

Enhance

promoting healthy, active lifestyles



A publication by Novi Older Adult Services

July 2018

Social Enrichment

Let's Share Some Island Fun - Thu, Aug 2 • 12-2pm • at *MAC

Can't travel to Hawaii right now? No need to worry, we will bring Hawaii to you. Don't forget to wear your grass skirt or lei as we come together and taste Hawaiian cuisine, sing along to the melodies such as *Blue Hawaii* or *Tiny Bubbles* and learn a little bit of island culture. This program is proudly supported by **Rose Senior Living at Providence Park**

Price: Res. \$7.50/Non-Res. \$9 **Ticket Deadline:** Jul 24 or until sold out.
For information call **248.347.0414**.



Happy 85+ Birthday! - Thu, Aug 23 • 1:30pm • at *MAC



Enjoy cake and ice cream as we wish you a very special day that celebrates everything about your life, for greater than 8 decades+ of trials, tribulations, triumphs and tales. We are asking each celebrant to answer a questionnaire and provide a picture (to be returned immediately after scanning). Please submit to Older Adult Services by August 8. Tickets are limited and must be purchased in advance. This program proudly presented in partnership with **BrightStar Care**.

Price: Res. \$3/Non-Res. \$4.50 (No charge for youngsters 85 years and better)
Ticket Deadline: Aug 16 or until sold out

Crafts and Hobbies @ the *MAC

Do you needlepoint, cross-stitch, quilt, crochet or knit? Come socialize and meet new friends while working on your craft or hobby. Share ideas, learn new skills, explore different applications of your individual projects or give back to the community. See current Older Adult Services monthly calendar for dates and times. Interested in other hobbies or crafts such as scrapbooking, painting, photography, gardening etc. Let us know and we can facilitate forming a group. Call **248.347.0414** for more information.



Exercise & Fitness

NEW - Hydrate to Dominate – Tue, Jul 24 • 8:45am • at *MAC

Are you interested in learning about ways to plan out meals and the importance of hydration? Join us at Meadowbrook Activity Center for an informative session. During the session a dietician from Henry Ford West Bloomfield Hospital will give tips and advice to help you better understand diet and nutrition. Following the session a group walk will take place. Weekly walks take place every Tuesday at 9am at the Meadowbrook Activity Center.

Price: No Charge **Age:** All Ages



Support Services

Volunteer Program: "YOU Can Make a Difference!"

Become a volunteer through Older Adult Services and share your energy, enthusiasm and talent with the Novi Community. Right here at the Meadowbrook Activity Center, we have a variety of volunteer opportunities available for you to donate your time to help us enrich lives and strengthen our community. Your volunteer commitment can be as little as one hour. You can help as a program aide, special event server, kitchen helper, bingo caller and many others.



Ready to volunteer? To see all available volunteer opportunities go online to cityofnovi.org and click on Job/Volunteer Opportunities icon. Paper application packets are available at Meadowbrook Activity Center and the Novi Civic Center. To learn more about the Volunteer Program, please call **248.347.0414**.

Volunteer Spotlight: Michael Meyer, D. Min. Program Host - Bereavement Support Group

A Novi resident for 37 years and a long-time volunteer with Older Adult Services. Michael has been a member of the Older Adult Services Advisory Board since 2013 and program host for the Bereavement Support Group for ten years. This support program meets the third Tuesday of each month at the Novi Civic Center.

He is also a volunteer Novi Police Chaplain, working primarily as a bereavement specialist. Asked why he volunteers, he responded, "A desire to be actively involved in the Novi Community led me to volunteer on the Planning Commission for six years and on the Zoning Board of Appeals for four years."



Transportation Services

New extended hours and FREE rides coming your way within the city limits and bordering shopping areas. All ride requests will be granted based on availability. Specialized curb to curb transportation service is provided for residents 55+ or those younger than 55, with a limiting disability to medical appointments, OAS programs, shopping, work, or for special interest or needs.

Let us do the driving so you can be independent and continue a healthy, active lifestyle. Call **248-735-5617** between 7am-4pm Mon-Fri. to schedule a ride and hear about the new extended hours. A **\$5 one-way fare** will be charged when going outside the city limits-within a 10 mile range (begins at the Novi Civic Center).

BE CONNECTED

Stay in the know about great happenings by liking **City of Novi Boomers & Beyond on Facebook**. Check out our monthly calendar of special events, classes, programs and services. Copies available at Older Adult Services, Meadowbrook Activity Center as well as online at cityofnovi.org.



If you would like to receive the **Enhance e-newsletter** via email, you can sign-up online at cityofnovi.org and click on the green box labeled "E-Newsletters" then click on *Enhance* or attend the Bits & Bytes Café on Thu, Jul 19 at 10am at Meadowbrook Activities Center for assistance in registering.

E-Newsletters

Novi Older Adult Services / 45175 Ten Mile / 248.347.0414 / Mon-Fri 8am-5pm