

# The Southfield Scribe



## IT'S TIME TO CELEBRATE!!

Calling out to all Southfield senior adults (that's ages 50 and up). It's time to celebrate at Senior Appreciation Night on Wednesday, August 21!! Join us inside the Southfield Pavilion beginning at 6 pm for entertainment, a boxed dinner, senior resource vendors and fun.

Brought to you by the *Southfield Parks & Recreation Department* along with *Southfield Human Services* and the *Commission on Senior Adults (COSA)*, Senior Appreciation Night is our way to thank our senior population for all they have and continue to do for the community. The night's festivities will include a vendor area where seniors can get information on services and goods available in Southfield, a free, boxed dinner for those aged 50 and older, and live entertainment with *Motor City Soul*. Bring your dance shoes, there is PLENTY of room to get up and dance with friends. Best of all, it's free!

Call Senior Services at (248) 796-4650 for more details.

# SENIOR 50+ APPRECIATION NIGHT

LIVE ENTERTAINMENT  
BOXED DINNER  
COMMUNITY VENDORS  
AND IT'S ALL FREE!

Wednesday, August 21

6 - 8 pm

Southfield Pavilion,  
26000 Evergreen Road



# Traveling with Senior Services - All the Info You Need to Know

Please call Senior Services at (248) 796-4650 if you have any questions about the information below.

## Payments

We accept cash or credit cards (Visa, Master Card, Discover, American Express) for payment.



*We ask that individuals traveling with us please park towards the back of the parking lot. Your consideration is appreciated.*

## Cancellations

The City of Southfield cannot be held responsible for cancellations due to the vendor or circumstances beyond our control. On all *Shop Till You Drop*, *Dining Outs* and *Monthly Casino Trips*, there are no refunds and no transfers.

## Transportation - Pick Up/Return

At this time all trips will depart from the Southfield Parks & Recreation Building at 26000 Evergreen Road. Unless otherwise noted.



## Travel & ID Policy

Receipt must be shown as proof of purchase on the day of the trip. Please note that while on the trip you must follow the group leader's guidelines.

Please be sure to bring your picture ID with you on all trips. Accepted forms of picture ID include 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.

## Trip Refund Policy

- Full refunds are given only if the trip is canceled by Senior Services.
- If you cancel, a refund will be given only IF Senior Services is able to fill your space.
- A \$5 Processing Fee will be deducted from all customer requested refunds. (Fee is waived if you decide to apply refund as a credit on your account.)
- No refunds on \$5 trips (*Shop Till You Drop*, *Dining Outs*, *Monthly Casino Trips*, etc.)
- Please allow four (4) weeks for refunds.

# MONTHLY EXCURSIONS

## Senior Dining Out

Please remember food and tip, are on your own.  
(Tipping should be about 20%.)

- July 11      **Grand Tavern** - Troy  
Aug 15      **Bahama Breeze** - Livonia  
Sept 12      **Red Lobster** - Novi  
3:30 - 6:00 pm      \$5 per person to ride bus

Please call the office (248-796-4650) 24 hours in advance if you are unable to attend.

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## Shop Till You Drop

A group shopping trip to the mall is a fantastic way to combine retail therapy and social interaction, making it a memorable and enjoyable day for all involved.

Lunch and shopping are on your own.

- July 16      **Twelve Oaks Mall** - Novi  
August 20      **The Mall at Partridge Creek** - Clinton Township  
Sept 17      **The Village of Rochester Hills** - Rochester Hills

9:30 am - 2:30 pm      \$5 per person to ride bus

Please call the office (248-796-4650) 24 hours in advance if you are unable to attend.

## Melodies at the Museum

*Experience music and art at the  
Detroit Institute of Arts.*

The Southfield Public Library and Southfield Parks & Recreation are excited to collaborate on these trips! There will be a musical performance after we arrive then you can experience the DIA through a self-guided tour until it is time to leave.

*This event is FREE and made possible through funding to the DIA to support Senior programs in Oakland, Wayne, and Macomb counties.*



Each trip is limited to 45 participants and you must register by the date noted.

