

The Southfield Scribe



Winter Greetings

As the days grow shorter and the chill settles in, we hope you're staying cozy and finding warmth in the company of friends, family, and cherished memories. Winter is a time for reflection, new joys, and a chance to embrace the quiet beauty of the season.

In this issue, we're excited to bring you tips for staying active, new activities, and a seasonal recipe to warm you on colder days. From all of us, we wish you a season filled with comfort, good health, and a touch of winter magic. Stay warm and take good care!

Tips for Staying Active in Winter Months

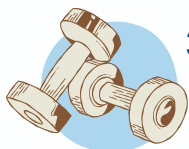


1 Take Daily Walks

Walking is a low-impact way to keep moving. The Southfield Pavilion is a great place to walk and socialize with other walkers.

2 Stretch Regularly

Gentle stretching improves flexibility and reduces stiffness.



3 Use Light Weights

Strength training with light weights or resistance bands helps maintain muscle strength and bone density. Even lifting canned goods can help!

4 Stretch and Strengthen with Chair Exercises

Chair exercises are a great way to stay active, especially for those with limited mobility. Many seated movements can build strength and flexibility.



5 Stay Hydrated and Dress Comfortably

Staying hydrated and wearing proper clothing layers are key to comfort and safety. Remember to warm up and cool down before and after any exercise.

Staying active, no matter the intensity, is all about consistency. Remember, a little movement every day goes a long way in promoting health and well-being!

SENIOR VENDOR FAIR

Meet with local senior resource vendors and get information on services and goods available in Southfield.

FREE ADMISSION



**FRIDAY,
MARCH 7**

**10 AM
-
12 PM**



**SOUTHFIELD
PAVILION**

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

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.

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.

Park Adventures



Meet the group in parking lot of the park at 9 am unless otherwise noted.

January

- Jan 9 Carpenter Lake Nature Preserve
- Jan 16 Berberian Woods Nature Preserve
- Jan 23 Bauervic Woods Park
- Jan 30 Inglenook Park

FEBRUARY

- Feb 6 Freeway Park /Lincoln Woods
- Feb 20 Bedford Woods Park
- Feb 27 Art Walk/Red Pole Park*
*Meet at Parks & Recreation

Check social media for weather updates or call (248) 796-4620.

MARCH

- Mar 6 Carpenter Lake Nature Preserve
- Mar 13 Berberian Woods Nature Preserve
- Mar 20 Bauervic Woods Park
- Mar 27 Inglenook Park

April

- Apr 3 Freeway Park /Lincoln Woods
- Apr 10 Bedford Woods Park
- Apr 17 Civic Center Park
- Apr 24 Burgh Historical Park

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 22 Twelve Oaks Mall - Novi

Feb 11 Somerset Collection - Troy

Mar 25 Great Lakes Crossing Outlets -
Auburn Hills

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

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

Lunch Out

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

Mar 6 **Ford's Garage** - Novi

11:00 am - 2:30 pm \$5 per person to ride bus

Please call the office (248-796-4650) 24 hours in advance if you are unable to attend.

Monthly Casino Trips

No frills but all the thrills when you win!

Please note, there are no casino comp packages for these Monthly Casino Trips.

January 16 **Motor City Casino** -
9:30 am - 2:30 pm

February 13 **MGM Grand Detroit** -
9:30 am - 2:30 pm

\$5 per person to ride bus

*Senior Services
presents*

Take a step toward better foot health!



FOOT DOCTOR VISITS

with
Dr. Tameka Parham Taylor

2 - 3 PM Thursdays,

January 16 February 20 March 20

Dr. Tameka Parham Taylor, a Foot and Ankle Specialist, is available monthly at the Parks & Recreation Building, offering diabetic foot care, treatment for callouses, corns, and toenails, plus general evaluations for seniors aged 50 and older.

To check insurance or schedule your appointment, call Dr. Taylor's office at (248) 621-4800, and mention *City of Southfield Senior Services*.



Charles H. Wright Museum

Step into a world of resilience, culture, and history at the *Charles H. Wright Museum of African American History*. This museum offers an unforgettable journey through centuries of African American heritage. Explore powerful exhibits like *Still We Rise* – a sweeping exploration of African civilizations through the African American experience in the U.S. Whether you're discovering ancient artifacts, contemporary art or narratives of civil rights triumphs, the Wright Museum is more than a museum.

