

JANUARY - FEBRUARY 2023

INSPIRE

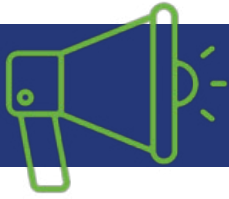
NORTHVILLE SENIOR SERVICES NEWSLETTER



CHEERS TO THE NEW YEAR!

Northville Senior Services staff is excited to bring in 2023 with you! We have wonderful new programs coming this year, fantastic fitness classes to keep you moving in the cold weather, monthly challenges and a cozy retreat to come to and see friends and smiling faces! Warm up by the fire, read a new magazine, work on a puzzle and visit with other Northvillians with a cup of coffee!

INSPIRE



BREAKING NEWS!

We are starting a **punch card pilot program** for any non-registered fitness or yoga class. Available for purchase at the Senior Services Front Desk Monday-Friday, 9 am-12 pm. See the fitness page for more details!

AARP is back! AARP Foundation Tax-Aide in Northville will be preparing taxes every Thursday starting Feb. 2 at the Northville Senior Center. Make your appointment by calling (248) 305-2851.

The **mParks Grand Experience is back!** If you are interested in joining our trip to Mackinac Island, staying at the Grand Hotel and having a wonderful 3 nights away on Oct. 17-20, please call Lindsay Boujoulian, Senior Services Supervisor, at (248) 305-2852.

We are looking for Cookbook Committee members to start a Northville Senior Services Cookbook! Bring your ideas and help get our cookbook started! This committee will meet twice a month on Monday afternoons. Join us Jan. 9 & 23 and Feb. 6 & 27 at 1:30 pm at the Northville Community Center. No sign-up required.

We are going to kick off 2023 with some friendly competition! Stop by the Northville Senior Services Desk on the first of every month for a fun brain challenge. The due date will be listed on the challenge. Fun prizes will be awarded to winners!

INSPIRE

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JOIN US FOR VALENTINE'S DAY TEA

Tuesday, Feb. 14
11:30 am-1 pm
Northville Community Center,
\$20

Celebrate love and friendship with a wonderful tea provided by Victoria's Tea Salon. Delicious tea sandwiches, desserts, tea, and harpist. Register online or call (248) 305-2851.

Sponsored by Addington Place.

SPECIAL EVENTS

NEW YEAR'S TOAST AND BINGO | \$2

Wednesday, Jan. 18

12:30-1:30 pm

Northville Community Center

Join us at the Northville Community Center for a toast to the New Year and try your new year's luck at a fun game of BINGO! Register online or call (248) 305-2851.



YOGA NIDRA & SOUND BATH WORKSHOP | \$15

Thursday, Jan. 19

6-7 pm

Northville Community Center

Join Carrie Cook, certified Sound Healer, for sound bath, a meditative experience where those in attendance are "bathed" in sound waves. Benefits include reduction in stress & anxiety, enhanced focus, a calmer mind, greater feelings of well-being, enhanced self-awareness and better sleep.



PAZCKI DAY

Tuesday, Feb. 21

9 am-12 pm

Northville Community Center

Stop by the Northville Community Center to enjoy a tasty Pazcki and good company.

CARDS & FRIDAY FLICKS

LET'S PLAY CARDS | \$2

Pinochle: Tuesdays, 12-3 pm

Party Bridge: Wednesdays, 12-3 pm

Euchre: Thursdays, 12-3 pm

Interested in another game? Call (248) 305-2851 and let us know what you would like to play.



FRIDAY FLICKS | \$1

Come enjoy two great films a month with us at the Northville Community Center.
Sponsored by Home Instead.

Jan. 13, 1 pm | Top Gun Maverick

After thirty years, Maverick is still pushing the envelope as a top naval aviator, but he must confront ghosts of his past when he leads Top Gun's elite graduates on a mission that demands the ultimate sacrifice from those chosen to fly it.

Jan. 27, 1 pm | Jerry and Marge Go Large

When retiree Jerry Selbee discovers a mathematical loophole in the Massachusetts lottery, he and his wife Margo go on an exciting multi-million dollar winning spree with the goal to revive their small Michigan town.

