

The Southfield Scribe



*“Wherever life plants you,
bloom with grace.”*

– Old French Proverb



Spring is in the air, flowers begin to bloom, and life takes us in many directions. My new direction has led me to the Southfield Parks & Recreation Department as your Senior Coordinator. As a recreation professional for over 25 years, I am passionate about promoting health and wellness.

I look forward to interacting with you and hearing your ideas about programs and activities that meet the needs of this community.

This issue of the Southfield Scribe has information on many safe in person activities that you can participate in to boost your mental and physical health. We are here to serve you and we want to stay connected. Please contact us with any questions you may have.

Angie Verges



Mackinac Trip is Back!



The annual trip to Mackinac Island for “The Grand Experience” at the Grand Hotel if planned for October 24 - 27. Don’t wait too long to register, this trip fills quickly and the deposit is due on June 1.

Full details on page 3.

Let’s Do Lunch

Check out page 10 for more details on our Spring Tea, May Brunch and Juneteenth Luncheon events. Where we eat, we laugh, we play and sometimes we learn but we always have fun.

Hope to see you at one soon!



Day Trips - All the Info You Need to Know

Please call Senior Services at 248-796-4650 for more details.

All participants must follow current health and safety guidelines, including any mask requirements, on the bus and at any trip destinations.



Transportation - Pick Up/Return

At this time all trips will depart from the Southfield Parks & Recreation Building at 26000 Evergreen Road.



Travel & ID Policy

Receipt must be shown as proof of purchase on the day of the trip. Please note that while on the trip you must follow the group leader's guidelines.

Please be sure to bring your picture ID with you on all trips. Accepted forms of picture ID include government-issued photo identification card, or a driver's license. Please read trip descriptions closely to verify what you need to bring along on the trip.



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* and *Lunch 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.

Shop Till You Drop

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

- April 19 Oakland Mall - Troy
May 17 Great Lakes Crossing Outlets - Auburn Hills
June 21 Twelve Oaks Mall - Novi
9:30 am - 2:30 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. 11:30 am - 2:30 pm \$5 per person to ride bus

“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!

Don't wait to register for this popular trip! The \$225 deposit must be paid by June 1.

Monday, October 24 - Thursday, October 27 \$225 Deposit due by June 1

Southfield Resident Rate: \$858/person Double Occupancy \$1078/person Single Occupancy
\$760 – Triple Occupancy

Senior Lunch Out

Ride with Us Option: We will offer a limited number of seats on our bus to the *Lunch Out* destination for those who don't want to ride alone. Masks are required for all riders and drivers. The number of riders on each bus are limited, all touch points are being wiped after each rider and buses are being cleaned daily. This option is \$5 per person and is VERY limited.



Please remember food and tip, are on your own. (Tipping should be about 20%.)

- April 5 Three Cats at Leon & Lulu
May 3 J. Alexander's
June 7 Christine's Cuisine

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



FUN IN FRANKENMUTH

Let's go have some Fun in Frankenmuth! Our first stop is lunch at the renowned *Zehnder's Restaurant* where you will be served their famous 2-piece chicken dinner. The meal is accompanied by chef's daily selection of two hot side dishes, creamy cabbage salad, fresh baked bread, beverage, and dessert.

After lunch, sit back and enjoy a *Motown Review* re-creating the Motown story and eight musical groups that brought the world the "Motown Sound." Following the performance there will be time to visit the unique shops (and see the spring flowers) on Frankemuth's main street.

Registration Deadline: Monday, March 28

Thursday, May 12 9:00 am - 6:30 pm

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

ROAD TRIPPING TO THE EASTSIDE

We are off to Anchor Bay on Lake St Clair. Stroll around the waterfront and check out some of the parks, shops and restaurants (lunch on your own) in quaint downtown New Baltimore. We will head over to the *Stahl Automotive Collection* to view their display of classic cars, antique music machines and American roadside memorabilia. A real slice of Americana and the perfect spring "road trip." Space is limited. Please register early.



