

The Southfield Scribe



National Humor Month

When was the last time you snorted with laughter, had a good chuckle, or even just cracked a little smile? April is all about celebrating humor with National Humor Month! Swing by Southfield Parks & Recreation and let's get this giggle party started!

CALENDAR OF EVENTS

APRIL 09

HUMOR BINGO

Tue, April 9 10 - 11:30 am
Room 223, Parks & Recreation Bldg



LAUGHTER YOGA

Wed, April 17 9 - 10 am
Southfield Pavilion

APRIL 17

APRIL 17

HUMOR HAPPY HOUR & CHIT CHAT WITH ANGIE

Wed, April 17 5:30 - 6:30 pm
Room 115, Parks & Recreation Bldg



CHECK OUT PAGE 5 FOR ALL THE DETAILS

FOR THE MATURE CROWD 50+

AN
EVENING
OF

Elegance

DANCING DINNER CASH BAR

Saturday, May 18

5 - 8 pm

Southfield Pavilion

Tickets: \$45/Resident

\$55/Non-resident

Registration Deadline is May 10

There are no ticket sales at the door.

**Call (248) 796-4650
for tickets**

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*, *Lunch 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.



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*, *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 16 **Great Lakes Crossing -**
Auburn Hills
- May 21 **The Mall at Partridge Creek -**
Clinton Township
- June 18 **The Village of Rochester Hills -**
Rochester Hills

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

Tulip Immersion Garden

Experience a sensory journey like no other as you immerse yourself in the enchanting beauty of a Tulip Garden. Lose yourself amidst a kaleidoscope of vibrant colors and delicate fragrances. Trip includes motorcoach transportation to and from Holland, MI, admission to the Tulip Garden, and a lunch and style show. The style show is a presentation of Dutch clothing and the history that surrounds them. There will be a quick stop at a fast-food restaurant on the ride home. Dinner cost is on your own.

Monday, May 6 7:00 am - 7:30 pm

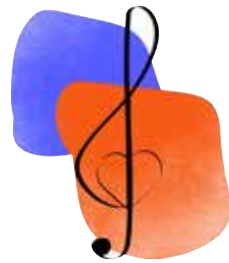
Southfield Resident Rate: \$70

Non-resident Rate: \$80



Hitsville USA

Join us for a musical montage as we tour the famous *Motown Museum*. Experience where the signature Motown Sound originated! See the actual apartment where Berry Gordy lived. Check out the early studio recording equipment and Motown memorabilia. Afterwards, enjoy lunch at a local restaurant. Lunch and tipping are on your own.



Wednesday, June 12 9:30 am - 2:30 pm

Southfield Resident Rate: \$30

Non-resident Rate: \$35

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.

Put-N-Bay

Located in the middle of Lake Erie, this island is one of the most unique places you will ever visit. We will arrive by island ferry and then be whisked off on a narrated historical tour of the island's iconic landmarks and visit the beautiful butterfly house.

Trip includes round trip motorcoach transportation, round trip ferry tickets, island tour, attraction admissions, and buffet lunch. Space is limited, register early.

Thursday, June 20 8:00 am - 8:00 pm

Southfield Resident Rate: \$125

Non-resident rate: \$135

National Humor Month

Humor Bingo

You may have heard of painting with a twist. We're bringing to you, bingo with a twist. In recognition of National Humor Month, our bingo games will promote laughter. Each time you win, you'll shout "Humor" then share a joke with us. We'll supply clean, fun jokes.

If you already have our one-year drop-in membership, there is no need to pay for this event. If you want to bring a friend, they can pay the standard drop in fee the day of the event.

Tue, April 9 10:00-11:30 am
Parks & Recreation Bldg, Room 223

FREE (with Drop-in Membership)
No Membership:
Southfield Resident Rate: \$2
Non-resident Rate: \$3



Laughter Yoga

Tap into your inner joy and resilience through empowering exercises that promote self-confidence and positivity. Laugh your worries away with this class, specifically crafted to release tension and promote relaxation.

This event is a part of our 50+ Speaker Series.

Wed, April 17 9:00- 10:00 am Pavilion
Free

Humor Happy Hour & Chit Chat with Angie

Join us for this special evening gathering of our Chit Chat event. In addition to learning about upcoming happenings with Senior Services, you will also learn how humor helps your health and wellness.

