

May 2019

Weekly Activities

LUNCH

Mon-Fri - 12pm
(No lunch May 27)

COFFEE HOUR

Tue - 8-9am

PINOCHLE

Mon - 12:30-3:30pm
(No Pinochle May 27)

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 May 3, 17)

THERAPEUTIC MASSAGE

9am-4pm by appt.
Mon - Peggy Schwartz
734-634-0254
Tue-Thu - Lisa Firth
248-894-3071
(No Massage May 27)

ASSISTED STRETCHING

Tue-Wed - Lisa Firth
9am-4pm - by appt.
248.894.3071

Saturday Programs

Zumba Gold
May 4-Jun 15, 9-10am
(No class May 25)

Sunday Programs

Color Your World
May 5, 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**

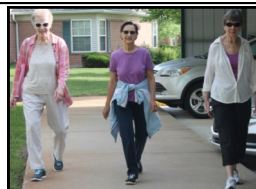
Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch menu subject to change without notice. Margarine and half pint of milk served with every meal.</p> <p>Please observe requested lunch donation amount - \$3 per meal</p> <p>PLEASE CALL 24 HOURS IN ADVANCE TO CANCEL MEALS: 248-347-0489</p>	<p>2019 Memorial Day Activities Monday, May 27, 2019</p> <p>Parade begins at 10am - Parade route is along Ten Mile beginning at Karim Boulevard and ends at the Novi Civic Center.</p> <p>Memorial Services begin at the Novi Civic Center after the parade concludes.</p> <p>For further information, please call 248.347.0414.</p>	<p>9-10am Stretch & Strength 1</p> <p>9:15-10:15am Morning Tone (no class)</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure</p> <p>Maurice Salad w/ham & turkey, swiss cheese, cheddar cheese, gherkin pickles, chopped greens, dinner roll, banana</p>	<p>8:30-11:50am Dr. Guy - Foot Specialist 2 (313.537.4030 to schedule appointment)</p> <p>12-2pm They're Off and Running Derby Luncheon (advanced ticket required)</p> <p>12-3:30pm Samba card game</p> <p>Philly Beef Steak w/green peppers & onions, corn, sub bun, pineapple, dessert</p>	<p>9-10am Stretch & Strength 3</p> <p>9:30-10:15am Interval Cardio (no class)</p> <p>10:30-11:15am Chair Yoga</p> <p>10:30-11:30am Morning Tone (no class)</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Fajitas Chicken Strips, refried beans, cheese, salsa, sour cream, orange, soft tortilla shell</p>
<p>9-10am Stretch & Strength 6</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1:15-2:15pm Golf Conditioning</p> <p>6:45-7:45pm Zumba Gold</p> <p>Grilled Turkey Burger, hamburger bun, baked beans, cucumber salad, apple</p>	<p>9am Novi Path Walkers 7</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner Line Dance</p> <p>11am-12pm Improver Line Dance</p> <p>1-2pm Age in Place (RSVP: healthcare.ascension.org/events)</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>5:15-6:15pm Drums Alive 7-8pm Tai Chi</p> <p>Polish Sausage, sauerkraut, carrot raisin salad, whole potatoes, hot dog bun, orange</p>	<p>9-10am Stretch & Strength 8</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10am-2:30pm Novi Needlers Quilting Group</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure & Glucose Testing</p> <p>1-3pm Boomers' Games Galore</p> <p>6:30-8:30pm Financial Aid for Assisted Living and Nursing Home (RSVP)</p> <p>Chef Salad Plate w/ham & turkey, mixed greens, potato salad, pita bread, apple pie</p>	<p>10-11am Beginner Line Dance 9</p> <p>11am-12pm Improver Line Dance</p> <p>12-3:30pm Samba card game</p> <p>1pm Ladies Lunch Bunch (Claddagh Irish Pub, 17800 Haggerty Rd, Livonia)</p> <p>1-2pm Birding 101 (RSVP)</p> <p>Baked Cod, green beans, banana, dinner roll, dessert</p>	<p>9-10am Stretch & Strength 10</p> <p>9:30-10:15am Interval Cardio</p> <p>10:30-11:15am Chair Yoga</p> <p>10:30-11:30am Morning Tone & Stretch</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Ham & Cheese & Broccoli Quiche, low sodium V-8 Juice, fresh mixed fruit, muffin</p>
