

The Southfield Scribe

Spring Tea



Thank you for a delightful and lovely (sold out) Spring Tea!
We had such a great time, we are planning to do it all again in the fall.
Be on the lookout for details coming soon.



Gazebo Concerts at the Burgh

The summer 2019 Gazebo Concert schedule is now out. These free, outdoor concerts held on Tuesday evenings throughout July and August at the Burgh Historical Park Gazebo are a summer tradition in Southfield. Grab your chair, pack a snack and join us for great entertainment in a beautiful park.

Check out page 7 for the complete list.

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 Senior Services 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 leader's 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

The Southfield Parks & Recreation Department no longer accepts personal checks as payment for any program, class, special event, trip, membership 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.

- | | |
|-------------|-----------------------------|
| July 1 | Oakland Mall - Troy |
| August 5 | Laurel Park Place - Livonia |
| September 9 | Somerset Collection - Troy |

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 20%.)

July 3 **Longhorn Steakhouse** *Burgers, sandwiches, steaks, even ribs. There is something for everyone's lunch taste here.*

August 7 **bd's Mongolian Grill** *Stir fry where you decide what's in your dish and it's cooked in front of you on a 500° 7-foot grill.*

September 4 **Primanti Brothers** *Around since 1933, this Pittsburgh institution is known for their Almost Famous sandwich that puts everything, even the fries and cole slaw, together under the bun.*

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 20%.)

July 16 **Ottava Via** *Rustic Italian cuisine in Corktown.*

August 20 **J. Alexander's** *Contemporary American restaurant, known for its wood-fired cuisine.*

September 17 **Bahama Breeze** *Enjoy a taste of the islands with everything from a Cuban Sandwich or Beef Empanadas to Conch Fritters or Coconut Shrimp Tacos.*

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.

Detroit Branch of the Federal Reserve Bank of Chicago, Lunch at the Apparatus Room

Coinage. Folding money. Bills. Dollars. Whatever you like to call your money, let's go learn more about where it comes from with a tour of the *Detroit Branch of the Federal Reserve Bank of Chicago*. We will hear firsthand about the nation's central bank and local economy. We will also see where the money we get at the bank comes from and sneak a peek into the Feds' automated vault where billions of dollars are stored. Once we know all about the money, we will go enjoy a wonderful lunch at the *Apparatus Room Restaurant* in the *Detroit Foundation Building*. Our family style lunch will include deviled eggs, seasonal salad and toasts, a platter of deli wraps and sandwiches, chef's choice of daily risotto, fries, chips and dips, beverage and dessert. Keeping to the Federal-theme, our last stop of the day will be to the *FBI Building* where our tour will include FBI vest/finger printing, an interactive demonstration, information on current crime trends and more. *Must have photo ID with you for this trip.*



Wednesday, July 10 9:00 am - 4:30 pm

Southfield Resident Rate: \$65 per person Non-resident Rate: \$75

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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, July 17 8:00 am - 4:30 pm

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

Detroit Tigers vs. Philadelphia Phillies



Nothing says summer more than catching a matinee game at *Comerica Park*. Join us for a great afternoon of baseball as we watch our *Detroit Tigers* take on Bryce Harper and the *Philadelphia Phillies*. We have seats on the lower level, down the 1st base line, near the foul pole in section 114. Our seats are in: row 42, seats 1-7 and row 43, seats 1-8.

Each participant will receive a voucher for a pop and hot dog from the concession stands. There are a very limited number of tickets left for this trip, don't wait until it's too late! Sign up today!!

Wednesday, July 24 10:30 am - 5:00 pm

Southfield Resident Rate: \$45 per person Non-resident Rate: \$55

SAUGATUCK, MICHIGAN

Going to Saugatuck is one of our favorite trips of the year!!

Sure we usually do a nice riverboat trip but this year we are hitting the dunes! We will begin our day with the wind in our hair, enjoying the beautiful natural sand dunes on our 40-minute tour with the *Saugatuck Dune Rides*. Following our dune excursion, we will head to Saugatuck where you can venture off to enjoy the waterfront, go shopping, view some antiques, art galleries or whatever you want to do. Just be back at 5:30 pm to get on the bus and head back home to Southfield.



