

The Southfield Scribe

Travel the state on our spring Overnight Casino Trip

We are hitting the road for some gaming fun!

Are you coming?

Check out our itinerary and all the other details on page 5.



Saganing Eagles Landing Casino
Standish, MI

Soaring Eagle Casino & Resort
Mt. Pleasant, MI

FireKeepers Casino
Battle Creek, MI

It's Time to Walk in the Parks!



Spring is here! It's time to get out and explore our great Southfield parks with a weekly morning stroll with friends. And our friends from *Surgeon's Choice Medical Center* are back to help get us ready for each day's walk with stretches and helpful tips.

Check out the full schedule on page 7.

Senior Golf League



Are you ready to hit the links with your friends? Spring is here and we are ready for another golf season. Come to the *Senior Golf League Informational Meeting* on April 30 at Beech Woods Recreation Center to learn more about the league and meet some of the participants.

Check out page 11 for more details.

Do you like to get out and have fun? Come join us on a day trip (or two!).

Flyers with further details regarding all day trips and other Adult Recreation Center 50+ events are available at our offices, inside the Parks & Recreation Building at 26000 Evergreen Road. Please call us at 248-796-4650 for more details.



Transportation - Pick Up/Return

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 two weeks prior to when the trip will be leaving. If you sign up for the trip with less than two weeks until the trip, you must board the bus at the Southfield Parks & Recreation Building.



Travel & ID Policy

Receipts MUST be shown on the day of the 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 guidelines for the trip.

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 *Dining Outs*, there are no refunds and no transfers!

Payments

Effective January 1, 2019 the Southfield Parks & Recreation Department will no longer accept personal checks as payment for any program, class, special event, trip or room/site rental.

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



We ask that individuals traveling with us on any day trips or participating in our other programs, please refrain from the use of perfumes or colognes. Some of our seniors have respiratory problems and allergies to certain smells. Your consideration is appreciated.

Monthly Excursions

Shop Till You Drop

Enjoy a leisurely morning shopping and exploring a different mall each month. Lunch and shopping are on your own.

- April 1 Fairlane Mall - Dearborn
May 6 Twelve Oaks Mall - Novi
June 3 Hunter's Square/Talley Hall - Farmington Hills

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



Senior Lunch Out

Please remember food and tip, are on your own. (Tipping should be about 17%.)

April 3 **Cracker Barrel Old Country Store** *Home-style cooking in a Down South setting. If you want breakfast for dinner, that's fine with them.*

May 1 **Karl's Cabin Restaurant** *Karl's specializes in American comfort classic dishes served in a 1940's vintage log cabin roadhouse restaurant.*

June 5 **Redsmoke Barbeque** *The meats at Redsmoke Barbeque are first dry rubbed in their unique spice blends and slow smoked for many hours in Hickory and Applewoods.*

11:30 am - 2:30 pm \$5 per person



Senior Dining Out

Please remember food and tip, are on your own. (Tipping should be about 17%.)

April 16 **Camelia's Mexican Grill** *Authentic Mexican food fresh daily from scratch. Choose from a wide variety of choices: delicious steaks, seafood, chicken and beef, all with genuine Mexican flavor.*

May 21 **Kyoto Japanese Steakhouse** *Kyoto Japanese Cuisine blends traditional Culinary art with the modern concept of fine dining in an elegant contemporary atmosphere.*

June 18 **Antonio's Cucina Italiana** *Family owned and operated since 1964. Serving truly authentic Italian food.*

4:00 - 8:30 pm \$5 per person



The bus leaves from the Parks & Recreation Building at 26000 Evergreen Road for all monthly excursions. Please call us at 248-796-4650 for more details on any of the above trips.

Senior Day at The Detroit Zoo



Lions and tigers and penguins and more! Feel like a kid again as you spend the day exploring the Detroit Zoo! Come along as we attend their annual Senior Day. Senior Citizens are free on this day with activities planned throughout the day. Roam through the Polk Penguin Conservation Center and the Wildlife Interpretive Gallery with its beautiful Butterfly Garden and free flight aviary or leisurely stroll through the 125 acres of award-winning attractions. Sign up today because space is limited for this fun trip!

Wednesday, April 24 9:30 am - 3:00 pm

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

Magic of the Movies at the OPC

Join us in April as we travel to the OPC "Older Persons' Commission" in Rochester, Michigan to see a performance by their 650 Players, a performing group made up of actors, singers, dancers and technicians who are 50 years of age and older. We will enjoy a lunch of meatloaf, red skin potatoes, salad, bread, dessert and a beverage. After lunch, the show begins! *Magic of the Movies* is a musical combination of comedy, singing and storytelling. This is sure to be a relaxing and entertaining afternoon that you won't want to miss. Space is limited so be sure to register soon.



