

PARKS & RECREATION SOUTHFIELD



Fall 2025

SEASONAL FUN

**SOUTHFIELD SPORTS
ARENA ICE RINK**

Open Skates Sticks & Pucks

Teen Glow Skate Motown Disco Open Skate



26000 Evergreen Rd, Southfield, MI

(248) 796-4620

What's New this Fall

Why does the Activities Guide Look Different This Fall?

We're excited to bring you a more compact guide this season, making it easier to find what you're looking for. To help fit everything in, you'll see shorter program listings—but all the details are still available online or by phone. If you need help, just give us a call!

REGISTER NOW

Registration can easily be done in person, over the phone or on-line.

- In-person Mon-Fri from 8 AM - 5 PM at the **Parks & Recreation Information Desk** (26000 Evergreen Rd) and the **Beech Woods Recreation Center** (22200 Beech Rd).
- By phone at (248) 796-4620, Mon-Fri from 8 AM - 5 PM
- On-line at bit.ly/SfldParksAndRecOnline or scan the code below



More Ways to Hit the Ice!

This fall, we've expanded our lineup at the Southfield Sports Arena!

In addition to our Open Skates and Sticks & Pucks drop-in times, you'll find:

- **Extra Open Skate times during school breaks**
- **Teen Glow Skate for ages 13-17**
- **Motown Disco Skate for the whole family**
- **Skate for a Cause fundraisers**

Whether you're gliding for fun or showing off your moves, there's more ice time than ever!

Quick Tip: Scan the QR codes throughout this guide for full schedules and online registration.

Plan Your Park Adventure

With over 20 parks to explore, there's a perfect spot for every kind of day.
Use this guide to find the best park for your mood!

Park Name	Services	Location
Bauervic Woods Park	Playlot Trails Picnic Area Family-Friendly Park	20545 W Nine Mile Rd
Bedford Woods Park	Playlot Walking Path Soccer Field Softball/Little League field Family-Friendly Park	Webster, W of Pierce
Beech Woods Park	50-tee, lighted driving range Playlot Picnic Shelter Tennis (w/pickleball lines) courts Restrooms (close Nov 1) Family-Friendly Park Active Rec Spot	22200 Beech Rd
Berberian Woods Nature Preserve	Nature Trail Nature & Quiet Trails	end of Streamwood Ln, S of Twelve Mile Rd.
Burgh Historical Park	Flower Gardens Historic Site Nature & Quiet Trails	26080 Berg Rd
Carpenter Lake Nature Preserve	Boulder Garden Nature trails Lake fishing access Restrooms Small shelter Nature & Quiet Trails	27225 W Ten Mile Rd
Civic Center Park	Sand Volleyball Soccer field Tennis courts (lighted) Racket/Handball courts (lighted) Ballfields (1 lighted) Restrooms (close Nov 1) Playlot 2 Picnic Shelters Nature trails Family-Friendly Park Active Rec Spot	26000 Evergreen Rd
Freeway Park	Playlot Walking Paths Tot-Lot & Family-Friendly Park	Eastbound Lincoln, W of Greenfield Rd
Inglenook Park	4 Softball fields Accessible play lot Fitness trail Restrooms (close Nov 1) Family-Friendly Park Active Rec Spot	20901 W 12 Mile Rd
Lahser Woods Park	Paved walking path Dog Park Opening Soon!!	27577 Lahser Rd
Mary Thompson House & Farm	Southfield Community Gardens Historic Site Nature & Quiet Trails	25630 Evergreen Rd
Miller Park	Playlot Ballfield Walking Path Pickleball and basketball courts Active Rec Spots	18401 Webster
Pebble Creek Park	Playlot Picnic Shelter Soccer field Walking/fitness trail Restrooms (close Nov 1) Active Rec Spots	26355 American Dr
Seminole Park	Playlot Family-Friendly Park	Seminole St., north of Shiawassee
Simms Park	Playlot Small shelter Ballfield Walking Path Tennis & basketball courts Active Rec Spots	28501 Pierce St.
Stratford Woods Commons	Play Area Picnic Area (no shelter) Family-Friendly Park	Pierce, S of 10 Mile Rd.
Valley Woods Nature Preserve	Nature Trail Fishing Nature & Quiet Trails	Civic Center Drive, E of Telegraph

Family Time

Enjoy quality time together with programs designed for kids and their grown-ups. Learn, play, and make memories side by side.

