

The Southfield Scribe

Senior Services On the Go!

*Thank you to everyone who traveled with us throughout the state this summer.
We hope you will join us this fall for more adventures!*



Your Favorites are Back!

The fall brings back 3 of your favorite special programs to Senior Services. We had so much fun at the Spring Tea that we immediately began planning a Fall Tea for October. And November and December mark the return of our Thanksgiving and Holiday Luncheons at the Parks & Recreation Building. These events will sell out so please register early, we don't want you to miss out on the fun! Check out page 8 for all the 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 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

Receipt 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.

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

We 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.

October 7 **The Mall at Partridge Creek** - Clinton Township

November 4 **Lakeside Mall** - Sterling Heights

December 2 **Great Lakes Crossing Outlets** - Auburn 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 20%.)

October 2 **Guernsey Family Dining** *Comfort food, crafted daily since 1940.*

November 6 **Redsmoke Barbeque** *The meats at Redsmoke Barbeque are first dry rubbed in their unique spice blends, then slow smoked for hours in Hickory and Apple woods.*

December 4 **Olga's Kitchen** *Mediterranean-accented menu of flatbread sandwiches and salads.*

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%.)

October 15 **BJ's Restaurant & Brewhouse** *Familiar pub fare with an extensive list of house brews.*

November 19 **Carrabba's Italian Grill** *Diverse menu of classic Italian fare.*

December 17 **Johnny's Italian Steakhouse** *Steaks take center stage and are complemented by a gourmet assortment of Italian cuisine and seafood, alongside an expertly curated wine list.*

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.

Michigan Princess Riverboat Cruise

It's time once again to take our yearly cruise down the Grand River in Lansing and enjoy the beautiful display of autumn leaf colors on the *Michigan Princess*. During our 1½ hour cruise down the river we will enjoy live musical entertainment along with a delicious buffet lunch consisting of roasted turkey, vegetarian lasagna, mashed potatoes, gravy, sweet potato casserole, stuffing, assorted salads and vegetables, rolls, dessert, coffee and iced tea. On our way home, we will stop at *Barkham Creek Farms* in Haslett to grab some apples, cider or some delicious donuts.



Wednesday, October 9 9:30 am - 6:00 pm

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

Gun Lake Casino



It's time to get our gaming on at Gun Lake Casino!

There are over 2,000 gaming machines to try your hand at with wagers from a penny and up. There are 47 table games to try some with a unique spin on the classics, like Three Card Poker or Progressive Mississippi Stud. Each participant will receive \$10 in Slot Play and a \$10 food coupon. Space is limited so sign up early.

Gun Lake Casino Package:

\$10 Slot Play \$10 Food Coupon

Wednesday, October 16 8:00 am - 6:30 pm

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

Tribute 2 the Stars at the OPC

Join us as we travel to the OPC "Older Persons' Commission" 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. *Tribute 2 the Stars* is a musical variety show that pays homage to some of your favorite stars. It will be an entertaining afternoon that you won't want to miss. Lunch is included, the menu will be posted once it is finalized. Space is limited so sign up early.



Wednesday, October 30 11:00 am - 3:30 pm

Southfield Resident Rate: \$35 per person Non-resident Rate: \$40

Birch Run Outlets Along with Bronner's and Frankenmuth



Put on your walking shoes and join us for a full day of shopping.

Participants will have 4 hours to wander the 145 outlet stores at Birch Run. This is a great place to start or finish your holiday shopping. On our way to *Frankenmuth*, we will make a quick stop at *Bronner's Christmas Wonderland* for those who would like to shop there (don't worry we'll come back and pick you up too!). Participants, who want to continue on to Frankenmuth, will have 3 hours to wander Michigan's own "Little Bavaria". (Food will be at your own expense.) Space is limited, so sign up early! Be sure to wear comfortable shoes!

Wednesday, November 6 9:00 am - 9:00 pm

Southfield Resident Rate: \$25 per person Non-resident Rate: \$30

Overnight Casino Trip

featuring Gun Lake Casino,

Soaring Eagle Casino and FireKeepers Casino

Who is ready for another fantastic overnight casino adventure?!

Our first stop will be in Wayland at the *Gun Lake Casino*. Here you can spend the afternoon playing at the over 2,000 slot machines or 47 table games. From there we will travel to Mt. Pleasant and the *Soaring Eagle Casino* 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*.