Tuesday, May 24 9:30 am - 4:30 pm

Southfield Resident Rate: \$10 per person
Non-resident Rate: \$15

Senior Day at The Detroit Zoo

Feel like a kid again as you spend the day exploring the Detroit Zoo! Enjoy special keeper talks and senior activities planned by the zoo's staff. Relax in the beautiful gardens or enjoy



a snack at the concession stand (food is on your own). Roam through the *Polk Penguin Conservation Center* or leisurely stroll through the 125 acres of award-winning attractions. Sign up today because space is limited for this fun trip!

Wednesday, June 1 9:00 am - 3:00 pm

\$5 per person Resident & Non-resident

SHIPSHEWANA, INDIANA

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

We are going to Shipshewana, Indiana to experience the Amish culture. A bus guide will give us a backroads tour of the local community. We will learn about the Amish lifestyle and visit some of the specialty shops. We will learn about the barn quilt trail, and the quilt gardens in the area. The afternoon will include a trip to an authentic Amish farm where we will be treated to a home cooked family style meal. Space is limited, call or come in to reserve your spot today!

Wednesday, June 15 7:00 am - 10:30 pm

Southfield Resident Rate: \$100 per person
Non-resident Rate: \$110





Eastern Market

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

Enjoy the market as well as the 150 businesses and restaurants located in the Eastern Market District. Explore the many offerings including the great murals throughout the area. Food and shopping are on your own. Space is limited, sign up early.

Tuesday, June 28 9:30 am - 2:00 pm

\$10 per person Resident & Non-resident

Cranbrook House Tour *and* Tea

Tour Cranbrook House, the former home of Cranbrook's founders, George Gough Booth and Ellen Scripps Booth, and the oldest surviving manor in the region.

Visitors will journey through the first floor on their guided tour, learning about the history of the manor, its founders, and the movement and organizations they supported and founded. Afternoon Tea is included. Space is limited, sign up early.



Wednesday, July 27 9:45 am - 2:00 pm

**Southfield Resident Rate: \$45 per person
Non-resident Rate: \$50**

All participants must follow current health and safety guidelines, including any mask requirements, on the bus and at any trip destinations.



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 26 in the Southfield Pavilion at 10:00 am. Come learn more about the league and meet some of the participants. The Southfield Pavilion is located at 26000 Evergreen 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 10 Registration Deadline: Friday, April 30

Southfield Resident Rate: \$170

Non-resident Rate: \$190

7:10 am - 10:30 am

Mary Thompson Community Gardens

Come join us at the Community Garden!



The City of Southfield provides:

- 400 square foot plot
- Mulch and water
- Free rental garden tools
- Public parking
- Restrooms (open early May)
- A beautiful place for community, tranquility, exercise and fun

Plots are \$70 for Southfield residents and (\$85 non-residents) for the season.

To register or for more information please call the Parks & Recreation Information Desk Mon – Fri from 9:00 am – 5:00 pm at (248) 796-4620.



A WALK IN THE PARKS

Come join us as we exercise in our Southfield parks together.

May 5	<i>Lincoln Woods/Freeway Park</i>
May 12	<i>Berberian Woods Nature Preserve</i>
May 19	<i>Bedford Woods Park</i>
May 26	<i>Inglenook Park</i>

For directions to the parks, visit the Park Locations page at www.cityofsouthfield.com/departments/parks-recreation/park-locations

April 7	<i>Inglenook Park</i>
April 14	<i>Beech Woods Park</i>
April 21	<i>Civic Center Nature Trail</i>
April 28	<i>Carpenter Lake Nature Preserve</i>

Meet at the entrance to the park at 9 am

June 2	<i>Beech Woods Park</i>
June 9	<i>Civic Center Park</i>
June 16	<i>Carpenter Lake Nature Preserve</i>
June 23	<i>Lincoln Woods/Freeway Park</i>
June 30	<i>Berberian Woods Nature Preserve</i>



APRIL IS NATIONAL HUMOR MONTH

Fun Photo Friday

Come out to the Southfield Pavilion and walk for the health of it. While you're here, smile a little, laugh a lot and give your core a nice workout. Take silly selfies at the fun backdrops we will set up in the Pavilion (don't forget your cell phone!). Celebrate April Fool's Day by acting a fool in a fun way.

