

Southfield *The Scribe*

A Publication of the
Southfield Adult
Recreation Center 50+
26000 Evergreen Road
Southfield, Mi 48076
(248) 796-4650

Thank You to the wonderful
sponsors who helped make
Senior Appreciation Week 2016
a Success!!



We Create Community through
People, Parks and Programs

The Southfield Scribe can be
mailed to your residence or
you can pick up a copy at the
Adult Recreation Center 50+.

If you would like to receive
the Scribe by mail, please call
us at 248-796-4650.

Monday, through Thursday

8:30 a.m.-4:00 p.m.

Friday

8:30 a.m.-2:00 p.m.

Also available on-line (pdf) at
www.cityofsouthfield.com



Please help return their support by patronizing their services. Another special Thank You to all those who joined us at our many events throughout Senior Appreciation Week, we hope you had a great time.

Nicole Messina, CTRS

Senior Adult Facility Coordinator, The City of Southfield



Individuals with special needs who plan to attend any of the included programs should contact the Adult Recreation Center 50+ at 248-796-4650 if auxiliary aids or services are needed. Reasonable advance notice is required.

Day Trip Registration Information

Flyers with more details regarding all trips and Adult Recreation Center 50+ events are available at our office inside the Parks & Recreation Building at 26000 Evergreen Road. Our office is open Monday, through Thursday from 8:30 a.m. until 4:00 p.m., and Friday from 8:30 a.m.-2:00 p.m. Please call us at 248-796-4650 for more details.

Pick Up All trips depart from the Southfield Parks & Recreation Building unless otherwise noted. A bus may be requested to pick up off-site if there are five or more passengers. Due to the overwhelming demand for off site pick ups we are requesting that anybody who wishes to be picked up must be signed up for the trip one week prior to when the trip will be leaving. If you sign up for the trip with less than a week until the trip, you must board the bus at the Southfield Parks & Recreation Building.

Travel Policy Receipts MUST be shown on day of trip as proof of purchase. Please note that while on the trip you must follow the group leaders guidelines. We reserve the right to deny access to any applicants we deem unable to follow the guideline for the trip.

Payments We will accept cash, check or credit cards (Visa, Master Card, Discover) for payment.

Cancellations The City of Southfield cannot be held responsible for cancellations due to the vendor or circumstances beyond our control. There will be no refunds for trips. Any refunds with a doctor's note will incur a \$10 Processing Fee. On all shopping trips and Dining Outs, there are no refunds and no transfers! Full refunds are given only if the trip is cancelled by the Adult Recreation Center 50+.

Make Sure You Have Your ID Please be sure to bring your picture ID with you on all trips. Some trips require the showing of 2 forms of picture ID, such as a government-issued photo identification card, or a Driver's License. Please read trip descriptions closely to verify what you need to bring along on the trip.

Dining Out



Transportation cost is \$5 unless otherwise noted. Please remember that when dining in large groups, the customary gratuity is approximately 17%.

PLEASE NOTE: All Dining Out trips depart at **5:00 p.m.** from the Adult Rec. Center

50+ and return at approximately 8:00 p.m. unless otherwise noted.

Tue., October 18 *Stage Deli*

Tue., November 15 *Brass Point*

Tue., December 20 *Red Lobster*

Shop Till You Drop

The bus will depart from the Adult Recreation Center 50+. Transportation cost is \$5 unless otherwise noted. Pick up and drop off points for all malls are at the mall Food Court. Lunch is on your own for these trips.



The schedule is:

Mon., Oct. 3 *Oakland Mall*
Depart: 9:30 a.m. Return: 2:30 p.m.

Mon., Nov. 7 *Twelve Oaks Mall*
Depart: 9:30 a.m. Return: 2:30 p.m.

Mon., Dec. 5 *Somerset Collection*
Depart: 9:30 a.m. Return: 2:30 p.m.

Casino Trips

****Please note, casino packages are subject to change without prior notice.****

Please be sure to have a picture ID with you on the trip. You will also have to give your birth date at time of registration in order to receive your incentives from the casino.

Hollywood Casino

Wednesday, October 12

Depart: 8:00 a.m. Return: 4:30 p.m.

\$25/Resident \$30/Non-resident

The *Hollywood Casino* in Toledo has 2,000 slot machines, 20 poker tables, and 60 other game tables such as black jack, roulette, and craps. The casino will provide each person with \$5 in Slot Play. There is a steak house and lounge that overlooks the Maumee River and downtown as well as a deli and buffet for when you are ready to take a break from the fun.



Greektown Casino

Wednesday, December 7

Depart: 9:00 a.m. Return: 3:00 p.m.

\$20/Resident \$25/Non-resident

They've been said to have the *Best Slots* in town so let's go see for ourselves!! We are heading to *Greektown Casino* for a day of gaming on December 7. There are nearly 3,000 slot and video poker machines to try out along with the traditional table games and poker. Each participant will receive \$20 in Slot Play from the casino.

