

# The Southfield Scribe



## An Evening of Elegance

*Lights, camera, action!*

*An Evening of Elegance* on May 20 allowed participants to stroll along the red carpet in their evening wear accessorized with glitz, glamour, and grace. Many people shimmered, bounced, and stepped to the *ChaCha Slide*, *The Wobble*, and other hustles. Others sang out loud to some of Motown's greatest hits. Laughter could be heard throughout the room as the comedian shared her style of humor.



We saw many people take advantage of the selfie station with all of their glam sparkling in the bright light. The food was good and the socialization even better. We appreciate all who were in attendance for our first annual *An Evening of Elegance*. If you were not able to attend the event this year, be on the look out because we will be back again next year!

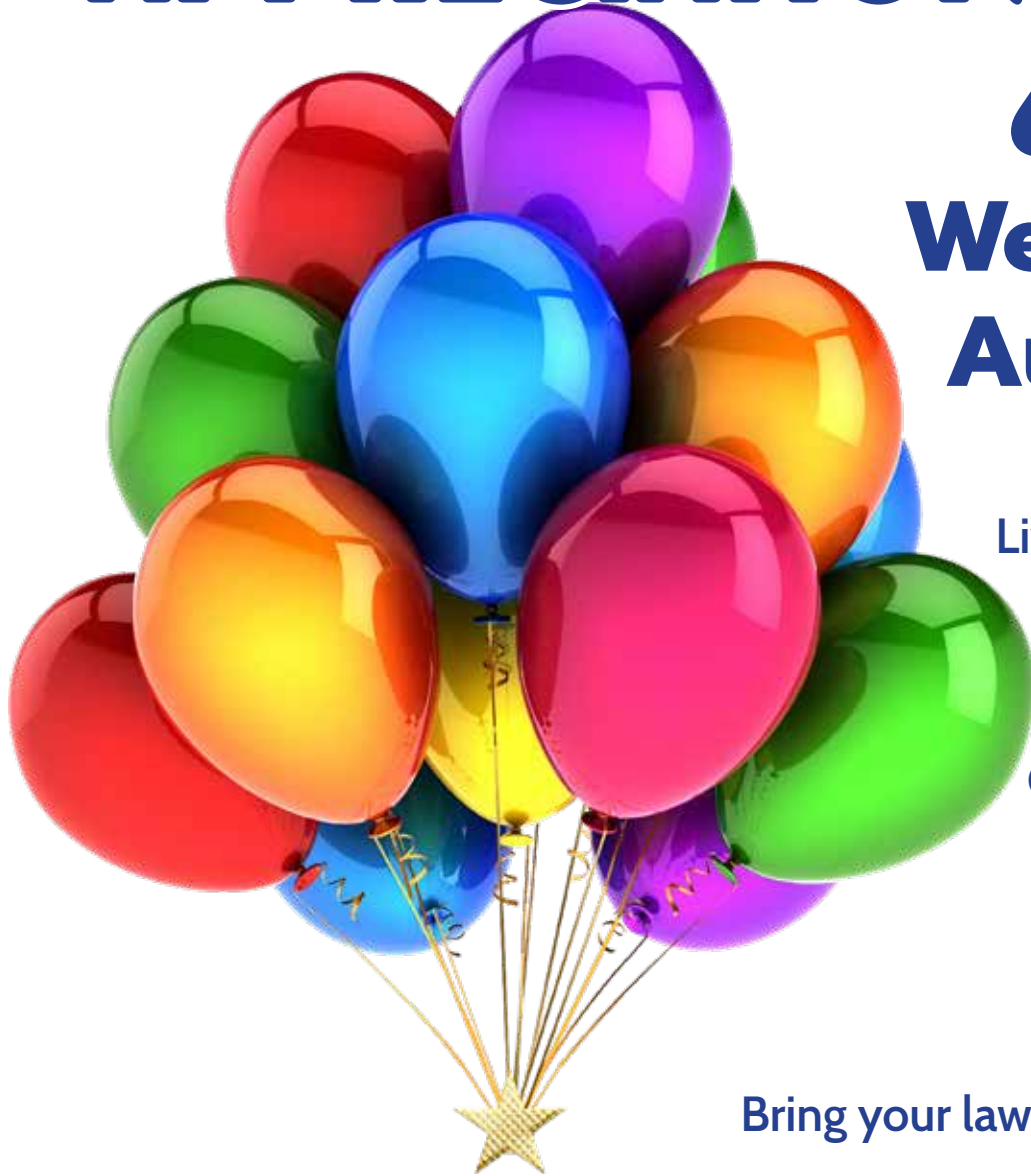
A special thanks to our volunteers from the Alpha Phi Alpha Fraternity, Southfield Chapter. They graciously served as hosts and welcomed guests to our event.