- Thur, July 25      12:30-3:30 pm      Register July 10  
Thur, Aug 22      12:30-3:30 pm      Register Aug 7  
Thur, Sept 26      12:30-3:30 pm      Register Sept 11  
Thur, Oct 10      12:30-3:30 pm      Register Sept 25  
Thur, Nov 14      12:30-3:30 pm      Register Oct 30

The bus departs from the Southfield Public Library.

Register on line at [www://southfield.org](http://www://southfield.org) or call the library at (248) 796- 4281.

Transportation may be requested to pick up off-site for trips. Anyone who wishes to be picked up must be signed up for the trip at least two weeks prior to the date of the trip. This service is limited to the first 3 people who make a request and is based on driver availability. Off-site pick-ups are not available when we travel by motor-coach.



# DAY TRIPS



## Eastern Market

*Experience one of the oldest and largest year-round markets in the United States.*

Their Tuesday Market is perfect for stocking up on fresh produce, baked goods, and meats. You can take a free Yoga or Zumba class in Shed 3 and get resources for a healthy lifestyle. Grab lunch from a food truck while there. Food and shopping is on your own. Space is limited, sign up early.

**Tuesday, July 30** 9:00 am - 2:00 pm  
\$5 per person Resident & Non-resident

## DETROIT PRINCESS - MOTOWN REVIEW CRUISE

Get ready to rock the river and groove with the Motown sound. Enjoy a fabulous buffet lunch on *The Detroit Princess*. Lunch consists of tender beef tips with gravy, baked chicken, mashed potatoes, marinated portabella mushrooms with sides of cheese tortellini, fresh steamed vegetables, and salad with add-ons. The Chef's Choice of Dessert is also included. After lunch, chill out or burn off those calories by dancing to a dynamic Motown Revue by *The Prolifics*.



**Thursday, Aug 8** 10:30 am - 2:30 pm  
Southfield Resident Rate: \$85 per person  
Non-resident Rate: \$95

## Saugatuck - Dune Rides, Shopping & More!

*Celebrate summer with sun, sand and Saugatuck!*

Embark on a thrilling adventure in Saugatuck, MI where the charm of this quaint lakeside



town meets the excitement of an exhilarating dune buggy ride. Following our dune excursion, we will head to Saugatuck where you can venture off to enjoy the waterfront, go shopping, visit cozy cafes, art galleries or whatever you want to do. Lunch is on your own. Just be back at 5:30 pm to get on the bus and head back home to Southfield.

**Wednesday, Aug 28** 7:30 am - 9:00 pm  
Southfield Resident Rate: \$85 per person  
Non-resident Rate: \$95

## SENIOR DAY AT THE DETROIT ZOO

Feel like a kid again as you spend the day exploring the Detroit Zoo! Enjoy special keeper talks and senior activities planned by the zoo's staff. Relax in the beautiful gardens or enjoy a snack at the concession stand (food is on your own). Sign up today because space is limited for this fun trip!



**Wednesday, Sept 11** 9:30 am - 3:00 pm  
\$5 per person Resident & Non-resident

# Casino Fun!!

## *HOLLYWOOD CASINO TOLEDO, OHIO*



## Monthly Casino Trips

No frills but all the thrills when you win!  
Please note, there are no casino comp packages for these Monthly Casino Trips.

August 14 MGM Grand Detroit -  
9:30 am - 2:30 pm  
\$5 per person to ride bus

Lights! Camera! Win! *Hollywood Casino Toledo* here we come! With over 2,000 slot machines, game tables such as blackjack, roulette, and craps and their popular poker room spread throughout their smoke-free gaming floor the odds for fun on this trip are high. All participants will receive \$5 in slot play. You must have photo ID and give your date of birth to receive incentives from the casino. All packages are subject to change.