Overnight Casino Trip

Gun Lake Casino, FireKeepers Casino & Soaring Eagle Casino

Thursday, November 17 - Friday, November 18

Depart: 7:00 a.m. Return: 8:00 p.m.

\$150/Resident (Single Room)

\$120/Resident (Double or Triple Room)

This trip requires 2 forms of valid ID.

Join us in November, as we head out on an overnight casino adventure! We will begin our journey with a trip to Wayland, MI to visit the *Gun Lake Casino*. Here participants will be able to enjoy a few hours of gambling and take advantage of \$10 in Premium Play and a \$5 food voucher from the casino. Sticking to our schedule, we will leave in enough time to reach our overnight accommodations at the *FireKeepers Casino* in Battle Creek. Once we are all checked in you are free to game the night away, if you want! The casino is happy to provide \$20 in Slot Play, and \$5 voucher that can be used for food or retail shopping within the casino. On Friday morning we will travel up to Mt. Pleasant to our final stop of the trip, the *Soaring Eagle Casino*. Participants will receive \$10 in Premium Play and a \$5 food voucher for use at Soaring Eagle.

Senior Trips - *October*

A Day of Bingo Fun!

Friday, October 7

Depart: 11:30 a.m. Return: 10:00 p.m.

\$25/Resident \$30/Non-Resident

Back by popular demand!! It's a day of Bingo.

We will start our day at the **North Gratiot Bingo Hall** where you can purchase as many books as you want for the Bingo games at \$10 per book for 8 games. There are also *Progressive Jackpots* for \$2 and *Hot Ball Jackpots* if you want to get into them. There is a concession stand if you would like to grab a bit to eat and buy dabbers if needed. Next we will head over to **Green Acres Bingo Hall** and hope to catch some luck and win some money. There booklets are also \$10 and they also have different progressive games. Both locations have concession stands with hot dogs, burgers, sandwiches and more.



It's a Mystery Trip

Wednesday, October 19

Depart: 8:30 a.m. Return: 3:00 p.m.

\$55/Resident \$65/Non-Resident

On the road we go...where we stop nobody knows.

(Except the driver, they know where we're going!)



It's a mystery trip. Hop on board the bus with a positive attitude, and you will surely have some fun. You will want to bring extra spending money, because we are sure you will want to bring home souvenirs

from each stop on this trip! We will start our day in Detroit with a yummy continental breakfast consisting of assorted house baked breakfast breads, bagels, muffins, pastries, assorted fruits, yogurts, coffee, tea and juices. After breakfast we will head out to the next stop, I hope your nose is clear so you can smell all the freshness around you. This trip will include 5 to 6 stops in total, each stop unique in its own way but all connected to one another. This is one sweet trip you won't want to miss. Space is limited so sign up early.

Senior Trips - *November/December*

***Birch Run Outlets
along with Bronner's and
Frankenmuth***



Wednesday, November 9

Depart: 9:00 a.m. Return: 9:00 p.m.

\$20/Resident \$25/Non-Resident

Put on your walking shoes and join us for a full day of shopping.

Participants will have 4 hours to wander the 145 outlet stores at ***Birch Run***. This is a great place to start or finish your holiday shopping. On our way to ***Frankenmuth***, we will make a quick stop at ***Bronner's Christmas Wonderland*** for those who would like to shop there (don't worry we'll come back and pick you up too!). Participants who want to continue on to Frankenmuth, will have 3 hours to wander this "Little Bavaria", from fantastic food, eclectic shopping and rich historical beauty and culture; it's the ideal departure from the ordinary every day. (Food will be at your own expense.)

Space is limited, so sign up early! Be sure to wear comfortable shoes!

***Holiday Lights Tour
featuring dinner at***

Traffic Jam & Snug Restaurant

Wednesday, December 14

Depart: 3:30 p.m. Return: 10:00 p.m.

\$60/Resident \$70/Non-Resident

Let's get together and enjoy this beautiful time of the year with dinner and a tour of beautiful light displays throughout the area. We will begin our evening with dinner at ***Traffic Jam & Snug Restaurant*** in Detroit. Here you can choose from: *Chicken Marcella, Londontown Fish and Chips* or *Madras Meatloaf*. All meals come with salad, rolls, beverage and dessert. After dinner we will head out to view the holiday lights around Campus Martius Park, Detroit, Hines Drive and Rochester.



Senior Appreciation Night 2016

Thank you to Sarah Himes of Southfield Multimedia Services - Cable 15 for taking all the great pictures of the night's event!