F Apr 1 9 am-1 pm Pavilion



Laughter Yoga

Instructor: L. Lerman

Join us for a laughing good time. Reduce stress and engage muscles. Bring your water bottle and your beautiful smile. Laura Lerman, certified Laughter Yoga instructor, will lead us in a fun, easy yoga class.

1 hour
3:00-4:00 pm
W Apr 27

Resident: \$5 **NR: \$7**
P/R - Room 115
Activity Number: 8420

Funny Film Friday

Do you remember the days of watching movies on film strips? It was reel fun. We won't go back that far, but we will show a fun movie and serve munchies (popcorn and water). Feel free to bring your favorite movie snack. Join us and give yourself a reason to laugh. Our feature movie will be the romantic comedy, *Bringing Down The House*, starring Steve Martin, Queen Latifah and Betty White.

2 hours **Free**
F Apr 8 10 am-12 pm P/R - Room 115

**CELEBRATE THE JOY
OF LAUGHTER WITH
SENIOR SERVICES IN
APRIL**

Staying Active with Parks & Recreation

Senior Drop-In Programs

Call the Senior Services office at (248) 796-4650 for more information on any of the programs listed below. Drop-in fees are payable at the door.

Per day Drop-In Fees for all programs below **\$2/Resident** **\$3/NR**

Bingo

Cash payout is determined day of play.
Coffee will be provided but please bring your own snacks.

+\$0.25/card

Tu Apr 5-Aug 30 10-11:30 am P/R - Rm 223

Bid Whist

Bid Whist is a partnership trick-taking variant of the classic card game whist.

Tu Apr 5-Aug 30 12-3 pm P/R - Rm 223

Bridge Club

Don't have a partner? Not a problem, we've got you covered! We welcome any and all bridge players to join us, no matter your level of play.

W Apr 6-Aug 24 12:30-3:30 pm P/R - Rm 115

Mahjong

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

W Apr 6-Aug 24 1-3 pm P/R - Rm 223

Chair Exercise

We suggest you bring your own hand weights (1- 3 lbs.), 8 lb. stretch bands with handles, water and a towel with you to class.

M Apr 4-Jun 13 11 am-12 pm P/R - Rm 115

W Apr 6-Jun 15 11 am-12 pm P/R - Rm 115

Senior Sport Drop-In

Drop-in programs allow you to pay for only the days you attend. Please check in and pay at the Beech Woods Recreation Center front desk to receive your wristband for the day.

Per Day **Resident: \$2** **NR: \$3**
10 Visits Resident: \$20 NR: \$30
10 am-12 pm BWRC - Court D

Pickleball

Matches are set up each week among participants. Rackets and balls available to use on-site.

Tu Apr 12-May 31

Senior Indoor Tennis

All levels of play are welcome. Partners and play are determined each day.

**No tennis Apr 15*

Th-F Apr 14-May 6



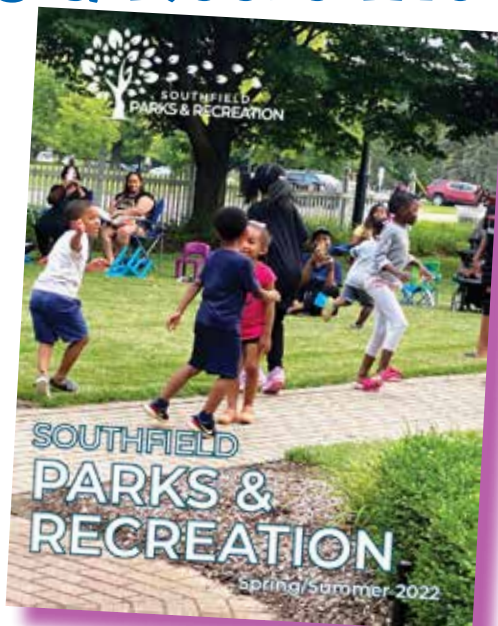
Staying Active with Parks & Recreation

On its way to your mailbox today!

