

The Southfield Scribe



Joy and Gratitude

We are grateful for you and joyous each time you express how our programs have benefited you. As the new year begins, we encourage you to focus on your health and wellness through self-care. Begin with joy, gratitude and where you are in this moment. Here are a couple of quotes for you.



“Gratitude is the healthiest of all human emotions. The more you express gratitude for what you have, the more likely you will have even more gratitude for.” - Zig Ziglar.

“The root of joy is gratefulness It is not joy that makes us grateful; it is gratitude that makes us joyful.” – David Steidl-Rast



We have some exciting programs planned for you this quarter to help you along your path of health and wellness. A part of your self-care could include - participating in a fitness class, learning health tips at our speaker series, or socializing at one of our special events.

If you are inclined to travel with us, it's time to register for our annual Mackinac Island Trip. All the details can be found on page 5.

With Joy and Gratitude,

Angie Verges

Sign up today for our new ONE YEAR Drop-In Membership!

Hey there, Southfield seniors!



Senior Services Drop-In Programs offer multiple activities for one affordable price with no extra fees for joining multiple programs. Register once in person, over the phone, or online, and enjoy a fun time with friends.

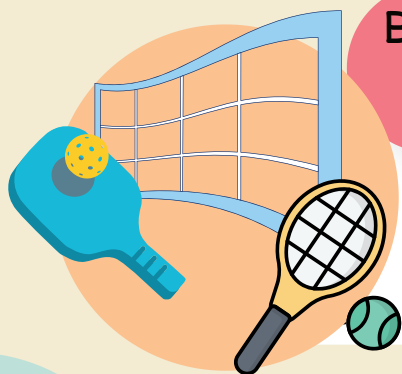
**Parks & Recreation Building,
26000 Evergreen Road
12:30 - 3:30 pm**

Board/Card Games - Mondays and Thursdays
Bid Whist - Tuesdays and Thursdays
Bridge - Wednesdays
Mahjong - Wednesdays



**Beech Woods Recreation Center,
22200 Beech Road
10:00 am - 12:00 pm**

Bounce Volleyball - Mondays
Indoor Pickleball - Tuesdays
Indoor Tennis - Thursdays and Fridays



**\$10/year Southfield residents;
\$15/year non-residents**

Register online at our website or scan the QR code.
For more information call Senior Services
at (248) 796-4650.



Traveling with Senior Services - All the Info You Need to Know

Please call Senior Services at (248) 796-4650 if you have any questions about the information below.

Payments

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



We ask that individuals traveling with us please park towards the back of the parking lot. Your consideration is appreciated.

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.

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.

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.

Shop Till You Drop

A group shopping trip to the mall is a fantastic way to combine retail therapy and social interaction, making it a memorable and enjoyable day for all involved.

Lunch and shopping are on your own.

Jan 16 **Great Lakes Crossing -**
Auburn Hills

Feb 20 **Somerset Collection - Troy**

Mar 19 **Twelve Oaks Mall - Novi**

9:30 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. This is a casual event where you can enjoy great conversations, laughter, and games such as cards, Connect Four, Cornhole, and more. You can select from various food options provided by the restaurants listed below, during the registration process.

Resident: \$25

NR: \$30

Thur, Jan 18

Panera Bread

Thur, Mar 14

Applebee's

4:00-5:30 pm

P/R - Room 115



DSO - Classical Roots

Experience the beauty, complexity, and depth of classical music. Soak up the sounds of the saxophone.

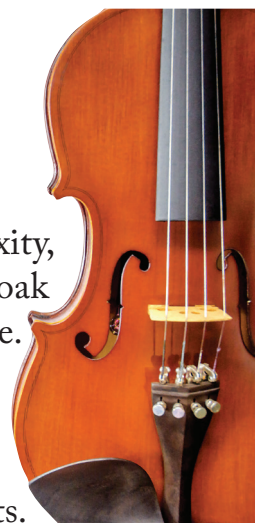
Classical roots is the Detroit Symphony Orchestra's annual celebration of African American composers and artists.

Lunch is on your own, we plan to dine at *HopCat* on Woodward Avenue in Detroit.

Friday, March 1 9:30 am - 3:30 pm

Southfield Resident Rate: \$30 per person

Non-resident Rate: \$35



FireKeepers Casino

Join us as we travel to Battle Creek to visit one of our favorite casinos, *FireKeepers Casino*. All participants will receive \$20 in *Red Hot Credits* and a \$5 in points from the casino. There are over 2,900 slots, 63 table games and you can potentially win up to \$100,000 playing Keno. Breathe easy in their 100 percent smoke free environment. There are plenty of options to choose from for your culinary experience. Space is limited, sign up early.

