

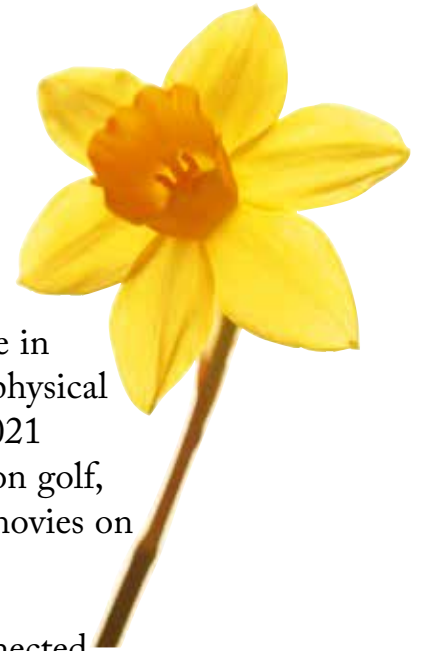
# The Southfield Scribe Parks & Recreation PR

## Welcome Spring!

Spring is in the air! And with spring this year, come new and exciting programs! As the weather starts to warm we are starting to plan more activities that we can do outside and inside safely as well as continuing some virtual options too. We miss your smiling faces and can't wait for you to join us again.

This issue of the Southfield Scribe has information on many safe in person programs that you can participate in to boost your mental and physical health. Keep an eye out for the Parks & Recreation Spring/Summer 2021 Activities Guide arriving in the mail soon. Inside you will find details on golf, tennis and swim lesson opportunities as well as outdoor concerts and movies on the front lawn of the Donald F. Fracassi Municipal Complex.

Whatever you choose to do in 2021, keep in touch! Staying connected with people and your community is now more important than it ever has been before. We are here to serve you and we want to stay connected. Please contact us with any questions you may have. We are here to serve you.



Southfield Senior Services	248-796-4650	M-Th F	9 am – 4 pm 9 am - 2 pm
TOSS (Transportation of Southfield Seniors)	248-796-4658	M-F	8 am – 4 pm
Parks & Recreation Information Desk	248-796-4620	M-F	9 am-5 pm

## Senior Appreciation Night

**Wednesday, August 25 5:00 - 8:00 pm**

**Front lawn of the  
Donald F. Fracassi Municipal Complex,  
26000 Evergreen Road**



# A WALK IN THE PARKS

Come join us as we exercise and explore our Southfield parks together.

Meet at the entrance to the park at 9 am

- May 6 *Civic Center Park*
- May 13 *Inglenook Park*
- May 20 *Carpenter Lake Nature Preserve*
- May 27 *Bedford Woods Park*
  
- June 3 *Freeway Park*
- June 10 *Berberian Woods Park*
- June 17 *Civic Center Park*
- June 24 *Inglenook Park*
  
- July 1 *Carpenter Lake Nature Preserve*
- July 8 *Bedford Woods Park*
- July 15 *Freeway Park*
- July 22 *Berberian Woods Park*
- July 29 *Civic Center Park*



Participants must wear a face mask, practice physical distancing and bring their own water.

.....

## Let's "Meet Up" and "Lunch Out"



A COVID tweak to our Dining Out program. We will meet participants at the Burgh Historical Park parking lot at 11:30 am to check in and hand out directions (in case we get separated along the way). Then everyone will get in their own cars and we will drive to the restaurant, with the SMART bus and our escort, leading the way.

Please remember food and tip, are on your own.

Tuesday, May 18 *Mi.Mosa* 23360 Farmington Rd. in Farmington

Tuesday, July 20 *Crispelli's Bakery & Pizzeria* 28939 Woodward Ave. in Berkley

# The Grand Experience at Mackinac Island's Grand Hotel

Trip includes lodging at the Grand Hotel, full breakfast each morning, tea and cookies each afternoon, four-course dinner each night, a special champagne reception, Grand Lunch Buffet on Tuesday and Wednesday and more! Hurry, the \$425 deposit must be paid by June 1 with remaining balances due by September 1.



