

New Saturday Classes and Events:

Introduction to the Internet
September 26–October 28,
10am-12pm
at Meadowbrook Commons

Gentle Yoga Beginners
September 26–October 31,
9:30-10:15am
at Meadowbrook Commons

Basic Yoga Beginners
September 26–October 31,
10:30-11:15am
at Meadowbrook Commons

Celebrate Family History Month
Grandparent-Grandchild interviews
October 10, 10am-4pm at Novi Senior
Center-Reservation Needed

Interested in giving back?

Did you know that regular volunteer work, more than any other activity, increases life expectancy? Volunteering is very rewarding to both the volunteer and recipients. Novi Senior Center relies on volunteers to help with special events, food commodity programs, bingo, cards, tutoring, ect. So come on in, fill out a volunteer application and become involved with your community. Contact **Jan McAlpine** at **248-347-0421** with any questions.

Senior Transportation

The Senior Transportation Scheduling desk is staffed from 7am-4:30pm. A scheduler is available to take calls for new appointments, help with call backs and any general questions.

Any calls concerning transportation should be made by calling 248.735.5617. If you can not get through immediately, please leave your message and you will be called back within twenty minutes. The scheduler could be on the phone with another client or has stepped away from the desk.

One way cost is \$3 within City limits and \$5 outside of the City of Novi for medical appointments only.

The transportation service is for City of Novi residents 55 years of age and older and is a wonderful way to get around town if you no longer drive or just love the convenience of curb to curb service. Please call the transportation desk at 248.735.5617 for more information.



For more information contact:
Rachel Zagaroli
Senior Services Manager
248.347.0414

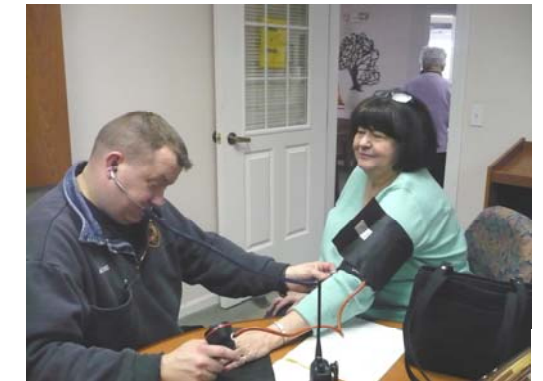
Novi Senior Center
25075 Meadowbrook Road
Novi, Michigan 48375

Novi Parks Partner



Parks, Recreation & Cultural Services

September 2009 Senior Activities Calendar



Don't Miss...

- **Music, Movies & Madness Senior Show**
Sep 10, 11, 17 & 18 at 12pm and
Sep 13 & 20 at 2pm. Performances
and tickets at Novi Civic Center
(advanced ticket required)
- **Health Fair and Flu Shots - Thu, Oct 15**
8am-1pm at Novi Civic Center
- **Things That Go Bump in the Night...**
Fri, Oct 30 at 12noon
(advanced ticket required)
- **Time for Turkey - Thu, Nov 19 at 12noon**
(advanced ticket required)
- **All That Sparkles - Thu, Dec 17 at 12noon**
(advanced ticket required)

Important Numbers

Novi Senior Center: 248.347.0414
Daily Lunch Reservations: 248.347.0489
Meals on Wheels: 1.888.886.8971
Information Hotline: 248.347.0473 press 4
Transportation: 248.735.5617
(to schedule a ride, please call 48 hours in advance)



Novi Senior Center
248.347.0414

September 2009

Weekly Activities

LUNCH
Mon - Fri - 12pm

CLOGGING
Wed - 12:30pm
(Cancelled Sep 9)

TOPS
Wed - 11am

GENTLE YOGA FOR BEGINNERS
Sat - 9:30-10:15am

PICKLEBALL
Mon - 1-3pm
Northville Senior Center

Watch Common Knowledge on SWOCC Channel 13 for topics pertaining to seniors. Check local listing for times.

Calendar Key

Bold black print denotes a program offered at no charge.

All programs held at the Novi Senior Center unless in blue or green.

Blue print denotes a program held at the Novi Civic Center.

Green print denotes a program held at an off-site location.

Red print denotes Daily Lunch Program.

HOTLINE
For up to date news or cancellations, please call 248.347.0473 and press 4