Get Creative

Cookie Decorating Workshop (Adult & Child)

Instructor: Allison, T Berry Bakery
Celebrate the flavors of fall together! In this sweet workshop, led by a full-time pastry chef, we will be making frosted cookies in the spirit of fall. *Fee includes registration for one adult and one child.*

Ages: 5 and up (children age 10 and under will need adult help.)

Fee*: Res: \$50 NR: \$55

**Each registration is for two people.*

Date: Su, Oct 5 1-2:30 PM

Location: P&R Building - Rm 111



Floral Jewelry - Mini Class

Instructor: Wild Daisy Creative
Create a one-of-a-kind resin flower bracelet, charm bracelet, stud earrings, or an adjustable ring. Choose from hundreds of background color options and a variety of tiny flowers to make your piece pop! *Fee includes supplies for one participant.* *Hypoallergenic silver and gold options available.*

Ages: 5 and up (children age 10 and under will need adult help.)

Fee*: Res: \$23 NR: \$28

Res 50+: \$20.70 NR 50+: \$25.70

**Each registration covers supplies for one person.*

Date: Th, Dec 4 6-8 PM

Location: P&R Building - Rm 115

Polymer Clay Halloween Jewelry

Instructor: Wild Daisy Creative
Craft spooky-season jewelry using polymer clay and shaped cutters, then assemble your creation into a finished accessory. *Fee includes supplies for one participant.* *Hypoallergenic and clip-on earring options available.*

Ages: 5 and up (children age 10 and under will need adult help.)

Fee*: Res: \$30 NR: \$35

**Each registration covers supplies for one person.*

Date: Th, Oct 2 5-7 PM

Location: P&R Building - Rm 115

Fitness & Fun

Itty Bitty Bunnies Gymnastics

Instructor: Tumble Bunnies, Inc
Hop, bounce, and tumble with your little one in this energetic parent-child class! Grown-ups join their itty bitty bunnies as they explore fun gymnastics equipment like trampolines, wedge mats, bars, and more—building confidence and coordination along the way.

Ages: 1½ - 3

Fee: Res: \$110 NR: \$120

Dates:

W, Sept 24-Oct 29 5:30-6 PM

W, Nov 5-Dec 17 5:30-6 PM

Location: P&R Building - Rm 221

Parent & Me Soccer Clinic

Instructor: D. Finegan

Kick off the fun in this interactive clinic designed for kids ages 4–7 and their grown-ups! Parents join in on the field to help build basic soccer skills, teamwork, and confidence through playful drills and activities.

Ages: 4 - 7

Fee: Res: \$55 NR: \$65

Dates: Su, Sept 14-Oct 12 2-3 PM

Location: Civic Center Park - Soccer Field

Motown Disco Open Skate

Lace up those skates and get ready to boogie! We're throwin' it back at the Southfield Sports Arena with a Motown Disco Skate takeover. Grab your bell bottoms, bring the whole crew, and glide into a groovy night of open ice skating and funky vibes.

Ages: 6 and up

Fee: Res: \$4 NR: \$5

Date: F, Sept 26 6-7:50 PM

Location: Southfield Sports Arena - Ice Rink

Skate for a Cause

Skate for a good cause! Bring a non-perishable food donation and enjoy free admission and skate rental. All donations will support local families in need. Registration takes place in person at the event.

Ages: All Ages

Fee: Free with Donation of Canned Food

Date:

M. Nov 24 5-6:50 PM

Tu, Dec 23 5-6:50 PM

Location: Southfield Sports Arena - Ice Rink

Seasonal Spotlight

Across the Ages Game Day

This Grandparents Day, step into a time machine of fun! Across the Ages Game Day invites kids and grandparents to team up—or face off—in a playful mix of classic and modern games.

Ages: 5 and up

Fee*: Res: \$5 NR: \$7 *Each registration is for two people.

Date: Su, Sept 7 2:30-5 PM

Location: Municipal Campus front lawn



Pinktober Fest

Join us for a powerful day of awareness, support, and action in the fight against breast cancer. The event features a 5K Walk, inspiring talks from an oncologist and survivors, a tribute honor wall, wellness vendors, and “check yourself” pop-up stations.

Ages: 5 and up

Fee: FREE

Date: Sun, Oct 12 2-4 PM

Location: P&R Building - Rm 115



Boo Bash - Fall Favorite

Get ready for a frightfully fun day at Boo Bash! Kids ages 2–12 can enjoy ghoulish games, creepy crafts, trick-or-treating, spook-tacular entertainment, and more. Costumes are encouraged for all—yes, grown-ups too! Everyone must purchase a ticket to enter.