<p>9-10am Stretch & Strength 13</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1:15-2:15pm Golf Conditioning</p> <p>2-3:30pm Estate Planning (by appt)</p> <p>6:45-7:45pm Zumba Gold</p> <p>Chicken A La King, tossed salad, green peas, pears, dinner roll</p>	<p>9am Novi Path Walkers 14</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner Line Dance</p> <p>10:30-11:30am Novi Public Library at MAC</p> <p>11am-12pm Improver Line Dance</p> <p>12:30-3pm Focus Hope 1-3pm Bingo</p> <p>1-3pm Ask the Lawyer (by appointment)</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>5:15-6:15pm Drums Alive 7-8pm Tai Chi</p> <p>Beef Lasagna, tossed salad, broccoli, peaches, garlic bread, dessert</p>	<p>9-10am Stretch & Strength 15</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure</p> <p>1-2pm A Novel Bunch Book Club ("A Tree Grows in Brooklyn by Betty Smith)</p> <p>5:30-7pm Ask the Lawyer (by appointment)</p> <p>6:30-8:30pm Retirement Realities - Don't be Sold, be Informed (RSVP)</p> <p>Chicken Salad Plate, mixed greens, 3 bean salad, pita bread, banana, dessert</p>	<p>10-11:30am Bits & Bytes Café 16</p> <p>10am-12pm Healthy Hearing (by appt)</p> <p>10-11am Beginner Line Dance</p> <p>11am-12pm Improver Line Dance</p> <p>12-3:30pm Visit the Detroit Institute of Arts (pre-registration required)</p> <p>12-3:30pm Samba card game</p> <p>Hamburger w/cheese, hamburger bun, baked beans, coleslaw, apple</p>	<p>9-10am Stretch & Strength 17</p> <p>9:30-10:15am Interval Cardio</p> <p>10:30-11:15am Chair Yoga (no class)</p> <p>10:30-11:30am Morning Tone & Stretch</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>BLT Sandwich w/mayo, bacon, lettuce, tomato, whole wheat bread, potato salad, orange</p>
<p>9-10am Stretch & Strength 20</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>12:30-4pm Mah Jongg-Intermediate-Adv.</p> <p>1pm Movie Matinee - "Green Book" (\$1 at door)</p> <p>1:15-2:15pm Golf Conditioning</p> <p>6:45-7:45pm Zumba Gold</p> <p>Beef Goulash, blended vegetables, peaches, whole grain bread</p>	<p>9am Novi Path Walkers 21</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner Line Dance</p> <p>11am-12pm Improver Line Dance</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>5:15-6:15pm Drums Alive</p> <p>7-8pm Tai Chi</p> <p>7:30-9pm Bereavement Support Group</p> <p>Swedish Meatballs, mashed potatoes, capri vegetables, fruit cocktail, dinner roll</p>	<p>9-10am Stretch & Strength 22</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10am-1pm Novi Needlers Quilting</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure</p> <p>1-3pm Boomers' Games Galore</p> <p>Tuna Salad Plate, cheese, cucumbers, tomatoes, mixed greens, potato salad, pita bread, banana</p>	<p>10-11am Beginner Line Dance 23</p> <p>11am-12pm Improver Line Dance</p> <p>12-3:30pm Samba card game</p> <p>1:30-2:30pm Hearing Loss Support Group</p> <p>Grilled Chicken Sandwich w/lettuce & tomato, 3 bean salad, hamburger bun, applesauce, dessert</p>	<p>9-10am Stretch & Strength 24</p> <p>9:30-10:15am Interval Cardio</p> <p>10:30-11:15am Chair Yoga (no class)</p> <p>10:30-11:30am Morning Tone & Stretch</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Sloppy Joe, hamburger bun, corn, potato wedges, fruit pie</p>
<p>CLOSED 27</p> <p>Older Adult Services Office Meadowbrook Activity Center Lunch Service, Transportation Novi Civic Center</p> <p></p> <p>In observance of Memorial Day 10am Memorial Day Parade</p>	<p>9am Novi Path Walkers 28</p> <p>9am-12pm Mah Jongg - Beginner</p> <p>10-11am Beginner Line Dance</p> <p>11am-12pm Improver Line Dance</p> <p>1-3pm Bingo</p> <p>1:30-4pm All Things Yarn Knitting/Crocheting</p> <p>1:45-3pm Chair Volleyball</p> <p>5:15-6:15pm Drums Alive</p> <p>7-8pm Tai Chi</p> <p>Chicken Parmesan, noodles, Italian vegetables, pineapple, garlic bread</p>	<p>9-10am Stretch & Strength (no class) 29</p> <p>9:15-10:15am Morning Tone & Stretch</p> <p>10:30-11:30am Keep On Movin'</p> <p>11am-12pm Blood Pressure</p> <p>6:30-8:30pm How to Choose Housing for Seniors (RSVP)</p> <p>Chicken Fajita Strip Salad, mixed greens, cucumbers, tomatoes, black olives, banana, tortilla chips, dessert</p>	<p>8:30-11:50am Dr. Guy - Foot Specialist 30 (313.537.4030 to schedule appointment)</p> <p>10-11am Beginner Line Dance</p> <p>11am-12pm Improver Line Dance</p> <p>12-3:30pm Samba card game</p> <p>Stuffed Steak, tossed salad, green beans, orange, dinner roll, dessert</p>	<p>9-10am Stretch & Strength (no class) 31</p> <p>9:30-10:15am Interval Cardio</p> <p>10:30-11:15am Chair Yoga</p> <p>10:30-11:30am Morning Tone & Stretch</p> <p>1-3pm Bingo</p> <p>1-3pm "In Stitches"</p> <p>Chicken & Broccoli Casserole, wedge potatoes, blended vegetables, fruit cocktail, dinner roll</p>

