

August 2024

Fitness & Exercise

★Meadowbrook Activity Center★

Stretch and Strength, 9am, MWF

Keep On Movin, 10:45am, MW

Zumba Gold, 6:30pm, M

Zumba Gold, 9:30am, Sa

Tai Chi Beginner/Intermediate, 5:45pm, T

Tai Chi Intermediate, 7pm, T

Zumba, 6:30pm, Th

◇Novi Civic Center◇

Morning Tone & Stretch, 9:15am, MW

Adult and Older Adult Hula, 9:30am, F

Chair Volleyball, 1:45pm, T, Th

Zumba, 6:45pm, W

Offsite/Virtual

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

Check Engage for Yoga at Pavilion Shore Park

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, 12:30pm, F

★ = Meadowbrook Activity Center

◇ = Novi Civic Center

● = Lakeshore Park Building

Sun	Mon	Tue	Wed	Thu	Fri	Sat
What's happening in September? ◇ Glass Fusion: Autumn Splendor, Sep 18, 6pm ● Oktoberfest Celebration - Trivia Style, Sep 19, 7pm ◇ Powerful Tools for Caregivers, Sep 24-Oct 29, 1:30pm And much more...				1 <i>Happy Trails, 5:30pm, Heritage Park</i>	2	3
4	5	6 <i>Street Sounds at Fountain Walk, Killer Flamingos, 6pm</i>	7	8 <i>Happy Trails, 5:30pm, Maybury State Park</i>	9 ★ One-on-one Technology Assistance, 4pm	10
11	12	13 ◇ Focus: HOPE, 12:30pm ★ Ask the Lawyer, 1pm <i>Street Sounds at Fountain Walk, Mega 80s, 6pm</i>	14 Summer on the Farm Tour, MSU Tollgate, 10am <i>Ladies Lunch Bunch, Diamond Jim Brady Bistro, 1pm</i> ★ Sing-along, 2pm	15 <i>Happy Trails, 5:30pm, ITC Sports Park</i>	16 Batty about Bats?, Night Hike at MSU Tollgate, 8pm	17
18	19	20 ★ Poetry Sessions, 10:30am ◇ Cutting the Cord, 6pm ◇ Bereavement Support Group, 7:30pm	21 ◇ Ask the Lawyer, 5:30pm	22 <i>Happy Trails, 5:30pm, Fuerst Park</i>	23 ◇ Decade Dance Party, 7pm	24
25	26	27	28	29 Senior Day at the State Fair, 10am <i>Happy Trails, 5:30pm, ITC Trail from Rose Senior Living</i>	30	31



FEATURED PROGRAMS



Decade Dance Party

Fri, 7-9pm

Aug 23

Travel through time at our Decade Dance! Dress in your favorite era-inspired attire and enjoy a night of dancing, nostalgia, and socializing. Our DJ will spin all the hits and take song requests. Enjoy hors d'oeuvres, mocktails, and a chance to win a prize for best dressed! The perfect Friday night out for everyone!

Age: 18+

Price: Res. \$15/Non-res \$18

Location: Novi Civic Center

Registration Deadline: Aug 16

Cutting the Cord

Tue, 6pm

Aug 20

"Cutting the Cord" refers to dropping cable TV for internet streaming. Curious about how to do it, potential savings, and pros and cons? Join our one-hour discussion to find out! Pre-registration required at cityofnovi.org or by calling 248.347.0414.

Age: 55+

Price: free

Location: Novi Civic Center

Madison Lachance
OAS Recreation Supervisor
mlachance@cityofnovi.org

Sandy Fisher
Social Services Coordinator
sfisher@cityofnovi.org

Kit Kieser
Manager, Older Adult Services Division
kkieser@cityofnovi.org



People's Express

Starting July 1, 2024, People's Express will be offering curb-to-curb transportation services in Novi.

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 service area

Service Hours

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

For more info, visit cityofnovi.org/transit

August 2024

City of Novi
Older Adult Services
Activities Calendar

Do You Have
A MINUTE?
Help Make Novi Better!



Scan to get started!

The City of Novi is working with FlashVote to conduct quick surveys and gather valuable input from residents to inform our decisions. Sign-up takes less than one minute, and your input is always kept anonymous. Personal or demographic information collected by FlashVote is never shared with the City or anyone else.



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 to register.



