### June 2019

#### Weekly Activities

**LUNCH**
- Mon - Fri: 12-12pm

**COFFEE HOUR**
- Tue - 8:00am

**PINOCHLE**
- Mon: 12:30-3:30pm

**CHINESE CLUB**
- Tue: 10:00am

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

**CONTRACT BRIDGE**
- Thu: 12:30-3:30pm

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

**THERAPEUTIC MASSAGE**
- Sat: 9:00am-4:00pm by appt.

- Mon, Tue, Thu: 9:00am-4:00pm

- Wed, Fri: 9:00am-12:00pm

**ASSISTED STRETCHING**
- Tue, Fri: 9:00am-4:00pm

**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

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<td><strong>June 2019</strong></td>
<td><strong>Lunch menu subject to change without notice. Margarine 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</strong></td>
<td><strong>9am Novi Path Walkers (held rain or shine)</strong> 9:00am-12:00pm Mah Jongg - Beginner 10:30-11:30am Keep On Movin' <strong>Green print = held at an off-site location (RSVP)</strong></td>
<td><strong>10am Beginner Line Dance</strong> <strong>9:15-10:15am Morning Tone &amp; Stretch</strong> <strong>9:30-10:30am Mah Jongg/Intermediate-Adv.</strong> <strong>11:30-12:30pm Estate Planning</strong> 2:30-3:30pm Coralie's Community Connect 6:45-7:45pm Zumba Gold <strong>10am Stretch &amp; Strength</strong> 9:00am-12:00pm Mah Jongg - Beginner 10:30-11:30am Keep On Movin' <strong>10am Stretch &amp; Strength</strong></td>
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**Monday**
- **9:10am Stretch & Strength**
  - **9:15-10:15am Morning Tone & Stretch**
  - **9:30-10:30am Mah Jongg/Intermediate-Adv.**
  - **10:30-11:30am Keep On Movin'**

**Tuesday**
- **9am Novi Path Walkers (held rain or shine)**
- **9:00am Stretch & Strength**
- **10:00am Stretch & Strength**
- **11:00am Stretch & Strength**

**Wednesday**
- **9am Novi Path Walkers (held rain or shine)**
- **9:00am Stretch & Strength**
- **10:00am Stretch & Strength**
- **11:00am Stretch & Strength**

**Thursday**
- **9:10am Stretch & Strength**
- **9:15-10:15am Morning Tone & Stretch**
- **9:30-10:30am Mah Jongg/Intermediate-Adv.**
- **10:30-11:30am Keep On Movin'**

**Friday**
- **9:10am Stretch & Strength**
- **9:15-10:15am Morning Tone & Stretch**
- **9:30-10:30am Mah Jongg/Intermediate-Adv.**
- **10:30-11:30am Keep On Movin'**
### Novi Path Walkers

**Tuesday, June 4, 11, 18, 25**

**8am**

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. Walk rain or shine! We will walk inside if inclement weather. All ages welcome. For information, contact Older Adult Services at 248.347.0414.

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

### Medicare 101

**Saturday, June 15**

1-3:30pm

Are you ready to enroll in Medicare? 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:** Adults eligible to enroll in Medicare
- **Price:** No Charge
- **Presenter:** John Howland, MMAP Counselor
- **Location:** Novi Public Library
- **Registration Ends:** Jun 13

### Movie Matinee

**Monday, June 17 - 1pm - “Dunkirk”**

Join your friends for the monthly movie matinee on the big screen. Enjoy a new DVD release complete with popcorn and refreshments. Pre-registration is not required. Most movies are PG or PG-13.

_Dunkirk_ - In 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.

- **Age:** Adult
- **Price:** $1 at the door
- **Location:** Meadowbrook Activity 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.

- **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.

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**Fourth of July Luncheon** - Thursday, June 27 at 12pm

**For more information contact:** Derek Stogner
Older Adult Services Manager
248.347.0414
dstogner@cityofnovi.org

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

Meadowbrook Activity Center
250.75 Meadowbrook Rd
Novi, Michigan 48375

Meadowbrook Commons
Leasing Office
248.305.8646
meadowbrook@kmprestige.com

Find us on Facebook-search Novi Boomers and Beyond