The City of Southfield Parks and Recreation and Human Services Departments  
In cooperation with the Commission on Senior Adults (COSA) present

# **SENIOR (50+) APPRECIATION NIGHT**

**6 - 8 pm  
Wednesday,  
August 23**



Live Entertainment with  
*Motor City Soul*

Boxed Dinner

Community Vendors

And it's all **FREE!**

Bring your lawn chairs and join us!

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

# 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 canceled 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.

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

July 18      **The Mall at Partridge Creek -**  
Clinton Township

Aug 15      **Twelve Oaks Mall -**  
Novi

9:30 am - 2:30 pm      \$5 per person to ride bus



## FOOD & FRIENDS - SHOPPING & LUNCH

Bring a friend or make a new friend. We will travel to the *Somerset Collection* in Troy where you will have time to shop on your own, before meeting up with the group for lunch at *The Capital Grille*. Cost of lunch on your own.

Thursday, July 13 9:30 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 the date of the trip.

This service is also based on the availability of drivers.

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

## Senior Lunch Out

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

July 6      **Maggiano's Little Italy - Troy**

Sept 7      **The Breakfast Club - Farmington**

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



## Dine-In Dinner

Join us for indoor dining and games at Southfield Parks and Recreation. Food will be provided by *Lilly's Seafood of Royal Oak*. Choice of chicken or fish dinner. This is a casual affair, enjoy conversation, laughs, and games such as cards, *Connect Four*, *Cornhole*, and more.

Tuesday, Aug 1      5:00 - 6:30 pm  
Southfield Resident Rate: \$25 per person  
Non-resident Rate: \$30

## Christmas In July - Birch Run, Bronner's, Frankenmuth

Start your Christmas shopping early at the over 100 stores at *Birch Run Outlet Mall*. Then it is on to *Bronner's Christmas Wonderland*, the world-famous Christmas store. Find that special ornament, decorations and see their wonderful Christmas displays. We end up at to Frankenmuth where you can enjoy the sights and grab a bite of dinner. All food and shopping is on your own.



Wednesday, July 26 9:00 am - 9:00 pm

Southfield Resident Rate: \$40 per person  
Non-resident Rate: \$45

## Detroit Princess - Lunch and Motown Review Cruise

Get ready to rock the river and groove with the Motown sound. Enjoy a fabulous Buffet lunch on The Detroit Princess. After lunch, chill out or burn off those calories by dancing to a dynamic Motown Revue. Trip includes motor coach transportation, cruise, buffet lunch and live entertainment.

Thursday, Aug 3 10:30 am - 3:00 pm

Southfield Resident Rate: \$80 per person  
Non-resident Rate: \$90

## Senior Discovery Day at The Toledo Zoo & Aquarium

We are off to Toledo to explore *The Toledo Zoo & Aquarium*. Enjoy special presentations, gardens and animal habitats, senior activities, and discounts. Wear comfortable walking shoes. Wheelchairs and motorized scooters are available to rent on a first come first serve basis. You are on your own for lunch at the zoo. Please note: Toledo Zoo, does not permit outside food, beverages or coolers to be brought in (exceptions made for medical items or dietary restrictions).

Wednesday, Sept 13 8:30 am - 4:30 pm

Southfield Resident Rate: \$40 per person  
Non-resident Rate: \$45

## Hitsville U.S.A.

Join us for a musical montage as we tour the famous *Motown Museum*. Experience where the signature Motown Sound originated! See the actual apartment where Berry Gordy lived. Check out the early studio recording equipment and Motown memorabilia. Afterwards, enjoy lunch at *Z's Villa* restaurant. Lunch and tipping are own you own.



Wednesday, Sept 27 9:30 am - 2:30 pm

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

# DNR Outdoor Adventure Center - Brunch & Learn Series

Join us for this unique indoor/outdoor program put on by Michigan's Department of Natural Resources.

We will start the morning with coffee/tea & pastries. Hear an informative and entertaining talk on various topics, followed by a short walk to see special scenery relevant to that day's discussion. We will continue our adventure by exploring a local community for lunch. **Lunch and tipping are on your own.**

Prices listed include bus transportation, program tickets and coffee hour. Please Note: Due to early start times, off-site picks ups are not available for these trips.



## Hummingbirds of the Great Lakes

How to attract, feed, and care for them. Also, what hummingbirds can teach us about our environment.

Lunch at *Royal Oak Brewery* with an assortment of sandwiches, burgers, pizza, special entrees, and more.



Thursday, July 27 8:30 am - 2:30 pm

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

## Michigan's Lighthouses

Michigan has more lighthouses than any other state. Come learn about these structures, and the lives of the brave people who lived in and ran them, keeping our waterways safe. Afterwards, embark on a shore excursion to *Mojave Cantina* in Clawson for some Tex Mex favorites in a festive atmosphere.

