**January 2019**

**Weekly Activities**

**LUNCH**
- Mon - Fri: 12pm
- Closed Jan 1, 21

**PINOCCHIO**
- Mon: 12:30-3:30pm
- Closed Jan 21

**CHINESE CLUB**
- Tue - 10am
- Closed Jan 1

**EUCHE**
- Wed: 12:30-3:30pm

**TRACT BRIDGE**
- Thu: 12:15-3:30pm

**DUPLICATE BRIDGE**
- Fri: 12:30-3:30pm

**THERAPEUTIC MASSAGE**
- Fri: 9am-4pm by appt.
- Mon - Peggy Schwartz 734-634-0224
- Tue - Thu - Lisa Firth 248-894-3071
- Fri - Sat: 9am-4pm by appt.
- 248.894.3071

**Older Adult Services Office**
- Meadowbrook Activity Center, Lunch Service Transportation, Novi Civic Center
- In observance of New Year’s Day

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**Calendar Key**
- Bold black print = program offered at no charge.
- All programs held at the Meadowbrook Activity Center (MAC) unless in blue or green.
- Blue print = Novi Civic Center
- Green print = held at an off-site location
- Red print = held at a Daily Lunch Program

**Lunch Menu**
- January 2019
- Mon - Fri: 12pm
- Closed Jan 1, 21

**Contract Bridge**
- Fri: 9am-12pm
- 248.894.3071

**Chinese Club**
- Zumba Gold
- 8am-10am
- 248.894.3071

**Therapeutic Massage**
- Fri: 9am-4pm by appt.
- Mon - Peggy Schwartz 734-634-0224
- Tue - Thu - Lisa Firth 248-894-3071
- Fri - Sat: 9am-4pm by appt.

**Transportation**
- Novi Civic Center
- In observance of Martin Luther King Jr., Birthday

**Daily Lunch Program**
- Thu: 12:30-3pm
- 3pm Detroit Institute of Arts: Behind the “Seen” (RSVP)

**Chicken Fingers (2), coleslaw, broccoli, peaches, whole grain bread, sweet potato cubes**

**Chicken Goulash, tossed salad, blended vegetables, apple, garlic stick**

**Smoked Turkey Sausage, roll, baked beans, macaroni salad, cherry pie**

**Sloppy Joe, hamburger bun, corn, potato wedges, fruit pie**

**Baked Cod, macaroni salad, Brussel sprouts, banana, dinner roll**

**Golden Crispy Chicken, sweet potato cubes, spinach, apple, whole wheat bread**

**Grilled Turkey Burger, hamburger bun, baked beans, cucumber salad, orange**

**Lunch Menu subject to change without notice.**

**Margherita and half pint of milk served with every meal.**

**Please observe requested lunch donation amount - $3 per meal.**

**PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS: 248-347-0489**
UPCOMING PROGRAMS

Making a Memoir
Monday, 1-2:15pm
January 14
Novi Woods Elementary 4th grade students invite you to share stories with them. Students will take their interview notes, add their writing skills they have been learning and turn it into a precious keepsake memoir for you within a few weeks. Pre-registration required.
Age: 55+
Price: No Charge
Location: Meadowbrook Activity Center
Registration Ends: Jan 11 - limit 50

PATH Diabetes (Personal Action Toward Health)
Thursdays, 1-3:30pm
Jan 10-Feb 14
The Diabetes-PATH workshop is a six-week workshop designed to provide skills and tools to help people living with diabetes. You will learn to manage your everyday activities by making an action plan, avoid complications, balance your blood sugar, improve your communication skills, understand the importance of monitoring your blood sugar, manage symptoms and decrease stress, improve your overall health and increase your energy. Pre-registration required at healthcare.ascension.org/events. For more information, call 1.866.501.3627.
Age: 55+
Price: No Charge
Instructor: Sue Knapp, St. John Providence Community Health
Location: Novi Civic Center
Registration Ends: Jan 8

TRANSPORTATION
Novi residents age 55 and older or those under 55 with a limiting disability are eligible.
Hours: Transportation is available Mon-Fri, 8am-7pm (last pick-up is 6:30pm in Novi or 6pm out of Novi) and Sat 8am-3pm (last pick-up is at 2:30pm in Novi or 2pm out of Novi).
Fare Structure:
- No charge within the City of Novi and border shopping areas.
- $5 one-way outside the city limits - within a 10 mile range (begins at the Novi Civic Center).
Reservations are required at least 1 business day in advance and are scheduled based on availability. To schedule your appointment, call 248.735.5617 Mon-Fri, 7am-4pm.

PATH Diabetes (Personal Action Toward Health)
Thu, January 10-February 14 - 1-3:30pm - held at the Novi Civic Center (RSVP at www.healthcare.ascension.org/events).

Retirement Realities - Don't be Sold, be Informed!
Wed, January 16 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).

Financial Aid for Assisted Living and Nursing Home
Wed, January 23 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).

What You Need to Know About Required Minimum Distributions
- Thu, January 24 - 10am-12pm - held at the Novi Civic Center (RSVP).

A Taste of China
Thu, January 24 - 12pm - held at the Meadowbrook Activity Center (RSVP at www.healthcare.ascension.org/events).

Don’t Miss...
- How to Choose Housing for Seniors - Thu, January 10 - 10:30am-12pm held at the Novi Civic Center (RSVP).
- PATH Diabetes (Personal Action Toward Health) Thu, January 10-February 14 - 1-3:30pm - held at the Novi Civic Center (RSVP at www.healthcare.ascension.org/events).
- Retirement Realities - Don’t be Sold, be Informed!
- Financial Aid for Assisted Living and Nursing Home
- What You Need to Know About Required Minimum Distributions
- A Taste of China
- Don’t be Sold, be Informed!

INCLEMENT WEATHER

In the event of a major snow/ice storm, all closure information will be posted on:
- City of Novi website - www.cityofnovi.org
- Facebook - City of Novi Boomers and Beyond
- Novi Weather Hotline: 248.735.5617

TRANSPORTATION Services will contact all riders for cancellations.

Don’t Miss...
- Wills, Trusts and Ladybird Deeds - Wed, January 30 - 6:30-8:30pm held at the Novi Civic Center (RSVP).

Important Numbers
City of Novi Older Adult Services: 248.347.0414
Daily Lunch Reservations: 248.347.0489
Meals on Wheels: 1.888.886.8971
Weather Hotline: 248.347.0473
Transportation: 248.735.5617