Tuesday, April 30 11:00 am - 3:30 pm

Southfield Resident Rate: \$35 per person Non-resident Rate: \$45

Hollywood Casino Toledo



Lights! Camera! Win!! Hollywood Casino Toledo here we come! With over 2,000 slot machines, game tables such as black jack, roulette, and craps and their popular poker room spread throughout their smoke-free gaming floor the odds for fun on this trip are high. The casino will provide each person with \$5 in Slot Play. You can grab a bite to eat at the buffet, a burger at the grill or a drink at the sports bar. Don't wait! Register today!

Hollywood Casino Toledo Package:

\$5 Slot Play

Wednesday, April 17 8:00 am - 4:30 pm

Southfield Resident Rate: \$30 per person Non-resident Rate: \$35

Springtime in Holland, MI

We will start our day at *Windmill Island*, the site of the only authentic working Dutch windmill in the United States. Take the hour to explore the 250-year-old windmill, shops, tulip gardens and more. After we leave the island we are off to downtown *Holland* and the *Dutch Marktplaats* where you can leisurely visit the many Dutch vendors, food and entertainment options. You will be on your own for lunch, the price of food is not included in the trip fee. Following our Marktplaats visit, we will head to our reserved bleacher seats to watch the *Volksparade*. Here we will be able to sit back and enjoy the marching bands, amazing floats, Dutch performers and more. After the parade, you will have time to walk the streets downtown and do some shopping before heading home.



Wednesday, May 8 7:00 am - 9:00 pm

Southfield Resident Rate: \$70 per person Non-resident Rate: \$80

Overnight Casino Trip

Saganing Eagles Landing Casino, Soaring Eagle Casino and FireKeepers Casino



2018 Overnight Casino Trip winners!

Who is ready for an overnight casino adventure? We are traveling throughout the state with this trip!

Our first stop will be in Standish at the *Saganing Eagles Casino*. Here you can spend the afternoon exploring the over 34,000 square feet of gaming action. Next, we will head to *Soaring Eagle Casino* in Mt. Pleasant where we will be staying the night. Participants will have plenty of time to hit what's been called "Michigan's most action packed gaming floor." On Thursday morning, we will leave for Battle Creek where we will visit the *FireKeepers Casino*. Here you can pick from over 2,900 slots, numerous table games and a non-smoking poker room, Keno, Bingo and more. Space is limited for this trip so don't miss your chance to join us . Register soon!

Casino Packages:

Saganing Eagles Landing Casino

\$10 Slot Play \$5 Food Voucher

Soaring Eagle Casino

\$30 Slot Play \$20 Food Voucher

FireKeepers Casino

\$20 Slot Play \$5 Food Voucher

Wednesday, May 15 at 7:00 am - Thursday, May 16 at 7:00 pm

Southfield Resident Rate: \$175/person Single Occupancy \$160/person Double Occupancy

Non-resident Rate: \$185/person Single Occupancy \$170/person Double Occupancy

Eastern Market, Detroit



Come experience one of the oldest and largest year-round markets in the United States.

Sure, there's the Saturday Market with over 225 market vendors with unique foods and products for sale, but did you know there is also the Eastern Market District? The District is a collection of over 150 businesses, restaurants and others located within walking distance of the market sheds. Be sure to get out and explore the many offerings including the great murals throughout the district.

Two Dates Available!!

Saturday, May 18 9:00 am - 12:00 pm

Southfield Resident Rate: \$10 per person Non-resident Rate: \$10

Saturday, June 8 9:00 am - 12:00 pm

Southfield Resident Rate: \$10 per person Non-resident Rate: \$10

Shipshewana, Indiana

It's time once again to head to Indiana for one of our favorite trips!

Our first stop of the day will be to the *Yoder's Market* to pick up our guide before we head out to the *Rise and Roll Bakery* for a tour and some fresh treats. After the bakery we will visit the *Country Market* complete with a live bee hive and quilt garden and the *Heritage Hall Cheese House* where you can sample some of their many varieties of cheese. Other tour highlights include seeing how toys are made and how popcorn played an important part in development of this area. Our last stop of the day before heading out in the buggies to dinner will be to *Yoder's Shopping Center*. At Yoder's they have a quilt fabric store, and an old school hardware store. We will regroup and end our long day by taking Amish horse-drawn buggies to an Amish home for a sit down dinner consisting of chicken, ham, potatoes and gravy, homemade noodles, vegetables, salad, homemade bread, pies, coffee and water. Space is limited, call or come in to reserve your spot today!