Tuesday, February 6

8:30 am - 6:30 pm

Southfield Resident Rate: \$30 per person

Non-resident Rate: \$35

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 limited to the first 3 people who make a request and is based upon driver availability. Off-site pick-ups are not available when we travel by motor-coach.

The Ark Encounter & Creation Museum

Experience jaw dropping exhibits inside the life-sized Ark. *The Ark Encounter* includes a visit to the *Creation Museum*. You will be amazed by stunning botanical gardens, petting zoo, and more. This trip also includes:

- Motor-coach transportation
- 4 nights lodging in the Cincinnati area
- 8 meals: 4 breakfasts (continental) and 4 dinners
- Admission to the *Ark Encounter*
- Admission to the *Creation Museum*
- Admission to the *Cincinnati Museum Center*, including an Omnimax Show
- *BB Riverboats Sightseeing Cruise* along the Ohio River

We will travel by motor-coach with Diamond Tours.

Monday, July 22 - Friday, July 26

Southfield Resident Rate: \$789* per person Non-resident Rate: \$799*

**A deposit of \$75 due at registration; fees based on double occupancy.*



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 is due at time of registration.

Registration will be accepted through June 1, unless trip fills prior to this date.

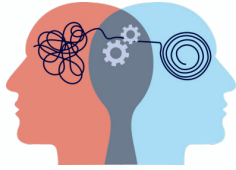
Tuesday, October 15 - Friday, October 18 \$225 Deposit due at registration

Southfield Resident Rate: \$830/person Triple Occupancy \$983/person Double Occupancy
\$1,230/person Single Occupancy

50+ Speaker Series

WEDNESDAYS AT 9:00 AM

SOUTHFIELD PAVILION, 26000 EVERGREEN ROAD
FREE ADMISSION



January 10

Understanding Alzheimer's and Dementia
with Treena Horton of *Alzheimer's Association*



January 17

Volunteering Grandparents
with Celia Murray, *Catholic Charities of Southeast MI*



January 31

Spine Health
with Dr. Maslak, CORE



February 7

Keeping Seniors Independent
with *PACE Southeast Michigan*



February 14

Save with DTE



February 21

Oakland County Veterans Services
with Maggie Speelman



February 28

Active Shooter Training
with Kelly Buckberry, *Southfield Police Department*

Call Senior Services at (248) 796-4650 for more information.

AARP Tax Aide Returns

Scheduling of appointments will start January 16, 2024.

Appointments can be made online at <https://sfld.mitaxapp.com/> or by calling the Senior 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 11. Appointments take place in Room 221 of the Parks & Recreation Building for the month of February, and in the Marcotte Room for March and April. 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 16.

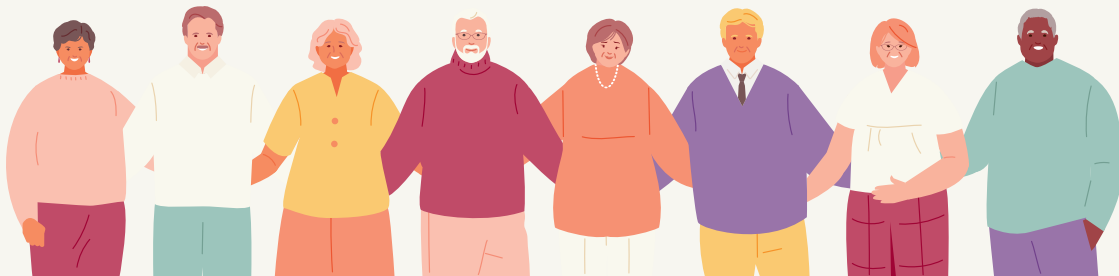
Please check the local TaxAide website at <https://D15.mitaxapp.com> for the latest options to prepare your taxes.

SAVE THE DATE

FRIDAY, MARCH 8, 2024

SENIOR VENDOR FAIR

MEET WITH LOCAL SENIOR RESOURCE VENDORS
AND GET INFORMATION ON SERVICES AND GOODS
AVAILABLE IN SOUTHFIELD.