Feb. 10, 1 pm | Where the Crawdads Sing

Kya is an abandoned girl who raised herself to adulthood in the dangerous marshlands of North Carolina. Drawn to two young men from town, Kya opens herself to a new and startling world; but when one of them is found dead, she is immediately cast by the community as the main suspect.

Feb. 24, 1 pm | House of Gucci

Inspired by the true story of the family behind the Italian Fashion Empire.

TRANSPORTATION SERVICE



Transportation services are provided to Northville Township and City of Northville residents, age 60+, or residents who have a documented disability (physician-certified).

Funding for the transportation service is provided by SMART, Trinity Health Livonia, Ascension Mission Fund, The Senior Alliance AAA 1-C, Oakland and Wayne Counties, Northville Township and the City of Northville.

Curb-to-Curb Bus Service

This service provides bus transportation to medical appointments and non-medical destinations.

Reservations must be made at least 2 business days in advance. Pick-up times are available Monday-Friday, 8:30 am-3:30 pm.

Fare Structure

Fares are determined by the type of destination and distance of service. Fares are charged as one-way trips and range from \$1 to \$4 each way. Please contact the transportation office to obtain a transportation packet that describes the policies and procedures in more detail.



To schedule a ride, please call (248) 449-9934, Monday-Friday, 9-11:30 am, and please leave a voicemail.

We are looking for transportation drivers to join our team! Drivers provide daily curb-to-curb transportation services to local destinations and may drive buses for area day trips. The vehicles used vary in size from vans to 24-passenger buses.

PROGRAMS

Walk It Out

Keep moving in the winter months! Join us Monday thru Friday, 8:15-9:15 am. Enjoy coffee and socializing afterwards with friends.

Bingo (FREE)

Bingo with Oakmont is back for 2023! Join us Jan. 11 and Feb. 15 at 1 pm. Sign up online or call us at (248) 305-2851.

The Next Chapter Book Club (FREE)

Northville Community Center
Register at northvillelibrary.org or call (248) 349-3020.

Jan. 18, 11 am

"Maniac" by Harold Schechter, Non-Fiction.

It is not well known that in 1927 the deadliest school massacre in U.S. history took place in Bath, Michigan, near Lansing. We will discuss Schechter's non-fiction account of this horrific event.

Feb. 15, 11 am

"Day of Days" by John Smolens, Fiction.

Succeeding January's discussion of a non-fiction account of the 1927 Bath School Massacre in Michigan, we will explore a fictionalized version of the same event in it, a 2022 Michigan Notable Book.



PROGRAMS

Gary Allen, Elder Law | Wills, Trusts, and Ladybird Deeds (FREE)

Jan. 17, 1:30 pm, Northville Community Center

Learn how to avoid probate and save thousands of dollars, why you probably don't need a trust, how to put a beneficiary on your home and cottage deeds, and why powers of attorney are your most important estate planning documents. Register online or call (248) 305-2851.

Gary Allen, Elder Law | New Laws Affecting your Estate Plan (FREE)

Feb. 21, 1:30 pm, Northville Community Center

Review recent changes to Michigan Laws & IRS regulations that will affect your existing estate plan. This seminar will explain those changes and you will learn if you need to make changes to your estate plan. Register online or call (248) 305-2851.

Area Agency on Aging 1-B Caregiving Program (FREE)

Jan. 31, 10:30 am, Northville Community Center

The Area Agency on Aging 1-B has been helping caregivers for over 45 years. Throughout those years we have developed the knowledge and experience to assist caregivers wherever they are in their caregiver journey. Learn tips on how to create a meaningful plan of care for your loved one including the financial and legal issues of caregiving, get access to the programs and services that meet their individual needs and find ways to take care of yourself. Register online or call (248) 305-2851.

FITNESS (DROP-IN)



Healthy Hips & Back Yoga with Debbie | \$7

This class focuses on a great stretch from head to toe, improving strength, flexibility, and balance with an emphasis on back, hips and shoulders. Suitable for all levels.

Sunday, 10:30-11:30 am



Mindfulness Meditation with Kathleen | \$7

Mindfulness meditation is a mental training practice that teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body. Mindfulness is a mental state that involves being fully focused on “the now” so you can acknowledge and accept your thoughts, feelings, and sensations without judgment. Focus on deep breathing and awareness of mind and body. Some comfortable poses may be incorporated into the sessions.