Thursday, Aug 10 8:30 am - 2:30 pm

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



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

# Drop in Fun at the Parks & Recreation Building

We have something new for you, it's a Senior Drop-in Package. You can now purchase a package of drop-in visits rather than pay each time. The package is good for 10 visits, we track the visits for you. When you are out of visits, you can renew.

Your Senior Drop-in Package will allow you to participate in any of the following programs:

Bid Whist                  Bingo                  Bridge                  Mahjong

Don't delay, get your package today! Make your purchase at the Parks & Recreation Information Desk or over the phone (248-796-4650) with Senior Services. For your convenience, credit cards are accepted.

**\$20 Southfield Resident**

**\$30 Non-Resident**

## Mondays

Chair Exercise\* 11 am - 12 pm  
\*Daily Fee \$5/Resident \$6/Non-Resident

*We've added a new drop-in day. Stop by for Dominoes, Euchre, or Spades; board games are also available.*

Dominoes 12:30 - 3:30 pm

Euchre 12:30 - 3:30 pm

Spades 12:30 - 3:30 pm



## Tuesdays

Bingo 10 - 11:30 am

Bid Whist 12:30 - 3:30 pm

## Thursdays

Bid Whist 12:30 - 3:30 pm

Dominoes, Euchre, Spades or board games.  
12:30 - 3:30 pm

# ICE CREAM SOCIAL

Thursday, July 20

12 - 1:30 pm



\$20/Resident

\$25/Non-resident

Featuring outdoor games, sandwiches and ice cream with toppings.

Mary Thompson Farm



# Fall Equinox Luncheon

Enjoy salad and games with friends.

\$20/Southfield resident

\$30/Non-resident

Thursday, September 21

12 - 1:30 pm

Mary Thompson Farm

## Chit Chat with the Coordinator

Drop by the Southfield Pavilion for coffee and casual conversation with the Senior Coordinator. Get the scoop on upcoming activities, and share ideas about future programming.



8:30 - 9:00 am  
Wednesdays,

July 19 August 16 Sept. 20

## COFFEE CLUB

Perk up in the Pavilion with a cup of coffee. Sip, chat, or walk a lap. While you're here stay for our **50+ Speaker Series** which offers topics relevant to older adults.



Wednesdays

8 - 10 am

Southfield Pavilion

Coffee \$0.50 per cup



# COMPUTER AND IPHONE CLASSES

Instructor Mike Wilson has taught thousands of seniors how to use their phone and/or computer to it's fullest potential. He is back at Southfield Parks & Recreation to offer a monthly series of 2-hour classes this fall.

## The Easy to Learn iPad Class

We will explore the practical uses of your iPad and how to use the features. You will learn how to navigate, use apps, work with e-mail, take pictures, go on-line and do more as time permits. Not for Android tablet users.

1 Day **Resident: \$40 Non-resident: \$45**  
Fri, Aug 18 9:00-11:00 am P&R Bldg

## Getting to Know your iPhone

This class is designed for mature and recent iPhone users. Topics covered: the photo app, texting, navigation apps, contacts, e-mail, app store, settings and the internet.

Not for android users.

1 Day **Resident: \$40 Non-resident: \$45**  
Fri, Aug 18 1:00-3:00 pm P&R Bldg



## How Do I Take a Live Zoom Class?

Many instructors use Zoom for live/virtual classes. This class will help participants understand the process of getting to your Zoom classroom and navigating the features used in Zoom.

1 Day **Resident: \$40 Non-resident: \$45**  
Fri, Sept 8 9:00-11:00 am P&R Bldg

## I Need to Host My Own Zoom Meeting

You will learn how to schedule and host meetings. Basic host controls can seem overwhelming, but we will explore them all. You will learn how to share your screen, invite and send links to e-mails.



1 Day **Resident: \$40 Non-resident: \$45**  
Fri, Sept 8 1:00-3:00 pm P&R Bldg

## Microsoft Word: The Very Basics

Your instructor will break down the unknown Microsoft Word stuff and present them too you in a clear, sensible and enjoyable way. We will explore saving, alignments, bullets, numbering and indents. This if a class for anyone with Microsoft Word on their computers.

1 Day **Resident: \$40 Non-resident: \$45**  
Fri, Oct 20 9:00-11:00 am P&R Bldg

## Getting More out of Microsoft Word

Let's make your tasks in Microsoft Word a lot easier. You will save time and frustration and see how to properly use tabs. We will go on to explore dictation, easy paragraph functions, the sort feature and using macros to eliminate laborious repetition. Get tips and tricks as well as use shortcuts to save time.

