

# The Southfield Scribe



## THE GRAND EXPERIENCE ON MACKINAC ISLAND - OCTOBER 2022



Our Southfield team won the Bocce Tournament!

Another fantastic Mackinac trip with Senior Services and mParks is in the books! Want to check out the fun we have for yourself? See page 4 for all the details on the 2023 trip!!! Registration begins January 3, 2023.

**NOW HIRING!**

**TOSS Drivers**  
Age 21 and up  
Up to 19 hours per week  
Valid Chauffeur License Needed

# Senior Adult (50+) Program Survey

Your feedback matters to us. Please take a few minutes to let us know how we're doing

1. What do you like most about our programs?

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2. What areas can we improve on?

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3. Tell us any program ideas you have?

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4. What programs do you participate in with us?

Monthly Lunches (May Brunch, Spring Tea, etc)

Bingo/Bid Whist/Bridge/Mahjong

Exercise Classes

A Walk in the Parks

Day Trips (Lunch Out, Dining Out, Shop Till You Drop)

TOSS (Transportation of Southfield Seniors)

Others   

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5. What else you would like to share with us?

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**Thank You for your help.**

Please return completed survey to Southfield Parks & Recreation Department,  
Attn: Senior Services, 26000 Evergreen Road, Southfield, MI 48076

# Day Trips - All the Info You Need to Know

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



## Payments

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



## 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*, *Lunch Outs* and *Monthly Casino Trips*, there are no refunds and no transfers.



## Trip Refund Policy

- Full refunds are given only if the trip is cancelled by Senior Services.
- If you cancel, a refund will be given only IF Senior Services is able to fill your space.
- A \$5 Processing Fee will be deducted from all customer requested refunds. (Fee is waived if you decide to apply refund as a credit on your account.)
- No refunds on \$5 trips (*Shop Till You Drop*, *Lunch Outs*, *Monthly Casino Trips*, etc.)
- Please allow four (4) weeks for refunds.

We ask that individuals traveling with us on any day trips please park toward the back of the parking lot.  
Your consideration is appreciated.

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The bus leaves from the Parks & Recreation Building at 26000 Evergreen Road for all Senior Services trips. Please call us at 248-796-4650 for more details.

## Shop Till You Drop

Enjoy a leisurely morning shopping and exploring a different mall each month.

Lunch and shopping are on your own.

Jan 17      Twelve Oaks Mall - Novi  
Feb 14      Somerset Collection - Troy  
Mar 21      Lakeside Mall - Sterling Heights  
9:30 am - 2:30 pm      \$5 per person to ride bus

## Senior Lunch Out

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

Jan 3      Bigalora Wood Fired Cucina - Southfield  
Feb 7      Kyoto Japanese Steakhouse - Royal Oak  
Mar 7      Sinbad's Restaurant - Detroit  
11:30 am - 2:30 pm      \$5 per person to ride bus

Transportation may be requested to pick up off-site for trips. Anyone who wishes to be picked up must be signed up for the trip at least two weeks prior to when the trip will be leaving.

This service is also based on the availability of drivers.

Offsite pick-ups are not available when we travel by motorcoach.

# 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 evening, special champagne reception, nightly demitasse, nightly dancing with the Grand Hotel Orchestra, a carriage tour, and tournaments (bocce, putting - weather permitting), bingo, self-guided walks, writing contests, movies, daily activities, evening entertainment, and more!



**This trip is limited to the first 60 seniors who register. Hurry, this is an extremely popular trip and the \$225 deposit must be paid by June 1.**

Tuesday, October 24 - Friday, October 27      \$225 Deposit due by June 1

Southfield Resident Rate: \$785/person Triple Occupancy      \$883/person Double Occupancy  
\$1,103/person Single Occupancy

# Fall In Love with the DIA

Is your passion Picasso? Do you marvel at Monet? Join us for a guided tour of the *Detroit Institute of Arts* and discover a love for the arts. There will be time after to explore the many galleries, browse the gift shop, or grab a snack in the café. Food is own your own.

\*Off-site pickups are not available for this trip.

Wednesday, Feb 15 12:00 - 3:30 pm

Southfield Resident Rate: \$10 per person

Non-resident Rate: \$10

# The Wild Women of Detroit Tour

Come celebrate *Women's History Month* by learning about some of the fascinating women who have called Detroit their home in the past 300 years. We join Detroit History Tours for a private motor coach tour. Our guide, an author and local historian, will share with us tales and adventures of some of the Motor City's most famous and infamous women, from Madam Cadillac, to Motown greats, sinners to saints and so much more. A lunch stop is included at *Buddy's Pizza*, where we will enjoy pizza, salads, soft drinks and coffee.