Thursday, July 18 8:00 am - 4:00 pm  
Southfield Resident Rate: \$30 per person  
Non-resident Rate: \$35

## Overnight Casino Trip

*featuring Saganing Casino, Soaring Eagle Casino and FireKeepers Casino*

Get your game on! This overnight casino trip will feature a visit to *Saganing Eagles Landing Casino, Soaring Eagle Casino* and *FireKeepers Casino*. Our first stop will be in Standish, MI at *Saganing Eagles*. Here you spend the afternoon exploring the over 34,000 square feet of gaming action. Next, we will head to *Soaring Eagle Casino* in Mount Pleasant where we will stay the night. Participants will have plenty of time to hit the action-packed gaming floor with their casino provided \$30 Premium Play, and \$20 food voucher. On Wednesday morning, we will leave for *Battle Creek* where we will visit *FireKeepers Casino* where you will receive \$25 in Game Play and a \$5 food voucher. Participants can pick from over 2,900 slots, numerous table games, Keno, bingo and more. Space will be limited on this trip so please register early so you don't miss out!



Tuesday, September 17 at 7:00 am - Wednesday, September 18 at 7:00 pm  
Southfield Resident Rate: \$210/person Double Occupancy \$265/person Single Occupancy  
Non-resident rates are \$10 higher.

# Monday Massage

Relax and rejuvenate with a soothing chair massage by *Celestial Touch Wellness Studio*. Invest in your health and wellness with a professional chair massage.

You must register in advance for a 15 minute time slot that falls within the times listed. Call (248) 796-4650 to register.



**Resident: \$20      Non-resident: \$25**  
Mon, July 1      10:00 am-12:00 pm  
Mon, August 5      10:00 am-12:00 pm  
Parks & Recreation Bldg, Room 221

# Foot Doctor Visits

Take a step towards better foot health with a visit from a specialized foot doctor. On site services will include diabetic foot care/evaluation and treatment of callouses, corns and toenails. General evaluations of your feet issues are available as well.



Call Dr. Taylor's office directly at (248) 621-4800 to check your insurance and verify eligibility for services. Be sure to mention that you want to schedule an appointment with the City of Southfield Senior Services.

Put your best foot forward and schedule an appointment today.

Thur, July 18      1:00 - 3:00 pm  
Thur, August 15      1:00 - 3:00 pm  
Thur, Sept 19      1:00 - 3:00 pm  
Parks & Recreation Bldg

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# Secretary of State Mobile Office

The Secretary of State Mobile Office will be visiting our area to provide services to our Seniors without the need to visit a branch office. Services available through the mobile unit include:

- First-time Michigan ID
- Renew driver's license ID
- Transfer title
- Apply for/renew display placard

Once your appointment has been scheduled through the Senior Services office you will receive an email confirmation identifying what you need to bring to your visit.

For more information or to schedule your visit during this Mobile Office event, contact the Senior Services office at (248) 796-4650.

**Wednesday, July 17      10:00 am - 3:00 pm      Southfield Pavilion, 26000 Evergreen Road**







CARPENTER LAKE NATURE PRESERVE

# Senior Nature Walk

THURSDAY, SEPTEMBER 26 10 AM

COME ON A FREE GUIDED NATURE WALK WITH OAKLAND COUNTY NATURALISTS.

Carpenter Lake Nature Preserve,  
Ten Mile Road, east of Inkster



# Fall Picnic

Ready for a picnic adventure? Gather your friends and let's go explore the Mary Thompson House & Farm. There will be hamburgers, picnic salads and treats. The Mary Thompson House will be open for tours and you can walk around the beautiful gardens as well!

THURSDAY, OCTOBER 3

11:30 AM - 1:00 PM

MARY THOMPSON HOUSE & FARM,  
25630 EVERGREEN ROAD

**\$22/RESIDENT**  
**\$27/NON-RESIDENT**

(248) 796-4650



# ADVENTURE AWAITS

AT  
INDEPENDENCE OAKS  
COUNTY PARK



Come enjoy fishing, a nature program, hiking, lawn games and pontoon boat rides at Independence Oaks County Park in Clarkston.

Wednesday, August 14

10 am - 3 pm

\$5/Resident

\$6/Non-resident

Must be registered by  
Noon on Friday,  
August 9







**FREE SUMMER CONCERT SERIES**

**Summer IN THE CITY**

**7 - 9 PM**  
SOUTHFIELD MUNICIPAL CAMPUS  
FRONT LAWN, 26000 EVERGREEN RD

**JUNE 28** **Soundproof**

**JULY 12** **The Will C Experience**

**JULY 19** **313 LIVE Experience**

**JULY 26** **Straight Ahead**

Southfield PARKS & RECREATION IEP URGENT CARE SOUTHFIELD

**(248) 796-4620**

# GAZEBO CONCERT SERIES



**Tuesdays, July 9 - 23**

**7 - 8:30 pm**

**Burgh Historical Park**

Bring your lawn chairs, pack a picnic dinner (no alcohol permitted) and join us for great music in a beautiful setting.