Ages: 2 and up - all attendees must have a ticket, including adults

Fee: Res: \$10 NR \$15

Date: Sat, Oct 18 1-4 PM

Location: Southfield Pavilion



Pumpkin Pop Up & Cider Social

Celebrate the season at our Pumpkin Pop-Up & Cider Social! Paint a pumpkin, sip warm cider, enjoy tasty donuts, and strike a pose during our festive fall photo op.

Ages: 3 and up

Fee: Res: \$10 NR: \$13

Date:

Th, Oct 23 5:30-6:45 PM or 7-8:15 PM

Location: P&R Building - Rm 222



Wild About Southfield

Get ready for a wildly fun afternoon the whole family will love! Enjoy a live exotic animal show, create your own animal-inspired artwork, rock some temporary tattoos, and explore more wild surprises along the way.

Fee: \$10 per family (1–4 people) \$15 per family (5+ people)

Date: Su, Nov 16 1-3 PM

Location: P&R Building - Rm 115



Soulful Santa Workshop and Holiday Market

Celebrate the season at this reimagined holiday favorite! Enjoy pictures with Soulful Santa, sip hot cocoa from a local food truck, explore a festive holiday market, and meet beloved costumed characters. Kids can get creative at Elf Workshop Stations, making ornaments, holiday cards, DIY gifts, and letters to Santa.

Ages: 2 and up

Fee: Res: \$10 NR: \$13

Date: Sat, Dec 13 12-3:00 PM

Location: Southfield Pavilion



Get Creative

Just for Kids 🎈

Explore your artistic side with programs that let you paint, decorate, craft, and create. No experience needed—just a willingness to try something new!

Cupcake Decorating

Instructor: Allison, T Berry Bakery
It's time to let your inner pastry chef out and start decorating! You'll learn the art of turning baked goods into edible art. *All supplies included.*

Ages: 8 - 13

Fee: Res: \$35 NR: \$40

Date: F, Nov 14 6-7:30 PM

Location: P&R Building - Rm 111



Cyanotype Workshop

Instructor: G. Francis
Create one-of-a-kind art using sunlight and science! In this outdoor workshop, participants will use blue photosensitive cyanotype ink to make striking prints with natural materials. Watch your designs come to life right before your eyes! *All supplies included.*

Ages: 8 - 12

Fee: Res: \$25 NR: \$30

Date: Sa, Sept 27 12-1:30 PM

Location: BW Park - Picnic Shelter



Halloween Creature Gourds

Instructor: G. Francis

Get creative and spooky! In this hands-on workshop, kids will transform gourds into silly, spooky, or downright adorable Halloween creatures using paint and a variety of fun art supplies. *All materials provided—just bring your imagination!*

Ages: 5 - 11

Fee: Res: \$20 NR: \$25

Date: M, Oct 20 5-6:30 PM

Location: P&R Building - Rm 221



Leaf Print Thank You Cards

Instructor: G. Francis

Get creative with color and texture as you learn how greeting cards are made from the inside out! Using real leaves, crayons, and paper, participants will create unique, handmade thank you cards—just in time to show gratitude to family and friends this holiday season. *All supplies included.*

Ages: 8 - 12

Fee: Res: \$20 NR: \$25

Date: W, Nov 19 5-6:30 PM

Location: P&R Building - Rm 221

18+ Crowd ✨

Block Printed Greeting Cards

Instructor: J. Teper

Design, carve, and print your own custom greeting cards! In this hands-on workshop, you'll create a reusable stamp by carving into soft linoleum blocks—perfect for making a series of one-of-a-kind cards to share (or keep!). *All supplies provided, no experience necessary.*

Ages: 18 and up

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$31.50

Date: Th, Nov 6 6-8 PM

Location: P&R Building - Rm 115

Ceramics

Instructor: K. Robichaud

Get your hands in the clay and bring your ideas to life! Learn hand-building techniques like slab and coil to create decorative pieces with texture, shape, and personality. *\$50 materials fee paid directly to instructor.*

Ages: 16 and up

Fee: Res: \$165 NR: \$185

Res 50+: \$148.50 NR 50+: \$166.50

Dates: W, Sep 10-Nov 12 7-10 PM

Location: Burgh Historical Park - Pottery Rm

18+ Crowd ✿

Looking for more ways to get creative? The programs on this page and the next offer inspiring options for adults to learn, make, and express themselves.

Cake Decorating

Instructor: Allison, TBerry Bakery

Learn vintage piping techniques to layer, fill, and frost like a pro.