Mocktails and light refreshments will be served (while supplies last).

Wed, April 17 5:30-6:30 pm
Parks & Recreation Bldg, Room 115
Free



A decorative border featuring pink and purple roses with green leaves, framing the top and sides of the text.

Spring Tea

Friday, April 19

11:30 am - 1 pm

Parks & Recreation Building,
26000 Evergreen Road

\$20/Southfield Resident

\$25/Non-resident

Call (248) 796-4650 for details or to register

Southfield Senior Services presents

A graphic of a stylized sunburst or flower with leaves in red, orange, and green, positioned to the left of the text.

Juneteenth Luncheon

FRIDAY, JUNE 14

11:30 AM - 1 PM

**PARKS & RECREATION BUILDING,
26000 EVERGREEN RD**

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



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

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, April 22 10:00 am-12:00 pm
Mon, May 6 10:00 am-12:00 pm
Mon, June 3 10:00 am-12:00 pm
Parks & Recreation Bldg, Room 221

WITH INSTRUCTOR MIKE WILSON

COMPUTER CLASSES FOR ADULTS 50+

- **Windows 11- Starting from the Beginning**
Fri, April 12 9-11 am
- **Getting to Know Your iPhone**
Fri, April 12 1-3 pm
- **Microsoft Word: The Very Basics**
Fri, May 10 9-11 am
- **Excel for the Absolute Beginner**
Fri, May 10 1-3 pm
- **All About Pictures**
Fri, June 7 9-11 am
- **Organizing Your Documents**
Fri, June 7 1-3 pm



**PARKS & RECREATION BUILDING,
26000 EVERGREEN RD**



**REGISTER TODAY!
(248) 796-4650**

**\$40/
CLASS**

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, April 24 10:00 am - 3:00 pm Southfield Pavilion, 26000 Evergreen Road

JUKEBOX BINGO

**1PM -
2:30PM**

**THURSDAY
JUNE 6**

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.**



Juneteenth JUBILEE

**SUNDAY, JUNE 16
4 - 9 PM**

**SOUTHFIELD MUNICIPAL
CAMPUS FRONT LAWN**

Swim at the Oak Park Pool

The City of Southfield and City of Oak Park have entered into an intergovernmental agreement that will allow Southfield residents to use the Oak Park Pool throughout the summer at Resident rates. You must show your ID at registration to receive the Resident rate.

The Oak Park Pool is located at 14300 Oak Park Blvd. (between Greenfield and Coolidge) and features zero depth entry and a splash zone for the kids to enjoy. Call them at (248) 691-7555 for more details on any of the programs mentioned below.

Resident rates apply to residents of Oak Park, Ferndale, Hazel Park, and Southfield. You must show your ID at registration to receive Resident rate.

2024 Early Extended Season

Th	May 30-June 13	5:00-7:00 pm
F	May 31-June 14	1:00-8:00 pm
Sa & Su	June 1 - 16	1:00-6:00 pm

Regular 2024 Swim Season

M, Tu, W, Th	June 17-Aug 15	2:00-7:00 pm
F	June 21-Aug 16	1:00-8:00 pm
Sa & Su	June 22-Aug 18	1:00-6:00 pm

Holiday Hours

Memorial Day	M	May 27	1:00-6:00 pm
Independence Day	Th	July 4	1:00-6:00 pm

Southfield Days at the Oak Park Pool

This special swim time is for Southfield residents only. There will be free swimming and activities for all Southfield residents. Don't forget your ID, you will need to show it.

The first 50 people each day receive a free food voucher for the concession stand.

Sun, June 23	6:30-8:30 pm
Sat, June 29	6:30-8:30 pm

Open Swim Daily Rates

Resident rates apply to residents of Oak Park, Ferndale, Hazel Park, and Southfield.

Payment for Oak Park Pool programs is by cash only.

- Ages 3 and Under FREE
- Ages 4-54 \$4 per day
- Ages 55 & Up \$3 per day

Water Aerobics

Water aerobics uses all aspects of a typical aerobics class but with the added health benefits of using water as a natural form of resistance, creating an excellent full-body workout with great heart benefits and endurance development.