FREE ADMISSION

SOUTHFIELD PAVILION, 26000 EVERGREEN ROAD

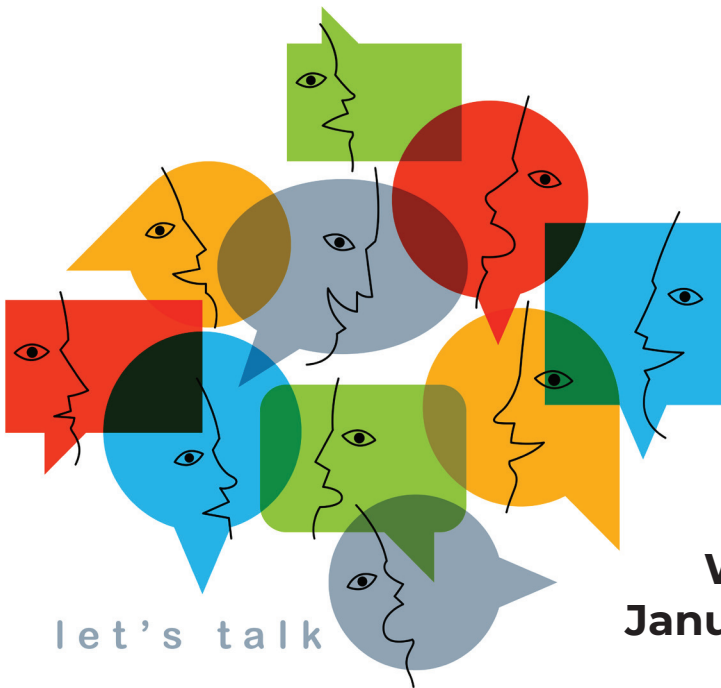
CALL SENIOR SERVICES AT (248) 796-4650 FOR MORE INFORMATION.

Chit Chat with Angie, the Senior Coordinator

Join Angie for coffee and casual conversation. Get the scoop on upcoming activities, and share ideas about future programming. Come out and be a part of the conversation.

Wednesdays 8:30 – 9:00 am

January 17 February 21 March 20
Southfield Pavilion



QUILTING 101

Designed for both novices and experienced quilters, this class will lead you through a journey of traditional and contemporary quilting techniques. This class will inspire beginner and intermediate quilters to explore the joy that comes from creating something beautiful.

Instructor Keroline Garrett has over 12 years of quilt making experience. Pattern, fabric and supply list will be available at the time of registration.

Thursdays 12:30 – 3:30 pm

Session 1 March 7 – April 11

Session 2 April 18 – May 23

Parks & Recreation Building

Southfield Resident: \$60/session

Non-resident Rate: \$65/session



Secretary of State Mobile Office

The Secretary of State Mobile Office will be visiting our area to provide services to our Seniors without the need to visit a branch office. Services available through the mobile unit include:

- First-time Michigan ID

- Renew driver's license ID

- Transfer title

- Apply for/renew display placard

Once your appointment has been scheduled through the Senior Services office you will receive an email confirmation identifying what you need to bring to your visit.

For more information or to schedule your visit during this Mobile Office event, contact the Senior Services office at (248) 796-4650.

Wednesday, January 24 10:00 am - 3:00 pm

Mobile office will be parked in the parking lot in front of the Parks & Recreation Building, 26000 Evergreen Road



SOLVE A MURDER MYSTERY!

Do you have what it takes to catch a killer? We are looking for crime sleuths. You and a specially selected team of detectives will crack codes, analyze clues and work together to solve the mystery and find the murderer. Each month features a different mystery to solve.

