

Reoccurring Events

**Fitness & Exercise**

★Meadowbrook Activity Center★

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

◇Novi Civic Center◇

Morning Tone & Stretch, 9:15am, MW  
 Adult and Older Adult Hula, 9:30am, F  
 Drums Alive, 10:45am, T / 11:30am, W  
*Chair Volleyball, 1:45pm, T*  
 Zumba, 6:45pm, W  
 Offsite/Virtual  
 Morning Tone & Stretch, 9:15am, MWF, Virtual  
 Zumba, 6:30pm, Th, Virtual  
 Run Team Novi, 6:00pm, Th / 8am, Sat

**Games, Hobbies & Health**

★Meadowbrook Activity Center★

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

◇Novi Civic Center◇

*Mah Jong, 10am, T*  
*Advanced Mah Jong, 12:30pm, M*  
*Pinochle, 12pm, M*  
*Euchre, 12pm, W*  
*Samba, 12pm, Th*  
*Duplicate Bridge, 12:30pm, F*

★ = Meadowbrook Activity Center

◇ = Novi Civic Center

# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
 cityofnovi.org	<b>What's happening in the coming months?</b> ◇ Pinochle and Euchre Tournaments, Oct 7 ◇ Learn to Play Mah Jong, Oct 18, 25, Nov 1, 15 ◇ Veterans Day Celebration, Nov 9 ★ Thanksgiving Luncheon, Nov 16					1	2
3	4 Labor Day City Offices Closed	5	6	7 <i>Happy Trails, 5:30pm, Lakeshore Park</i>	8 ★ One-on-One Tech Assistance, 4pm	9	
10	11 ◇ Learn to Play Rummikub, Noon	12 ◇ Focus: HOPE, 12:30pm ◇ TEFAP, 12:30pm ★ Ask the Lawyer, 1pm	13 <i>Ladies Lunch Bunch, 1pm, @ Longhorn Steakhouse, Wixom</i>	14 <i>Happy Trails, 5:30pm, ITC Community Sports Park</i>	15 ★ Ice Cream Social 3pm	16	
17	18	19 ◇ Cutting the Cord, 6pm ◇ Bereavement Support Group 7:30pm	20 ◇ Dementia Friends, 1pm ★ NO.VI Senior Book Club: <i>Tomorrow, and Tomorrow and Tomorrow, by Gabrielle Zevin 1:30pm</i> ◇ Ask the Lawyer, 5:30pm Table No.VI, 6pm, Breakfast Club, Novi	21 <i>Happy Trails, 5:30pm, Fuerst Park Oktoberfest Celebration, 6pm, Lakeshore Park</i>	22 ◇ Matter of Balance, 10am	23	
24	25	26	27	28 ★ <i>Hearing Loss Group, 1:30pm</i> <i>Happy Trails, 5:30pm, ITC from Rose Senior Living</i>	29 ◇ Matter of Balance, 10am MSU Tollgate, 7pm, Foxy Loxy on the Prowl	30	

Programs require pre-registration except for those italicized. Call 248.347.0414 or visit [cityofnovi.org/oas](http://cityofnovi.org/oas) for more information.

## FEATURED PROGRAMS

### Daily Lunch

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

Food. Fun. Friends. 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 Sep 4, Oct 9, Nov 10, 23, 24, Dec 25, Jan 1.

Age: 60+

Price: \$3.50 (Dine In Only)

Location: Meadowbrook Activity Center

### Dementia Friends

Wednesday, 1pm

Sep 20

This special event aims to build awareness and empower family and community members to become better "friends" to those living with dementia. Participants will gain a deeper understanding of how dementia affects daily life, discover practical tips on communicating effectively with individuals living with dementia, and gain access to additional resources. Pre-registration required at [cityofnovi.org](http://cityofnovi.org) or by calling 248.347.0414.

Age: All ages

Price: Free

Location: Novi Civic Center

### Matter of Balance: Managing Concerns about Falls

Fri, 10am-12pm

Sep 22-Nov 10

Join us for an in-person eight-session, interactive lecture series to learn strategies to lower your risk for falls. Plus, learn how you can improve strength, coordination, and balance.

Pre-registration required at [cityofnovi.org](http://cityofnovi.org) or by calling 248.347.0414.

Age: 55+

Price: Free

Instructor: Vanessa Mier, Ascension

Location: Novi Civic Center

Registration Ends: Sep 20

## OLDER ADULT SERVICES TRANSPORTATION PROGRAM

Complimentary transportation is available for those 55+ within Novi borders.

CALL OR EMAIL TO SCHEDULE  
248.735.5617

[noviseniortransportation@cityofnovi.org](mailto:noviseniortransportation@cityofnovi.org)

### Fares

- Free within Novi
- \$5 one-way outside the city limits (within a 10-mile range beginning at the Novi Civic Center)

### Service Hours

- Mon-Fri, 8am-7pm
- Sat, 9am-3pm

### Reservations

Reservations are required at least one business day in advance and are scheduled based on availability.



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248.347.0414  
[cityofnovi.org/oas](http://cityofnovi.org/oas)

# September 2023

City of Novi  
Older Adult Services  
Activities Calendar

September is Fall Prevention Awareness month. Check out our programs to keep you safely upright and active!



## 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

Transportation 248.735.5617

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](http://cityofnovi.org/oas) or call 248.347.0414 to register.

