

Fitness & Exercise

The City of Novi offers group fitness classes for every age (18+) and levels, at class times to fit your schedule.

Popular Older Adult Fitness Classes:

- Tai Chi - Tue 7p** **Zumba Gold - Mon 6:45p/Sat 9a**
- Chair Yoga - Fri 10:30a** **Keep On Movin' - M/W 10:30a**
- Pilates Mat - Tue 7:30p/Thu 9:30a** **Stretch & Strength - M/W/F 9a**

Find a full listing of classes and register online at cityofnovi.org.
A fitness brochure is also available at the Novi Civic Center & Meadowbrook Activity Center
Don't Delay — Register Today!

NO CLASS DATES MARCH 2020:

- Tai Chi - None** **Zumba Gold - None**
- Chair Yoga - None** **Keep on Movin' - March 30**
- Pilates Mat - March 19** **Stretch & Strength - None**

Therapeutic Massage

9 AM - 4 PM by appt.
Mon - Peggy Schwartz
734.634.0254

Tue-Thu - Lisa Firth
248.894.3071

Assisted Stretching

Tue-Wed - Lisa Firth
9 AM - 4 PM
by appt.
248.894.3071

LOCATION KEY

- **NOVI CIVIC CENTER - BLUE**
- **MEADOWBROOK ACTIVITY CENTER - RED**
- **OFF-SITE LOCATION - GREEN**

March 2020

Mon	Tue	Wed	Thu	Fri	Sat /Sun
Weekly Events: Drop-in. No registration required.					
Pinochle 12:30-3:30pm Mahjong Int/Adv 12:30-4pm	Coffee Hour 8-9am Beg. Mahjong 9:30am-12:30pm Chinese Club 10am-12pm Bingo 1-3pm All Things Yarn 1:30-4pm Chair Volleyball 1:45-3pm	Blood Pressure Screenings 11am-12pm Euchre 12:30pm-3:30pm AARP Tax Aide (By appointment Only)	Samba (Card Game) 12-3:30pm	Duplicate Bridge 12:30-3:30pm Bingo 1-3pm "In Stitches" Needlepoint 1-3pm	
2	3	4	5	6	7
		Nature. Nurture. Novi. Community Cats 7-8:30pm - FREE	Detroit Institute of Art: Behind the Seen - Diego Rivera 1-2pm - FREE		8 SPRING FORWARD 
9	10	11	12	13	14
Estate Planning Consultations FREE 30 Minute Appointment 2-3:30pm	Ask the Lawyer w/Glick Law FREE 30 Minute Appointment 1-3pm TEFAP & Focus Hope: Food Commodity Distribution 12:30-3pm Advance Care Directives 1-2pm FREE Call 1-866-501-3627 to Register NO BEGINNER MAHJONG	Novi Needlers 10-2:30pm - FREE (Drop-in) Transportation Field Trip Genetti's Hole-in-The-Wall Lunch and Show 10:30am-2pm - \$42 Boomers Games Galore 1-3pm - Call 248-735-5615 to attend	Ladies Lunch Bunch Bucca di Beppo (Drop-in) 38888 6 Mile Rd., Livonia - 1pm Shamrockin' St. Patrick's Day Party 12-2pm - \$8 Nature. Nurture. Novi. Nature at Night: All About Bats 7-8:30pm - FREE		
16	17	18	19	20	21
Monday Movie "JUDY" 1-3:30pm - FREE (Drop-in)	Bereavement Support Group 7:30-9pm - FREE (Drop-in) Novi Public Library @ the MAC 10:30-11:30am	AARP SMART Driver Day 1 12:30-4:30pm - \$15/\$20 (waitlist only) A Novel Bunch Book Club "Rocketmen" by Robert Kurson 1-2pm - FREE Ask the Lawyer w/Glick Law FREE 30 Minute Appointment 5:30 - 7pm New Laws Effecting Your Estate Plan 6:30-8:30pm - FREE	Trip to the Detroit Institute of Art Motorcoach & Art Project 12-3:30pm (waitlist only) AARP SMART Driver Day 2 12:30-4:30pm - (waitlist only) Brain Fitness 6:30-7:30pm - FREE Foot Specialist Appointments Call 313.537.4030 to schedule	Caregiver Survival & Caring for Elderly with Dementia Workshop 9-11:30am - FREE Call 1-800-852-7795 to Register	Medicare 101 Novi Library 1-4pm - FREE
23	24	25	26	27	28
		Stepping into Retirement 6:30-8:30pm - FREE Novi Needlers 10-1pm - FREE (Drop-in) Boomers Games Galore 1-3pm - Call 248-735-5615 to attend	Hearing Loss Support Group 1:30-2:30pm - FREE (Drop-in)		
30	31				

DAILY LUNCH AVAILABLE AT
MEADOWBROOK ACTIVITY CENTER

MON-FRI AT NOON.