Wednesday, Mar 22 10:00 am - 2:00 pm

Southfield Resident Rate: \$75 per person

Non-resident Rate: \$85

# FIREKEEPERS CASINO

Try you luck and win presidential bucks. \$20 in free slot play and \$5 in points. Note casino incentive packages are subject to change.

Tuesday, Feb 21

8:30 am - 6:30 pm

Southfield Resident Rate: \$40 per person

Non-resident Rate: \$44



# SOARING EAGLE CASINO

St. Patrick's Day may be over, but may the luck of the Irish still be with you as you try your hand at some of their many slots, gaming tables or Bingo. Each participant will receive \$20 in premium play, \$10 dining credit, and \$10 Bingo credit. Please note, incentive packages are subject to change.

Thursday, Mar 30 8:30 am - 6:30 pm

Southfield Resident Rate: \$40 per person

Non-resident Rate: \$45

**Space is limited on the bus.  
Don't wait to register or you  
could miss out!**

# AARP Tax Aide Returns

*Scheduling of appointments will start on January 17, 2023.*

*Appointments can be made by calling the Senior Services office at (248) 796-4650 after this date.*

*All participants must have an email address to utilize this service.*

AARP will once again be assisting senior residents with their taxes this season. This program's goal is to offer complimentary tax preparation help to anyone regardless of age, but the emphasis is on those over 50 years of age who cannot afford to have professional tax assistance. Tax-Aide volunteers are trained and IRS certified each year.

All tax help is by appointment only and space will be limited. Appointments will be scheduled for weekdays from February 1 through April 7. Appointments take place in the Marcotte Room of the Parks & Recreation Building. Underground parking is available providing easy access to the Marcotte Room.

In addition to calling the office to make appointments, you can sign up on your own by going to <https://sfld.mitaxapp.com/> starting January 17.

Please check the local TaxAide website at <https://D15.mitaxapp.com> for the latest options to prepare your taxes.

## **Friday Movies @ P&R**

**January 27 - Soul Food**

**February 24 - If Beale Street Could Talk**

**March 24 - Introducing Dorothy Dandrich**

**1 pm Free Admission  
Parks & Recreation Building  
Snacks available for purchase**

# Staying Active with Parks & Recreation

## Monday

Chair Exercise with Kakeyta	11 am - 12 pm	P&R Bldg - Room 115	\$30/6 classes
Bounce Volleyball	10 am - 12 pm	Beech Woods Rec. Center	\$2/Res (\$3/NR)
Moderate Yoga	12:15 - 1:15 pm	P&R Bldg - Room 223	\$10/class Must Pre-register

## Tuesday

Bingo	10 - 11:30 am	P&R Bldg. - Room 223	\$2/Res (\$3/NR) +\$0.25/card
Pickleball	10 am - 12 pm	Beech Woods Rec. Center	\$2/Res (\$3/NR)
Bid Whist	12 - 3 pm	P&R Bldg - Room 115	\$2/Res (\$3/NR)

## Wednesday

Chair Exercise with Kakeyta	11 am - 12 pm	P&R Bldg. - Room 115	\$35/7 classes
Bridge Club	12:30 - 3:30 pm	P&R Bldg. - Room 115	\$2/Res (\$3/NR)
Mahjong	1 - 3 pm	P&R Bldg. - Room 223	\$2/Res (\$3/NR)
Yoga for the Back	4 - 5 pm	Beech Woods Rec Center	\$60/6 classes
Stretch & Tone	5:15 - 6 pm	Beech Woods Rec. Center	\$40.50/6 classes
Moderate Yoga	6:30 - 7:30 pm	P&R Bldg - Room 223	\$10/class Must Pre-register

## Thursday

Tai Chi (Beginning)	9:30 - 10:30 am	Beech Woods Rec. Center	\$22.50/6 classes
Tai Chi Form	10:45 - 11:45 am	Beech Woods Rec. Center	\$22.50/6 classes
Senior Indoor Tennis (& Fri)	10 am - 12 pm	Beech Woods Rec. Center	\$2/Res (\$3/NR)
Hustle for Seniors	12 - 1 pm	P&R Bldg - Dance Studio	\$30/5 classes

## 5-POINT-0 FUSION DANCE

This low-impact, fun dance movement class is designed for seniors to improve cognitive skills. As a fusion class, you will experience a blend of exercises from different cultures and genres of music. Each 45-minute class will include a cognitive-focused workout to promote body, heart, mind, soul and spirit enrichment. No experience necessary.