Participants can pick from over 2,900 slots, numerous table games and a non-smoking poker room, Keno, Bingo and more. This trip features \$95 in comps from the 3 casinos! Check them out below. Space is limited for this trip so please register early. *Don't forget, you must have valid I.D. with you to receive casino comps.*



Casino Packages:

Gun Lake Casino

\$10 Slot Play \$10 Food Voucher

Soaring Eagle Casino

\$30 Slot Play \$20 Food Voucher

FireKeepers Casino

\$20 Slot Play \$5 Food Voucher

Wednesday, November 13 at 7:00 am - Thursday, November 14 at 7:00 pm

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

Day Trip to Chicago

Come explore the Windy City!

There will be a brief stop in the morning at McDonald's for coffee, and then on to Chicago for a wonderful adventure. Once we arrive in the city you are free to spend the day as you would like. You can shop the Magnificent Mile; visit one of their many museums like the *Field Museum of Natural History*, *Art Institute of Chicago* or the *Shedd Aquarium*; explore Navy Pier; or grab as many authentic Chicago eats like stuffed pizza and Chicago-style hot dogs as you simply walk the streets. This trip will involve large amounts of walking so please take this into consideration when deciding to register. Be sure to sign up quickly, this trip fills up fast.



Friday, December 6 6:00 am - 1:00 am

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

Afternoon Tea at The Royal Park Hotel and Holiday Light Tour



*Enjoy a kick off to the holidays with Afternoon Tea at
the Royal Park Hotel!*

Our Afternoon Tea will include tea sandwiches, freshly baked fruit scones with Clotted Cream, Lemon Curd, Honey and Preserves. Tea will also include Mighty Leaf Loose teas, sparkling cider, and yummy pastries, and hot hors d'oeuvres. You won't want to miss tea at this four-star hotel. After our wonderful tea, we will head off to see the holiday lights around Rochester. Space is limited so sign up early.

Wednesday, December 11 2:30 - 8:30 pm

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

A WALK IN THE PARKS



Oct 1 Carpenter Lake Nature Preserve

Oct 8 Bedford Woods Park

Oct 15 Inglenook Park

Oct 22 Freeway Park

Oct 29 Civic Center Park

Each walk begins inside at 7:45 am with a series of stretches led by a physical therapist from Surgeons Choice Medical Center to get participants prepared for the hour of walking.

The bus will leave from the Parks & Recreation Building for the park at 8:00 am. A healthy snack and a bottle of water will be provided on the ride back.



SURGEONS CHOICE[®]
MEDICAL CENTER

Senior Appreciation Night 2019

Thank You to Our Sponsors



TheFlowerGirl - Stephanie Walls

Heaven Sent Home Support Services

COSA - Commission on Senior Adults



City Clerk's Office

Treasurer's Office

Thank you to all who joined us and to all our great community sponsors for a fun night!

Call (248-796-4650) or come into the Senior Services office
(26000 Evergreen Road, inside the Parks & Recreation Building) to register.



Fall Tea

\$20 per person

Thursday, October 17 12 - 2 pm

Burgh Historical Park Church

Put on your best hat and join us for tea sandwiches, cakes and tea.

This event will sell out, please register in advance.

THANKSGIVING LUNCHEON

Thursday, November 21 11am - 1pm

Southfield Parks & Recreation Building, Room 115

Admission \$15/person

Includes hot turkey lunch, beverages and Family Feud game.



Holiday Luncheon

Thursday, December 19 11am - 1pm

Southfield Parks & Recreation Building, Room 115

Admission \$15/person

Includes lunch (lasagna, salad, bread stick, cake, water/coffee) Bingo and more!

Commission on Senior Adults - *Chairperson's Update*

Happy Fall! Fall is a beautiful time in our state - full of colors and cooler breezes than we enjoy in the Summer. Hopefully you had a nice summer and are beginning to appreciate Autumn. Visit a cider mill, go to a football game, take one of the trips offered through the Parks and Recreation Department or just walk around our beautiful city and take in the sights.

By the time you are reading this, our Plan for an Age-Friendly Southfield has been finalized and submitted to AARP. The process of developing the plan - over two years in the making - has been educational for both COSA and our city's elected and appointed officials. As we've described in our Scribe articles over the past two years, the Eight Domains of Livability are the framework by which we've evaluated how Age-Friendly our city is and how much progress still needs to be made.

