**May is Older Adults Month**

### Support Services

**Nutrition Programs**  
*Be Healthy. Stay Active. Eat well.*

Access to nutritious meals can be a challenge for many older adults. Daily lunch is provided at the Meadowbrook Activity Center, Monday thru Friday at noon. Meals on Wheels also provides home delivered meals. In addition, Novi hosts two food commodity programs: Focus Hope and the Emergency Food Assistance Program. For information, call 248.347.0414.

**Ask the Lawyer**  
*Tue • Jun 11 • 1-3pm • Meadowbrook Activity Center  
Wed • May 15 • Jun 19 • 5:30-7pm • Novi Civic Center*

Do you have a legal question but don’t know who to ask? Eric Glick of the Glick Law Firm is hosting FREE 30 minute sessions to answer your questions. Pre-registration required by calling 248.347.0414.

**Hearing Loss D.A.T.A. Group**  
*Thu • May 23, Jun 27 • 1:30-2:30pm • Meadowbrook Activity Center*

Are you or a family member experiencing hearing loss? Join us for a monthly support group convening for the purposes of Discussion, Awareness, and Technological Assistance for those with hearing loss. The goal of the support group is to enable people with hearing loss to learn coping strategies and know you are not alone. Learn to help yourself have improved communication and a healthier life. This program is presented in association with Deaf and Hearing Impaired Services (DHIS).  
**Price:** No Charge  
**Facilitator:** Patty Soma, Deaf and Hearing Impaired Services

### Exercise & Fitness

**Novi Path Walkers**  
*Tue • May 14-Aug 27 • 9am • Meadowbrook Activity Center*

Can you really walk your way to fitness? You bet! The benefits of regular walking include lifting your mood, strengthening your bones and maintaining a healthy weight. Walkers set their own pace. Walks average 20-30 minutes. Stay motivated, meet new people and have fun.  
**Price:** No Charge

**Register today for Summer Classes! Classes begin week of July 8.**

With Spring in bloom and summer in the horizon, it’s the perfect time to join a group fitness class. Improve your balance & stability and relieve stress. Classes include Chair Yoga, Zumba Gold, Drums Alive!, Keep on Movin’, Strength and Tai Chi. Unsure which class is best for you? Try any fitness class once for FREE. Call 248.347.0414 to learn how.  
**Register** at MAC* or Novi Civic Center or go on-line at cityofnovi.org.

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*MAC = Meadowbrook Activity Center*
### Social Enrichment

**Monday Movie Matinee**  
**Mon • May 20, Jun 17 • 1-3:30pm • *MAC**

Join your friends for an afternoon of watching popular PG 13 movies. Popcorn and refreshments provided. **Price:** $1 at door

**May 20 - “Green Book”**  
When Tony Lip, a bouncer from an Italian-American neighborhood in the Bronx, is hired to drive Dr. Don Shirley, a world-class Black pianist, on a concert tour from Manhattan to the Deep South, they must rely on "The Green Book" to guide them to the few establishments that were then safe for African-Americans. Confronted with racism, danger-as well as unexpected humanity and humor-they are forced to set aside differences to survive and thrive on the journey of a lifetime.

**June 17 - “Dunkirk”**  
May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated.

**Red, White and “You” Fourth of July Luncheon**  
**Thu • Jun 27 • 12-2pm • Meadowbrook Activity Center**

Toot the horn! Bang the drum! It’s a party! Come dressed in your red, white and blue to celebrate Americas Birthday with us. Entertainment by Special Blend. This program is proudly supported by South Lyon Senior Care and Rehab Center  
**Price:** Res. $7.50/Non Res. $9

**Ladies Lunch Bunch**  
**Thu • Jun 13, Jul 11 • 1pm • Held at different locations**

Grab your friends and visit a different local restaurant each month. This social group is a great way to meet new people and try new, delicious foods. Venture out and have some fun! Just show up at the designated location each month.

**June 13 - Library Pub**  
42705 Grand River, Novi  
**July 11 - George Murphy’s**  
36000 Seven Mile, Livonia

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**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.

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