Monday, October 25 - Thursday, October 28 \$425 Deposit due by June 1

Southfield Resident Rate: \$780/person Double Occupancy \$980/person Single Occupancy

## Senior Socials

### Juneteenth Events

#### Mystery "Meet Up"

Thursday, June 17 10:30 am

Resident: \$2 NR: \$3

Clues: Local, beautiful scenery, treats provided

#### Juneteenth Celebration

Friday, June 18 1-3 pm

Join us for a Juneteenth Celebration on the Beech Woods Recreation Center's outdoor patio.



#### Movie Under the Stars!

Saturday, June 19 7 - 9 pm

Front lawn of the Donald F. Fracassi Municipal Complex, 26000 Evergreen Rd.

Bring lawn chairs or a blanket to sit on, your favorite movie snacks and watch the show on the big screen.

Featuring the movie **Miss Juneteenth**

A former beauty queen and single mom prepares her rebellious teenage daughter for the "Miss Juneteenth" pageant.

### Senior Social Hour

Come join us at *Senior Social Hour* where we will have brain games and coloring sheets available, or you can just visit with old or new friends. This is a physically distanced, mask wearing program. If the weather is nice, we will move outside.

1 hour Resident: \$2 NR: \$3

11:00 am-12:00 pm Burgh Church/Annex

W Apr 7, 14, 21, 28

F Apr 9, 16, 23, 30

10:00-11:00 am Burgh Church/Annex

W May 5, 12, 19, 26

F May 7, 14, 21, 28

W Jun 2, 9, 16, 23, 30

F Jun 4, 11, 18, 25

F Jul 2, 9, 16, 23, 30

W Jul 7, 14, 21, 28

W Aug 4, 11, 18, 25

F Aug 6, 13, 20, 27

# Staying Active with Parks & Recreation

Spring classes start in April and include many old favorites along with some new options. Please note: all programs are subject to gathering size limitations as directed by the Michigan Department of Health and Human Services. Check out our Spring/Summer Activities Guide arriving soon in your mailbox or online at [www.cityofsouthfield.com/departments/parks-recreation!](http://www.cityofsouthfield.com/departments/parks-recreation!)

## Senior Sports Open Play

### Pickleball

6 weeks      **Resident: \$12      NR: \$18**  
9:30-10:30 am      Beech Woods Rec. Ctr.  
Tu    Apr 20-May 25    Activity Number: 7344

### Senior Indoor Tennis

All levels of play are welcome.  
5 weeks      **Resident: \$20      NR: \$30**  
11:00 am-12:00 pm      Beech Woods Rec. Ctr.  
Th-F    Apr 22-May 21    Activity Number: 7346

### Hustles for Seniors

No partner required. These classes will take place outside under picnic shelter 1 at Civic Center Park.

6 weeks      **Resident: \$30      NR: \$40**  
12:00-1:00 pm      Civic Center Park  
Th    May 6-Jun 10    Activity Number: 7363

### Moderate Yoga

Bring your mat and some non slip socks.  
4 weeks      **Resident: \$40      NR: \$50**  
11:30 am-12:30 pm      Burgh Church/Annex  
M    Apr 5-Apr 26    Activity Number: 7378  
M    May 3-May 24    Activity Number: 7379  
M    Jun 7-Jun 28    Activity Number: 7380

3 weeks      **Resident: \$30      NR: \$40**  
11:45 am-12:45 pm      Burgh Church/Annex  
M    Jul 12-Jul 26    Activity Number: 7381

## Beginning Tai Chi with Jeff Sotzen

6 weeks      **Resident: \$25      NR: \$35**  
**Senior:      Resident: \$22.50      NR: \$31.50**  
9:30-10:30 am      Beech Woods Rec. Ctr.  
Th    May 6-Jun 10    Activity Number: 7343  
Th    Jun 24-Jul 29    Activity Number: 7374