Perfect for beginners or those looking to sharpen their skills.

Age 18 and up

Fee: Res: \$70 NR: \$80

Res 50+: \$63 NR 50+: \$72

Dates: M, Oct 20-Nov 3 6:30-9 PM

Location: P&R Building - Rm 111

Felted Landscapes

Instructor: J. Teper

Paint with wool! Learn to layer colorful fibers and use felting tools to create art with texture. No prior experience needed, and all supplies are included.

Ages: 18 and up

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$31.50

Date: Th, Oct 9 6-8 PM

Location: P&R Building - Rm 221



Georgia O'Keeffe Florals

Instructor: C. Shoemaker

Channel your inner O'Keeffe as you recreate one of her iconic florals.

Recreate one of Georgia O'Keeffe's famous paintings in acrylic paint while learning the techniques she used. *All supplies included.*

Ages: 18 and up

Fee: Res: \$35 NR: \$40

Res 50+: \$31.50 NR 50+: \$36

Date: F, Nov 14 1-4 PM

Location: P&R Building - Rm 115

Glass Etching Workshop

Instructor: Paint Creek Center for the Arts

Turn plain glass into custom

designs with permanent etching

techniques! Learn the art of glass etching in this one-day, hands-on workshop using stencils and permanent etching cream.

You'll leave with two custom, dishwasher-safe glasses you created yourself.

Ages: 18 and up

Fee: Res: \$30 NR: \$35

Date: W, Oct 8 6:30-8 PM

Location: P&R Building - Rm 115

LGBTQ+ Art Club

Instructor: C. Nelson

A group dedicated to building community through art. Each month the LGBTQ+ Art Club meets and has a workshop focused on a different subject. *All supplies are included. Please note that this workshop is taught by and intended exclusively for the LGBTQ+ community.*

Ages: 16 and up

Monthly Fee: Res: \$13 NR: \$16

Location: P&R Building - Rm 221

Collage

Date: M, Sept 29 6:30-8 PM

Linoleum Stamps

Date: M, Oct 27 6:30-8:30 PM

Zines

Date: M, Nov 24 6:30-8 PM

Comics

Date: M, Dec 15 6:30-8 PM

Joys of Poetry

Instructor: H. Parsons

Find your voice and confidence through poetry. Explore poetic

structure, guided writing prompts, and supportive group sharing in a welcoming environment.

This class invites you to express yourself and connect with others through words. *All supplies included.*

Ages: 16 and up

Fee: Res: \$15 NR: \$20

Res 50+: \$13.50 NR 50+: \$18.50

Date: M, Oct 27 6:30-8:30 PM

Location: P&R Building - Rm 221

Macrame Plant Hangers

Instructor: Wild Daisy Creative

Twist, knot, and loop your way to a boho plant hanger.

Ages: 18 and up

Fee: Res: \$28 NR: \$33

Res 50+: \$25.20 NR 50+: \$29.70

Date: F, Sep 12 10 AM-12 PM

Location: P&R Building - Rm 221



Paint Like Van Gogh

Instructor: C. Shoemaker

Explore expressive brushwork and bold color like Van Gogh. Recreate one of Van Gogh's iconic paintings in acrylic paint while learning the techniques that he utilized. *All supplies included.*

Ages: 18 and up

Fee: Res: \$35 NR: \$40

Res 50+: \$31.50 NR 50+: \$36

Date: F, Sep 26 1-4 PM

Location: P&R Building - Rm 115

Get Creative

18+ Crowd * continued

Senior Favorites *

Resin Pressed Flower Bookmark or Page Holder

Instructor: Wild Daisy Creative

Create a floral keepsake with resin, petals, and torn pages. You'll create and take home a finished bookmark OR page holder.

Ages: 18 ½ and up

Fee: Res: \$23 NR: \$28

Res 50+: \$20.70 NR 50+: \$25.70

Date: Th, Nov 6 12-2 PM

Location: P&R Building - Rm 223

Screen Printed Aprons

Instructor: J. Teper

Design and print your own apron using screen printing techniques. Perfect for gifting or to keep for yourself.

Ages: 18 and up

Fee: Res: \$35 NR: \$40

Res 50+: \$31.50 NR 50+: \$36

Date: Th, Dec 11 6-8 PM

Location: P&R Building - Rm 115

Sound Bath and Reflective Writing

Instructors: J. York & H. Parsons

Unwind with soothing sound and guided reflective writing. Celebrate the *Hunter's Moon* by immersing yourself in a renewing sound bath and reflective writing experience during the full moon. Participants are encouraged to bring a yoga mat or blanket with them to utilize during the sound bath for maximum relaxation.