In the summer edition of *The Southfield Scribe* we discussed the importance of *Communication and Information*, one of the eight domains. Put simply, as one of our residents stated at one of our Community Conversations, if people don't know about the service, resource or activity, what good is it? The second domain we're discussing in the Scribe is *Transportation*. Our region and perhaps most of our state has been overly reliant on personal vehicles as the primary mode of transportation. Many senior adults in Southfield have personal vehicles or access to one to get to the grocery store, medical appointments, cultural outings, etc. However, some don't and many would prefer not to drive if that is an option. During our planning process, we found that many seniors in our community are not aware of other options for transportation. COSA researched transportation options and produced a Transportation Brochure to provide information on a variety of options. The City of Southfield has the "Transportation of Southfield Seniors (TOSS)" program for transportation within the city. SMART provides curb-to-curb transportation. There are many taxi companies and private car transport companies available in Southfield. In addition, there is a program to teach seniors and persons with disabilities how to use public transportation MyRide2. The *Area Agency on Aging* provides transportation among a variety of services it offers. We hope that this brochure and regular updates on the city's website will improve transportation access for senior adults in our city. For copies of the brochure, please contact Rhonda Terry in Human Services at (248) 796-4540. Transportation is vital to creating an Age-Friendly Community. Whether it's engagement in volunteer or employment opportunities, shopping, getting to medical appointments, or anything else that is beyond the homes in which seniors live, transportation is necessary. Our plan is to work to publicize current resources and develop additional ones as needed. And as we emphasize, transportation is not just needed by senior adults - it's needed by everyone in our community. Students at *Lawrence Tech* and *Oakland Community College* want more options. Staff at *Ascension Health* and *Beaumont* would like more options. Transportation is the lifeblood of a community and we plan to make Southfield livable for all.



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 8:30-9:30 am Oct. 2, 9, 16 23 & 30

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 Sep 12, Oct 10, Nov 14 & Dec 12
Southfield Public Library Meeting Room



Learn to Play Mahjong

Want to learn something new? Join us as we learn to play Mahjong, a tile-based game similar to Gin Rummy that is usually played in groups of four.

\$10/5 weeks 1 - 3 pm Oct. 3, 10, 17, 24 and 31
Parks & Recreation Building



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
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

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
Ban-Joes of MI - <i>Practice</i>	7 - 9 pm

Thursday

Sport Drop-In - <i>Indoor Tennis</i>	9 am - 12 pm
Beginning Tai Chi	9:30 -10:30 am
Tai Chi Form	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 + Toning	6 - 7 pm
Barre Toning	7 - 8 pm

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.



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 TOSS at 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



Beech Woods Wellness Center

Yearly Membership Fees

For details on membership, call (248) 796-4676 or the Beech Woods Recreation Center at (248) 796-4670.

Adult (16-49 yrs)	\$160
Senior (ages 50+ yrs)	\$144
Student (ages 16-24 yrs)	\$144
Family (2 parents + up to 3 students)	\$300

Non-residents of Southfield pay an additional \$20 per year.

We are a personalized fitness facility where everyone feels like family.

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 (with 1 year membership).



Located inside the Beech Woods Recreation Center
22200 Beech Road, Southfield, MI 48033
(248) 796-4676

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 December 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 Friday of each month (October 18, November 15 and December 20). Please call Southfield Human Services for income eligibility 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 Southfield Human Services Department for 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 (October 4, November 1 and December 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.



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.

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

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

City Officials

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City Council

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Linnie Taylor, *Pro Tem*

Daniel Brightwell Donald F. Fracassi

Myron Frasier Michael "Ari" Mandelbaum

Tawnya Morris

Sherikia L. Hawkins, *City Clerk*

Irv M. Lowenberg, *Treasurer*

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Parks & Recreation Board

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Ronald D. Roberts, *Vice Chairperson*

Brandon B. Gray Kathleen A. McNelis

Jeannine D. Reese

Amani Johnson, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*

Senior Services

Nicole Messina, *Division Coordinator*

Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Sandra Krist • Betty Simmons
Nicholas Tubbs • Ruth Williams
Berry Greer • Daphne Fenster



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

**Thanks for another
great season at the
Senior Gardens
at the
Mary Thompson
Farm.**

See you next year!



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.