The Spring/Summer 2022 Southfield Parks & Recreation Activities Guide

Featuring

**Dance, Tennis, Karate & Fitness classes
Golf Senior Programs Special Events
Concerts and more!**



TOSS (Transportation of Southfield Seniors)

Beginning July 1, 2022 we are reinstating the \$5 round trip fee for TOSS riders. We will also implement a new process for accepting payments, which will include the use of coupons; Details forth coming.

Transportation of Southfield Seniors - TOSS is currently providing transportation to medical appointments, grocery shopping, pharmacies, some retail stores and banks between the hours of 8:30 am-3:30 pm, Monday - Friday. The dispatcher is available to take your reservation Tuesday, Wednesday and Thursday from 8:30-11:30 am. Appointments must be made with the dispatcher, at least 2 business days in advance.

Masks are required for all riders and drivers. The number of riders on each bus are limited, all touch points are being wiped after each rider and buses are being cleaned daily.

Bus service is provided to Southfield residents in the geographical area of 8 Mile to 14 Mile and Coolidge to Middlebelt. If you have any questions, or would like to schedule a reservation, please call the TOSS office at 248-796-4658 and leave a message with your name, phone number and someone will return your call as soon as possible.

If you need service outside of TOSS hours, or are not a Southfield resident, please call the SMART Connector at 866-962-5515.

This service is funded and operated by the joint efforts of the City of Southfield, SMART funds, Beaumont Health and Ascension SE Michigan Mission Fund.

Beaumont



Ascension

SMART
RIDE

Southfield
the center of it all™



Spring Tea

\$15/Southfield resident
\$20/Non-resident

Tuesday, April 19

12 - 2 pm

**Burgh Historical Park Church,
26060 Berg Road**

You must registered in advance for all Senior Luncheons.

May Brunch

\$15/Southfield resident
\$20/Non-resident

Wednesday, May 18

10:30 am - 12 pm

**Parks & Recreation Building,
Room 115**

Call (248) 796-4650 or come to the
Parks & Recreation Information Desk (26000 Evergreen Road) to register.

JUNETEENTH LUNCHEON

\$15/Southfield resident
\$20/Non-resident

Thursday, June 16

12 - 2 pm

**Parks & Recreation Building,
Room 115**



JUNETEENTH FREEDOM DAY

Summer 2022 Concert Series

All concerts feature free admission and parking! Bring your lawn chairs and join us!
Call (248) 796-4620 for more details on summer music in Southfield.



7 - 9 pm

Southfield Municipal Complex
Front Lawn, 26000 Evergreen Road



Will be at Summer in the City events with hot dogs, sausages, chips, pop and nachos for purchase.

JUNETEENTH CONCERT

Sat, June 18 7 - 9 pm

featuring

**Larry Lee and
the Back in the Day Band**



Southfield Municipal Complex
Front Lawn, 26000 Evergreen Road

Gazebo Concert Series

7 - 8:30 pm

Burgh Historical Park,

northeast corner of Civic Center Drive and Berg Road

The Persuasion Band

Tue, July 12 7-8:30 pm

Notorious

Tue, July 19 7-8:30 pm

Motor City Soul

Tue, July 26 7-8:30 pm



Will be at the Gazebo Concert Series with hot dogs, sausages, chips, pop and nachos for purchase.



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

From the Desk of COSA ...

It is our goal to provide information and resources to help our seniors. COSA continues to seek out partnerships with organizations that have programs to help senior adults. In this issue we want to introduce *Humana*.

The Humana logo is displayed in a bold, green, sans-serif font.

Humana has programs to build healthy communities by bringing the right resources into our neighborhood. Humana has developed many resources to help people find their path to good health and well-being, to help them take care of themselves and those who matter most to them.