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

Southfield Resident Rate: \$65 per person Non-resident Rate: \$75

Greektown Casino



Best Slots in town? Let's go see for ourselves!!

We are heading to Greektown Casino for a day of gaming. There are nearly 3,000 slot and video poker machines to try out along with the traditional table games and poker. Each participant will receive \$15 in Slot Play and a \$5 food voucher from the casino. Don't miss out on this fun day with friends! Call or come in today to sign up!

Greektown Casino Package:

\$15 Slot Play \$5 Food Voucher

Wednesday, August 14 9:00 am - 3:00 pm

Southfield Resident Rate: \$15 per person Non-resident Rate: \$20

Put-in-Bay, Ohio

You don't want to miss this trip to one of the most unique places you will ever visit. We will arrive on the island by ferry and then be whisked off on a narrated historical tour of the island by tour train. Stops will include the lighthouse (picture opportunity and brief history of the lighthouse discussed) and the *Lake Erie Islands Nature & Wildlife Center*. After our tour, it'll be time for a delicious buffet lunch (2 meats, salad, pastas, potatoes, vegetables, dessert and beverage) at *Tippers Lounge & Restaurant*. Our last stops before heading into town for some shopping on our own will be to tour the *Put-in-Bay Winery* and the *Doller House and Island Life Museum*.



Wednesday, August 21 8:00 am - 8:00 pm

Southfield Resident Rate: \$115 per person Non-resident Rate: \$125 per person

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, September 4 9:30 am - 3:00 pm

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

Soaring Eagle Casino

We are upping the ante with a trip to *Soaring Eagle Casino* in Mt. Pleasant. They say it is "*Michigan's most action-packed gaming floor*" so let's go see if that is true! All participants will receive \$20 in slot play, a \$10 Bingo voucher and a \$5 food voucher. All incentives are subject to change.



Don't miss out on this fun trip! Call or stop by to sign up today!

Soaring Eagle Casino Package:

\$20 Slot Play \$10 Bingo \$5 Food Voucher

Wednesday, September 25 7:00 am - 6:00 pm

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

Detroit Princess Riverboat & The RiverWalk

Come explore the Detroit River with us!



We will begin with a relaxing lunch cruise on the *Detroit Princess Riverboat* along the Detroit River. Our cruise will feature a buffet lunch and live musical entertainment. The buffet lunch will consist of tender beef tips in gravy, baked chicken, vegetarian lasagna, mashed potatoes, cheese tortellini, wild rice, fresh steamed vegetables, salad, rolls, beverage and dessert. After our cruise, we will have time to walk the beautiful *Detroit RiverWalk* and enjoy the various park areas along the way.

Thursday, September 19 10:30 am - 3:30 pm

Southfield Resident Rate: \$50 per person Non-resident Rate: \$60

Gazebo Concerts

It's time for another great summer of free music at the Gazebo Concerts at the Burgh Historical Park!!



Join us from 7-8:30 pm on Tuesday evenings at the Burgh Historical Park located on the northeast corner of Civic Center Drive and Berg Road. Admission is free! Parking is available on site however off-site parking may be necessary on some dates. Bring your lawn chairs, pack a picnic dinner (no alcohol permitted) and join us for an evening of wonderful music in a beautiful setting. Call (248) 796-4620 for more details.

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

Tuesday

Enhance Fitness	9 - 10 am
Sport Drop-In - <i>Pickleball</i>	9 am - 12 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

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

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

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

Senior Programs

Flyers with details on the programs listed below can be found at the Senior Services office and on line at www.cityofsouthfield.com or you can call Senior Services at (248) 796-4650.

