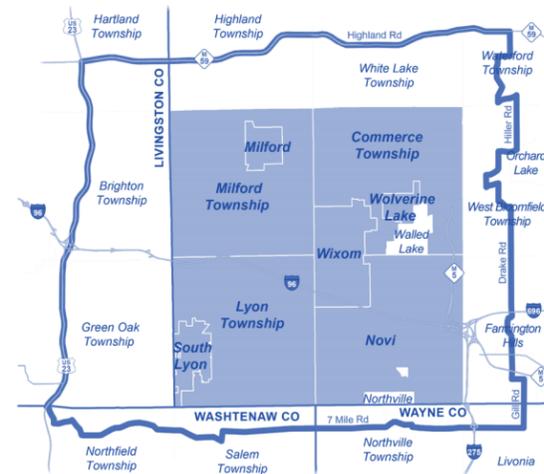
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## People's Express

**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)

# May 2025

## City of Novi Older Adult Services Activities Calendar

## 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.



### Fuerst Field of Honor

#### Wed, May 21, 5:30pm

Join us at Fuerst Park to honor the lives of our fallen service members with a concert and Trail of Honor walk. The evening concludes with a wreath laying, Taps, a 21-gun salute, and a moment of reflection. A free light meal will be provided to all. Veterans and guests are invited to a pre-event dinner. Pre-registration for dinner required at 248.347.0400.

**Price:** Free

**Location:** Fuerst Park

### Memorial Day Parade

#### Mon, May 26, 10am

Join us for Novi's Memorial Day Parade, a proud community tradition honoring those who gave their lives in service to our nation.

**Price:** Free

**Location:** Ten Mile Rd, Meadowbrook to Novi Civic Center