If you would like to spend your day at the flea market instead of the planned tour then you are welcome to. The escort will give you a time and place to meet the group before we head out to dinner in the buggies.

Wednesday, June 12

7:00 am - 10:00 pm

Southfield Resident Rate: \$90 per person Non-resident Rate: \$100

Gun Lake Casino



It's time to go gaming on the west side of the state at *Gun Lake Casino* in Wayland (between Kalamazoo and Grand Rapids). There are over 2,000 gaming machines, almost 50 table games, a 14-table, non-smoking poker room to keep you busy at this casino. Be sure to register early for this trip because space is limited.

Gun Lake Casino Package:

\$10 Slot Play \$10 Food Voucher

Wednesday, June 19 8:00 am - 6:30 pm

Southfield Resident Rate: \$30 per person Non-resident Rate: \$35



Spring Tea

Tuesday, May 7 1 - 3 pm

Burgh Historical Park Church

Details coming soon.

A WALK IN THE PARKS



Spring is here! It's time to get out and explore our great Southfield parks with a weekly morning stroll with friends.

We begin each walk with a series of stretches led by a physical therapist from Surgeon's Choice Medical Center to help get everyone ready for the day's walk.

The bus leaves the Parks & Recreation Building at 8:00 am. Participants walk the park at their own pace.

May 7 *Burgh Historical Park/Southfield Cemetery/Southfield Historical Museum*

May 14 *Civic Center/Mary Thompson House/Southfield Reformed Presbyterian Church*

May 21 *Art Walk/Civic Center Park*

May 28 *Red Pole Park*



SURGEONS CHOICE™
MEDICAL CENTER

Participants must be register by calling the Adult Recreation Center 50+ at (248) 796-4650 by 4:00 pm the Monday prior to each walk.

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 \$24,850 or less and for a family of TWO the income must be \$28,400 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.

Any questions please call Denise Glinz, Chore Coordinator, at (248) 796-4180.

Senior Activities

Parks & Recreation Building, 26000 Evergreen Road

Beech Woods Recreation Center, 22200 Beech Road

Burgh Historical Park, northeast corner of Civic Center Drive and Berg Road

Monday

Half-a-Buck Coffee Time	8:30 - 10 am
Powersit Chair Exercise	10 - 11 am
Enhance Fitness	9 - 10 am
Sport Drop-In - <i>Bounce Volleyball Practice</i>	10 am - 12 pm
Moderate Yoga	11:30 am - 12:30 pm
Photo Guild Meeting - <i>1st, 2nd & 3rd Mon. of month</i>	7:30 pm

Wednesday

Half-a-Buck Coffee Time	8:30 - 10 am
Sport Drop-In - <i>Indoor Tennis</i>	9 am - 12 pm
<i>Bounce Volleyball Practice</i>	10 am - 12 pm
Bid Whist	2 - 6 pm
Domino Players Group	11 am - 2:30 pm
Bridge Players Group	11:30 am - 2:30 pm
Yoga for the Back	4 - 5 pm

Friday

Half-a-Buck Coffee Time	8:30 - 10 am
Powersit Chair Exercise	10 - 11 am
Sport Drop-In - <i>Indoor Tennis</i>	9 am - 12 pm
<i>Bounce Volleyball Practice</i>	10 am - 12 pm

Tuesday

Enhance Fitness	9 - 10 am
Sport Drop-In - <i>Pickleball</i>	9 am - 2 pm
Red Hat Ladies - <i>3rd Tue. of month</i>	1 - 3 pm
Women on Weights	4:30 - 5:30 pm
Enhance Fitness	6 - 7 pm
Ban-Joes of MI - <i>Practice</i>	7 - 9 pm

Thursday

Enhance Fitness	9 - 10 am
Sport Drop-In - <i>Indoor Tennis</i>	9 am - 12 pm
Tai Chi	10:30 - 11:30 am
Hustle for Seniors	12 - 1 pm
AARP Monthly Meeting - <i>2nd Thur. of month</i>	1 - 3 pm
Women on Weights	4:30 - 5:30 pm
Zumba Gold	6 - 7 pm
Barre Toning	7 - 8 pm
Enhance Fitness	6 - 7 pm

Senior Programs

Flyers with details on the programs listed below can be found at the Adult Recreation Center 50+ and on line at www.cityofsouthfield.com/CityDepartments/LZ/ParksRecreation/SeniorActivities. Or you can call the Southfield Adult Recreation Center 50+ at (248) 796-4650.