Wear comfortable clothing and shoes.

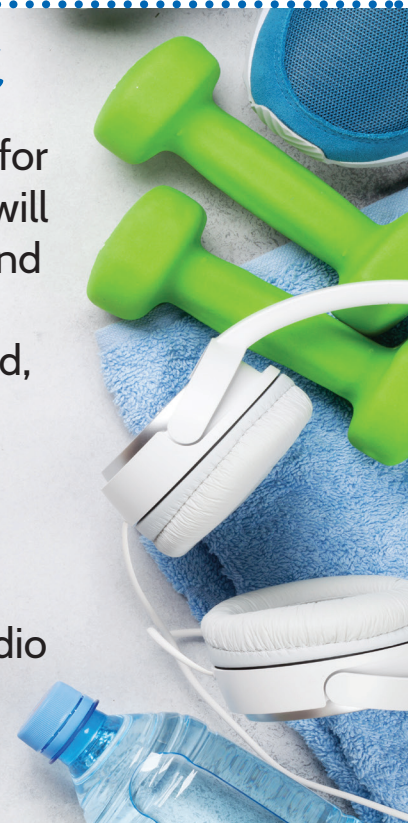
6 weeks Resident: \$42 NR: \$ 52

Senior: Resident: \$37.80 NR: \$46.80

11:45 am-12:30 pm P&R Bldg. - Lower Level Dance Studio

Tue Jan 10-Feb 14 Activity Number: 8898

Tue Feb 28-Apr 4 Activity Number: 8899





# WINTER SOCIAL

Thursday,  
January 16  
1 - 2:30 pm

\$15/Resident;  
\$20/NR

Room 115,  
Parks & Recreation  
Building

# Black History Month Luncheon

Thursday, February 16  
12 - 1:30 pm

\$20/Resident; \$30/NR  
Room 115,

Parks & Recreation Building

## CELEBRATE



You must register in advance for all Senior Special Events.

# Women's History Month Luncheon

Thursday, March 16  
12 - 1:30 pm

\$20/Resident; \$30/NR

Room 115,  
Parks & Recreation Building

# Spring Tea

Thursday, April 20  
12 - 1:30 pm

\$20/Resident  
\$30/Non-resident

Room 115,  
Parks & Recreation  
Building





# TOSS (Transportation of Southfield Seniors)

*Are you familiar with our TOSS Pass? They are the new, easy, and convenient way to use our Transportation of Southfield Seniors service, no need to carry cash.*

*You will need a TOSS pass each time you ride with us.*



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 Monday, through Friday from 8:30 am -1:30 pm. Appointments must be confirmed with the dispatcher. No same day or next day rides available.

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 or Lathrup Village 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.

# Southfield Celebrates Black History Month

## Southfield Celebrates Black History Month

### Kick-off Event

Black History 101 Mobile Museum

Q & A with Khalilah Ali (former wife of boxer Muhammad Ali)

Impulse Dance Academy

Head Wrap Demonstration by Love Rose (owner Wrapped in Love)

B Intentional (Youth Poets, Legacy Dance Studio, African Drummers)

Black-owned Business Marketplace, DJ DeezyD and more!!

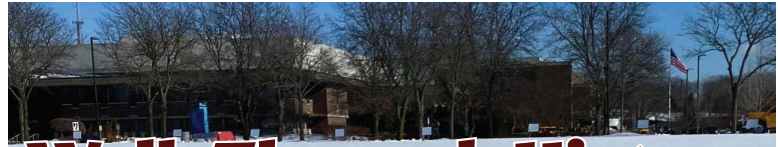


**Saturday, February 4 4 - 8 pm**  
**Southfield Pavilion**



**Free Admission**

Suitable for ages 12 years and older



## Walk Through History

50 informational signs about influential African Americans throughout Southfield and world history



Bessie Coleman  
1892-1926

• An early American civil aviator. She was the first African-American woman, and also the first Native-American, to hold a pilot license. She earned her pilot license from the Fédération Aéronautique Internationale on June 15, 1921, and was the first black person to earn an international pilot's license.



**February 1 - 28, 2023**

Front lawn of the  
**Southfield Municipal Complex,**  
**26000 Evergreen Road**

Southfield Parks & Recreation presents a February full of events to **Remember, Educate and Celebrate** Black History.