Monday, 1-2 pm



Silver Chair Yoga with Toulla | \$7

Gentle poses with the assistance of a chair will improve your balance, strength, flexibility, and breath capacity.

Class is 75% seated and 25% standing stretches.

Tuesday, Thursday, 9:45-10:45am



Zumba Gold with Sarah | \$7

A total body workout combining cardio dance moves with Latin-inspired music. Zumba improves muscle tone, balance and flexibility while emphasizing moving to the beat and having fun!

Tuesday, Thursday 10-11 am

FITNESS (DROP-IN)



Yoga Flow with Toulla & Kathleen | \$7

Guided practice that integrates yoga flows with postures designed to build flexibility, strength, and balance. Suitable for most fitness levels.

**Monday, Tuesday and Thursday 8:30 am with Toulla
Saturday 9-10 am with Kathleen**



Slow Burn Yoga with Kelly | \$7

Slow burn class integrates breath and movement, inner and outer alignment, as well as improves strength and flexibility. Slow progressive sequences and longer holding postures encourage the entire body and mind to balance, focus and calm. Class is open to all levels.

Wednesday 11:15 am-12:15 pm



Yoga FUNdamentals with Debbie | \$7

Find a deeper connection with yourself while linking breath and movement through a series of yoga flow and holding postures. Learn the basics as you find balance both physically and mentally.

Friday 8:30-9:30 am



Silver Strength & Stretch with Ann | \$7

Designed for our active seniors. This class focuses on toning muscles to prevent injury, improve bone density, balance, and overall well-being.

Monday, Wednesday and Friday 10-11am

Back by popular demand! Punch cards are now available for purchase at the NCC front desk! Class packs can be purchased - \$65 for ten classes and \$120 for 20 classes. Punch Cards are valid only for the calendar year 2023 and can be used for all drop-in/ non-registered fitness classes. Cards are transferrable.

FITNESS (REGISTERED) AGES 13+

Barre Fitness with Kathleen

An amazing workout combining the best elements of ballet barre with Pilates, sports conditioning, and flexibility training. The ballet barre, light weights and a mat will be used for this total body strengthening and lengthening set to upbeat music that will energize you from head to toe!

Saturday, Jan. 7-Feb. 25 | 10:15-11:15 am
\$85 res/\$95 non-res (8 weeks/sessions)

Boot Camp for Women with Celeste

Celeste Johnson, certified fitness trainer nutritionist and owner of Get It & Go Fitness can help you achieve your health and fitness goals. Classes are designed for all ages and fitness levels. Resistance training with weight, bands, and balls. Cardio training, including circuits, high intensity interval training (HIIT), drumming, boxing and more. Core training focusing on abdominals and low back. Modified exercises for women with joint problems. Nutrition tips and lots of support!

Monday, Wednesday and Thursday | 6-7 pm
Three sessions/week for one month - \$99 res/\$109 non-res

Candlelight Yin with Shari

Yin Yoga is a gentle and relaxing class that works deeply into the connective tissues and joints of the hips, pelvis, and lower spine and is suitable to all levels of students through extended holds of postures. This is a great class for beginners or advanced students looking for a restful class that focuses on restoring flexibility and/or working deeply into joints and tissues that are "locked up" from past injuries or from repetitive motion.

Tuesday, Jan.3-Feb. 21 | 6-7pm
\$85 res/\$95 non-res (8 weeks/sessions)

FITNESS (REGISTERED) AGES 13+

Slow Burn Yoga with Toulla

Integrate breath and movement, inner and outer alignment, strength, and flexibility. Slow progressive sequences and longer holding postures encourage the entire body and mind to balance and focus.

Monday, Jan. 9-Feb. 27 | 5:30-6:30 pm
\$85 res/\$95 non-res (8 Weeks/Sessions)

Soulful Flow Yoga with Shari

One hour of integrating breath and movement while featuring a combination of Sun Salutations along with poses from the Ashtanga practice.