1 day	Resident: \$3	NR: \$4
M, W, F	May 29-Sept 6	9:00-10:00 am
Sa	June 1-Sept 7	11:00 am-12:00 pm

Female-Only

Su	June 2-Sept 1	9:00-10:00 am
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New Classes with Parks & Recreation

Cornhole

Whether you're a seasoned pro or first-time tosser, everyone is welcome to participate and create lasting memories together.

6 weeks **Resident: \$30 Non-resident: \$36**
Thur April 11- May 23
6:00-8:30 pm Sfld Pavilion

Mindful Movement and Meditation

Simply being aware of your body as you move has the power to shift emotions and moods. Instructor will share simple, daily activities to help manage anxiety and stress and even sleep better! No exercise experience necessary, simply a willingness to tap into how you are already moving in a new way!

2 hours **Resident: \$10 NR: \$15**
Fri, May 24 10:00 am-12:00 pm P&R Bldg

Music History Series

Rhapsody in Blue: The Music of George Gershwin

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

Sinatra

"The Beginning, The Middle, The End"

2-part series covering from birth to death and all the years in between.



Part 1 Resident: \$5 Non-resident: \$6.50
Fri, May 24 1:00-2:15 pm P&R Bldg

Part 2 Resident: \$5 Non-resident: \$6.50
Fri, June 28 1:00-2:15 pm P&R Bldg



Senior Golf League (Ages 50+)

Join us at Evergreen Hills Golf Course this summer for our Senior Golf League. Individuals and foursomes are welcome. For more details or to reserve your tee time, please call Angie at (248) 796-4654.

Informational golf league meeting on Tue, April 23 at 10 am in the Southfield Pavilion.

Registration Deadline: F, Apr 26

Regular League Ages: 50 and up
Price does not include golf cart fee of \$9/person, per week.

16 weeks **Resident: \$170 NR: \$190**
Tu May 7-Aug 20 7:30-10:50 am
Evergreen Hills GC

Rotating League Ages: 50 and up
Tee times and partners rotate each week.
Price does not include golf cart fee of \$9/person, per week.

15 weeks **Resident: \$160 NR: \$180**
Th May 9-Aug 22* 8:30-10:50 am
**No league play July 4*
Evergreen Hills GC

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

Congratulations

Well we made it through another Michigan winter. Although this winter was not as bad as it could have been, spring is in the air and soon leaves will be budding, and flowers will be blooming. As we begin the second quarter of the year, new faces will appear at the board meetings for COSA. During the March 4 City Council meeting two members were re-appointed to the *Commission on Senior Adults* and three residents were appointed to the Commission for the first time. The Commissioners re-appointed to the Board are **Brenda Chambers-Threatt** and **Vineta Mitchell**. The new Board appointments are **Olivia Duvall**, **Georgette Flowers** and **Lois Jones**. Congratulations to our board members. There are still openings on the board for more residents to join. As Senior Adults we have lived through many life experiences. Why not use those experiences to help others?



The *Commission on Senior Adults* would like your ideas and comments on how Senior Adults can continue to thrive in place in Southfield. COSA is a commission comprised of citizens appointed by the Southfield City Council. We bring the voices of Senior Adults (ages 50+) to the leadership of the City of Southfield. We need interested residents to join our commission who would like to improve the lives of Southfield Senior Adults. You do not need to be a Senior Adult to be a COSA member. COSA prides itself on the diversity of its membership as everyone's unique perspective helps to improve the quality of the work we do for our Senior Adults. Our meetings are held the third Thursday of every month at 4:00 pm at the City of Southfield offices. For more information, please contact Rhonda Terry at rterry@cityofsouthfield.com or by phone at (248) 796-4540.





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.



Earth Day Fun!

Monday, April 22

Crafts Scavenger Hunt

Games and more!

4 - 6 pm

Civic Center Park Shelter #1



The Chore Program



The Chore Program is for all Southfield homeowners who are senior citizens, 62 or older, living alone, OR Certified handicapped living alone and whose annual income meets Federal guidelines: for a family of ONE the income must be \$27,500 or less and for a family of TWO the income must be \$31,400 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, minor furnace repair, minor electrical repair, minor painting and

carpentry. Each qualified homeowner is allowed \$500 per year for the 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.

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

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*

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://apm.activecommunities.com/southfieldparks>

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.