

February 2019

Weekly Activities

LUNCH

Mon-Fri - 12pm
(closed Feb 18)

PINOCHLE

Mon - 12:30-3:30pm
(closed Feb 18)

CHINESE CLUB

Tue - 10am

EUCHRE

Wed - 12:30-3:30pm

CONTRACT BRIDGE

Thu - 12:15-3:30pm

DUPLICATE BRIDGE

Fri - 12:30-3:30pm
(No Bridge Feb 1)

THERAPEUTIC MASSAGE

9am-4pm by appt.

Mon - Peggy Schwartz
734-634-0254

Tue-Thu - Lisa Firth

248-894-3071
(closed Feb 18)

Saturday Programs

Medicare 101

Sat, Feb 23 - 1-3:30pm
Novi Public Library (RSVP)

Zumba Gold

Sat, Jan 12-Feb 23
9-10am

Sunday Programs

Color Your World
Feb 10 - 1-2:30pm
Meadowbrook Activity
Center (RSVP)

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 = denotes
Daily Lunch Program**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch menu subject to change without notice. Margarine and half pint of milk served with every meal.</p> <p>Please observe requested lunch donation amount - \$3 per meal</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS: 248-347-0489</p>				<p>9-10am Stretch & Strength 1 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Hamburger w/cheese, hamburger bun, baked beans, coleslaw, apple</p>
<p>9-10am Stretch & Strength 4 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg 1-2:30pm Powerful Tools for Caregivers (RSVP 1.800.852.7795) 6:45-7:45pm Zumba Gold</p> <p>Baked Ham w/pineapple, mashed sweet potatoes, green beans, dinner roll, pineapple</p>	<p>8-9am Coffee Hour at Meadowbrook Café 5 1-3pm Bingo 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive 7-8pm Tai Chi</p> <p>Meatloaf & Gravy, mashed potatoes, corn, roll, orange</p>	<p>9-10am Stretch & Strength 6 9:15-10:15am Morning Tone & Stretch 10am-3pm AARP Income Tax Preparation (FULL) 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure 1-2pm Every Heart Matters (cancelled)</p> <p>Chicken and Dumplings, tossed salad, peas & carrots, pears, dinner roll, pudding</p>	<p>12-3:30pm Samba card game 7 1pm Ladies Lunch Bunch (Applebee's - 47900 Grand River, Novi) 1:30pm Novi Group Travel Fair 3pm Deadline to purchase Valentine's Luncheon ticket or until sold out</p> <p>Macaroni & Cheese, stewed tomatoes, Brussel spouts, tropical fruit, whole grain bread, dessert</p>	<p>9-10am Stretch & Strength 8 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Country Fried Steak, wedge potatoes, broccoli, peaches, dinner roll</p>
<p>9-10am Stretch & Strength 11 9:15-10:15am Morning Tone & Stretch 10:30-11:30am Keep On Movin' 12:30-4pm Mah Jongg 1-2:30pm Powerful Tools for Caregivers (RSVP 1.800.852.7795) 2-3:30pm Estate Planning (by appt) 6:45-7:45pm Zumba Gold</p> <p>Stuffed Peppers, mashed potatoes, pears, roll, mixed fruit</p>	<p>8-9am Coffee Hour at Meadowbrook Café 12 10:30-11:30am Novi Public Library at MAC 12:30-3pm Focus Hope 1-3pm Bingo 1-3pm Ask the Lawyer (by appointment) 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive 7-8pm Tai Chi</p> <p>Vegetable Lasagna, tossed salad, broccoli, peaches, whole grain bread</p>	<p>9-10am Stretch & Strength 13 9:15-10:15am Morning Tone & Stretch 10am-2:30pm Novi Needlers Quilting Group 10am-3pm AARP Income Tax Preparation (FULL) 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure & Glucose Testing 1-3pm Boomers' Games Galore</p> <p>Baked Cod, macaroni salad, Brussel spouts, banana, dinner roll, cookie</p>	<p>12-2pm Valentine's Luncheon (advanced ticket required) 14 12-3:30pm Samba card game</p> <p>Turkey & Cabbage Casserole, tossed salad, cooked carrots, applesauce, dinner roll</p>	<p>9-10am Stretch & Strength 15 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Golden Crispy Chicken, mashed sweet potatoes, spinach, apple, whole wheat bread</p>