Humana is figuring out new ways to help people find their path to good health and well-being. The organization provides educational health and wellness content to the communities like ours. They have a comprehensive library that features 50 classes on various topics, each 30–60 minutes long and designed to present health and wellness presentations.

Topics in the library include:

- Health and lifestyle Adopting - healthy lifestyle habits to help prevent disease and help keep participants feeling their best
- Nutrition - The basics of a healthy diet and tips for following one
- Behavioral health - Helping members of the community learn how to stay mentally happy and healthy, despite life's challenges
- Caregiving - Helping caregivers learn how to care for others without sacrificing their own health or well-being
- Health literacy - Helping senior adults learn more about healthcare so they are able to play an active role on their healthcare team
- Technology - Teaches the basics of using computers and smartphones.

We encourage you to contact Humana for more information:

Kimberly Tucker 313-407-1489 (TTY: 711) Monday – Friday, 8 a.m. – 5 p.m.
KTucker20@humana.com

If you would like to:

- Share an experience with an organization that went above and beyond
- Share a story
- Request/share information

We welcome YOU to attend our monthly meetings, held on the 3rd Thursday of the month. For more information, please call Rhonda Terry at the City of Southfield, Human Services Department, at 248-796-4540 or email at rterry@cityofsouthfield.com. A COSA member will call you back.

Thank you and stay safe!

Southfield Human Services

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



The Emergency Food Assistance Program (TEFAP)

This program is open to any Oakland County resident, and allows participants to pick up one (1) bag of nonperishable food. Please contact Human Services for program eligibility.



Focus Hope

Focus Hope provides individuals 60 years of age and older with one (1) box of non-perishable food. Please call Southfield Human Services for income eligibility details and distribution dates.

Department of Health and Human Services' Mobile Social Worker

The Mobile Social Worker will be available to help residents: apply for food, Medicaid, cash and emergency assistance, as well as answer case questions and refer to other agencies. Please go to www.michigan.gov/mibridges or call 248-262-6400 for details.

Lakeshore Legal Aid

Lakeshore Legal Aid offers residents a chance to speak with an attorney free of charge. Please call 888-783-8190 for more details.

Michigan Prescription Discount Cards

Michigan Prescription Card is a free statewide prescription assistance program available to Michigan residents. There are no restrictions or eligibility requirements—anyone can use the card regardless of age, income or preexisting conditions.

The Chore Program

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

Chore services include yard work (lawn care, shrub and tree trimming and leaf pick-up), snow removal, window and gutter cleaning, minor plumbing, minor furnace repair, minor electrical repair, minor painting and carpentry. Each qualified homeowner is allowed \$500 per year for the labor involved, while the client is responsible for material used. By helping with home and yard maintenance, the Chore Program enables homeowners to stay in their homes.

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

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

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

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City Council

Linnie Taylor, *Council President*

Michael "Ari" Mandelbaum, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Lloyd Crews

Myron Frasier

Jason Hoskins

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

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Kathleen A. McNelis

Adam Wolf

Timothy Forrest, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*

Senior Services

Angela Verges, *Senior Coordinator*

Claudia Brewer, *Recreation Programmer*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Sandra Krist

Betty Simmons

Ruth Williams



Registering for Programs

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:

- In-person Monday-Friday from 9 am-5 pm at the Parks & Recreation Information Window inside the Southfield Pavilion (26000 Evergreen Road)
- By phone at (248) 796-4620, Monday-Friday from 9 am - 5 pm
- Online at <https://apm.activecommunities.com/southfieldparks>

The Southfield Scribe can be mailed to your residence.

If you would like to receive the *Scribe* by mail, please call us at 248-796-4650.

The Southfield Scribe is also available online at

www.cityofsouthfield.com/departments/parks-recreation/senior-activities



Individuals with special needs who plan to attend any of the included programs should contact Senior Services at 248-796-4650 if auxiliary aids or services are needed. Reasonable advanced notice is required.