

October 2025

Fitness & Exercise

★ Meadowbrook Activity Center ★

Balance Fit, 9am, Th
 Keep On Movin, 10:45am, MW
 Stretch and Strength, 9am, MWF
 Tai Chi Beginner/Intermediate, 5:45pm, T
 Tai Chi Intermediate, 7pm, T
 Zumba Gold, 6:30pm, M
 Zumba, 6:45pm, Th

◇ Novi Civic Center ◇

Drums Alive, 10:45am, T
 Drums Alive , 11:30am, W
 Morning Tone & Stretch, 9:15am, MW
 Zumba, 6:45pm, W
 Adult and Older Adult Hula, 9:30am, F
 Chair Volleyball, 1:45pm, T, Th

Offsite/Virtual

Morning Tone & Stretch, 9:15am, MWF, Virtual

Games, Hobbies & Health

★ Meadowbrook Activity Center ★

Chinese Club, 10am, M
 Therapeutic Massage, 9am-4pm, M—Th
 All Things Yarn - Knitting/Crocheting, 1:30pm, T
 Assisted Stretching, 9am-4pm, T—W
 Blood Pressure Screening, 11am, W
 Bingo, 1pm, F

◇ Novi Civic Center ◇

Pinochle, 12pm, M
 Mahjong, 12:30pm, M
 Mahjong, 10am, T
 Euchre, 12pm, W
 Samba, 12pm, Th
 Duplicate Bridge, 12:15pm, F

- ★ = Meadowbrook Activity Center
- ◇ = Novi Civic Center
- = Lakeshore Park Building

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Have you signed up for November programs? Veterans Day Celebration, Nov 6 Financial Crimes, Scams, & Identity Theft, Nov 13 Thanksgiving Luncheon, Nov 20			1	2 ◇ Sleep Education for Everyone, 1pm <i>Invasive Species Hike, 5pm, Rotary Park</i>	3 ◇ Euchre Tournament, 5pm	4
5	6 <i>Novi Birders, 9am, Kensington Metroparks</i>	7 ★ Group Travel Fair, 1:30pm ● Houseplant Care 101, 5:30pm	8	9 <i>Happy Trails, 5:30pm, Location TBD</i>	10 ★ One-on-One Technology Assistance, 4pm	11
12	13	14 ◇ Focus: HOPE, 12:30pm ★ Ask the Lawyer, 1pm ◇ Grandparent Raising Grandchildren Support Group, 10am	15 ◇ Community Vaccination Clinic, 1-4pm <i>Ladies Lunch Bunch, 1pm, Ardiana's</i> ◇ Ask the Lawyer, 5:30pm	16 ◇ Diwali Fest, 5pm <i>Happy Trails, 5:30pm, Location TBD</i>	17	18
19 ◇ Novi Concert Band Concert, 2pm	20 <i>Novi Birders, 9am, Robert H. Long Park</i> ◇ Activ8 Your Brain, 11am	21 ◇ Bereavement Support, 7:30pm	22	23 ★ Medicare 2026: What You Need to Know, 10am Melodies at the Museum, DIA, noon <i>Happy Trails, 5:30pm, Location TBD</i>	24	25
26	27	28	29 ◇ Talking to AI:How to Use ChatGPT, 10am ● Pumpkin Painting with a Twist, 6:30pm	30	31	 cityofnovi.org

FEATURED PROGRAMS

Sleep Education for Everyone
Tue, Oct 2, 1pm — Free
Are you tired? Burned out? Do you consider yourself a “good” sleeper? Join us to learn ways to help you improve how much and/or how well you are sleeping. Pre-registration required at cityofnovi.org or by calling 248.347.0414.
Age: 55+
Location: Novi Civic Center
Registration Deadline: Sep 30

Medicare 2026: What You Need to Know
Thu, Oct 23, 10am — Free
A SHIP counselor will be reviewing selected Medicare highlights and changes for 2026 that you will need to know to make informed decisions. Pre-registration required at cityofnovi.org or by calling 248.347.0414.
Age: Adults currently enrolled in Medicare
Location: Novi Civic Center
Registration Deadline: Oct 21

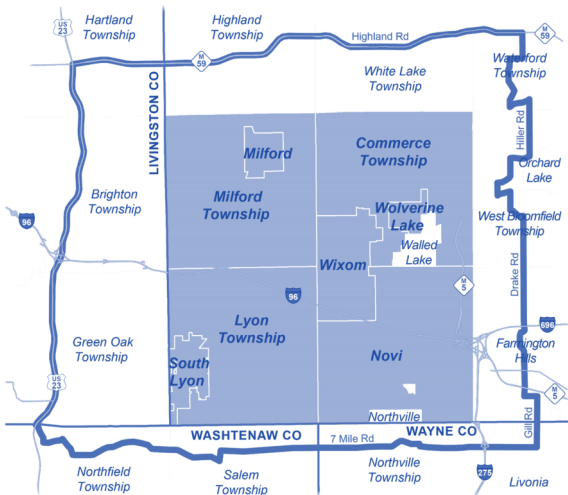


Pumpkin Painting with a Twist
Wed, Oct 29, 6:30pm \$10/Non-res \$12
Bring your creative side and an adult beverage and join us out at Lakeshore Park to paint your own pumpkin. Pumpkins, donuts, and painting material will be provided. Glass containers not permitted. Pre-registration is required at cityofnovi.org.
Age: 21+
Location: Lakeshore Park Building
Registration Deadline: Oct 22



People's Express

Need a ride in Novi? People's Express can take you there! Reservations must be made at least three business days in advance.
Call 877-214-6073 Monday- Friday 8am-7pm to schedule your ride.



Fares for ages 55+, veterans, & people with disabilities

- Free within PEX's Oakland County service area
- \$1.25 per mile outside of boundary

Service Hours

- Mon-Fri 5am-9pm
- Sat 5am-5pm
- Sun 8am-5pm

For more info, visit cityofnovi.org/transit

October 2025

City of Novi
Older Adult Services
Activities Calendar



Group Travel Fair
Tue, 1:30pm, Oct 7 — Free
Connect with travel agents in person and get your questions answered. Then, enjoy interactive presentations on upcoming trips. Don't forget to enter the raffle for a door prize! Pre-register at cityofnovi.org.
Age: 50+
Location: Meadowbrook Activity Center

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IMPORTANT INFORMATION

City of Novi Older Adult Services	248.347.0414
Daily Lunch Reservations	248.347.0489
Meals on Wheels	810.632.2155
Weather Hotline	248.347.0473
People's Express	877.214.6073

City of Novi Civic Center
45175 Ten Mile Rd

Meadowbrook Activity Center
25075 Meadowbrook Rd

Lakeshore Park
601 S Lake Drive

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.

Visit cityofnovi.org/oas or call 248.347.0414 for questions.