We will have light refreshments at Parks & Recreation prior to departing for the museum.

Friday, January 29 11:30 am - 3:30 pm

Southfield Resident Rate: \$20 per person

Non-resident Rate: \$25



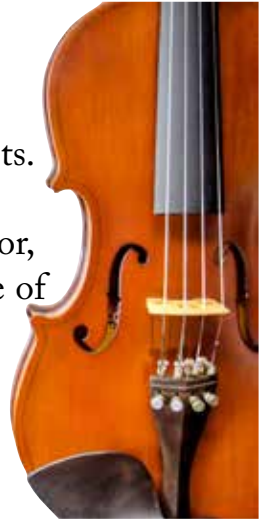
Transportation may be requested to pick up off-site for trips. Anyone who wishes to be picked up must be signed up for the trip at least two weeks prior to the date of the trip. This service is limited to the first 3 people who make a request and is based upon driver availability. Off-site pick-ups are not available when we travel by motor-coach.

Classical Roots

with the
Detroit Symphony Orchestra

Classical Roots, the DSO's annual celebration of African American composers and artists. Enjoy sounds by acclaimed composer, violinist and educator, Jessie Montgomery. She is one of today's "most distinctive and communicative voices. Her Grammy Award-nominated *Rounds*, played by virtuoso Awadagin Pratt, evokes imagery and themes from T.S. Eliot's *Four Quartets*. Opening the program is a world premiere by award-winning Detroit composer and trumpeter Kris Johnson. Lunch is on your own, we plan to dine at a local restaurant.

Friday, February 28 9:30 am - 3:30 pm



Southfield Resident Rate: \$20 per person

Non-resident Rate: \$25

Hollywood Casino Toledo, Ohio

With over 2,000 slot machines, game tables such as blackjack, roulette, and craps and their popular poker room spread throughout their smoke-free gaming floor the odds for fun on this trip are high. All participants will receive \$5 in slot play. You must have photo ID and give your date of birth to receive incentives from the casino. All packages are subject to change.

Wednesday, March 12 8:00 am - 4:30 pm

Southfield Resident Rate: \$40 per person

Non-resident Rate: \$45

Washington, DC - Our Nation's Capital

This trip offers a blend of history, culture, and relaxation, perfectly tailored for an enriching experience. We will travel by motorcoach with Diamond Tours. This trip also includes:

- Motor-coach transportation
- 4 nights lodging in the Virginia area
- 8 meals: 4 breakfasts (continental) and 4 dinners
- Guided Tour of Washington, DC including:
WW II Memorial, Capitol Hill, Embassy Row, Korean War Veterans Memorial, Vietnam Veterans Memorial, Martin Luther King, Jr. National Memorial and more.
- Evening guided Memorial and Monuments Tour.
- Tram Ride through *Arlington National Cemetery*.
- Full day visit, plus a 2nd visit the next day, to the *Smithsonian National Museum of the African American History & Culture*.



ONLY 20 seats available! Register Soon!!

Friday, July 18 - Tuesday, July 22

Southfield Resident Rate: \$780* per person Non-resident Rate: \$790*

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

The Grand Experience at Mackinac Island's Grand Hotel



Trip includes 3 nights accommodation at the *Grand Hotel*, five-course dinners on Tuesday, Wednesday, and Thursday evenings, breakfasts Wednesday-Friday, round-trip ferry service (Shepler's) from Mackinaw City, round-trip carriage taxi from boat dock to hotel, a carriage tour of the island and various daily activities, contests, 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 14 - Friday, October 17 \$225 Deposit due at registration

Southfield Resident Rate: \$965/person Triple Occupancy \$1,060/person Double Occupancy
\$1,340/person Single Occupancy

AARP Tax Aide Returns

Scheduling of appointments will start January 8, 2025.

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.



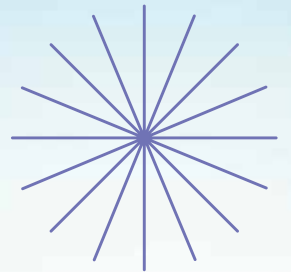
All tax help is by appointment only and space will be limited. Appointments will be scheduled for weekdays from February 1 through April 11. Appointments take place in the Marcotte Room of the Parks & Recreation Building. Underground parking is available providing easy access to the Marcotte Room.