Ages: 18 and up

Fee: Res: \$20 NR: \$25

Date: M, Oct 6 6:30-8:30 PM

Location: P&R Building - Rm 115

Quilting for Beginners

Instructor: K. Garrett

Discover the joy of creating your first beautiful quilt.

Inspiring beginner quilters will explore the joy that comes from creating something beautiful. Pattern, fabric and supply list will be available at the time of registration.

Ages: 50 and up

Fee: Res 50+: \$60 NR 50+: \$65

Date:

Th, Sep 11-Oct 16 12:30-3:30 PM

Th, Oct 30-Dec 11 12:30-3:30 PM

Location: P&R Building - Rm 221



Quilting

Instructor: K. Garrett

Elevate your quilting with creative modern and traditional techniques. This class is for the seasoned quilter, the focus is on guiding quilters through a journey of traditional and creative modern quilting. Pattern, fabric and supply list will be available at the time of registration.

Ages: 50 and up

Fee: Res 50+: \$60 NR 50+: \$65

Date:

W, Sep 10-Oct 15 12:30-3:30 PM

W, Oct 29-Dec 10 12:30-3:30 PM

Location: P&R Building - Rm 221

Teen Picks

Cool classes, fun outings, and creative experiences just for teens and tweens.

Hang out, try something new, and meet people who get it.

Get Creative

Teen Blackout Poems

Instructor: H. Parsons

Blackout Poetry blends creative writing with visual art. Learn how to transform existing text into something completely new—and completely your own. No experience needed, just a love for words and creativity.

Ages: 13 - 17

Fee: Res: \$12 NR: \$15

Date: M, Nov 3 6:30-8 PM

Location: P&R Building - Rm 223

Want to explore more writing, check out *Joys of Poetry*, a writing workshop for ages 16 and up. Page 7 has all the info.

Lego Brick Printmaking

Instructor: Paint Creek Center for the Arts

Use your favorite childhood toy to make art. In this fun, hands-on workshop, you'll use Lego bricks to make designs and patterns and then print with them!

Ages: 13 - 17

Fee: Res: \$27 NR: \$32

Date: Th, Nov 20 6-7:30 PM

Location: P&R Building - Rm 115

You don't have to be an adult to get your hands in the clay. Ages 16+ are welcome in our *Ceramics* class—check out page 7.

Mark Your Calendar

Teen Glow Skate

Light up the night at our Teen Glow Skate! This special event includes skating time, a glow stick, pizza, and skate rental. Ice skates are available on a first-come, first-served basis—so arrive early! A signed permission form is required and must be completed in person at the event.

Ages: 13 - 17

Fee: Res: \$8 NR: \$10

Date: Sa, Dec 6 6-7:50 PM

Location: Southfield Sports Arena - Ice Rink

Fitness & Fun

Teen Ballet/Jazz

Instructor: Impulse Dance Academy

A fusion of classical ballet and modern jazz set to popular music. This fall, dancers will focus on jazz techniques and choreography. In the winter session, the focus shifts to ballet. Dancers will work toward a performance piece throughout the year.

Dress Code: (Sept- Dec): Black leotard; black jazz pants/shorts; black tights; black jazz shoes; hair in a bun or ponytail.

Ages: 11 - 18

MONTHLY Fee: Res: \$62 NR: \$72

Dates: Sa, Sept 6-Jun 13 1:30-2:30 PM

Location: Arts & Activities Bldg - Dance Rm

Teen Hip Hop

Instructor: Impulse Dance Academy

A high-energy class that explores hip-hop style, movement, and self-expression through age-appropriate choreography.

Dress Code: Loose, comfortable clothing and clean dance sneakers. No street shoes or jeans allowed.

Ages: 11 - 18

MONTHLY Fee: Res: \$48 NR: \$58

Dates: Sa, Sept 6-Jun 13 12:30-1:15 PM

Location: Arts & Activities Bldg - Dance Rm

More Ways to Move!

Looking to stay active? Teens are welcome in several of our sports programs:

- *Teen Beginner Tennis* and *Adult/Teen Intermediate Tennis* lessons are on page 16.
- *Golf Level 1* is open to ages 16 and up. See page 15 for all the details!

LEARN MORE



Hit the Ice!

Fall 2025 Open Skate Schedule

All sessions held at the Southfield Sports Arena Ice Rink

Ages: All Ages

Weekday Lunch Skate

Take a break and hit the ice during your lunch hour!