MONTHLY MENU AVAILABLE ON SITE OR
AT CITYOFNOVI.ORG.

CALL 248.347.0489 FOR RESERVATION

Novi Older Adult Services Programs

These Programs Require Pre-Registration Unless Noted.

Call 248.347.0414 or visit cityofnovi.org for more info

FEATURED PROGRAMS

DIA Behind the Scene - Diego Rivera & The Detroit Industry Murals

Thursday, Mar 5 • 1-2pm

Diego Rivera considered Detroit Industry Murals the most successful piece of his storied career. Learn the complex story behind these iconic murals, which have been declared a National Historic Landmark.

Pre-registration requested by calling **248.347.0414**.

Age: 18+

Price: Free

Instructor: DIA

Location: Meadowbrook Activity Center



Nature. Nurture. Novi. - All About Bats

Thursday, Mar 12 • 7-8:30pm

Learn about 9 Michigan Bat species, the threats they face, and how they are being protected throughout the state. Learn how you can participate in your own communities and backyards in protecting our valuable bat populations. Pre-registration requested by calling **248.347.0414**.

Age: 18+

Price: Free

Instructor: Erin Parker

Location: Novi Civic Center



Caregiver Survival & Caring for Elderly with Dementia Workshop

Friday, Mar 20 • 9-11:30am

Learn instructions in elder care, focusing on aging loved ones with dementia. Review ways to manage behaviors and gain tools to assist in your role as caregiver.

Participant's will receive a handbook containing the information covered. This workshop is presented in association with the Area Agency on Aging 1-B. Pre-registration required by calling **1.800.852.7795**

Age: 18+

Price: Free

Presenter: Jill Gafner Livingston,
Area Agency on Aging 1-B

Location: Novi Civic Center

Registration Ends: Mar 18



OLDER ADULT SERVICES 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:

- FREE within the City of Novi and border shopping areas.
- \$5 one-way outside the city limits - within a 10 mile range of 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).

Pre-Registration

Many City of Novi programs require pre-registration either online, by phone or in person. This includes, fitness classes, sports, and many Older Adult Services Special Events.

This is doubly important, not only to secure your spot, but to ensure there is enough participation so that the program isn't cancelled.

Don't Delay — Register Today! 248.347.0414



Derek R. Stogner
Older Adult Services Manager
dstogner@cityofnovi.org

Questions and Program Registration call: **248.347.0414**
Mon-Fri, 8 AM to 5 PM

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

Meadowbrook Activity Center
25075 Meadowbrook Rd
Novi, Michigan 48375

Parks, Recreation & Cultural Services

March 2020 Older Adult Services Activities Calendar



Don't Miss the Shamrockin' St. Patrick's Day Luncheon on the 12th!



Older Adult Services
248.347.0414



AARP Tax Aide - Limited Appointments Still Available

Don't Miss...

- **Nature. Nurture. Novi. - Community Cats**
Wed Mar 4, 7-8:30 PM
FREE at the Novi Civic Center
- **Shamrockin' St. Patrick's Day Party**
Thu Mar 12, 12-2 PM
\$8 Res/\$10NonRes at the Meadowbrook Activity Center
- **Brain Fitness**
Thu Mar 19, 6:30-7:30PM
FREE at the Novi Civic Center
- **Ladies Lunch Bunch**
Thu Mar 12, 1-3 PM
Meet at Bucca di Beppo in Livonia
- **Monday Movie "Judy"**
Mon Mar 16, 1-3:30 PM
FREE at the Meadowbrook Activity Center
- **Medicare 101**
Sat Mar 21, 1-4 PM
FREE at the Novi Public Library
- **April Fool's Day Party**
Wed Apr 1, 12-2 PM
\$8 Res/\$10NonRes at the Meadowbrook Activity Center

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**