## Tai Chi Form with Jeff Sotzen

Continuing Tai Chi class, instructor approval needed.  
6 weeks      **Resident: \$25      NR: \$35**  
**Senior:      Resident: \$22.50      NR: \$31.50**  
10:45-11:45 am      Beech Woods Rec. Ctr.  
Th    May 6-Jun 10    Activity Number: 7348  
Th    Jun 24-Jul 29    Activity Number: 7375

## Stretch and Tone with a Touch of Pilates

6 weeks      **Resident: \$45      NR: \$55**  
**Senior:      Resident: \$40.50      NR: \$49.50**  
5:15-6:00 pm      Beech Woods Rec. Ctr.  
W    May 12-Jun 16    Activity Number: 7347  
W    Jul 7-Aug 11    Activity Number: 7352

## Yoga for the Back

Please bring your own mat and a towel.  
6 weeks      **Resident: \$60      NR: \$75**  
**Senior:      Resident: \$54      NR: \$67.50**  
3:45-4:45 pm      Beech Woods Rec. Ctr.  
W    May 12-Jun 16    Activity Number: 7354  
W    Jul 7-Aug 11    Activity Number: 7355

Registration for these programs can be done from your home:

By phone (248) 796-4620 (Mon.-Fri., 9 am-5 pm)

Online at <https://apm.activecommunities.com/southfieldparks>

Due to the unpredictability of Covid-19, please call our office at (248) 796-4650 or check our website or Facebook page to check program status.



# Staying Active with Parks & Recreation

## Senior Golf League "Tee Time for Seniors"



Like to golf and want to golf weekly? Want to meet new people or get together with friends? Want to have FUN? If you answered yes to any of these questions then you need to join our Senior Golf League at Evergreen Hills Golf Course this summer!

Individuals and foursomes are welcome. Reserved tee time, registered golfer giveaway, goody pack on the last day and contest opportunities included. For more information or to reserve your tee time spot, please contact Claudia at 248-796-4673.

Please note the following safety protocols for all golfers:

Everyone must wear a face mask inside the pro shop.

Carts will be sanitized after each use.

League is for ages 50 years and up

Begins Tuesday, May 11 at Evergreen Hills Golf Course 7:10 am - 10:30 am

Southfield Resident: \$170\* per person

NR: \$190\* per person

*\*Price does not include golf cart fee of \$9/person.*

## Water Exercise at the Southfield Sports Arena Pool

The benefits are endless with this easy on your joints exercise class taught by Kwaves! Each session is limited to 40 students. Participants must sign in the day of class on a first-come, first-served basis at the Southfield Sports Arena office. Registration begins 1 hour prior to the start of class. Each participant must be wearing a wristband to attend class.



### Low Impact Water Exercise

June 21 - August 25\* Sports Arena Pool  
 Mondays, Wednesdays 11:00 am-12:00 pm  
 Mondays, Wednesdays 6:30-7:30 pm

*\*No class July 5*

June 26 - August 21 Sports Arena Pool  
 Saturdays 11:00 am-12:00 pm

### High Impact Water Exercise

June 27 - August 22\* Sports Arena Pool  
 Sundays 11:00-11:45 am

*\*No class July 4*

Southfield Resident: \$2/person, per session NR: \$3/person, per session

# **TOSS (Transportation of Southfield Seniors)**

TOSS is operating on a limited capacity for medical and grocery appointments. We are taking appointments for medical facilities and offices Monday – Friday 8 am – 4 pm. Trips to Kroger and Meijer are being offered on Tuesdays and Thursdays.

Riders and drivers must wear a mask at all times, the number of riders on each bus are limited, all touch points are being wiped after each rider and buses are being cleaned daily. Appointments must be made at least 2 business days in advance. Each rider will receive a prescreening health check call 24 hours in advance of their ride.

Bus service is provided in the geographical area of 8 Mile to 14 Mile and Coolidge to Middle Belt. Please contact the TOSS office at 248-796-4658 to schedule your appointment.

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.



---

## **Mary Thompson Farm Community Gardens**

Have you ever been to the Mary Thompson Farm on Evergreen Road between 10 Mile and I-696? It's there where the white house with the windmill is just south of the municipal complex. Did you know that there are gardens located there where you can grow and harvest your own crops? This City gem has approximately 70 plots which can be reserved for a growing season (April-October).