## Conversations & Cocktails

**Saturday, February 11**  
**7 - 10 pm**  
**Southfield Pavilion**

Hosted by **Joel Greene**

Comedy by **Josh Adams**

Poetry by **Peace Bell**

Singer/guitarist **Trey Priest**

Musical performance by

**Alex Goss and Detroit Soul Rhythm**



**Admission \$10/person**

Cash Bar & Refreshments available for purchase

## Southfield Celebrates Black History Month

# THE SECRET SOCIETY OF TWISTED STORYTELLERS

**Friday, February 17**  
**Southfield Pavilion, 26000 Evergreen Rd**

**Pre-Glow 6 - 6:45 pm**  
Meet & Greet with the performers

**Performances 7- 9 pm**  
Hosted by Cheryl James and Satori Shakoor

**After Show Q & A Session**  
with performers

## Critical Race Theory

Cash Bar & Food for Purchase Storytellers Vendors Marketplace

**Tickets: \$15**

For tickets call (248) 796-4620



**Call (248) 796-4620 for more information or to register.**

# Mary Thompson Farm Community Garden

**Do you have a passion for gardening and enjoy the outdoors?  
Looking for a new socially distant pastime?  
Join us at the Community Garden!**



The City of Southfield provides:

- 400 square foot plot
- Mulch and water
- Free rental garden tools
- Public parking and restrooms
- Activity space for NEW garden programs
- Administrative support
- A beautiful place for community, tranquility, exercise and fun

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

New gardeners can reserve a plot on a first-come first-serve basis starting **Monday, February 13, 2023** for the upcoming season (April – October).



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

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

## *We Want You! Southfield Commission on Senior Adults (COSA) Urges You to Make Your Voice Heard*

As you are reading this we have made it partially through another cold, Michigan winter. We hope that you have enjoyed the festive time of the year whether you spent it celebrating with loved ones, sauntering around the City Centre viewing the decorations, volunteering, or attending one of the host of events that Southfield's Parks and Recreation Department has hosted.

Together with COSA, the City of Southfield completed the *Age Friendly City* process which had been underway for the past 5-years. This process culminated in the City of Southfield being recognized by American Association of Retired Persons (AARP) as an "Age Friendly Community" alongside four other Michigan communities; Jackson, Lansing, East Lansing, and Grand Rapids. This recognition follows the State of Michigan receiving designation from AARP as an Age Friendly State in late 2019. As Ms. Murphy moves on to serve the Southfield Community in her new capacity as a member of the Total Living Commission (TLC) COSA would like to recognize Kendell for her strong leadership and the instrumental role that she played in obtaining the Age Friendly designation. In her place, the COSA board elected Brenda Chambers-Threatt to serve as Chairperson. Mrs. Chambers-Threatt previously served as COSA's Vice Chairperson. Denise Stewart was elected to the role of Vice Chairperson, and David Walker II was re-elected as Secretary. The new leadership team is eager to continue to be a good steward of Southfield's senior community.

While COSA celebrates the achievement of the Age Friendly designation, it does not signify the completion of our work and we will continue to support the needs of our Senior Community. With a new leadership team, a renewed vigor, and new challenges to tackle, COSA is ready to hit the ground running in the New Year. As we move forward, COSA welcomes all to join us as we maintain the privilege of bringing the voice of Senior Adults (ages 50+) to the leadership of the City of Southfield. COSA is always seeking interested persons or organizations to attend our monthly meetings and participate in our work. COSA prides itself on the diversity of its membership as everyone's unique perspective helps to improve the quality of the work that we can do for our Seniors. You don't even have to be a Senior to be a COSA member! Anyone with an interest in supporting the City of Southfield's Senior Population is welcome: whether you are a grandchild, celebrating your 50<sup>th</sup> birthday or even celebrating your second 50<sup>th</sup> birthday. Or perhaps you work in an industry relevant to seniors, or a civic minded individual looking for a great way to get involved.

COSA is now meeting in-person and we welcome YOU to attend our meetings, held on the 3<sup>rd</sup> Thursday of each month. Members of the public have the option to join the meeting via telephone. For more information, please call Rhonda Terry at the City of Southfield, Human Services Department, at (248) 796-4540 or email [rterry@cityofsouthfield.com](mailto:rterry@cityofsouthfield.com). A COSA member will call you back.

# 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](http://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.

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# 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

### City Officials

Kenson J. Siver, *Mayor*



### City Council

Michael "Ari" Mandelbaum, *Council President*

Linnie Taylor, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Lloyd Crews

Myron Frasier

Coretta Houge

Nicole Humphries, *Deputy 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

Timothy Forrest, *Student Representative*

### Parks & Recreation Department

Terry Fields, *Director*

### Senior Services

Angela Verges, *Senior Coordinator*

Cathy Fresia, *Recreation Programmer*

*Clerical Staff*

Erica Copeland

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](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.