

Enhance

promoting healthy, active lifestyles



A publication by Novi Older Adult Services

March 2019

Health & Wellness

Massage Therapy is particularly valuable for the aches and pains associated with growing older. Many individuals are turning to massage to relieve the pain of arthritis, help with recovery from surgery and maintain flexibility and fitness. Massage appointments are scheduled through the therapist.

Times: Mon-Wed, 9am-4pm

Location: Meadowbrook Activity Center - 3rd Floor Clinic

Price: 15 minute - Res. \$15/Non-Res. \$18, 30 minute - Res. \$28/Non-Res. \$33
60 Minute - Res. \$42/Non-Res. \$48

Days: **Mon** - Peggy Schwartz, LMT at **734.634.0254**

Tue or Wed - Lisa Firth, LMT at **248.894.3071**



Peggy



Lisa

Lifelong Learning

Financial Crimes, Scams and Identity Theft Tue • Apr 16 • 1-3pm • Novi Civic Center

All around the country, older adults are all too often the targets of unscrupulous scam artists. Novi is no exception. Older Adult Services is partnering with the Novi Police Department to offer a special seminar on identity theft and financial crimes/scams presented by Det. Jerry Stempien, an expert in this area. He will speak on Identity Theft, Credit Card and Check Fraud, Imposter and Tax Scams and other con artist scams which the Novi Police often see online and over the phone. Learn what you can do to protect yourself, as well as actions you can take if you suspect that you have been scammed. Pre-registration is required by calling **248.347.0414**.

Price: No Charge **Instructor:** Det. Jeremy Stempien, Novi Police Department

Location: Novi Civic Center **Registration Ends:** Apr 15

SCAMS
TARGET YOU
PROTECT YOURSELF



Color Your World! Free art classes - Sun • 1-2:30pm • Apr 14, May 5 • *MAC

Get your creativity flowing with these fun art classes from Novi High School Art Students. You will have a blast making a variety of art projects while socializing with others. Call **248.347.0414** to register. Must register prior to the Wednesday of the class.

CRAFTS: Apr 14 - Bunny Planters, May 5 - Japanese Fish Mobiles

Social Enrichment



“Batter Up” An All Star Grand Slam Luncheon Thu • Apr 4 • 12-2pm • *MAC



Be a “sport” and come “catch” this Detroit Tiger opening day luncheon. Enjoy a picnic style party that is sure to be a home run. This program is proudly supported by **Mindful Home Transitions** and **Waltonwood Novi 12 Oaks**.

Price: Res.\$7.50/Non Res. \$9. **Registration ends:** March 28 or until sold out.

Novi Group Travel Fair Thu • Apr 18 • 1:30pm • Novi Civic Center

What destination is next on your travel bucket list? Listen as the several travel representatives help you decide where your next travel adventure will take you. The agents will present a brief over view of the many touring plans they have put together and you will have time to ask questions. Door prizes and refreshments offered.



“Novi’s Own Kentucky Derby Luncheon” Thu • May 2 • 12-2pm • *MAC

It’s a safe bet you won’t want to miss our party on Novi’s Race Day. Contests for best lady’s hat and best men’s tie. This program is proudly supported by **Provident Dentistry, Lakes of Novi Health Campus and West Lake Health Campus**.

Price: Res.\$7.50/Non Res. \$9. **Registration ends:** April 25 or until sold out.

Monday Movie Matinee - Mon • Apr 15 • 1pm • *MAC

Join your friends for an afternoon of **OLD MAN AND THE GUN**. Based on the true story of Forrest Tucker (**Robert Redford**), from his audacious escape from San Quentin at the age of 70 to an unprecedented string of heists that confounded authorities and enchanted the public. Wrapped up in the pursuit are detective John Hunt (**Casey Affleck**), who becomes captivated with Forrest's commitment to his craft, and a woman (**Sissy Spacek**), who loves him in spite of his chosen profession. Popcorn and refreshments provided. **Price:** \$1 at door



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*.



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