Daily Fee: Res: \$4 NR: \$4

Dates:

M, Sept 8-Dec 22 12-1:20 PM

W, Sept 3-Dec 17 12-1:20 PM

F, Sept 5-Dec 26 12-1:20 PM

Weekend Open Skate

Fun for the whole family on Saturday evenings and Sunday afternoons.

Daily Fee: Res: \$4 NR: \$5

Dates:

Sa, Sept 6- Dec 27 6:30-7:50 PM

Su, Sept 7-Dec 28 3-4:20 PM

Bonus Open Skate Dates

We've added extra Open Skates during holiday breaks and special days!

Daily Fee: Res: \$4 NR: \$5

Dates:

Th, Oct 9 1:30-2:50 PM

Th, Oct 16 1:30-2:50 PM

Tu, Oct 28 6-7:20 PM

Tu, Nov 4 12-1:20 PM

W, Nov 26 7:30-8:50 PM

Sa, Dec 6 12-1:50 PM

Wed, Dec 30 7:30-8:50 PM

Resident Rates & Rentals

Anyone wishing to receive the resident rate must show a Southfield Resident Leisure Card, Southfield driver's license, or Business Leisure Card.

Skate rental is available on a first-come, first-served basis for \$3 per person.



Lace up, glide out, and make some memories at the Southfield Sports Arena. Chill vibes, cool skates, and good times on the ice.

Sticks & Pucks

Sharpen your skills or just get in some ice time at this casual, non-competitive drop-in session.

- **Ages:** All Ages
- **Adults (18 and up):** Must wear a hockey helmet, hockey gloves and hockey skates.
- **Ages 17 and under:** Must wear full hockey equipment, including a helmet with face mask, and be accompanied by a parent or guardian.
- **Note:** space is limited to the first 20 players to sign in at each session

Daily Fee: \$8/person

Dates:

M, Sept 8-Dec 22 10:30-11:50 AM

W, Sept 3-Dec 17 10:30-11:50 AM

F, Sept 5-Dec 26 10:30-11:50 AM

Su, Sept 7-Dec 29 12-1:20 PM

Location: Southfield Sports Arena - Ice Rink

Special Ice Events

Check out these fun themed skates at the Southfield Sports Arena!

For full details, see the pages noted below.

Motown Disco Skate – Groove into a funky Friday night of ice skating and Motown beats.
Sept 26 • Ages 6+ • See page 4

Skate for a Cause – Donate canned goods and skate for free while supporting local families.
Nov 24 & Dec 23 • All Ages • See page 4

Teen Glow Skate – Pizza, glow sticks, and teen-only fun on the ice.
Dec 6 • Ages 13–17 • See page 10

Learn to Skate

Our *Learn to Skate lessons* will be back in January! Details will be in our Winter Activities Guide mailed to residents in December.

Follow the Southfield Parks & Recreation Facebook page for up-to-date information on all classes and events held at the Southfield Sports Arena.



Sharpen your skills at the driving range or take on the course—golf programs for all levels are available this fall in Southfield.

Beech Woods Driving Range

22202 Beech Rd (248) 796-4655

Closes for the season at 3 PM F, Oct 31

Open daily, weather permitting:

M-W, & F 9 AM - 8:30 PM

Th 11AM - 8:30 PM

Sa & Su 8 AM - 8:30 PM

Bucket Size	Small	Med	Large
Res & 50+	\$7	\$9	\$11
NR	\$9	\$11	\$13

Last small bucket of balls sold at 8 PM.



Evergreen Hills Golf Course

26000 Evergreen Rd (248) 796-4666

Open daily, weather permitting:

M-F 8 AM - Dusk

Sa & Su 7 AM - Dusk

Putting Clinic

Instructor: T. Ryan

PGA teaching Pro Terri Ryan will show you tips and tricks on the practice putting green at the Evergreen Hills Golf Course

Ages: 16 and up

Fee: Res: \$15 NR: \$15

Date: Th, Sep 11 12-1 PM

Location: Evergreen Hills GC

Adult Golf Camp

Instructor: T. Ryan

Sharpen your game with this 3-day camp led by PGA Teaching Pro Terri Ryan! Each day focuses on a different aspect of golf—from full swing to short game to on-course play.

Ages: 19 and up

Fee: Res: \$150 NR: \$170

Res 50+: \$135 NR 50+: \$153

Schedule:

Day 1 – Swing Focus

Swing analysis, irons, hybrids & woods.