If you like to garden but don't have the space to do so in your current residence we invite you to join our Community Gardens program. Our gardens cultivate a real sense of community in a safe and socially distant environment. Returning gardeners can reserve their spot for the 2021 season through March 26. After that date, available plots can be reserved by Southfield residents on a first come, first served basis for \$70/plot. Water and garden tools are available (dependent on CDC guidelines). The Southfield Parks & Recreation Information Desk is available to take registrations over the phone at 248-796-4620, Monday-Friday from 9 am-5 pm. Get out and enjoy the beauty of Southfield!

# How Does Your Garden Grow?

Z G N I T N A L P H G X B Z T I U R F D H J M  
D I A L J Z W P E M N D X I V F W W N D I D I  
Q E U A J M N N C R R V B B C R R Q A A A O P  
V E G E T A B L E S M O V R G H H B B Y C C W  
O Y E L S J Y V T Y W O R C E R A C S I H Q W  
N U S U U C T H G U V I N E S E N I H S N U S  
X H O F W O G J O N C O M P O S T A N O C P Y  
J F H H K H A R V E S T X G N I D E E W Z R Q  
H D D F K Z K F O S E E D S R W K F A W B N E  
P V M O L I I I S K Y N S N U N M I E C G L B  
A C L A G A R D E N E R O E A M H E R B S G Y  
Z E O H E D A P S H N M C G R L E V O H S G N  
Y N C V A R H I M X V M B Z E K A R S N I A R  
K I U T R Q B F L O W E R S E Z W C J T L T M  
M B N A C G N I R E T A W O L I O S K C P S E  
T M W J S D Y C A G V Z S Z I U G Q M E J U K

Find the following words in the puzzle.

Words are hidden ▲ ▼ ► ◀ and ↘

**COMPOST**

**FLOWERS**

**FRUIT**

**GARDENER**

**HARVEST**

**HERBS**

**HOE**

**HOSE**

**PLANTING**

**RAIN**

**RAKE**

**SCARECROW**

**SEEDS**

**SHOVEL**

**SOIL**

**SPADE**

**SUNSHINE**

**VEGETABLES**

**VINES**

**WATERING CAN**

**WEEDING**





# Here to Help

## 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 takes place June 9 at the 1854 Church at the Burgh Historical Park, 26080 Berg Road. It is open to any Oakland County resident, and allows participants to pick up 1 bag of food. Please contact Human Services for program eligibility and program dates.

### Focus Hope

Focus Hope provides individuals 60 years of age and older with one 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 call Southfield Human Services Department or go to [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) 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.



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

## Area Agency on Aging 1-B

Services like *Meals on Wheels*, home care, or transportation can play a big part in helping make sure seniors can live comfortably and safely in any



place they call home—whether that's their own home or apartment, an assisted living facility or with family caregivers. These services can give families the extra help they need to fully care for an older loved one. Not sure of what services would work for your family? Call our Information and Assistance Telephone Line at (800) 852-7795 and get help from one of their trained and certified resource specialists.

## COVID-19 HELPLINES

Oakland County – Nurse On Call: 1-800-848-5533

State of Michigan: 888-535-6136 or email

[COVID19@michigan.gov](mailto:COVID19@michigan.gov)

Oakland County Health Division: hotline for non-health needs such as locating community resources, food and housing assistance. 248-858-1000

## Daily Meal Service Delivery

Individuals 60+ can register online at <https://newmibridges.michigan.gov/s/request-meal-delivery-reassurance> for meal delivery or for a phone call from a volunteer each day to check in on them.



# News from the Commission on Senior Adults

## *COSA continues to move forward amidst the pandemic.*

COSA is continuing its work toward an *Age Friendly Community* in a virtual environment. Although COSA is meeting virtually, we still need your input and feedback. You are welcome to join our monthly calls every 3<sup>rd</sup> Thursday of the month at 4 pm. If you would like to attend a meeting virtually, please contact Rhonda Terry, Southfield Human Services, at 248-796-4540 for an email invitation to the next meeting. Meeting dates and times are posted on the city's website.