50+ Speaker Series

Just because we are older doesn't mean we know everything (yet). Join us at the 50+ Speaker Series to learn more on a wide range of subjects that are important as we age. Subjects like Estate Planning and scams to long term care options and more are discussed. These programs aren't just for seniors. Caregivers, adult children and others can benefit also from the information shared.



Free 5:30 - 6:30 pm Monday Parks & Recreation Building



Bingo

We like playing Bingo. We REALLY like winning. We like laughing even when we are on a bad streak. If this sounds like you, come join us for Bingo twice a month. Cash payout is determined day of play. Bring something to drink and a snack, coffee available for purchase. Our Bingo program is staffed by volunteers and is intended for fun.

\$0.25/card 10 - 11:30 am 2nd & 4th Tuesday of the month
Parks & Recreation Building



Morning Movies for Seniors

What's more fun than movies with your friends? When they are free and include free popcorn and water! Join us for our monthly movie program in partnership with the Southfield Public Library.

Due to license restrictions we can't list the titles but you can find them at www.southfieldlibrary.org or you can call (248) 796-4650 and we'll let you know.

Free 10 am-12 pm 2nd Thursday of the month
Southfield Public Library Meeting Room



Drop-In Game Days

Who's ready to play? We'll supply the board games, cards and other fun activities all you have to do is show up ready to play. It's like all the fun of indoor recess without having to go to math class after.

Free 12 - 2 pm April 26, May 24 & June 28
Parks & Recreation Building

Commission on Senior Adults - *Chairperson's Update*

Happy Spring! This Spring marks the second anniversary of the kick-off of “Age-Friendly Southfield.” The kick-off event announcing the launching of plans to make Southfield more age friendly was held on May 24, 2017. This followed a joint resolution by the Mayor and City Council to pursue designation by the World Health Organization and AARP as an Age-Friendly Community. More recently you will see “Livable Community” used as the goal, in recognition that policies and programs supporting older adults make the community more livable.

Since our kick-off event, several Community Conversations have been held which helped narrow the focus of our efforts. Domain Groups, targeting each of the eight domains of livability as described in the AARP planning criteria, have met and zeroed in on one or two goals for the next few years. While we have enjoyed participation from residents, we can always use more. If you are interested in joining one of the eight Domain Groups, please feel free to call Rhonda Terry at the City of Southfield at (248) 796-4542.

While working on our plan, which we hope to complete this year, we are pleased to have resource guides available to assist us. There are six publications in the AARP Roadmap to Livability Collection.

- Book 1 is *Roadmap to Livability*, an overview of the process
- Book 2 is a *Community Listening Session Toolkit*
- Book 3 is a *Housing Workbook*
- Book 4 is a *Transportation Workbook*
- Book 5 is a *Health Services /Community Supports Workbook*
- Book 6 is an *Economic Development Workbook*



These workbooks are extremely valuable for our work and many of you may find them helpful in your work in the specific area. They are available on line at AARP.org/LivabilityRoadmap. Hard copies are also available. We encourage you to take advantage of these educational publications as you work to improve the lives of seniors in Southfield.



Finally, as always, we invite you to attend our meetings which are held on the third Thursday of each month at 4:00 pm in the Parks & Recreation Building. We have interesting presentations from a variety of community stakeholders and have updates on progress toward becoming Age-Friendly. Have a great Spring and enjoy living in a great city!

Senior Vendor Fair



The Senior Vendor Fair is back for 2019! Come explore the Southfield Pavilion on Tuesday, May 21 to learn more about the many services and opportunities available to seniors in the area.

The Senior Vendor Fair will feature entertainment, snacks and informational vendors. Visitors can leisurely stroll through the aisles where information from home health care services, city departments, insurance providers, senior housing facilities and more will be available. Stop at the booths and talk one-on-one with representatives to learn more or get answers to your questions.

There is no charge to visit the Senior Vendor Fair. Contact the Adult Recreation Center 50+ at (248) 796-4650 and ask for Cathy Fresia for more information.

Tuesday, May 21 10:00 am - 12:00 pm Southfield Pavilion, 26000 Evergreen Road

Free Admission

Senior Golf League

Who is ready to hit the course for some golf! Join our *Senior Golf League* to have fun while playing golf with friends and others who enjoy the game. Foursomes and singles welcome.

