

The Southfield Scribe



SPRING INTO ACTION WITH THE LATEST SCRIBE NEWSLETTER!

As the flowers bloom and the days grow longer, we welcome the vibrant months of April, May, and June—a time for renewal, joy, and well-being! This season is filled with opportunities to stay active, embrace healthy habits, and connect with our community.

In May, we celebrate *Older Americans Month*, honoring the wisdom, resilience, and contributions of older adults. It's a perfect time to reflect on the importance of aging well and staying engaged. June marks *Men's Health Month*, reminding us all—especially the men in our lives—to prioritize physical and mental well-being. From outdoor activities like *Parks Adventures* to our new *Laughter Yoga* class, this edition is packed with inspiration to help you live vibrantly. Let's step into the season with energy, positivity, and a commitment to our health and happiness!



Check out some of our new programs and the new spins we've added to some of your favorites! Stretch your muscles and laugh while becoming healthier with *Laughter Yoga*. This 4-week class will help boost your mood, reduce stress, and enhance overall well-being with laughter, breathing exercises and gentle movements.

Another great way to boost your mood is singing! Grab a friend and come belt out a tune or two on June 6 at our *Karaoke* event.

Enjoy a great meal and celebrate history, culture and community at our annual *Juneteenth Luncheon*. Watch a powerful performance by the *Alpha Phi Alpha Fraternity*, showcasing the rhythmic precision and energy of step. Feel the heartbeat of history through the rhythmic beats of African drumming.



Call Senior Services at (248) 796-4650 to register today or for more information!

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.

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.

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*, *Lunch 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*, *Lunch Outs*, *Monthly Casino Trips*, etc.)
- Please allow four (4) weeks for refunds.

\$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.

April 15 **Twelve Oaks Mall - Novi**

May 20 **Great Lakes Crossing Outlets -
Auburn Hills**

June 24 **The Mall at Partridge Creek -
Clinton Township**

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

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.

May 27 **Hollywood Casino at Greektown -
9:30 am - 2:30 pm**

\$5 per person to ride bus

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

FOR THE MATURE CROWD 50+

Southfield
the center of it all™



AN EVENING OF *Elegance*

An unforgettable night of

*Red Carpet
experience*



Violinist

laughter, dancing, and dining

Saturday, May 10 5 - 8 pm
Southfield Pavilion

Tickets:

\$50/Resident

\$60/Non-resident

Available through May 2 or until
sold out. No tickets at the door.

Dresscode:
Glamour

Call (248) 796-4650 for tickets.

Thank You Sponsors:



MAY

- May 1 Carpenter Lake Nature Preserve
- May 8 Berberian Woods Nature Preserve
- May 15 Bauervic Woods Park
- May 22 Inglenook Park

JUNE

- June 5 Freeway Park /Lincoln Woods
- June 12 Art Walk/Red Pole Park
- June 26 Civic Center Park

Park Adventures

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

JULY

- July 3 Carpenter Lake Nature Preserve
- July 10 Berberian Woods Nature Preserve
- July 17 Inglenook Park
- July 24 Freeway Park/Lincoln Woods
- July 31 Art Walk/Red Pole Park

AUGUST

- Aug 7 Civic Center Park
- Aug 14 Carpenter Lake Nature Preserve
- Aug 21 Berberian Woods Nature Preserve
- Aug 28 Inglenook Park

Senior Services presents

Take a step toward better foot health!

FOOT DOCTOR VISITS

with
Dr. Tameka Parham Taylor

2 - 3 PM

**Thursday, April 17 &
Thursday, May 15**
Parks & Recreation Building,
26000 Evergreen Rd.

Dr. Taylor, a Foot and Ankle Specialist, is available monthly at the Parks & Recreation Building, offering diabetic foot care, treatment for callouses, corns, and toenails, plus general evaluations for seniors aged 50 and older.