<p>CLOSED 18</p> <p>Older Adult Services Office Meadowbrook Activity Center Lunch Service Transportation Novi Civic Center</p>  <p>In observance of President's Day</p>	<p>8-9am Coffee Hour at Meadowbrook Café 19 1-3pm Bingo 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive 7-8pm Tai Chi 7:30-9pm Bereavement Support Group</p> <p>Chicken & Broccoli Casserole, cooked carrots, applesauce, dinner roll</p>	<p>9-10am Stretch & Strength 20 9:15-10:15am Morning Tone & Stretch 10am-3pm AARP Income Tax Preparation (FULL) 10:30-11:30am Keep On Movin' 11am-12pm Blood Pressure 1-2pm Take Care of Your Heart (RSVP www.healthcare.ascension.org/events) 5:30-7pm Ask the Lawyer (by appointment) 6:30-8:30pm Why Families Feud in Probate Court and How to Prevent the Mayhem (RSVP)</p> <p>Swedish Meatballs, corn, cole slaw, pears, roll, dessert</p>	<p>10-11:30am Bits & Bytes Café 21 10:30am-12pm Allocating Your 401(k), 403b and 457 for Retirement (RSVP) 12-3:30pm Samba card game</p> <p>Grilled Turkey Burger, hamburger bun, baked beans, cucumber salad, orange, dessert</p>	<p>9-10am Stretch & Strength 22 9:30-10:15am Interval Cardio 10:30-11:30am Morning Tone & Stretch 1-3pm Bingo 1-3pm "In Stitches"</p> <p>Tuna Sandwich, potato salad, carrot sticks, peaches, bread</p>
<p>9-10am Stretch & Strength 25 9:15-10:15am Morning Tone (no class) 10:30-11:30am Keep On Movin' (no class) 12:30-4pm Mah Jongg 1pm Movie Matinee - "Mamma Mia! Here We Go Again" (\$1 at door) 1-2:30pm Powerful Tools for Caregivers (RSVP 1.800.852.7795) 6:45-7:45pm Zumba Gold (no class)</p> <p>Copper Country Pie, mixed vegetables, stewed tomatoes, peaches, corn bread topping</p>	<p>8-9am Coffee Hour at Meadowbrook Café 26 1-3pm Bingo 1:30-4pm All Things Yarn Knitting/Crocheting 1:45-3pm Chair Volleyball 5:15-6:15pm Drums Alive (no class) 7-8pm Tai Chi (no class)</p> <p>Beef Lasagna, Italian vegetables, orange, breadstick, tossed salad</p>	<p>9-10am Stretch & Strength 27 9:15-10:15am Morning Tone (make-up) 10am-1pm Novi Needlers Quilting 10am-3pm AARP Income Tax Preparation (by appt) 10:30-11:30am Keep On Movin' (make-up) 11am-12pm Blood Pressure 1-3pm Boomers' Games Galore 6:30-8:30pm New Laws Affecting Your Estate Plan (RSVP)</p> <p>Grilled Chicken Sandwich w/lettuce & tomato, 3 bean salad, hamburger bun, banana, dessert</p>	<p>8:30-11:50am Dr. Guy - Foot Specialist (313.537.4030 to schedule appointment) 28 12-3:30pm Samba card game 1:30-2:30pm Hearing Loss Support Group</p> <p>Pork Loin, tossed salad, peas & carrots, applesauce, whole grain bread, pie</p>	

UPCOMING PROGRAMS

Color Your World

Sun, 1-2:30pm
 February 10 - Heart Shaped Jewelry Boxes
 March 10 - Sock Animals
 April 14 - Bunny Planters
 May 5 - Japanese Fish Mobiles



Get your creativity flowing with these fun classes from Novi High School Art Students! You will have a blast making a variety of art projects while using your creative abilities! No additional fees for materials. Pre-registration required by calling **248.347.0414**.