Monday	Tuesday	Wednesday	Thursday	Friday
	1 8:15am Panera Bread 9-11am Line Dance 10am Asian Pacific 1pm Bingo Macaroni & Cheese, stewed tomatoes, green beans, pan roll, apple, dessert	2 9am Stretch & Strength 10am Body Recall 10:30am-12:45pm Massage by appointment 11am Blood Pressure Fish Sandwich, w/cheese & tartar sauce, wedge potatoes, coleslaw, bun, fruit cocktail, dessert	3 9-11am Line Dance 10am-3pm Massage by appointment 12:15pm Contract Bridge 1-3pm Wii Games Lemon Chicken, boiled potatoes, Capri blend, ww bread, pear, dessert	4 9am Stretch & Strength 10am Body Recall 11am Medicare, Jack Main 12:30pm Dupl. Bridge 1pm Bingo Mild Italian sausage, red beans & rice, garden salad, wheat roll, applesauce, dessert
7 Senior Center Lunch Service Transportation Civic Center <u>CLOSED</u> Labor Day	8 8:15am Panera Bread 9-11am Line Dance 10am Asian Pacific 12:30-3pm Focus Hope & TEFAP 1pm Bingo held in Activities Room 1-3pm "Ask The Lawyer", Eric Glick (by appointment only) Swedish meatballs w/ egg noodles, roll, mixed vegetables, broccoli slaw, tropical fruit, dessert	9 9am Stretch & Strength 10am Body Recall 10am-2:30pm Quilting 11am Blood Pressure 1-2pm "Elusive Early Stages of Alzheimers", Susan Thorpe Marinated pork chop, au gratin potatoes, Capri blend veggies, whole grain bread, apple, dessert	10 9-11am Line Dance held at Senior Center 10am-3pm Massage by appointment 12pm Senior Show and Luncheon 12:15pm Contract Bridge 1-3pm Wii Games 1:30-3pm Book Discussion - "The Infidel", Ayaan Hirsi Ali Brunswick stew w/ potatoes, confetti slaw, biscuit, mixed fruit, dessert	11 9am Stretch & Strength 10am Body Recall 12pm Senior Show and Luncheon 12:30pm Dupl. Bridge cancelled 1pm Bingo Stuffed steak w/ dressing, mashed potatoes, green salad, potato bread, peaches, dessert
14 9am Stretch & Strength 10am Body Recall 12:30pm Pinochle 2-4pm Estate Planning, Karen Stewart (by appointment only)	15 8:15am Panera Bread 9-11am Line Dance 10am Asian Pacific 10:30-11:30am Bookmobile 1pm Bingo Pork chop, mashed potatoes & gravy, Capri vegetables, dinner roll, citrus sections, dessert	16 9am Stretch & Strength 10am Body Recall 10:30am-12:45pm Massage by appointment 11am Blood Pressure 1-2pm "Parkinson's", Harry & Nancy Knitter & Susan Thorpe Chicken pot pie, ranch potatoes, tossed salad w/ tomato, pan roll, peaches, dessert	17 9-11am Line Dance held at Senior Center 10am-3pm Massage by appointment 12pm Senior Show and Luncheon 12:15pm Contract Bridge 1-3pm Wii Games Polish sausage, potatoes, carrots & cabbage, rye bread, apple, dessert	18 9am Stretch & Strength 10am Body Recall 12pm Senior Show and Luncheon 12:30pm Dupl. Bridge cancelled 1pm Bingo Lasagna w/ meat sauce, garden salad, broccoli & cauliflower, garlic bread, orange, dessert
21 9am Stretch & Strength 10am Body Recall 10-11am Total Body Sculpt over 50 12:30pm Pinochle 1-3pm Beginning Bridge Class 1-3:30pm Movie Matinee (\$1 at door) 2-3pm Alzheimer's Support Group BBQ Chicken, pasta veggie salad, Normandy blend veggies, dinner roll, apple, dessert	22 8:15am Panera Bread 9-11am Line Dance 9-11:30am Hearing Aid Cleaning by Hear Clear 10am Asian Pacific 1pm Bingo held in Activities Room 1-3pm Dance (\$6 at the door) Chop steak w/ gravy, whipped potatoes, 3 bean salad, ww roll, apricot, dessert	23 9am Stretch & Strength 10am Body Recall 10am-1pm Quilting 10-11am Post Office Selling Stamps in Lobby 11am Blood Pressure 1-2pm "Peripheral Arterial Disease", M. Harren 6:30-7:15pm Gentle Yoga for Beginners Alfred's fish, oven brown potatoes, coleslaw, pan roll, fruit cocktail, dessert	24 9-11am Line Dance 10-11am Pilates Over 50 10am-3pm Massage by appointment 12:15pm Contract Bridge 1-3pm Wii Games Turkey & gravy, mashed potatoes, mixed vegetables, ww bread, pears, dessert	25 9am Stretch & Strength 10am Body Recall 12:30pm Dupl. Bridge 1pm Bingo 5:30-6:30pm Zumba Gold over 50 Baked Ham w/ pineapple, sweet potatoes, peas, rye bread, orange, dessert
28 9am Stretch & Strength & 10am Body Recall 10-11am Total Body Sculpt over 50 12:30pm Pinochle 1-3pm Beginning Bridge Class 4-5pm Bereavement Support - Dr. Meyer 6-7pm Line Dance for Beginners 7-8pm Line Dance for Intermediate All America hot dog, potato salad, baked beans, bun, peaches, dessert	29 8:15am Panera Bread 9-11am Line Dance 10am Asian Pacific 1pm Bingo Vegetable Lasagna, California blend veggies, garden salad, Italian bread, grapes, pudding	30 9am Stretch & Strength & 10am Body Recall 9am-3:15pm Hearing Exams by Hear Clear, by appointment - held in Craft Room 11am Blood Pressure 1-2pm Ask The Doctor: "Drug Interactions" 6:30-7:15pm Gentle Yoga for Beginners Chef salad w/ ham, turkey, cheese, tomatoes, cucumbers, mixed greens, muffin, apple pie	<u>COMPUTER ROOM OPEN</u> Tue - 12:30-3:30pm Wed - 11am-2pm <u>COMPUTER CLASSES</u> Mon - Intro to Windows - 6-8pm Wed - Fundamentals of Computers - 1-3pm Sat - Intro to Internet - 10am-12pm	Lunch menu subject to change without notice. Margarine & 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: 1.810.632.2155 1.888.886.8971