1 Day **Resident: \$40 Non-resident: \$45**  
Fri, Oct 20 1:00-3:00 pm P&R Bldg

# New Classes with Parks & Recreation

## CPR and AED Training

American Heart Association CPR and AED Training. Certification card is good for 2 years. Class is held in the Homeland Security & Emergency Preparedness Offices inside the Parks & Recreation Building

1 Day **Resident: \$55 Non-resident: \$65**  
Thur, Oct 5 9:00 am-12:00 pm P&R Bldg

## AARP Smart Driver Course

The AARP Smart Driver Course is the nation's first refresher course specifically designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way! Bring a bag lunch for a 30 minute lunch break.

2 Days **Resident: \$30 Non-resident: \$35**  
Thur-Fri, Oct 26-Oct 27 9:00 am-2:00 pm  
P&R Bldg



Register Online

## Music History Series

Join us each month and travel back in time and take a peek at the history of music with Stu Johnson.

### Dixieland: The Forgotten Root of Jazz

This presentation tells the history of Jazz in the form of Dixieland music from its start in 1917 through Dixieland's demise in the 1950's. There is an extensive backstory, homage to New Orleans, slides, and music by selected performers.

1 day **Resident: \$5 Non-resident: \$6.50**  
Fri, July 28 1:00-2:15 pm P&R Bldg

### Music and Dance of the Harlem Renaissance

After the first World War, many African-Americans fled North to New York's Harlem district to escape the harsh realities they faced in the south. They helped the area flourish in the Arts. This presentation explores the development of music and dance of the era that lives on today. This is a joint presentation with Sharon O'Brien.

1 Day **Resident: \$5 Non-resident: \$6.50**  
Fri, Aug 25 1:00-2:15 pm P&R Bldg

### A Great Day in Harlem

This program is built around the famous photograph by Art Kane of 57 musicians in front of a Harlem brownstone. This presentation features a relatively in-depth back story of the picture, a short biography of some of the artists and the playing of one of their feature songs.

1 Day **Resident: \$5 Non-resident: \$6.50**  
Fri, Sept 22 1:00-2:15 pm P&R Bldg

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

## *Make the Most of this Season in Life*



In Michigan we spend all winter waiting for warm, sunny weather (at least I do). It is common for the change in seasons to have a significant impact on the mental wellbeing of individuals as well as their mood. Recently it was pointed out to me that despite our best efforts many of us still tend to take the warm weather for granted. The season passes by in the blink of an eye. Before you know it we're celebrating Labor Day, cleaning up leaves, and planning trips to the local cider mills. This year I have vowed to shift my perspective. Instead of waiting for a day that isn't too hot, or too breezy, or too rainy this year I will make the best of every day and every opportunity.

The City of Southfield Parks & Recreation does a great job of organizing a multitude of activities whether it be film showings, lunch and learns, senior fairs, sports lessons (golf, tennis, etc), exercise classes, walks in the park, card games, day trips, Senior Appreciation Day, or many other fun activities. There is truly something for all ages, abilities, and interests. Not only are these activities fun, but they are beneficial to your mental and physical wellbeing. Across the U.S. 3% of the population struggle with seasonal depression. In Michigan, it is estimated that as many as 20% to 40% of the population has some degree of seasonal affective disorder (SAD) – me included. Getting outside in the early hours of the day while the sun is the brightest is a great way to help fight against SAD.

Another key part of health that has been earning a lot of attention in recent years is social determinants of health. Social determinants of health are the conditions in environments where people live, work, and play that affect health and quality of life. For example, access to nutritious foods and physical activity, socializing with others, remaining engaged through job and volunteer opportunities, and feeling a sense of belonging and community. In addition to the programs offered by Southfield Parks & Recreation, there are opportunities to become more connected with your community through the City's Boards and Commissions. You can have regular input into what goes on in your city and find other opportunities to become engaged. The City of Southfield has several commissions including those that oversee Historic Districts, Planning, Public Arts, Housing, Zoning, Veterans concerns and also the Commission on Senior Adults (COSA) that I participate in. You can join the meetings and listen in as a member of the public or make a more formal commitment by applying to join the commission.

Regardless of where your interests lie, I hope I have provided you with a few good reasons to re-frame your thinking and make the most of this season in life. I look forward to seeing you around the City of Southfield!

David Walker II

Secretary, Commission on Senior Adults

# TOSS (Transportation of Southfield Seniors)

*Are you familiar with our TOSS Pass? It is 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 is 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, Corewell Health (formerly Beaumont Health) and Ascension SE Michigan Mission Fund.



Ascension



# 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

Allyson Bettis, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

### Parks & Recreation Board

Jeannine D. Reese, *Chairperson*

Rosemerry D. Allen

Chana Baumol

Brandon B. Gray

Kathleen A. McNelis

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
- On-line 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 on-line 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.