50+ Speaker Series

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, health issues 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 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 July 26, August 23 & Sept. 27
Parks & Recreation Building

Commission on Senior Adults - *Chairperson's Update*

For the past two years, the Southfield Commission on Senior Adults (COSA) has led the effort to transform our city into a livable, age friendly community. COSA is in the process of creating the action plan to ensure that our livability effort will be effective and make progress toward goals. The process of becoming age friendly began with securing the necessary political support to move forward in 2016. The community kickoff and Community Conversations took place in 2017-2018. Groups were formed for each of the eight domain groups and several planning retreats were held to clarify priority goals and objectives.



As COSA prepares submission of the plan, we invite continued engagement of the community in the refinement and implementation processes. The plan is dynamic and will change as the needs of the community change or resources to address the plan are modified. Our domain groups will continue to meet and recommend implementation strategies. We invite your continued involvement.



To keep our residents informed and engaged in the process, we will highlight the priority strategies associated with each of the eight domains. Through the examination of the domains, we have identified **COMMUNICATION** and **INFORMATION** as a key domain area. As we talked about the gaps in services, or the perceived gaps in services, it became clear that communication and information would be a key domain area in order to make progress in the other seven areas. For example, while assessing the *Transportation Domain*, COSA found that many residents were unaware of existing resources in the City of Southfield. This is a communication issue, so the *Transportation Domain Group* decided that a priority should be dissemination of information on existing transportation resources. That is underway. Similarly, Housing options and resources are not familiar to many residents. Therefore, the *Housing Domain Group* is reviewing how to effectively communicate that information to residents.



The *Communication and Information Domain* has its own set of strategies in addition to incorporating the communication needs of the other domain groups. One of our exciting efforts is to partner our very bright high school students with some of our seniors to provide technology training. Technology skills are critical to communication and we want to equip our seniors with needed skills. We plan to update you on each of the domain areas in upcoming Scribe articles and again, we invite your input. Happy Summer!

Senior Appreciation Night

Make sure to mark your calendars and join us for one of our favorite nights of the year! *Senior Appreciation Night* will take place on Wednesday, August 28 from 6:00-8:00 pm at the Burgh Historical Park. Hot dogs, chips and pop will be served beginning at 6:00 pm.

The Sun Messengers Motown Revue will take the stage at the gazebo at 6:00 pm. Door prizes will be awarded to lucky Southfield residents! Admission is free to all seniors age 50 years and up!

Wednesday, August 28 6:00 - 8:00 pm
Burgh Historical Park Free Admission



AARP News

AARP is looking for a few good Men and Women!

The Southfield AARP, Chapter #3483 is looking for “seasoned” men and women who want to ensure that health, economic and social benefits are available to all seniors. We meet from 1:00 - 3:00 pm on the 2nd Thursday of the month - from March to November, at the Southfield Parks & Recreation Building, 26000 Evergreen Rd.

Please come and join our group! In our meetings we discuss legislative issues, community services, health issues specific to the aging population and ways to keep seniors safe from fraud attacks. We also participate in volunteer programs and plan fun outings together. We close out our year with our annual luncheon....and we would love to have you join us!!

If you have any questions please contact Doris Reeves, AARP Chapter President, at (248) 325-9272.



Thank You



Ascension

Southfield Senior Services would like to thank Ascension SE Michigan Mission Fund for their generous support of the TOSS program.

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 Ascension SE Michigan Mission Fund.



Beaumont



Ascension



Southfield
the center of it all™

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 September 11 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 (July 16, August 20 and September 17). 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 (July 5, August 2 and September 6) 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 Senior Services
26000 Evergreen Road
Southfield, MI 48076

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

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Senior Services

Nicole Messina, *Division Coordinator*

Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Sandra Krist • Betty Simmons
Nicholas Tubbs • Ruth Williams



The Senior Services office is located within the Parks & Recreation Building at 26000 Evergreen Road.

Thank You

Southfield Senior Services would like to thank the following groups for their support of our spring programs.



*Felicia Berry, LMSW Open Arms, Ascension,
David C. Brunell, The Proactive Attorney
Deborah Smith, KellerWilliams Home and
Ed Blondin, Hortulus Gardens.*

The Southfield Scribe can be mailed to your residence or you can pick up a copy at the Senior Services office. 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 Senior Services at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.