

The Southfield Scribe



Senior Appreciation Night 2024



**Senior Appreciation Night 2024 was a great success!
Thank you to everyone who joined us and congratulations to our
awardees!**

THANK YOU



Sleuthing Star Sheryl Barnett

Bike Safety Support Star Calvin Boylston

Senior Support Dynamo Lillie Smith

Program Participation Champion Catherine Crutchfield

Pavilion Walkers Social Ambassador John Stallings

Senior Support Dynamo Brenda Talley

Our awardees are examples that aging is not a barrier to being active and involved in their community. They have volunteered for events or have been ambassadors of fun as they encourage others to support our Parks & Recreation events.

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.



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.

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.



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

Lunch Out

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

Oct 10 **The Cheesecake Factory** - Novi

11:00 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.

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.

\$hop 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.

Oct 15 **The Mall at Partridge Creek** - Clinton Township

Nov 19 **Great Lakes Crossing** - Auburn Hills

Dec 17 **Twelve Oaks Mall** - Novi

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.

DAY TRIPS

CORNWELL'S TURKEYVILLE

We're heading to *Cornwell's Turkeyville* in Marshall, for a traditional holiday luncheon and the original musical show, *Winter Wonderettes*. "This energetic and glittering seasonal celebration finds the all-girl singing group, The Wonderettes, entertaining at the annual Harper's Hardware Holiday Party." Fee includes transportation and meal.

Thursday, Nov 7 8:30 am - 6:30 pm
Southfield Resident Rate: \$80 per person
Non-resident Rate: \$90



Melodies at the Museum

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, 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 or call the library at (248) 796- 4281.

Casino Fun!!

Monthly Casino Trip FireKeepers Casino

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

October 17 Motor City Casino -
 9:30 am - 2:30 pm
\$5 per person to ride bus

You must have photo ID and give your date of birth to receive incentives from the casino. All packages are subject to change.

Wednesday, Nov 13 8:30 am - 6:30 pm
Southfield Resident Rate: \$40 per person
Non-resident Rate: \$45



Conversations with the Coordinator

Angie Verges



Let's Talk

Join us for "Conversations with the Coordinator" to connect with Senior Facility Coordinator Angie.

This casual gathering allows you to learn about upcoming programs, share ideas, and suggest new classes or events while enjoying coffee and engaging discussions.

Help shape our community offerings!

Wednesdays, October 9 & November 20

8:30 - 9 am

Southfield Pavilion, 26000 Evergreen Rd

**Contact Senior Services (248) 796-4650
for more details.**

SENIOR SERVICES PRESENTS

MIDMORNING

Movies

**FREE
ENTRY**

Southfield Pavilion
26000 Evergreen Rd.

ONE NIGHT STAY

10:30 AM

WEDNESDAY, OCTOBER 9

COMING SOON

BARBIE

10:30 AM

WEDNESDAY, NOVEMBER 13

LAST HOLIDAY

10:30 AM

WEDNESDAY, DECEMBER 11

Health & Wellness

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 foot 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, Oct 17 1:00 - 3:00 pm

Thur, Nov 21 1:00 - 3:00 pm

Parks & Recreation Bldg

Mindful Eating

Instructor: J. Miller

Can you recall what you ate at your last meal? Were you distracted to the point of mindlessly eating? Mindless Eating has been linked to overeating, stress, and increased anxiety.



Mindful Eating helps you enjoy your food more, and experience greater pleasure, satisfaction, and nourishment from the food you eat. You will become more attuned to your body's signals of pleasure, hunger and fullness. You can make choices that are most attuned to supporting health and well-being.

Resident: \$10

Non-resident: \$15

Fri, Oct 11 10:00 am-12:00 pm

Parks & Recreation Bldg, Room 223

50+ Speaker Series



Featured Speaker: *Dedicated Senior Medical Center*



Doc Talk & Blood Pressure Checks

Wednesdays at 9 am

October 2, November 6 & December 4

Southfield Pavilion, 26000 Evergreen Road



CPR and AED Training

Instructor: M. Medici

American Heart Association CPR and AED Training. CPR (cardiopulmonary resuscitation) can help save a life if a person's breathing or heart stops. It's not just for healthcare workers and emergency responders. In fact, CPR can double or triple the chance of survival when bystanders take action! Certification card is good for 2 years.

Resident: \$45.50

Non-resident: \$55.50

Wed, Oct 16 10:00 am-12:00 pm

Parks & Recreation Bldg, Room 221

JUKEBOX BINGO

1 PM -
2:30 PM

FRIDAY,
NOVEMBER
15

AGES 50+

\$5/RESIDENT
\$6.50/NON-RESIDENT

JUKEBOX BINGO IS PLAYED LIKE REGULAR BINGO, EXCEPT WITH MUSIC. GAMES ARE THEMED, SUCH AS MUSIC FROM THE 70'S, 80'S, MOTOWN, COUNTRY, ETC.

PARKS & RECREATION BUILDING, ROOM 115,
26000 EVERGREEN RD.



Park Adventures



Weekly walks in the parks are back!

Meet the group in parking lot of the park at 9 am unless otherwise noted.

October

Oct 8* Dedicated Seniors Walk at Civic Center Park @ 10 am

Oct 10 Bauervic Woods Park

Oct 17 Bedford Woods Park

Oct 24 Inglenook Park

Oct 31 Freeway Park/Lincoln Woods

November

Nov 7* Nature's Tapestry Walk at Civic Center Park @ 10 am

Nov 14 Carpenter Lake Nature Preserve

Nov 15* Full Moon Walk at Civic Center Park @ 5 pm

Nov 21 Berberian Woods Nature Preserve

December

Dec 5 Bauervic Woods Park

Dec 12 Inglenook Park

Dec 14* Full Moon Walk at Civic Center Park @ 4:45 pm

Dec 19 Freeway Park/Lincoln Woods



Check social media for weather updates or call (248) 796-4620.



