

# Enhance

promoting healthy, active lifestyles



A publication by Novi Older Adult Services

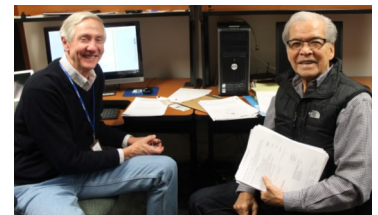
October 2018

## Support Services

**Getting Ready for Medicare Open Enrollment 2019** - Thu, Oct18 • 10am-11am • \*MAC  
The Medicare Open Enrollment Period is Oct 15-Dec 7. Which is the "right" plan for you? Need help choosing? A representative from MMAP will be reviewing selected highlights and any changes for 2019 that you will need to know to make informed decisions. Pre-registration required by calling **248.347.0414** by October 16.

**Price:** No Charge

**One-On-One Counseling for Medicare Part D** - Oct 19, Oct 25, Nov 2, Nov 14, Nov 27, Dec 3 • 9:30am-2pm • \*MAC- Computer Room



Representatives from MMAP are holding hour and half one-on-one counseling sessions to assist you with any questions you have about Medicare annual enrollment for 2019. Bring your Medicare Card, any other current insurance ID cards and list of the prescription medications you are currently taking including type/name of medication, dosage and quantity taken per day. Medicare/Medicaid Assistance Program (MMAP) is a private, non-profit agency that is not connected with any insurance company and does not sell insurance products. Appointment required by calling **248.347.0414**.

**Price:** No Charge

**AARP Smart Driver Program** - Wed-Thu, Nov 7-8 • 12:30-4:30pm • Novi Civic Center  
Presented by AARP, this classroom course focuses on areas where older drivers could benefit from additional training which include roundabouts, pavement markings, stop-sign compliance, red-light running and safety issues. Each participant receives a guidebook to take-home and must attend both days to receive a certificate of completion. \*Proof of membership required. Check made payable to: AARP. Pre-registration required by calling **248.347.0414** by November 5.

**Price:** AARP Members \$15\*/Res. and Non-Res. \$20



**Do you have questions about resources and services** available for older adults in the Novi Community? We can help connect you with community-based resources including Ask the Lawyer, Fire & Fall Prevention, Medical Loan Closet, Medicare Counseling, Nutrition Programs, AARP Tax Aide, Bereavement, Hearing Loss and Caregiver Support, etc. For more information, call **248.347.0421**.

## Exercise & Fitness

### Come get active, stretch and play!

Fall session 2 classes begin week of Oct 22.

Don't miss out, register now for Zumba Gold - Chair, Drums Alive!, Keep on Movin', Stretch and Strength, Zumba Gold and Tai Chi. Our certified fitness instructors are dedicated to helping you have fun and feel better. Unsure which class is best for you? Try any fitness class once for FREE. Call **248.347.0414** to learn how. **Register** at \*MAC, Novi Civic Center or go on-line at [cityofnovi.org](http://cityofnovi.org).



## Health & Wellness



**Flu Shot Clinic** - Thu, Oct 25 • 1:30-3:30pm • \*MAC

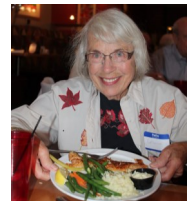
Flu shots available for adults and given on a first come, first serve basis.

**Free Health Screenings:** Blood Pressure Checks, Blood Glucose and Bone Density. For more information, contact Older Adult Services at **248-347-0414**.

**Prices:** \$33 Flu Shot, \$50 High Dose Flu Shot, No cost with most insurances.

## Social Enrichment

**Ladies Lunch Bunch** - Thu, Oct 11 • 1pm • Ruby Tuesday, 39581 12 Mile Rd  
Grab your friends, venture out and have some fun and delicious food. Just show up. Meet once a month at different restaurants. Call Older Adult Services **248-347-0414** for locations.



**NEW! An Evening of Broadway Hits** - Wed, Oct 24 • 7-8pm • Novi Civic Center  
Older Adult Services is proud to present, a concert presented by the **Schoolcraft College of Music Wind Ensemble**. Under the tutelage of Professor Paul Michalsan, forty students perform selections from "Mama Mia" and other Broadway hits. **Price:** No Charge



**"Spiders, Bats and Cats, Oh My!"** - Wed, Oct 31 • 12-2pm • \*MAC

Join us, if you dare, for a delightfully, frightfully spooky good Halloween party. Costumes are encouraged or come as you are. This program proudly supported by **Right at Home**. Entertainment by Balancing Earth. **Registration Ends:** Oct 24 or until sold out **Price:** Res. \$7.50/Non-Res \$9

## 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](http://cityofnovi.org).



If you would like to receive the **Enhance e-newsletter** via email, you can sign-up online at [cityofnovi.org](http://cityofnovi.org) and click on the green box labeled "E-Newsletters" then click on *Enhance*.

E-Newsletters

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