

January 2024

Fitness & Exercise

★ Meadowbrook Activity Center ★

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

◇ Novi Civic Center ◇

Morning Tone & Stretch, 9:15am, MW
Adult and Older Adult Hula, 9:30am, F
Drums Alive, 10:45am, T / 11:30am, W
Chair Volleyball, 1:45pm, T, Th
Zumba, 6:45pm, W

Offsite/Virtual
Morning Tone & Stretch, 9:15am, MWF, Virtual
Zumba, 6:30pm, Th, Virtual
NEW- Drums Alive, 10:45am, T, 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, 10am, T
Euchre, 12pm, W
Samba, 12pm, Th
Rummikub, 12:30pm, F
Duplicate Bridge, 12:30pm, F

★ = Meadowbrook Activity Center
◇ = Novi Civic Center

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1  New Year's Day City offices closed	2	3	4 AARP Tax Prep—first day to call for appointment, 8am	5	6
7	8	9 ◇ Focus: HOPE, 12:30pm ★ Ask the Lawyer, 1pm	10 <i>Ladies Lunch Bunch, 1pm, Ardiana's, Novi</i>	11 ◇ Cutting the Cord, 6pm	12	13
14	15  Martin Luther King Jr Day City offices closed	16 ◇ Bereavement Support Group, 7:30pm	17 ★ <i>No. VI Book Club, The Man Who Died Twice, 1:30pm</i> ★ <i>Sing-along!, 2pm</i> ◇ Ask the Lawyer, 5:30pm	18 ◇ Michigan Day!, 3:30pm 	19 ◇ Powerful Tools for Caregivers™, 1pm	20
21	22 ★ Glass Fusion, Snowman Nightlight, 2pm	23	24	25 ★ <i>Hearing Loss DATA Support Group, 1:30pm</i>	26 ★ One-on-one Technology Assistance, 4pm	27 ◇ Seed Swap Day, 10am 
28	29	30	31	What's happening in February? ★ Ice Cream Social with the Choralaires, Feb 7, 7pm ★ Valentine's Day Luncheon, Feb 15, noon ★ <i>One-on-one Technology Assistance, Feb 16, 4pm</i> ★ <i>Sing-along! Feb 21, 2pm</i> ◇ Travel Training, Feb 6, 1pm		

FEATURED PROGRAMS

Cutting the Cord

Thu, 6-7pm

Jan 11

"Cutting the Cord" is the term used for those who drop their cable tv service in favor of using the internet to "stream" their favorite shows. Have you wondered about doing this? Can you save money? How complicated is it? This one-hour discussion will answer those questions and many more. Pre-registration required at cityofnovi.org or by calling 248.347.0414.

Age: 55+

Price: Free

Location: Novi Civic Center

Registration Ends: Jan 10



Michigan Day!

Thu, 3:30-4:30pm

Jan 18

Today is National Michigan Day and what better way to celebrate than by highlighting all the great things this state has to offer! Join us for Michigan made snacks and drinks, Michigan trivia, games, and raffle prizes. Pre-registration is required at cityofnovi.org.

Age: 50+

Price: Res. \$3/Non-Res. \$4

Location: Novi Civic Center

Registration Ends: Jan 16

Powerful Tools for Caregivers™

Fri, 1-3pm

Jan 19-Feb 23

This six-week workshop will provide you with tools and strategies to better handle the unique caregiver challenges you face. This workshop is presented in association with the Area Agency on Aging 1-B. Pre-registration required by calling AAA 1-B at 1.800.852.7795.

Price: Free

Location: Novi Civic Center

Registration Ends: Jan 17

OLDER ADULT SERVICES TRANSPORTATION PROGRAM

Complimentary transportation is available for those 55+ within Novi borders.

CALL OR EMAIL TO SCHEDULE

248.735.5617

noviseniortransportation@cityofnovi.org

Fares

- Free within Novi
- \$5 one-way outside the city limits (within a 10-mile range beginning at the Novi Civic Center)

Service Hours

- Mon-Fri, 8am-7pm
- Sat, 9am-3pm

Reservations

Reservations are required at least one business day in advance and are scheduled based on availability.



Madison Lachance
OAS Recreation Supervisor
mlachance@cityofnovi.org

Sandy Fisher
Social Services Coordinator
sfisher@cityofnovi.org

Kit Kieser
Manager, Older Adult Services Division
kkieser@cityofnovi.org

January 2024

City of Novi Older Adult Services Activities Calendar

Daily Lunch

Mon-Fri, 11:45am-12:30pm

A great opportunity to socialize with peers, enjoy a nutritious meal and meet new friends. Make or cancel lunch reservations 24 hours in advance Mon-Fri by calling Western Oakland Meals on Wheels at 248.347.0489 by noon. No lunch Jan 1, 15, Feb 19.

Age: 60+

Price: \$3.50 (Dine In Only)

Location: Meadowbrook Activity Center



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
Transportation	248.735.5617

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 or call 248.347.0414 to register.