SouthfieldParksandRecreation



southfieldparksrecreation

New Classes with Parks & Recreation

Mah Jong Class

Discover the fun and challenge of Mah Jong in this beginner-friendly class! You'll learn the basics of this classic tile-based game, including strategy, rules, and how to play with others.

Our experienced instructor will guide you through each step, making it easy and enjoyable for everyone. Gather around the table, meet new friends, and get ready for an exciting Mah Jong experience!

4 weeks **Resident: \$10 Non-resident: \$15**
Wed Nov 13-Dec 4 1:00-3:00 pm
Parks & Recreation Bldg, Room 223

AARP Smart Driver Course

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way!

Bring a bag lunch for a 30 minute lunch break.

2 days **Resident: \$30 Non-resident: \$35**
AARP Members: Resident: \$20 NR: \$25
Mon & Tue Oct 21-22 10:00 am-3:00 pm
Parks & Recreation Bldg, Room 221

Music History Series

A Great Day in Harlem

This program is built around the famous photo by Art Kane of 57 musicians in front of a Harlem brownstone.

1 day **Resident: \$5 Non-resident: \$6.50**
Fri, Oct 25 1:00-2:15 pm
Parks & Recreation Bldg, Room 223

The 70's

70's music became an all-out revolution, bridging the Hippie lifestyle of the 60's with the Yuppie lifestyle of the 80's.

1 Day **Resident: \$5 Non-resident: \$6.50**
Fri, Nov 22 1:00-2:15 pm
Parks & Recreation Bldg, Room 223

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 Nov 5 - Dec 3 10:00-11:00 am
Beech Woods Recreation Center



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.

New Classes with Parks & Recreation

Solve a Murder Mystery!

Do you have what it takes to catch a killer? We are looking for crime sleuths. You and a specially selected team of detectives will crack codes, analyze clues and work together to solve the mystery and find the murderer. Each month there will be a different mystery to solve.



1½ hours **Resident: \$5 Non-resident: \$6**
Thur, Oct 24 10:00-11:30 am
Thur, Nov 21 10:00-11:30 am
Parks & Recreation Bldg, Room 223

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
Parks & Recreation Bldg, Room 115

Tech Classes for Adults 50+

Join instructor Mike Wilson, who has successfully taught thousands of seniors to master their phones and computers! He will be offering a series of classes in Room 221 of the Parks & Recreation Building.



Computer Scams & What Not to Click On

Don't let your computer control you. Find out what you should and should NOT click on.

2 hours **Resident: \$40 Non-resident: \$45**
Fri, Oct 4 9:30-11:30 am

Windows 11-Starting from the Beginning

See how to use the desktop and taskbar. We will also explore the start menu and related features.

2 hours **Resident: \$40 Non-resident: \$45**
Fri, Oct 4 12:30-2:30 pm

Microsoft Word: The Very Basics

Your instructor will break down Microsoft Word features and present them to you in a clear, sensible and enjoyable way.

2 hours **Resident: \$40 Non-resident: \$45**
Fri, Oct 18 9:30-11:30 am

Getting More out of Microsoft Word

Learn how to properly use tabs, easy paragraph functions, the sort feature and using macros.

2 hours **Resident: \$40 Non-resident: \$45**
Fri, Oct 18 12:30-2:30 pm

Getting to Know your Android

This class is designed for mature and recent Android phone users. **Not for iPhone users.**

2 hours **Resident: \$40 Non-resident: \$45**
Fri, Nov 1 9:30-11:30 am

Getting to Know your iPhone

This class is designed for mature and recent iPhone users. **Not for Android users.**

2 hours **Resident: \$40 Non-resident: \$45**
Fri, Nov 1 12:30-2:30 pm

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

Hey there, Southfield seniors!



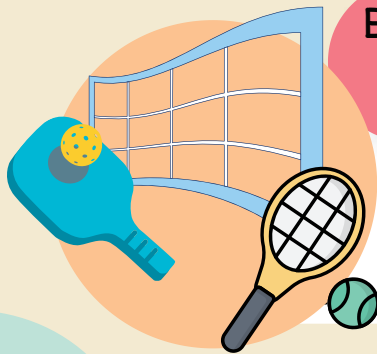
Senior Services Drop-In Programs offer multiple activities for one affordable price with no extra fees for joining multiple programs. Register once in person, over the phone, or online, and enjoy a fun time with friends.

**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.



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**

Call (248) 796-4650 for tickets.



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.

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.



Ascension



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, October 30 10:00 am - 3:00 pm

Southfield Pavilion, 26000 Evergreen Road

Holiday Luncheon

FRIDAY, DECEMBER 13

11:30 AM - 1 PM

PARKS & RECREATION BUILDING,
26000 EVERGREEN RD

\$25/SOUTHFIELD RESIDENT
\$30/NON-RESIDENT

Call Senior Services at (248) 796-4650
to get your ticket today!

The Chore Program

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 Nina Greenstein, at (248) 796-5119.

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 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.

Legal Aid and Defenders

This service offers veterans a chance to speak with an attorney free of charge. Please call Human Services at (248) 796-4540 for more details about this program.

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



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.