To check insurance or schedule your appointment, call Dr. Taylor's office at (248) 621-4800,

and mention

City of Southfield Senior Services.



FIREKEEPERS CASINO



Join us as we travel to Battle Creek to visit one of our favorite casinos, *FireKeepers Casino*. There are over 2,900 slots, 63 table games and Keno. Breathe easy in their 100% smoke free environment. There are numerous food options as well. Space is limited, sign up early. You must have photo ID and give your date of birth to receive incentives from the casino. All packages are subject to change.

Wednesday, April 23 8:30 am - 6:30 pm

Southfield Resident Rate: \$40 per person
Non-resident Rate: \$45

WOMEN ROCK!

with the
Detroit Symphony Orchestra

Join us as we travel to Orchestra Hall to listen to *The Detroit Symphony Orchestra* and special guests perform rock hits by:

- Carole King
- Janis Joplin
- Aretha Franklin
- Pat Benatar
- Tina Turner



After the concert we will stop for lunch at a local restaurant near the venue. Lunch is on your own.

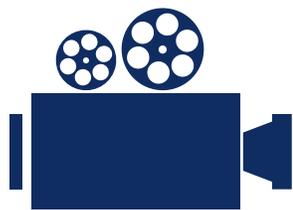
Friday, April 25

9:30 am - 3:30 pm

Southfield Resident Rate: \$45 per person
Non-resident Rate: \$50

SENIOR SERVICES PRESENTS

MIDMORNING Movies



WEDNESDAYS

MAY 7 JUNE 11 JULY 9 AUGUST 13
10:30 AM

Southfield Pavilion, 26000 Evergreen Rd.



Southfield
the center of it all
SOUTHFIELD
PARKS & RECREATION

Flower Tuesday **The Wiz** at **Eastern Market**

Celebrate the start of flower season. Travel with us to *Eastern Market* in Detroit for their special *Flower Tuesday Market*. It's all the fun of their big *Flower Day* later in the month, without the crowds! Browse the wide variety of plants, flowers, and gardening accessories.



Tuesday, May 13 9:30 am - 3:30 pm

Southfield Resident Rate: \$5 per person
Non-resident Rate: \$5

Put-in-Bay, Ohio

Nestled in the heart of Lake Erie, Put-in-Bay is a one-of-a-kind island destination filled with history and scenic beauty. Our adventure begins with a ferry ride across the lake, followed by a narrated historical tour of the island's iconic landmarks. Enjoy a visit to the enchanting Butterfly House, where colorful butterflies surround you in a peaceful garden setting.

Trip includes:

- Round-trip motorcoach transportation
- Round-trip ferry tickets
- Guided island tour
- Attraction admissions
- Lunch

Space is limited—register early to secure your spot!

Wednesday, June 11 7:00 am - 7:30 pm

Southfield Resident Rate: \$160 per person
Non-resident Rate: \$170

Get ready to *Ease on Down the Road!* Join us for an exciting trip to the *Fisher Theater* to experience the spectacular stage production of *The Wiz*.



This groundbreaking take on *The Wizard of Oz* revolutionized Broadway with its iconic score filled with soul, gospel, rock, and '70s funk. Don't miss the first national tour of this beloved musical in 40 years!

We will depart the Parks & Recreation Building at 6:15 pm so we can be in our seats when the curtain rises at 7:30 pm. We will return to Southfield at approximately 10 pm.

Tuesday, June 17 6:15 - 10 pm

Southfield Resident Rate: \$75 per person
Non-resident Rate: \$85



**Space is limited on the bus.
Don't wait to register or you
could miss out!**



Juneteenth Luncheon

FRIDAY, JUNE 13 11:30 AM - 1 PM

**Parks & Recreation Building,
26000 Evergreen Rd**

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

For more information call Senior Services at (248) 796-4650



SATURDAY, JUNE 14 5 - 9 PM



JUNETEENTH *Jubilee*

**Southfield Municipal Campus front lawn,
26000 Evergreen Rd.**

SENIOR GOLF LEAGUES

Enjoy playing golf? Interested in meeting new people or gathering with friends? Come join us at Evergreen Hills Golf Course this summer for our Senior Golf League. Individuals and foursomes are welcome. Reserved tee time, registered golfer giveaway, goody pack on the last day and contest opportunities included. For more information or to reserve your tee time spot, please contact Angie Verges at (248) 796-4654.