Wednesday, Jan. 4-Feb. 22 | 6-7 pm
\$85 res/\$95 non-res (8 Weeks/Sessions)

Senior Cardio Drumming with Marie (ages 55+)

Fun, full-body workout you can do standing or sitting! Use rhythm and movement to improve cardiovascular endurance and muscular strength. Please bring your own equipment: large stability ball (55-65cm), drumsticks and round 17-gallon bucket or round laundry basket.

Monday, Jan. 9-March 6 | 11:45 am-12:45 pm
\$72 res/\$82 non-res (Six sessions, no classes on 1/16, 1/23, 2/20)

TRX with Scott

TRX uses body weight exercises to develop strength, balance, flexibility, and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Tuesday, Jan. 3-Feb. 21 | 6-7pm
\$85 res/\$95 non-res (8 Weeks/sessions)

SERVICES

Liquid Nutrition (Ensure): Pick up times at NCC are 9 am-12 pm on the 4th Friday of each month. Pick up days are Jan. 27 and Feb. 24) To apply for liquid nutrition, contact Wayne County Senior Services at (734) 326-5202.

Medical Equipment Loans: Medical equipment is available for free to Northville and Novi residents. We accept donations of new or gently used medical equipment. (At this time, we are not accepting crutches.) This service is drop in from 9 am-12 pm, Monday-Friday.

Civic Concern Drop Off at NCC: Northville Community Center is now a drop off location for the Civic Concern! We are collecting items for our local seniors: Hygiene products, paper products, canned food (especially fruit!) and unsweetened cereal. Donations can be dropped off Monday-Friday, 9 am-12 pm at the front desk.

Ascension Michigan Lectures & Workshops (Virtual)

www.healthcare.ascension.org/events

All lectures and workshops are virtual and free.

Please visit the website or call (248) 849-5752 to register, or for more information.

Michigan Medicare Assistance Program (MMAP): The Michigan Medicare Assistance Program is the organization designated by Medicare to educate and provide objective counseling to beneficiaries in Michigan. Appointments can be in-person, by phone or by internet (like telehealth session). To schedule an appointment call MMAP at (800) 803-7174 and specify "Northville" when leaving your name and number.

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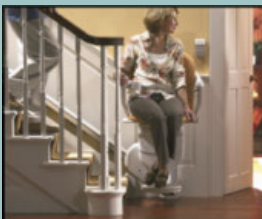
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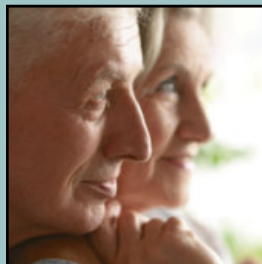
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CONTACT INFORMATION

Northville Senior Services

303 West Main Street, Northville, MI 48167

Office Hours: Monday-Friday, 9 am-12 pm

Phone: (248) 305-2851

Website: www.northvilleparksandrec.org

Lindsay Boujoulian, Senior Services Supervisor: (248) 305-2852

Chris Noles, Health & Wellness Coordinator: (248) 305-2873

Barbara Heemer, Transportation Coordinator: (248) 449-9934

Office Assistants: Sue Wilson and Kathy Lienen: (248) 305-2851

Northville Township: (248) 348-5800 | www.twp.northville.mi.us

City of Northville: (248) 349-1300 | www.ci.northville.mi.us

Connor Adams, Facility Rentals: (248) 305-0066

Northville Parks & Rec: (248) 349-0203 | www.northvilleparksandrec.org

Northville District Library: (248) 349-3020 | www.northville.lib.mi.us

Allen Terrace: (248) 349-8030

Northville Civic Concern: (248) 344-1033

Wayne County Meals on Wheels: (734) 326-5202

Oakland County Meals on Wheels: (810) 632-2155

Northville Post Office: (248) 349-2062

The Senior Alliance (TSA): (734) 722-2830

Secretary of State: (888) 767-6424

Northville Chamber of Commerce: (248) 349-7640

Weather Hotline: (248) 348-8888



Email List: Stay up to date with the Northville Community Center and our programs and activities we offer by signing up for our email blasts. Please send an email to recreation@twp.northville.mi.us to get your name added to the list.



Facebook: Follow us on Facebook for updates (@northvilleseniorservices).