UPCOMING PROGRAMS

Novi Path Walkers

Tue, May 7, 14, 21, 28
9am

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. All ages welcome. For information, contact Older Adult Services at **248.347.0414**.



Age: All
Price: No Charge
Location: Meadowbrook Activity Center, Community Room

Birding 101

Thu, May 9 - 1-2pm

Ever wonder about the birds you are seeing around you? Birding is something that can be done anywhere and everywhere - from a bench in a local park to your own backyard. Beginners and experts welcome!



We invite you and your friends to learn about:

- Tips for beginners
- Bird identification
- Feeding habits/preferences
- Backyard bird feeding
- Basic birding equipment

Pre-registration is required by calling **248.347.0414**.

Price: No Charge
Location: Novi Civic Center
Registration Ends: May 6
Instructor: Brittany Leick

Visit the Detroit Institute of Arts

Thu, May 16 - 12-3:30pm

All aboard for a free trip to the DIA! The City of Novi is partnering with the DIA to offer this exclusive opportunity to ride a fully accessible deluxe motor coach and enjoy a "make-it-take-it" art project or tour the museum. Bus will depart from the Meadowbrook Commons gazebo parking lot at 12noon promptly. Please arrive 15 minutes early. Refreshments are available at the DIA. Pre-registration required by calling **248.347.0414**.



Age: 55+
Price: No Charge
Location: Pick-up and drop-off at the Meadowbrook Activity Center
Registration Ends: May 2

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).

WHY DO GOOD PROGRAMS, CLASSES AND TRIPS GET CANCELLED?

Nothing cancels a good program or trip faster than everyone waiting until the last minute to register. Registration deadlines are very important for planning purposes for City of Novi Older Adult Services' staff, travel companies, instructors and speakers. If there are not enough registered participants by the "Registration Ends" date, the class, the program, the trip or the special event will be cancelled.

Don't Delay — Register Today!

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

May 2019 Older Adult Services Activities Calendar



Memorial Day Parade - Monday, May 27 - 10am

Don't Miss...

- **Novi Path Walkers** - Tue, May 7, 14, 21, 28 - 9am held at the Meadowbrook Activity Center.
- **Age in Place** - Tue, May 7 - 1-2pm held at the Novi Civic Center (RSVP: healthcare.ascension.org/events).
- **Financial Aid for Assisted Living and Nursing Home** Wed, May 8 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- **Ladies Lunch Bunch** - Thu, May 9 - 1pm (Claddagh Irish Pub, 17800 Haggerty Rd., Livonia).
- **Birding 101** - Thu, May 9 - 1-2pm - held at the Novi Civic Center (RSVP).
- **Retirement Realities - Don't Be Sold, be Informed!** Wed, May 15 - 6:30-8:30pm - held at the Novi Civic Center (RSVP).
- **Visit the Detroit of Arts** - Thu, May 16 - 12-3:30pm depart at the Meadowbrook Activity Center (RSVP).
- **Movie Matinee** - Mon, May 20 - 1pm - held at the Meadowbrook Activity Center - "Green Book" (\$1 at door).
- **How to Choose Housing for Seniors** - Wed, May 29 6:30-8:30pm - held at the Novi Civic Center (RSVP).



Derby Luncheon - Thursday, May 2 at 12pm



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