

July 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
		1	2	3	4  City Offices Closed	5
6	7	8 ◇ Focus: HOPE, 12:30pm ★ Ask the Lawyer, 1pm	9 <i>Ladies Lunch Bunch, 1pm,</i> <i>Karl's Cabin (in Plymouth)</i>	10 ★ Visit the DIA, noon	11	12
13	14 <i>Novi Birders, 9am,</i> <i>Heritage Park</i> First day to register for Senior Program at the State Fair	15 ◇ Bereavement Support, 7:30pm	16 ★ Summer Games Bash, 1:30pm ★ <i>No.vi Book Club, 1:30pm,</i> <i>Isadore's Secret by Mardi Link</i> ◇ Ask the Lawyer, 5:30pm	17	18 Pour on the Shore, 6:30pm, Pavilion Shore Park	19
20	21	22	23	24	25 ★ One-on-One Technology Assistance, 4pm	26
27	28	29	30	31		 cityofnovi.org

FEATURED PROGRAMS



Summer Games Bash
Wed, Jul 16, 1:30pm — Free

July is Park sand Rec month and it's the perfect time to get outside! Classic yard games such as Bocce Ball, Cornhole, and more will be available for play. Snacks and refreshments will be provided. Pre-registration is required.
Age: 18+
Location: Meadowbrook Activity Center Outdoors
Registration Deadline: Jul 11

Daily Lunch
Mon-Fri, 11:45am-12:30pm

A great opportunity to socialize with peers, enjoy a nutritious meal and meet new friends. Make or cancel lunch reservations 24 hours in advance Mon-Fri by calling Western Oakland Meals on Wheels at 248.347.0489 by noon. No lunch on July 4.
Age: 60+
Price: \$3.50 (Dine In Only)
Location: Meadowbrook Activity Center

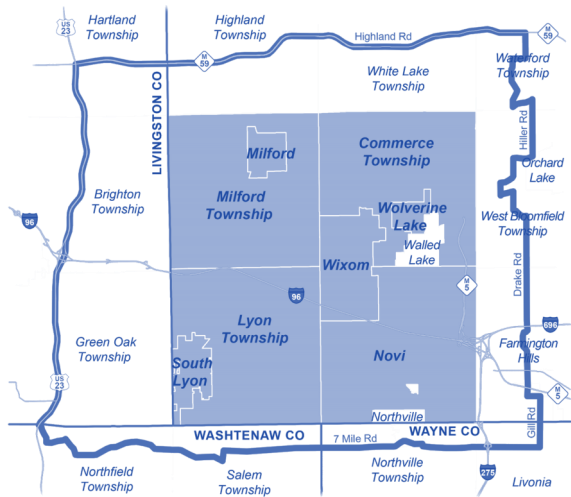
Madison Lachance Sandy Fisher
OAS Recreation Supervisor Social Services Coordinator
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Kit Kieser
Manager, Older Adult Services Division
kkieser@cityofnovi.org



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

July
2025

City of Novi
Older Adult Services
Activities Calendar



Balance Fit
Thu, 9-9:45am, Jul 10-Sep 4
\$48 Res/\$58 Non-res

Join this 45-minute, balance-focused fitness class for older adults of all fitness levels. With standing and seated exercise plus gentle stretches, you'll build strength, flexibility, and stability to improve balance. This class offers safe, effective guidance to help you feel more confident and steady in daily activities, whether you're new to exercise or enhancing your routine. Pre-registration required.
Price: \$48 Res/\$58 Non-res
Location: Meadowbrook Activity Center
Registration Deadline: Jul 8
Instructor: Megan DeLuca, CPT

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.