There will be a *Senior Golf League Informational Meeting* on Tuesday, April 30 at the Beech Woods Recreation Center at 10:00 am. Come learn more about the league and meet some of the participants. The Beech Woods Recreation Center is located at 22200 Beech Road (just south of Nine Mile Road). For more information on the Senior Golf League, please call Claudia Brewer at (248) 796-4673.



League is for ages 50 years and up

Begins Tuesday, May 14 and ends on Tuesday, August 20 7:10 am - 10:30 am

Southfield Resident Rate: \$125 Non-resident Rate: \$170

1-Day Cell Phone Workshop



Seniors who struggle with their cell phones are encouraged to join us. Sorry, this course is NOT for iPhone users.

Author and instructor Mike Wilson will demonstrate on a large screen, how to use your cell phone. This “senior-friendly” class will cover topics such as: contacts, e-mail, settings, Internet, voicemail, vision adjustments, texting, passwords, apps, how to use the camera and store your pictures, and more. Handouts will be provided. Participants will be given a one-hour lunch break in which they can go out or bring their own bag lunch.

Wednesday, April 17 9:30 am - 3:30 pm

Southfield Resident Rate: \$65 per person Non-resident Rate: \$65

Beech Woods Wellness Center



For details on membership, stop by the Beech Woods Wellness Center or call (248) 796-4676 or (248) 796-4670.

Membership includes:

- Equipment orientation
- Use of all equipment:
 - Treadmill
 - Elliptical
 - Stair climber
 - 12 Circuit Training Machines
 - Upright Stationary Bike
 - Recumbent Bike
 - Concept 2 Rowing Machine
 - Dumbbells
- Indoor lap walking (Mon-Fri, 7 - 9 am) in Beech Woods Recreation Center gym.
- Free Stretch & Tone class.

TOSS -

Transportation of Southfield Seniors

Transportation of Southfield Seniors (TOSS), provides transportation to and from medical facilities and offices within the geographical area bounded by Fourteen Mile on the North, Eight Mile on the South, Coolidge on the east and Middlebelt on the west. TOSS travels to Providence and Beaumont facilities on a regular basis. Appointments to and from addresses within the city limits may be made any time within a month before the appointment.

Buses are equipped with lifts to provide for wheelchair users. Riders who require wheelchairs or walkers are asked to be accompanied by a companion to assist the rider on and off the vehicle at point of pick up and destination. For personal safety all wheelchairs must be equipped with an attached seat belt and foot rests. For information and arrangements please call 248-796-4658.

This service is funded and operated by the joint efforts of the City of Southfield, SMART funds, Beaumont Health and Providence.



Beaumont



Southfield Human Services

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

The Emergency Food Assistance Program (TEFAP)

This program will take place on June 12 from 9:00 - 11:00 am at the 1854 Church at the Burgh Historical Park, 26080 Berg Road. This program, open to any Oakland County resident, allows participants to pick up two bags of food. Please contact Human Services for program eligibility.



Focus Hope

Focus Hope provides individuals 60 years of age and older with one box of non-perishable food. Boxes are distributed on the 3rd Tuesday of each month (April 16, May 21 and June 18). Please call Southfield Human Services for income eligibility details.

Supportive Services for Veteran Families

This program is for families who are homeless or at risk of becoming homeless. A case manager will be available to coordinate and provide intensive housing services (one-on-one). Please call the Southfield Human Services Department at (248) 796-4540 for more details.



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 call the Southfield Human Services Department for more details.

Lakeshore Legal Aid

Lakeshore Legal Aid offers residents a chance to speak with an attorney free of charge on the 1st Friday of each month (April 5, May 3 and June 7) from 9:00 - 10:00 am at the Southfield Human Services offices (located inside City Hall at 26000 Evergreen Road).

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. Please contact the Human Services Department to pick up your card.



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

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

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Adult Recreation Center 50+

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Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

Kerrie Nagle, *Program Assistant*

Clerical Staff

Renee Hines • Sandra Krist

Betty Simmons • Nicholas Tubbs

• Ruth Williams



The Southfield Adult Recreation Center 50+ is located within the Parks & Recreation Building at 26000 Evergreen Road.

Thank You

The Adult Recreation Center 50+ would like to thank the following groups for their support of our winter programs.



50+ Speaker Series presenters:

Barbara Talley, Robert Willis, Jr. Esq., Rev. Dr. Theodore Whitely, Sr. Meridian Health Plan, Wayne State Gerontology and Advantage Living Center Redford.

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 am-4:00 pm

Friday 8:30 am-2:00 pm



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 advanced notice is required.