Admission is free and so is parking! The Burgh Historical Park is located on the northeast corner of Civic Center Drive and Berg Road.

Call (248) 796-4620 for more details.



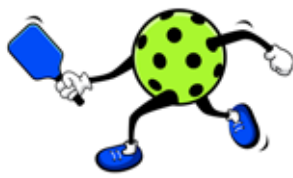


# New Classes with Parks & Recreation

## Pickleball Lessons

Learn the basics of Pickleball, including the rules, scoring, and fundamental techniques to get you started on the court. Put your best foot forward as you learn, serving, positioning, and foot work.

A limited number of paddles are available for use, feel free to bring your own.



5 weeks **Resident: \$20 Non-resident: \$25**

Tue Oct 1 - 29 10:00-11:00 am

Tue Nov 5 - Dec 3 10:00-11:00 am

Beech Woods Recreation Center

## Dog & Cat First Aid and CPR

What would you do if your dog or cat got hurt? Learn how to respond to common emergency situations, first aid techniques and animal CPR (hands on lab to include animal CPR on a dog/cat mannequin). This two-hour class includes a certificate of training and take-home practical handouts.

2 hours **Resident: \$45 NR: \$55**  
Sat, Oct 12 10:00 am-12:00 pm P&R Bldg

## Music History Series

### Music of the 1960's

2-part series: Part One - 1960-1964; Part Two - 1965-1969

**Part 1 Resident: \$5 Non-resident: \$6.50**  
Fri, July 26 1:00-2:15 pm P&R Bldg

**Part 2 Resident: \$5 Non-resident: \$6.50**  
Fri, Aug 23 1:00-2:15 pm P&R Bldg

### Boy Singers of the Big Band Era

1 Day **Resident: \$5 Non-resident: \$6.50**  
Fri, Sept 27 1:00-2:15 pm P&R Bldg

## Chair Exercise

Join us for a fun and supportive chair exercise class for seniors aged 50 and up, suitable for all fitness levels. Using resistance bands, hand weights, and fitness balls, we'll work on strengthening and toning your body. Please bring your fitness bands, hand weights, and a water bottle. We look forward to seeing you there!

Daily **Resident: \$5 Non-resident: \$6**

Mon 11:00 am-12:00 pm

Wed 11:00 am-12:00 pm

Fri 11:00 am-12:00 pm

P&R Bldg, Room 115

## Walking to Weight Loss

This 4 week transformative course combines the power of walking with weekly actionable steps focusing on nutrition, hydration, rest and relaxation and movement. By the end of this course, you will not only witness positive changes in your physique but also cultivate a sustainable enjoyable wellness routine that can be seamlessly integrated into your daily life. Now lace up those sneakers and lets step into a healthy fitter you.



4 weeks **Resident: \$112.50 NR: \$121.50**

Wed Sept 11-Oct 2 6:00-7:00 pm

P&R Bldg

**Register today by calling (248) 796-4620 or come into the Southfield Pavilion and register in person at the Parks & Recreation Information Window.**

**Registration is accepted Monday-Friday from 9:00 am-5:00 pm.**

# Sign up today for a ONE YEAR Drop-In Membership!

Hey there, Southfield seniors!



Senior Services Drop-In Programs offer multiple activities for one affordable price with no extra fees for joining multiple programs. Register once in person, over the phone, or online, and enjoy a fun time with friends.