There will be an informational golf league meeting on Tue, April 22 at 10 am in the Southfield Pavilion.

Registration Deadline: Wed, April 30

Regular League Ages: 50 and up
15 weeks **Resident: \$180*** **NR: \$195***
Tu May 6-Aug 12 7:30-11:00 am
Evergreen Hills Golf Course

Rotating League Ages: 50 and up
Tee times and partners rotate each week.
15 weeks **Resident: \$180*** **NR: \$195***
Th May 8-Aug 28** 8:30-10:50 am
Evergreen Hills Golf Course

***No play June 19 & July 31*

**Price does not include golf cart fee of \$11/person, per week.*

Get ready for a fun filled evening of music, and laughter.
Come sing your heart out, share favorite tunes, and enjoy a fun night with friends.
Whether you love the spotlight or prefer a duet, everyone is welcome to participate.

**FRIDAY,
JUNE 6**

6:30 - 8:30 PM

PARKS & RECREATION

\$10/RESIDENT \$15/NR

KARAOKE

Enjoy pizza and snacks while cheering on fellow singers

Senior Drop-In Membership

Stay active, make friends, and enjoy a variety of activities for just \$10/year (residents) or \$15/year (non-residents)! Register once (in person, by phone, or online) and enjoy a whole year of activities! Call (248) 796-4650 to signup today!

Beech Woods Recreation Center

22200 Beech Road, south of Nine Mile Rd.

Parks & Recreation Building

26000 Evergreen Rd.

Drop-In Pickleball

Tue Apr 2-May 13 10:00 am-12:00 pm

Bingo

Tue 10:00-11:30 am

Drop-In Senior Bounce Volleyball

Open Practice

Mon, Wed Apr 2-May 12 10:00 am-12:00 pm

Sky-Jo

Tue 12:30-3:30 pm

Drop-In Senior Indoor Tennis

Thur-Fri Apr 3-May 16 10:00 am-12:00 pm

Bid Whist

Tue & Thur 12:30-3:30 pm

Bridge and Mahjong

Wed 12:30-3:30 pm

SENIOR

DROP-IN

MEMBERSHIP

Bingo - Tu, 10-11:30 AM

Sky Jo - Tu

Bid Whist - Tu & Th

Bridge & Mahjong - W

12:30 - 3:30 PM

📍 P&R Building

\$10/year Resident
\$15/year NR

Bounce Volleyball - M & W

Indoor Pickleball - Tu

Indoor Tennis - Th & F

10 AM - 12 PM

📍 BW Recreation Center



Sign up today!



Classes with Parks & Recreation

Fitness

Chair Exercise

Instructor: K. Walton

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.

1 hour **Resident: \$5 Non-resident: \$6**

Mon, Wed, Fri Apr 2-Aug 29*

11:00 am-12:00 pm

**No class Apr 18, May 26 & July 4*

Parks & Recreation Bldg. - Room 115

Laughter Yoga

Instructor: L. Lerman

Laugh, breathe, and move in this uplifting class designed for adults 50+. Enjoy playful laughter exercises, deep breathing, and gentle movements to boost mood, reduce stress, and enhance well-being. No experience needed—just bring a yoga mat, water bottle, and a willingness to have fun! Wear comfortable clothing.

4 weeks **Resident: \$40 Non-resident: \$45**

Thur May 1 – May 22 10:00-11:00 am

Parks & Recreation Bldg. - Room 223

Mahjong

Join us as we learn to play Mahjong which is similar to Gin Rummy. Once you have learned to play, join us for weekly drop in games on Wednesdays.