In 2<sup>nd</sup> quarter of 2020, COSA examined all of its activities planned for the implementation of *Age Friendly Community* and have made adjustments to its project time line as well as made updates to the Action Plan goals and objectives. In the third quarter of 2020, COSA planned a virtual retreat which will be rescheduled to occur in late 2021.

The challenges of the pandemic have been different for various populations, and COSA will focus on the ways in which this crisis has affected the more vulnerable ones: senior adults. COSA will examine how to incorporate solutions to these challenges into its Action Plan. The commission will continue to realign its efforts to address some of the unique challenges brought on by COVID-19 for each area of focus.

**Communication & Information:** Did you know Southfield can help you book an appointment for your COVID vaccine shot? Call the **COVID Vaccine Hotline** at (248) 796-4529 and staff from the City's *Human Services Department* will register you for Oakland County's "*Save Your Spot*" in line for COVID vaccinations

**Outdoor Buildings & Spaces:** Did you know all Southfield parks, nature preserves and trails are open to the public everyday?

**Community Support & Health Services:** Did you know the *Oakland County Health Division* offers drive through testing at the Southfield Municipal Complex by appointment only? For more information on where to get a vaccine locally, contact Oakland County:

- o Nurse-on-call: 800-848-5533 or [noc@oakgov.com](mailto:noc@oakgov.com)

- o Oakland County Vaccine Hub: <https://oaklandcountyvaccine.com>

To receive the Oakland County COVID-19 Vaccination Newsletter, register your email address at [www.oaklandcountyvaccine.com](http://www.oaklandcountyvaccine.com) or text OAKGOV COVID to 468311.

**Social Participation:** Did you know the *Parks & Recreation* department has virtual programming and other physical distancing activities available!

**Transportation:** Residents needing transportation to medical appointments or shopping visits during this time can contact TOSS (*Transportation of Southfield Seniors*) to schedule an appointment. See page 6 for details.

**Housing:** The federal eviction moratorium has been ordered through the *Centers for Disease Control (CDC)* to halt residential evictions through the end of March 2021 for non-payment of rent due to Covid-19.

**Respect & Social Inclusion:** Did you know that the Library offers e-books, e-audiobooks, movies, music and novels all in digital format online 24/7 at <https://southfieldlibrary.org>?

**Civic Participation & Employment:** Employers have job opportunities to keep Michigan working during the pandemic. *Oakland County Michigan Works!* offices are offering services by phone and virtually. Call 248-796-4580 to make an appointment.

COSA will continue to closely monitor the situation to keep the community informed on our activities. Please continue to visit the City's website at [www.cityofsouthfield.com](http://www.cityofsouthfield.com) for updates on resources for senior adults.

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

Linnie Taylor, *Council President*

Michael "Ari" Mandelbaum, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Lloyd Crews

Jason Hoskins

Tawnya Morris

Sherikia L. Hawkins, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

#### Parks & Recreation Board

Jeannine D. Reese, *Chairperson*

Rosemerry D. Allen

Brandon B. Gray

Kathleen A. McNelis

Adam Wolf

Amani Johnson, *Student Representative*

#### Parks & Recreation Department

Terry Fields, *Director*

#### Senior Services

Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

*Clerical Staff*

Sandra Krist

Betty Simmons

Ruth Williams



#### Covid-19 Update:

The Southfield Senior Services office remains closed to the public until further notice.

Program sizes are limited and all programs require pre-registration. Registration can be done safely from your home:

- By phone at (248) 796-4620, Monday-Friday from 9 am - 5 pm
- Online at <https://apm.activecommunities.com/southfieldparks>

Due to the unpredictability of Covid-19, please call our office at (248) 796-4650 or check our website or Facebook page to check program status.

*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 online at

[www.cityofsouthfield.com/departments/parks-recreation/senior-activities](http://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.