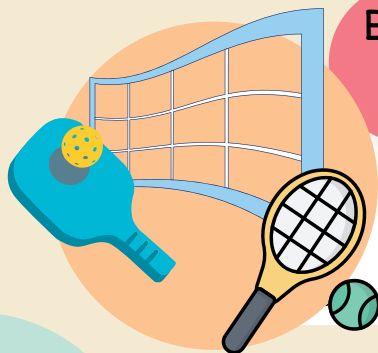
**Parks & Recreation Building,  
26000 Evergreen Road  
12:30 - 3:30 pm**

**Board/Card Games** - Mondays  
**Bingo** - Tuesdays  
**Bid Whist** - Tuesdays and Thursdays  
**Bridge** - Wednesdays  
**Mahjong** - Wednesdays



**Beech Woods Recreation Center,  
22200 Beech Road  
10:00 am - 12:00 pm**

**Bounce Volleyball** - Mondays  
**Indoor Pickleball** - Tuesdays  
**Indoor Tennis** - Thursdays and Fridays



**\$10/year Southfield residents;  
\$15/year non-residents**

Register online at our website or scan the QR code.  
For more information call Senior Services  
at (248) 796-4650.





# TOSS Transportation of Southfield Seniors

*Transportation of Southfield Seniors* - TOSS is currently providing transportation to medical appointments, grocery shopping, pharmacies, retail stores and banks between the hours of 8:30 am-3:30 pm, Monday-Friday. The dispatcher is available to take your reservation Monday through Friday from 8:30 am - 1:30 pm. Appointments must be confirmed with the dispatcher. No same day or next day rides available. Masks are recommended.



Bus service is provided to Southfield residents in the geographical area of 8 Mile to 14 Mile and Coolidge to Middlebelt. If you have any questions, or would like to schedule a reservation, please call the TOSS office at (248) 796-4658.

If you need service outside of TOSS hours, or are not a Southfield or Lathrup Village resident, please call the SMART Connector at (866) 962-5515.

This service is funded and operated by the joint efforts of the City of Southfield, SMART funds, Corewell Health, and Ascension SE Michigan Mission Fund.



# Chit Chat with Angie

Join Angie for coffee and casual conversation. Get the scoop on upcoming activities, and share ideas about future programming. Come out and be a part of the conversation.



Wed, July 10 5:30 pm Room 115  
 Wed, Aug 7 8:30 am Sfld Pavilion  
 Wed, Sept 11 8:30 am Sfld Pavilion

WITH INSTRUCTOR MIKE WILSON

## COMPUTER CLASSES FOR ADULTS 50+

- **A Practical Computer Class for Older Adults**  
Fri, September 20 9:30-11:30 am
- **AI Made Practical and Easy!**  
Fri, September 20 12:30 - 2:30 pm
- **Computer Scams; What Not to Click On**  
Fri, October 4 9:30 - 11:30 am
- **Windows 11: Starting from The Beginning**  
Fri, October 4 12:30 - 2:30 pm
- **Microsoft Word: The Basics**  
Fri, October 18 9:30 - 11:30 am
- **Getting More Out of Microsoft Word**  
Fri, October 18 12:30 - 2:30 pm



PARKS & RECREATION BUILDING,  
26000 EVERGREEN RD

REGISTER TODAY!  
(248) 796-4650

\$40/  
CLASS

# Commission on Senior Adults (COSA): The Information Resource for Southfield Seniors

## DID YOU KNOW?

That child visitation under Michigan law includes guidelines for grand parental visits with grandchildren.

Grandparents who live in multi generational households have daily contact with their grandchildren, while grandparents who live in separate households have found that in-person access to their grandchildren can sometimes be difficult. For these grandparents, variables that affect visitation include the distance between homes, whether the grandparent continues to work full time, the status of the grandparent's relationship with the child's parents, and whether there is a connection with a non-related custodial parent.



Some retired grandparents accomplish visitation and bonding with their grandchildren by providing childcare while the parents are at work. Others schedule frequent, consistent outings with the child to a favorite restaurant, local park, or zoo.

Child visitation under the *Michigan Child Custody Act* includes the right of grandparents to visit with their grandchildren. Nevertheless, grandparents who want visitation should just ask the parents, first. Many parents would jump at the chance to take a break, run errands, or enjoy a special night out.



Court ordered visitation is available to grandparents who meet the stringent guidelines required under MCL 722-27b. To access this information, visit the *Michigan Compiled Laws* homepage at <https://www.legislature.mi.gov>, and type "MCL-722-27b" in the Michigan Compiled Laws search box.