Thursdays 10 -11:30 am

January 25

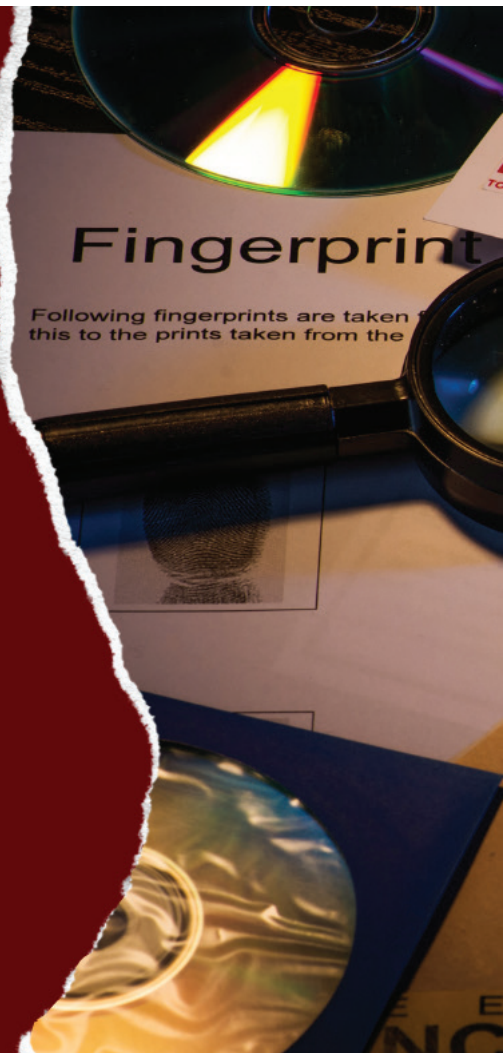
February 22

March 28

Parks & Recreation Building

RESIDENT: \$5/DAY

NON-RESIDENT: \$6/DAY



New Classes with Parks & Recreation

Cornhole

Engage in friendly competition and savor the camaraderie as you aim for victory in this classic game of precision and skill. Whether you're a seasoned pro or first-time tosser, everyone is welcome to participate and create lasting memories together.

6 weeks **Resident: \$30 Non-resident: \$36**
Tue Jan 9-Feb 20* *No meeting Jan 23
Tue Feb 27-Apr 2
6:00-8:30 pm P&R Bldg

Cooking for One

Always cooked for a crowd? Learn how to cook for one or maybe two people. Hands-on food prep and cooking.

6 wks **Resident: \$30 Non-resident: \$35**
Wed, Jan 17-Feb 21 9:00-10:30 am P&R Bldg

Feed Me!

Are calories king? What does counting macros even mean? Come join us for a one-time workshop as we discuss calories, macros, tracking, and nutrition labels. This class is taught by a certified nutritionist.

1 Day **Resident: \$22.50 Non-resident: \$27**
Tue, Jan 23 6:00-7:00 pm P&R Bldg

Jump Start Your Health

Overwhelmed and tired of the endless cycle of starting and stopping diets? This 4-week course, taught by a certified nutritionist, will propel you to start making lasting changes with weekly actionable steps.

4 wks **Resident: \$89.10 Non-resident: \$98.10**
Mon, Mar 11-Apr 1 10:00-11:00 am P&R Bldg

Music History Series

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

Over The Rainbow: The Music of Harold Arlen

A review of Arlen's career. Included in this program: *Between the Devil and the Deep Blue Sea* (Ella Fitzgerald), *Blues in The Night* (Cab Calloway), *Black Magic* (Billy Eckstine), and of course, *Over the Rainbow* (Judy Garland).

1 Day **Resident: \$5 Non-resident: \$6.50**
Fri, Jan 26 1:00-2:15 pm P&R Bldg

Harry Warren, The Great Unknown Composer

Warren is frequently overlooked when the great composers of popular music are mentioned. Included will be song titles like *Chattanooga Choo-Choo*, *September in the Rain*, *Serenade in Blue*, and *An Affair to Remember*.

1 Day **Resident: \$5 Non-resident: \$6.50**
Fri, Feb 23 1:00-2:15 pm P&R Bldg

Irving Berlin: Dean of American Songwriters

As with Harold Arlen and the others, this is a review of Berlin's life, an introduction to some of his songs and slides of the performer as the song is being played, such as *Always* by Patsy Cline, and *White Christmas* by Bing Crosby.

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

Southfield Celebrates
Black History Month



Kick-off Event



Black History 101 Mobile Museum & Dr. Khalid el-Hakim

Impulse Dance Academy

Head Wrap Demonstration by Love Rose

B Intentional Black-owned Business Marketplace

DJ DeezyD and more!!