Senior Appreciation Night 2016



Information for Southfield Seniors

TOSS

Transportation of Southfield Seniors

Transportation of Southfield Seniors (TOSS), uses lift-equipped vans to transport senior residents (age 60+) who reside in Southfield or Lathrup Village within the boundaries of Fourteen Mile Rd. to the north, Eight Mile Rd. to the south, Middlebelt to the west, and Coolidge to the east.

TOSS accommodates permanently physically challenged persons of any age. Appointments are on a first come, first served basis, and can be scheduled anytime up to a month prior. We do not provide same day or next day transportation.

For information and arrangements please call the TOSS office at (248) 796-4658, Monday through Friday from 8:00 a.m.- 2:00 p.m. or leave a message after hours and we will get back to you as soon as possible, within business hours. A donation of \$5 per round trip is suggested. Additional donations are welcome.

In addition to medical appointments, TOSS provides services to local supermarkets on Tuesdays, Wednesdays and Thursdays. Call the TOSS office at (248) 796-4658, for more details.

This service is funded and operated by the joint efforts of the City of Southfield, SMART Municipal and Community Credits funds, Beaumont Health and St. John Providence Health System.

Fall Classes

Fall classes will begin in early September. Classes include but are not limited to *Tai Chi, Women on Weights, Zumba, Stretch and Tone, Yoga for the Back* and more. For more information on specific classes please call the Adult Recreation Center at (248) 796-4650.

AARP 55 Alive

Mature Driving Course

On November 2-3 AARP and the Adult Recreation Center 50+ will be offering the *55 Alive/Mature Driving Course*. This program is a classroom refresher to meet the needs of older drivers. Held in two, four-hour sessions over a two day period, participants receive a total of eight hours in instruction. The course covers many different areas such as: self-assessment, vision, hearing, driving situations, normal driving, hazardous driving environment, driving decisions, alcohol and medications. The class will run from 10 a.m.- 2:30 p.m. both days and the cost is \$20/person for AARP members or \$25/person for non-members. Please make checks payable to AARP and give to the instructor at the first class. Pre-registration is required by calling the Adult Recreation Center 50+ at 248-796-4650.

The Chore Program

The Chore Program is for Southfield homeowners who are (1) senior citizens 62 or older living alone, or certified handicapped living alone and (2) whose annual income meets federal guidelines. The income for a family of one must be \$21,900 or less, or for a family of two \$25,000 or less.

Chore will pay for labor involved, while the client is responsible for material used. By helping with home and yard maintenance, the Chore Program enables homeowners to stay in their homes. For further information, please contact Denise Glinz at (248) 796-4180.

Upcoming Senior Meetings & Programs

American Association of Retired People

AARP #3483 AARP will meet on 2nd Thursday of each month in Room 115 of the Parks & Recreation Building.

The Ban-Joes of MI The Ban-Joes of Michigan is a band of banjo players from all over the southeastern Michigan area. The band plays music from the 1860s - 1950s in the plectrum style. This style of music is played primarily with 4-string banjos, however it can be played on 5-string banjos as well. They meet for rehearsal every Tuesday evening, from 7:00-9:00 PM in the 1854 Church at the Burgh Historical Park. Everyone is welcome to come share in their free rehearsals or join in!

Photo Guild The Photographic Guild is a group of professional photographers and photo hobbyists who compete locally, nationally, and internationally. They are part of the *Greater Detroit Area Camera Council*. The Guild will be meeting at 7:30 p.m. on the first, second, and third Mondays of every month September through May in the 1854 Church at the Burgh Historical Park. The Guild also has monthly programs on digital photography subjects and techniques. New members are welcome. For more information about the Photographic Guild, call their office at (586) 566-8823 or visit their website at www.thephotoguild.org.

Red Hat Ladies The Red Hat Ladies are always looking for new members to join in on the laughter and fun. Stop by one of their monthly meetings and check it out. They meet on the 3rd Tuesday of every month from 1:00-3:00 p.m. in Rooms 223-224 of the Parks & Recreation Building.

Dominoes The Dominoes Group meets every Wednesday at the Parks & Recreation Building. Join them from 11:00 a.m.-2:30 p.m. for a little Domino fun.

Bridge Club Our drop-in Bridge Group meets at the Parks & Recreation Building on Wednesdays from 11:00 a.m.-2:30 p.m. You don't need a partner to join in. Feel free to bring a bag lunch with you. They welcome any and all bridge players to join us, no matter your level of play. Their philosophy is to continue to utilize our minds, expand our bridge skills, develop new friendships and enjoy good company in a comfortable setting. If you have any questions, please call Joan Richards at (248) 433-2362.

Quilting Group The Quilting Group meets each Saturday from 10:00 a.m.-4:00 p.m. in the 1854 Church at the Burgh Historical Park.

Bid Whist Bid Whist is a partnership trick-taking variant of the classic card game Whist. As indicated by the name, Bid Whist adds a bidding element to the game that is not present in classic Whist. The Bid Whist group meets every Wednesday from 2:00-6:00 p.m. in the 1854 Church at the Burgh Historical Park. Come check out the fun!