If you have questions or need assistance with grandchild visitation, please contact a Michigan family law attorney. Organizations that provide lawyer referral services include *Lakeshore Legal Aid* at (248) 443-8068, the *Oakland County Bar Association* legal referral service at (248) 334-3400, and the *Michigan State Bar Legal Resource & Referral Center* at (800) 968-0738.



# The Chore Program

Effective July 1, 2024

The Chore Program is for all Southfield homeowners who are senior citizens, 62 or older, OR certified handicapped living alone AND whose annual income meets HUD Federal income guidelines: for a family of ONE the income must be \$33,600 or less and for a family of TWO the income must be \$38,400 or less.

Chore services include yard work (lawn care, shrub and tree trimming and leaf pick-up), snow removal, window and gutter cleaning, minor plumbing, furnace cleaning and minor repair, minor electrical repair, minor painting and carpentry. Each qualified homeowner is allowed \$600 per year for the labor involved, while the client is responsible for materials used. By helping with home and yard maintenance, the Chore Program enables homeowners to continue to stay in their homes.



If you have any questions about *The Chore Program*, please call Denise Glinz, Chore Coordinator, at (248) 796-4180.

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## Southfield Human Services

For more information on any of the programs listed below, please call the Southfield Human Services Department at (248) 796-4540.



### The Emergency Food Assistance Program (TEFAP)

This program is open to any Oakland County resident, and allows participants to pick up one (1) bag of nonperishable food. Please contact Human Services for program eligibility.



### Focus Hope

Focus Hope provides individuals 60 years of age and older with one (1) box of non-perishable food. Please call Southfield Human Services for income eligibility details and distribution dates.

### Department of Health and Human Services' Mobile Social Worker

The Mobile Social Worker will be available to help residents: apply for food, Medicaid, cash and emergency assistance, as well as answer case questions and refer to other agencies. Please go to [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) or call (248) 262-6400 for details.

### Lakeshore Legal Aid

Lakeshore Legal Aid offers residents a chance to speak with an attorney free of charge. Please call 888-783-8190 for more details.

### Michigan Prescription Discount Cards

Michigan Prescription Card is a free statewide prescription assistance program available to Michigan residents. There are no restrictions or eligibility requirements—anyone can use the card regardless of age, income or preexisting conditions.

Southfield Senior Services  
26000 Evergreen Road  
Southfield, MI 48076

PRESORTED STANDARD  
US POSTAGE PAID  
SOUTHFIELD, MI  
PERMIT NO. 30

### City Officials

Kenson J. Siver, *Mayor*



### City Council

Michael "Ari" Mandelbaum, *Council President*

Nancy L.M. Banks, *Pro Tem*

Daniel Brightwell

Lloyd Crews

Charles Hicks

Coretta Houge

Linnie Taylor

Janet Jackson, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

### Parks & Recreation Board

Kathleen A. McNelis, *Chairperson*

Rosemerry D. Allen

Chana Baumol

Brandon B. Gray

Simon Rivers

Micaela Beckford, *Student Representative*

### Parks & Recreation Department

Terry Fields, *Director*

### Senior Services

Angela Verges, *Senior Coordinator*

Cathy Fresia, *Recreation Programmer*

*Clerical Staff*

Erica Copeland

Betty Simmons

Chrys Wright



### Registering for Programs

The Southfield Senior Services office remains closed to the public. We are available Monday-Thursday from 9 am - 4 pm and Friday from 9 am - 2 pm to answer your calls at (248) 796-4650. If we miss you, please leave a message and we will call you back. Registration can easily be done in person, over the phone or on-line.

- In-person Monday-Friday from 9 am-5 pm at the Parks & Recreation Information Window inside the Southfield Pavilion (26000 Evergreen Road)
- By phone at (248) 796-4620, Mon-Fri from 9 am - 5 pm
- On-line at <https://bit.ly/SfldParksAndRecOnline>

*The Southfield Scribe* can be mailed to your residence.

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

*The Southfield Scribe* is also available on-line at [www.cityofsouthfield.com/departments/parks-recreation/senior-activities](http://www.cityofsouthfield.com/departments/parks-recreation/senior-activities)



Individuals with special needs who plan to attend any of the included programs should contact Senior Services at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.