Date: F, Sep 12 5–7 PM

Location: BW Driving Range

Day 2 – Short Game & Strategy

Putting, chipping, pitching, bunker shots, course management.

Date: Sa, Sep 13 8–11 AM

Location: BW Driving Range

Day 3 – On-Course Instruction

9-hole scramble with tips and coaching throughout.

Date: Su, Sep 14 8–11 AM

Location: Evergreen Hills GC

Golf Lessons

Instructor: T. Ryan

Ages: 16 and up

Fee: Res: \$50 NR: \$65

Res 50+: \$45 NR 50+: \$58.50

The price of range balls (\$6/bucket) is not included.

Level 1

Build your golf foundation with lessons on grip, stance, swing mechanics, short game, and putting.

Sessions:

- Grip, stance, ½ swing
- Irons and full swing
- Chipping & pitching
- Putting

Dates:

M,W, Sept 8-17 12-12:50 PM

M,W, Sept 8-17 7-7:50 PM

Location: BW Driving Range

Level 2

For returning players ready to go deeper—focus on full swing refinement, hybrids, woods, driver, and short game.

Sessions:

- Review and full swing
- Hybrids & fairway woods
- Driver
- Short game

Dates:

Tu, Th, Sept 9-18 7-7:50 PM

Location: BW Driving Range

2025 Golf Fees

Proof of residency is required for Resident rates.

Rates listed are for 9 holes.

M-F

Res: \$15 NR: \$16 *Open - 3 PM*

Res: \$16 NR: \$17 *3 PM - Close*

Sa, Su & Holidays

Res: \$16 NR: \$17 *Open - 12 PM*

Res: \$15 NR: \$16 *12 - 4 PM*

Res: \$14 NR: \$15 *4 PM - Close*

Senior (55+) & Youth* (17 & under):

Save \$2

M-F before 3 PM, Sa and Su after 12 PM.

Except holidays.

**\$3 for 9 holes with Youth on Course membership.*

Save time, book your tee times on-line!



Fitness ⚡ & Fun

From high-energy workouts to playful movement, these programs help all ages stay active, feel strong, and have a great time doing it!

Just for Kids 🎈

Grasshopper Basketball

Instructor: G. Hawthorne

Perfect for beginners! This playful intro class teaches kids the basics of positioning, dribbling, and teamwork through fun games and easy-to-follow drills.

Ages: 4 - 6

Fee: Res: \$50 NR: \$65

Dates:

Sa, Sept 13-Oct 18 9-9:50 AM

Sa, Oct 25-Dec 6 9-9:50 AM

Location: BW Rec Center - Gym

Youth Basketball Clinic

Instructor: G. Teasley

Boost confidence on and off the court! This clinic focuses on offense, defense, sportsmanship, and real game strategies to help young players build skills and game IQ.

Ages: 7 - 10

Fee: Res: \$50 NR: \$65

Dates:

Sa, Sept 13-Oct 18 10-10:50 AM

Sa, Oct 25-Dec 6 10-10:50 AM

Location: BW Rec Center - Gym

Basketball Skills & Drills

Instructor: T. Marshall

Level up your game! This class uses structured drills in shooting, defense, and ball handling to prepare players for league play and help them improve core skills with confidence.

Ages: 7 - 11

Fee: Res: \$50 NR: \$65

Dates:

M, Sept 15-Oct 20 6-6:50 PM

M, Oct 27-Nov 24 6-6:50 PM

Location: BW Rec Center - Gym



Fall Basketball League

Players will practice on Fridays and compete in a 6-game Saturday schedule at Beech Woods Rec Center. All participants must attend the mandatory Drills & Draft.

Interested in coaching or have questions?

Contact Angelica Mickens at amickens@cityofsouthfield.com

League	Game Days & Times	Fee	Drills & Draft
2-3 Grade	Sat, Oct 4-Dec 6 9-10 AM	Res: \$100; NR: \$120	Sa, Oct 4 9 AM
4-5 Grade	Sat, Oct 11-Dec 13 10-11 AM	Res: \$120; NR: \$140	Sa, Oct 11 10 AM
6-8 Grade	Sat, Oct 11-Dec 13 11 AM-12 PM	Res: \$120; NR: \$140	Sa, Oct 11 11:30 AM

Mindful Movement for Youth

Instructor: Dreams Pilates

Stretch, breathe, and grow—inside and out! Through playful yoga poses, breathwork and balance-building games, youth will improve flexibility, focus, coordination and confidence.