5 weeks **Resident: \$10 Non-resident: \$15**

Wed June 4-July 2 1:00-3:30 pm

Parks & Recreation Bldg. - Room 223

Music History Series

These presentations, led by passionate music enthusiast, Stu Johnson, include your favorite songs along with informational slides and handouts.

The Swing Era, A Big Band Count Down

An instrumental presentation of the Big Bands that were the most influential, the most important, or the most popular.

1 day **Resident: \$5 Non-resident: \$6.50**

Fri, May 23 1:00-2:15 pm

Parks & Recreation Bldg. - Room 223

The Great Groups

As musical revolutions and styles have come and gone, vocal groups have never lost their popularity. Join us as we take the *Last Train to Clarksville*, *Wake Up Little Susie*, and get *Sherry* to come out.

1 Day **Resident: \$5 Non-resident: \$6.50**

Fri, June 27 1:00-2:15 pm

Parks & Recreation Bldg. - Room 223

Special Interest

Tame Your Inner Gremlin & Finding Joy

Instructor: J. Miller

Your gremlin is the negative narrator in your head who tells you who and how you are, often leaving you feeling anxious and sad, even angry and empty. Mindful awareness of your gremlin allows you to choose what to believe that's in your best self-interest. You learn to manage your gremlin and move closer to an appreciation of your true self.

2 hours **Resident: \$10 Non-resident: \$15**

Fri May 9 10:00 am-12:00 pm

Parks & Recreation Bldg. - Room 221

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 (formerly Beaumont Health) and Ascension SE Michigan Mission Fund.



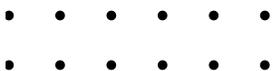
Ascension



GAZEBO CONCERTS

**Tuesdays,
July 8, 15 & 29
7 - 8:30 PM
Burgh Historical Park**

Lineup coming soon!



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

Action Plan: Communication

The Commission on Senior adults (COSA) was created by the Southfield City Council to present recommendations and information to the Mayor and City Council based on the investigation and study of the needs, concerns, and problems of senior adults living in Southfield. COSA's focus is to improve the lives of Southfield's senior adults, who comprise over 40% of the city's population.



One of COSA's goals is to make sure senior adults have the information needed to access services, resources, and activities in the community. We are asking for your help in determining how the City of Southfield can better communicate with Seniors. What tools do Seniors need to access information about what Southfield has to offer?

Are the current means of communication enough? Southfield distributes information via the following channels:

- City website www.cityofsouthfield.com
- *City Cable 15*
- Social media i.e. *X* (formerly Twitter), *Facebook*, *Instagram*, *Nextdoor* and *LinkedIn*.
- Flyers describing activities and events are available in the lobby of the Civic Center (city departments), Parks & Recreation Building, library and the Beech Woods Recreation Center.
- The *Southfield Sun* newspaper delivered bi-weekly to Southfield households features articles about upcoming events.
- *Parks and Recreation Activities Guide* containing events, classes and activities is mailed to all residents 3 times a year.
- The *Southfield Living* the official city newsletter, is produced by the Community Relations Department and mailed to all Southfield residents and businesses twice a year.
- *The Southfield Scribe*, produced quarterly by Seniors Services, lists events, information and activities geared toward Seniors.

COSA is asking what other ways the City of Southfield can communicate with Seniors regarding activities, events, and general information. Please let us know your thoughts. COSA would like all seniors to be well-informed about what the City of Southfield has to offer its Seniors adults. Contact Rhonda Terry at (248) 796-4540 to leave your comments and let COSA know how Southfield can better communicate with you. If you would like more information about COSA or would be interested in becoming a COSA member, please call (248) 796-4650.

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.

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*

Charles Hicks, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Dr. Lloyd C. Crews

Yolanda C. Haynes

Coretta Houge

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.