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 8.

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

Save
the Date

AN
EVENING
OF
Elegance



DINNER/DANCING VIOLINIST

Saturday, May 10
5 - 8 PM

Conversations with the Coordinator

Angie Verges



Let's Talk

Join us for "Conversations with the Coordinator" to connect with Senior Facility Coordinator Angie.

This casual gathering allows you to learn about upcoming programs, share ideas, and suggest new classes or events while enjoying coffee and engaging discussions.

Help shape our community offerings!

Wednesdays, January 15, February 19 & March 19
8:30 - 9 am

Southfield Pavilion, 26000 Evergreen Rd

Contact Senior Services (248) 796-4650
for more details.



Seniors! Sign up today for a ONE YEAR Drop-In Membership!

Senior Services Drop-In Programs offer multiple activities for one affordable price. Register once in person, over the phone, or online, and enjoy a fun time with friends for a year!

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

- Cornhole** - Mondays & Fridays **NEW!**
- Bingo** - Tuesdays (10-11:30 AM \$0.25/card)
- Sky Jo** - Tuesdays
- Bid Whist** - Tuesdays and Thursdays
- Bridge** - Wednesdays
- Mahjong** - Wednesdays

Beech Woods Recreation Center,
22200 Beech Road
10 AM - 12 PM

- Bounce Volleyball** - Mondays & Wednesdays
- Indoor Pickleball** - Tuesdays
- Indoor Tennis** - Thursdays and Fridays

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

For more information call Senior Services (248) 796-4650.



SENIOR LUNCHEONS

Luncheon with the Mayor

Over a meal of pizza, salad, and dessert, Mayor Siver will share stories from his fascinating family history, as documented in his book, *Uncommon Ancestry*. Don't miss this chance to learn more about the Mayor's own roots and the colorful characters that shaped his family tree!

1 ½ hours **Resident: \$10 Non-resident: \$15**
Fri, Jan 17 11:30 am-1:00 pm
Parks & Recreation Bldg, Room 115

Black History Month Luncheon

Join us for a special Black History Month Luncheon celebrating influential Black historical figures with a presentation by reenactors from the *Southfield Historical Society*. Enjoy herb chicken, mac & cheese, and more. This gathering blends good food, great company, and inspiring stories.

1 ½ hours **Resident: \$25 Non-resident: \$30**
Fri, Feb 21 11:30 am-1:00 pm
Parks & Recreation Bldg, Room 115

St Patrick's Day Celebration Lunch

Enjoy a traditional Irish-inspired menu featuring Reubens, potatoes, salad, and dessert, alongside lively music to set the festive tone! Join us for an afternoon of delicious food, great company, and Irish cheer—don't forget to wear your green!

1 ½ hours **Resident: \$20 Non-resident: \$25**
Mon, Mar 17 11:30 am-1:00 pm
Parks & Recreation Bldg, Room 115

Senior Spring Tea

Put on your favorite spring hat and join us for an elegant afternoon of tea, treats, and good company! Sip on a selection of fine teas, enjoy delicious tea sandwiches, and indulge in delightful cakes. Come celebrate Spring in style and make new memories with friends!

1 ½ hours **Resident: \$25 Non-resident: \$30**
Fri, Apr 11 11:30 am-1:00 pm
Parks & Recreation Bldg, Room 115



MICHIGAN SECRETARY OF STATE MOBILE OFFICE IS COMING TO YOU

Southfield Pavilion, 26000 Evergreen Road

10:00 am - 3:00 pm

Wednesday, January 22

Wednesday, April 16



Book a visit to complete your Secretary of State transactions, including:



**First-time
Michigan ID**



**Renew driver's
license or ID**



Transfer title



**Apply for/renew
disability placard**

New Classes with Parks & Recreation

Tech Classes for Adults 50+

Instructor Mike Wilson, has successfully taught thousands of seniors to master their phones and computers!

