## July 2019

### Monday
- **9-10am Stretch & Strength**
- **12:30-4pm Mah Jongg/Intermediate-Adv.**
- **12:30-4pm Estate Planning**
- **4:15-6:15pm Drums Alive**

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

**Polish Sausage, sauerkraut, carrot raisin salad, whole potatoes, hot dog bun, orange**

### Tuesday
- **9-10am Stretch & Strength**
- **9:15-10:15am Morning Tone & Stretch**
- **9:15am-10:15am Keep On Movin'**
- **10:30-11:30am Novel Public Library at MAC**
- **4:15-6:15pm Drums Alive**

**Chicken A La King, tossed salad, green peas, pears, dinner roll**

### Wednesday
- **9-10am Stretch & Strength**
- **9:15-10:15am Morning Tone & Stretch**
- **9:15am-10:15am Keep On Movin'**
- **10:30-11:30am Novel Public Library at MAC**
- **4:15-6:15pm Drums Alive**

**Beef Goulash, blended vegetables, peaches, whole grain bread**

**Swedish Meatballs, mashed potatoes, capri vegetables, fruit cocktail, dinner roll**

### Thursday
- **9-10am Stretch & Strength**
- **9:15-10:15am Morning Tone & Stretch**
- **9:15am-10:15am Keep On Movin'**
- **10:30-11:30am Novel Public Library at MAC**
- **4:15-6:15pm Drums Alive**

**Chicken Fajita Strip Salad, mixed greens, cucumbers, tomatoes, black olives, banana, tortilla chips, dessert**

### Friday
- **9-10am Stretch & Strength**
- **9:15-10:15am Morning Tone & Stretch**
- **9:15am-10:15am Keep On Movin'**
- **10:30-11:30am Novel Public Library at MAC**
- **4:15-6:15pm Drums Alive**

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

Birding 101
Thu, July 11 - 6:30-7:30pm
We invite you and your friends to learn about tips for beginners, bird identification, feeding habits/preferences, backyard bird feeding and basic birding equipment. Beginners and experts welcome. Pre-registration required by calling 248.347.0414.

Age: All
Location: Novi Civic Center
Registration Ends: Jul 8

Invasive Species In Your Backyard
Thu, July 18 - 6:30-7:30pm
It’s more than just zebra mussels - Michigan has hundreds of invasive species, but a few of them can have large impacts on recreation, infrastructure and home values. Learn to identify the invasive species that may be in your backyard and how to control their spread. There will be an update on the newest aquatic invaders in Novi-European frog-bit and Red swamp crayfish. Controlling invasive species benefits you as well as our beautiful natural areas in Oakland County! Pre-registration required by calling 248.347.0414.

Age: All
Location: Novi Civic Center
Registration Ends: Jul 15

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.

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!

Living Gluten Free: Is It Necessary or Just a Craze?
Wed, July 24 - 1-2pm
For some being gluten free is essential for managing the signs and symptoms of certain medical conditions. Are there also health benefits for the general population? Know before you go gluten free. Pre-registration required at healthcare.ascension.org/events. For more information, call 1.866.501.3627.

Age: Adults
Instructor: Beth Thiesen, Ascension-St. John Providence
Location: Novi Civic Center
Registration Ends: Jul 22

For more information contact:
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Find us on Facebook-search Novi Boomers and Beyond