Age: 50+
Price: No Charge
Location: Meadowbrook Activity Center
Registration Ends: by Wednesday to participate on Sunday

Medicare 101

Sat, 1-3:30pm
 February 23



Are you turning 65? This program provides an overview of Medicare. Topics include: Medicare Parts A and B, Medigap insurance, Medicare Advantage plans and Medicare prescription drug coverage. After participating in this program, participants will be better equipped to make informed Medicare-related decisions. The program is presented in association with the MMAP, Inc., a private, non-profit agency that is not connected with any insurance company. Pre-registration required by calling **248.347.0414**.

Age: About to turn 65
Price: No Charge
Instructor: John Howland, MMAP Counselor
Location: Novi Public Library
Registration Ends: Feb 21

AARP Income Tax Preparation



Wednesdays, 10am-3pm
 Feb, 27, Mar 6, 13, 20, 27, Apr 3, 10

Does tax time have you stressed? Certified AARP Volunteer Tax Preparers are here to help by providing FREE tax aide by appointment. Tax preparers are AARP trained volunteers, they are not accountants. Complex returns may be refused. You are responsible for accuracy and retention of all information and tax records. Please call **248.347.0414** to schedule your appointment.

Price: No Charge
Location: Novi Civic Center

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 9am-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.



Punch Card Special! Purchase a Punch Card and receive one free ride. Punch Card price: \$30 7 rides outside the City (save \$5).

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 - **248.347.0473**
- Meals on Wheels - **810.632.2155**

Transportation Services will contact all riders scheduled for that day.

For more information contact:
 Karen Kapchonick
 Older Adult Services Manager
248.347.0414
kkapchonick@cityofnovi.org



Older Adult Services Office
 45175 Ten Mile Rd
 Novi, Michigan 48375

Meadowbrook Activity Center
 25075 Meadowbrook Rd
 Novi, Michigan 48375

Meadowbrook Commons Leasing Office
 248-305-8646
meadowbrook@kmgprestige.com

Find us on Facebook-search Novi Boomers and Beyond

Novi Parks, Recreation & Cultural Services

February 2019 Older Adult Services Activities Calendar



AARP Income Tax Preparation by appointment

Don't Miss...

- **AARP Income Tax Preparation** - Wed, February 6, 13, 20, 27 - 10am-3pm - held at the Novi Civic Center (RSVP).
- **Group Travel Fair** - Thu, February 7 - 1:30pm - held at the Novi Civic Center.
- **Color Your World** - Sun, February 10 - 1-2:30pm "Heart Shaped Jewelry Boxes" - held at the Meadowbrook Activity Center (RSVP).
- **Valentine's Luncheon** - Thu, February 14 - 12pm held at the Meadowbrook Activity Center (ticket req).
- **Take Care of Your Heart** - Wed, February 20 1-2pm - held at the Novi Civic Center (RSVP www.healthcare.ascension.org/events).
- **Why Families Feud in Probate Court and How to Prevent the Mayhem** - Wed, February 20 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- **Allocating Your 401(k), 403b and 457 for Retirement** - Wed, February 21 - 10:30am-12pm held at the Novi Civic Center (RSVP).
- **Medicare 101** - Sat, February 23 - 1-3:30pm held at the Novi Public Library (RSVP).
- **Movie Matinee** - Mon, February 25 - 1pm - held at the Meadowbrook Activity Center - "Mamma Mia! Here We Go Again" (\$1 at door).
- **New Laws Affecting Your Estate Plan** - Wed, February 27 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).



Valentine's Luncheon - Thursday, February 14 - 12-2pm



Older Adult Services
248.347.0414

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