A Practical Computer Class

1½ hours Resident: \$40 Non-resident: \$45
Fri, Jan 10 9:30-11:00 am
Parks & Recreation Bldg, Room 221

For the Non-Designer - Design Business Cards, Flyers and More

1½ hours Resident: \$40 Non-resident: \$45
Fri, Jan 17 9:30-11:00 am
Parks & Recreation Bldg, Room 221

Windows 11-Starting from the Beginning

1½ hours Resident: \$40 Non-resident: \$45
Fri, Jan 24 9:30-11:00 am
Parks & Recreation Bldg, Room 221

Creating Envelopes & Labels

1½ hours Resident: \$40 Non-resident: \$45
Fri, Feb 7 9:30-11:00 am
Parks & Recreation Bldg, Room 221

AI (Ai) Made so Practical and Easy!

1½ hours Resident: \$40 Non-resident: \$45
Fri, Feb 21 9:30-11:00 am
Parks & Recreation Bldg, Room 221

All about Pictures

1½ hours Resident: \$40 Non-resident: \$45
Fri, Mar 7 9:30-11:00 am
Parks & Recreation Bldg, Room 221

Getting to Know your Smartphone

1½ hours Resident: \$40 Non-resident: \$45
Fri, Mar 21 9:30-11:00 am
Parks & Recreation Bldg, Room 221

Music History Series

These presentations, led by passionate music enthusiast, Stu Johnson, include your favorite songs along with informational slides and hand-outs.

Popular Music of the 20's

1 day Resident: \$5 Non-resident: \$6.50
Fri, Jan 24 1:00-2:15 pm
Parks & Recreation Bldg, Room 223

The Transitional Music of the 30's

1 Day Resident: \$5 Non-resident: \$6.50
Fri, Feb 7 1:00-2:15 pm
Parks & Recreation Bldg, Room 223

Music of the 40's

1 Day Resident: \$5 Non-resident: \$6.50
Fri, March 28 1:00-2:15 pm
Parks & Recreation Bldg, Room 223

Special Interest

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 Apr 3-Apr 4 10:00 am-3:00 pm
Parks & Recreation Bldg. - Room 221



JUKEBOX BINGO

**FRIDAY,
FEBRUARY
14**

**1 PM -
2:30 PM**

**\$5/Resident
\$6.50/Non-res
Ages 50+**

**PARKS & RECREATION BUILDING, ROOM 115,
26000 EVERGREEN RD.**



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



City of Southfield

Commission on Senior Adults (COSA)

Membership Recruitment



WHO WE ARE

The Commission on Senior Adults (COSA) was created by the Southfield City Council in September 1987 to present recommendations and information to the Mayor and City Council based on its investigation and study of the needs, concerns, and problems of senior adults living in Southfield.

COSA works closely with city departments and local organizations, which serve the senior adult community. COSA also monitors state and federal legislation and serves as an educational link to services and resources designed to support the senior community. COSA's focus is to improve the lives of Southfield's senior adults, who comprise over 40% of the city's population.

OUR MISSION

In order for the City of Southfield to provide quality services to its senior residents, it is vital that a citizen component in the form of a commission be in place. This commission shall support senior interests, assist in the resolution of senior concerns, and serve as a general liaison between seniors, the community at large, and the municipality of the City of Southfield.

COSA seeks to transform the City of Southfield into a more Age-Friendly and livable community for people of all ages with emphasis on residents 50 and above. Through advocacy and community engagement, the City of Southfield will be welcoming and attractive to people of all ages, but especially to senior adults.

OUR VISION

COSA's vision aligns with the Age-Friendly initiative plan of AARP and the State of Michigan. Through a COSA led partnership with city government, volunteers, businesses and other community stakeholders, senior adults will identify Southfield as a premier place to live and work.

The Chore Program



The Chore Program is for all Southfield homeowners who are senior citizens, 62 or older, OR certified handicapped living alone AND whose annual income meets HUD Federal income guidelines: for a family of ONE the income must be \$33,600 or less and for a family of TWO the income must be \$38,400 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, furnace cleaning and minor repair, minor electrical repair, minor painting

and carpentry. Each qualified homeowner is allowed \$600 per year for the labor involved, while the client is responsible for materials used. By helping with home and yard maintenance, the Chore Program enables homeowners to continue to stay in their homes.

If you have any questions about *The Chore Program*, please call Nina Greenstein, at (248) 796-5119.

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*

Charles Hicks, *Pro Tem*

Nancy L.M. Banks

Daniel Brightwell

Dr. Lloyd C. Crews

Yolanda C. Haynes

Coretta Houge

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

Micaela Beckford, *Student Representative*

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://bit.ly/SfldParksAndRecOnline>

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.