Saturday, February 3 4 - 8 pm
Southfield Pavilion

Free Admission

Suitable for ages 12 years and older



BLACK HISTORY MONTH

SENIOR LUNCHEON

**Thursday,
February 15**

11:30 am - 1 pm

\$25/Resident; \$30/NR

Parks & Recreation
Building

**Call Senior Services
at (248) 796-4650
for details or to register.**



NEIGHBORHOOD

BACH & BEYOND

JANUARY 11 Southfield: Shaarey Zedek

CHAMBER

FLUTE & STRINGS AROUND THE WORLD

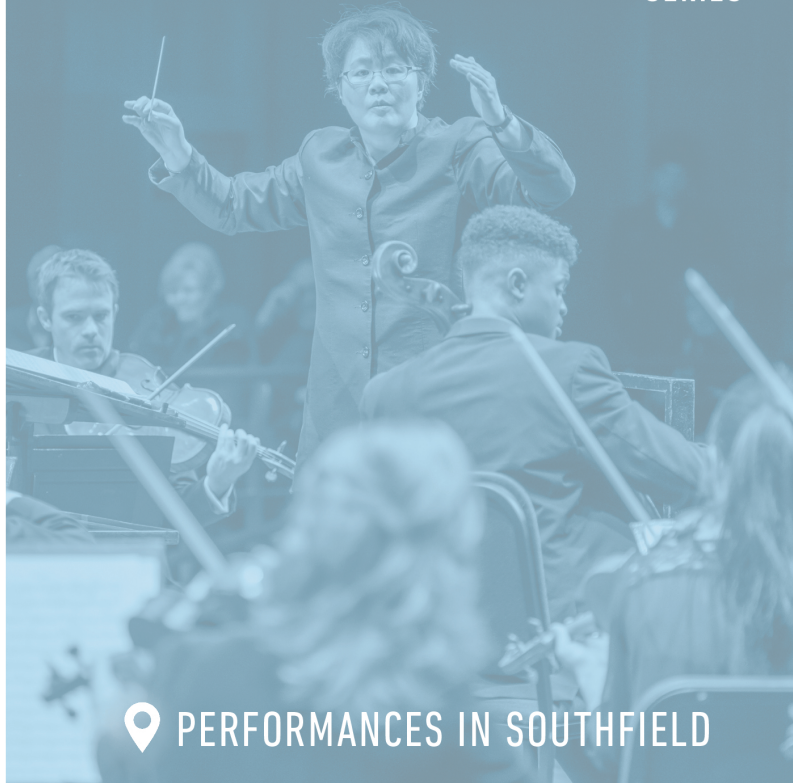
MARCH 20 Southfield Parks & Recreation

NEIGHBORHOOD

RAVEL'S MOTHER GOOSE

APRIL 18 Southfield: Shaarey Zedek

BUY TICKETS • DSO.ORG • 313.576.5111



📍 PERFORMANCES IN SOUTHFIELD



TOSS

Transportation of Southfield Seniors

Transportation of Southfield Seniors - TOSS is currently providing transportation to medical appointments, grocery shopping, pharmacies, 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 recommended.

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.

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



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

Thriving in Place, not Aging in Place

As you are reading this article, we have made it partially through another cold, Michigan winter. Will spring ever get here? As Senior Adults we have lived through our share of blustery winters and scorching summers. We are survivors. We stare down the future knowing that whatever happens we can handle it. We care about our community. We know that Southfield is a wonderful place to live and we will work hard to keep it that way. Our wish is to thrive in place, not age in place.



The *Commission on Senior Adults* would like your ideas and comments on how Senior Adults can continue to thrive in place in Southfield. COSA is a commission comprised of citizens appointed by the Southfield City Council. We bring the voices of Senior Adults (ages 50+) to the Southfield leadership. We invite interested persons to join our commission who would like to improve the lives of Senior Adults so we can continue to thrive in place. You do not need to be a Senior Adult to be a COSA member. Our meetings are held the third Thursday of every month at 4:00 pm at the City of Southfield offices. For more information, please contact Rhonda Terry at rterry@cityofsouthfield.com or by phone at (248) 796-4540.

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 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.

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*

Nancy L.M. Banks, *Pro Tem*

Daniel Brightwell

Lloyd Crews

Charles Hicks

Coretta Houge

Linnie Taylor

Janet Jackson, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CEcD City Administrator*

Parks & Recreation Board

Kathleen A. McNelis, *Chairperson*

Rosemerry D. Allen

Chana Baumol

Brandon B. Gray

Simon Rivers

Parks & Recreation Department

Terry Fields, *Director*

Senior Services

Angela Verges, *Senior Coordinator*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Erica Copeland

Betty Simmons

Chrys Wright



Registering for Programs

The Southfield Senior Services office remains closed to the public. We are available Monday-Thursday from 9 am - 4 pm and Friday from 9 am - 2 pm to answer your calls at (248) 796-4650. If we miss you, please leave a message and we will call you back. Registration can easily be done in person, over the phone or on-line.

- 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, Mon-Fri 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



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.