Recurring Events

September 2024

Fitness & Exercise

★Meadowbrook Activity Center★

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

◇Novi Civic Center◇

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

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Mahjong, 12:30pm, M
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- ★ = Meadowbrook Activity Center
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- = Lakeshore Park Building

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 BioBlitz Begins! (see cityofnovi.org for details) 	2  City offices closed	3	4	5 <i>Happy Trails, 5:30pm, Heritage Park</i> Visit the DIA, 12pm, (MBC pick-up)	6	7
8	9 <i>Novi Birders, Lyon Oaks County Park, 9am</i> ◇Matter of Balance, 2pm (first meeting)	10 ◇TEFAP & Focus: HOPE, 12:30pm ★ Ask the Lawyer, 1pm	11 Senior Day at the Detroit Zoo, 9am <i>Ladies Lunch Bunch, The Beach Tiki Bar & Boil, 1pm</i> ★ <i>Sing-along, 2pm</i>	12 <i>Happy Trails, 5:30pm, Meadowbrook Activity Center</i> Adult Square Dance at MSU Tollgate, 6:30pm	13	14
15  (Sep 15-Oct 15)	16 Estate Planning Basics, 6pm	17 ◇Rx Technical Assistance, 1pm ★ Sundaes & Serenades, 1:30pm ◇ Bereavement Support Group, 7:30pm	18 ★ <i>No.VI Senior Book Club, Facing the Mountain by Daniel James Brown, 1:30pm</i> ◇ Ask the Lawyer, 5:30pm ◇ Glass Fusion: Autumn Splendor, 6pm	19 <i>Happy Trails, 5:30pm, ITC Community Sports Park</i> ● Oktoberfest Celebration—Trivia Style, 7pm	20	21 <i>Perennial Exchange, 9am, Fuerst Park</i> 
22	23 <i>Novi Birders, Heritage Park, 9am</i>	24 ◇Powerful Tools for Caregivers, 1:30pm (first meeting)	25	26 Melodies at the Museum, 12pm, DIA (MBC pick-up) ★ <i>Hearing Loss DATA Support Group, 1:30pm</i> <i>Happy Trails, 5:30pm, Brookfarm Park</i>	27 ★ One-on-one Technology Assistance, 4pm	28  cityofnovi.org
29	30					

Programs require pre-registration except for those italicized. Call 248.347.0414 or visit cityofnovi.org/oas for more information.

FEATURED PROGRAMS



Oktoberfest Celebration - Trivia Style
 Thu, 7-9pm
 Sep 19
 Bring your own brew and dress in your best German attire! We'll provide fun, traditional fare, and Sporcle Trivia. Gather your friends to form a team of up to 6 people and compete for prizes awarded to our trivia experts. Register at cityofnovi.org or in person at the Novi Civic Center
Age: 21+
Price: Res. \$10/Non-res \$12
Location: Lakeshore Park Building
Registration Deadline: Sep 16

Powerful Tools for Caregivers™
 Tue, 1:30-3pm
 Sep 24-Oct 29
 This six-week workshop will provide you with tools and strategies to better handle the unique caregiver challenges you face. Presented in association with AgeWays (Area Agency on Aging 1-B.) Pre-registration required by calling AgeWays at 1.800.852.7795.
Price: Free
Location: Novi Civic Center
Registration Deadline: Sep 20

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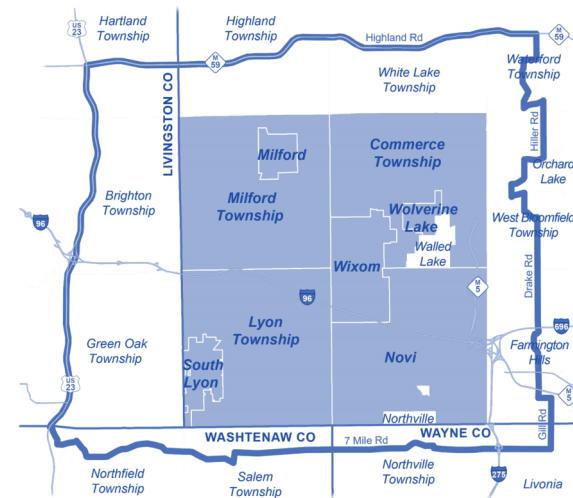
Kit Kieser
 Manager, Older Adult Services Division
kkieser@cityofnovi.org



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September 2024

City of Novi
 Older Adult Services
 Activities Calendar

Perennial Exchange
 Sat, 9-11am
 Sep 21
 Revitalize your garden by thinning out overgrown plants and exchanging them with fellow gardeners. Bring your labeled perennial plants to share, and take home fresh additions. The City of Novi Beautification Commission will offer native and pollinator-friendly plants, and Fire Captain and Beekeeper Mark Theisen will discuss how to support pollinators in your garden.

Please pre-register to receive updates and important info about the event at cityofnovi.org.

Location: Fuerst Park, (rain location: Novi Civic Center)



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