Chair Exercise The Chair Exercise program takes place every Monday and Friday from 10:00 a.m.-11:00 a.m. in the 1854 Church at the Burgh Historical Park. Cost is \$1 per class attended. Join them as they go through multiple exercises while seated in chairs with and without weights. This class is full of fun and energy!

The Benefits are Endless!

Staying Active with Parks & Recreation

Senior Sport Drop-In

Looking for a way to stay active but craving some variety to your usual routine? We've taken our most popular Senior Sport programs and combined them into a week long drop-in program. No long-term commitment. You pay only for the programs you want to attend! Please sign in and pay at the Beech Woods Recreation Center front desk to receive your wristband for the day.

\$1/Day/Resident \$2/Day/Non-Resident
M-F 09/06-05/31 Beech Woods Rec. Ctr

Pickleball

Pickleball is played on a badminton court with a paddle and whiffle ball and can be played at your own pace. All skill levels welcome. Racquets and balls available to use on site.

Tu 09:00 AM – 12:00 PM

Senior Bounce Volleyball Practice

The game is played by standard volleyball rules except that the ball can bounce before you hit it. Please note: Drop-in Bounce Volleyball will be canceled by 10:30 AM each day if there is not a minimum of 6 players present.

No drop in volleyball on Wednesdays from November 2 through March 22 due to league play.

M, W, F 10:00 AM – 12:00 PM

Senior Indoor Tennis

Whether you are a beginner or an experienced player, you will find a match that is right for you.

W, Th, F 09:00 AM – 12:00 PM

Senior Bounce Volleyball

Women ages 50 & up; Men ages 55 & up

You are invited to get active and be a part of the fun with our senior bounce volleyball program! Play is by the standard volleyball rules except that the ball can bounce one time before you hit it. Come and check it out. This is a year round program. We practice, on a drop-in basis, on Monday, Wednesday and Friday at Beech Woods Recreation Center and have league play on Wednesdays from November through March. League play is optional, and costs \$20 per resident or \$30 for non-residents. Both 4-person and 6-person teams are offered. For more information, please call Beech Woods Recreation Center at 248-796-4670.

Health & Wellness Center

Your Beech Woods Recreation Center has a health and wellness center for you. There is cardio equipment including treadmills, stationary bikes and rowing machines along with strength training equipment. The cost for a Southfield senior yearly membership is only \$144. For more information please call the center at 248-796-4676. The benefits are endless!



Community Events

Burgh Historical Park Tree Lighting Ceremony

The Burgh Historical Park will be aglow with holiday spirit on Tuesday, December 6 as we welcome Santa to Southfield at the Burgh Historical Park!!

The festivities begin at 6:30 p.m. with a holiday sing-a-long featuring City officials and *The Metropolitan Singers*. Following the sing-a-long and lighting of the holiday display, visitors are invited into the 1854 Burgh Church to enjoy performances by *The Metropolitan Singers* and the *Southfield Tappers* or to enjoy visits with Santa in the Burgh Gazebo. Refreshments will be served. This is a free and (mostly) outdoor event so please dress for the weather. Please call (248) 796-4620 for more information.

Sips & Sounds

The Southfield Parks & Recreation Department welcomes back *Sips & Sounds* on Thursday, November 3 from 6 – 8:30 p.m. Individuals 21 years of age and over are invited join us at this intimate wine tasting featuring European wines. Selections include whites, reds and blends that have been chosen with holiday dining and gift giving in mind. Admission includes 6 tastings from 12 offered wines along with light appetizers and live entertainment. Tickets are \$30 per person (includes 6 tastings and light appetizers) and are available at the Parks & Recreation Information Desk located within the Parks & Recreation Building at 26000 Evergreen. ID will be required at the door. Please call (248) 796-4620 for more information.



Southfield Scribe Mailing List

We are updating our records at the Adult Recreation Center 50+. If you would like to start or continue to receive *The Southfield Scribe* by mail please fill out the info below and mail back to us at:

Southfield Adult Recreation Center 50+
26000 Evergreen Road, Southfield, MI 48076

Name _____

Address _____

City _____ Zip _____

The Southfield Scribe can be mailed to your residence or you can pick up a copy at the Adult Recreation Center 50+. It is also available on-line (pdf) at www.cityofsouthfield.com

Southfield Adult Recreation Center 50+
26000 Evergreen Road
Southfield, MI 48076

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Scenes From Our Travels



Detroit Tigers vs.

Boston Red Sox

Thursday, August 18

It was Grandparents Day at Comerica Park and the Tigers helped make it a great trip by winning 4-3.

There's plenty of opportunities to join us on one of upcoming trips. Check out pages 2-5 for more details.