Ages: 8 - 14

Fee: Res: \$72 NR: \$77

Dates:

Tu, Sept 9-Oct 14 5:45-6:30 PM

Tu, Oct 21-Dec 2 5:45-6:30 PM

Location: P&R Building

Youth Open Gym

Bring your game and hit the court!

This is your chance to shoot hoops, build skills, and play pickup with friends after school. All participants must register for the season, with their parent/guardian, at their first visit.

Ages: 9 -13

Fee: Res: \$3 NR: \$5

Dates:

M-F, Sep 2-Dec 19 3:30-5:30 PM

Location: BW Rec Center - Gym

Scan for details & registration!



View full class descriptions and sign up online.

Questions?

Call (248) 796-4620.

Nerf Wars Parents' Night Out!

Ready... Aim... Fun!

Bring your Nerf Blaster and battle it out in fast-paced games like Capture the Flag, Humans vs. Zombies, and more!



We'll supply the darts and goggles—you bring the action.

Perfect chance for parents to enjoy a kid-free evening!

Ages: 7 - 10

Fee: Res: \$5 NR: \$7

Date: F, Nov 21 6-8 PM

Location: Southfield Pavilion

Youth Soccer Clinic

Instructor: D. Finegan

This fast-paced clinic focuses on footwork, ball control, passing and shooting.

Ages: 7 - 14

Fee: Res: \$55 NR: \$65

Dates:

Su, Sept 14-Oct 12 3-4 PM

Location: Civic Center Park - Soccer Field



Bizzy Bunnies Gymnastics

Instructor: Tumble Bunnies, Inc

Your bizzy bunny will tumble, bounce, and balance their way through beginner gymnastics!

This high-energy class introduces equipment like balance beams, bars, trampolines, vaults, and wedge mats—all in a fun and encouraging environment. *Comfortable clothing and a water bottle recommended.*

Ages: 3 - 4

Fee: Res: \$110 NR: \$120

Dates:

W, Sept 24-Oct 29 6-6:35 PM

W, Nov 5-Dec 17 6-6:35 PM

Location: P&R Building - Rm 221



Happy Hoppers Gymnastics

Instructor: Tumble Bunnies, Inc

Watch your happy hopper grow in confidence and coordination! Kids will explore beginner gymnastics skills using fun equipment like trampolines, bars, beams, and more—all with a big focus on smiles and fun.

Comfortable clothing and a water bottle recommended.

Ages: 5 - 7

Fee: Res: \$110 NR: \$120

Dates:

W, Sept 24-Oct 29 6:40-7:10 PM

W, Nov 5-Dec 17 6:40-7:10 PM

Location: P&R Building - Rm 222

Impulse Youth Dance Classes

A performance-based dance program for youth dancers. This program will run the full school year - September 2025 to June 2026. Tuition is billed monthly or paid in full at registration. First month's payment is due at sign-up and is non-refundable.

Payment Options:

- Monthly: 10 equal installments (Oct–June), auto-billed on the 1st
- Full Year: One-time payment at registration
- Credit card required unless paying in full
- \$20 late fee applies if payment issues aren't resolved within 5 days



IMPULSE
DANCE ACADEMY

	Age	Dates	Monthly Fee	Location
Mini Ballet	3 - 5	Th, Sept 4-Jun 18 5:30 PM-6:15 PM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm
Mini Ballet	3 - 5	Sa, Sept 6-Jun 13 11:30 AM-12:15 PM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm
Taps & Tutus	4 - 6	W, Sept 3-Jun 17 4:45-5:30 PM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm
Taps & Tutus	4 - 6	Sa, Sept 6-Jun 13 10:30-11:15 AM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm
Jr Ballet/Jazz	6 - 10	Sa, Sept 6-Jun 13 12:30-1:30 PM	Res: \$62 NR: \$72	Arts & Activities Bldg - Dance Rm
All Boys Hip Hop	5 - 10	Th, Sept 4-Jun 18 5:30-6:15 PM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm
Mini Hip Hop	5 - 6	Sa, Sept 6-Jun 13 10:30-11:15 AM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm
Mini/Jr Hip Hop	6 - 10	Th, Sept 4-Jun 18 6:30-7:15 PM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm
Jr Hip Hop	7 - 10	Sa, Sept 6-Jun 13 11:30 AM-12:15 PM	Res: \$48 NR: \$58	Arts & Activities Bldg - Dance Rm

Teen dancers, we've got you too! See Teen Ballet/Jazz and Teen Hip Hop on page 10.

Mini Ballet

Introduction to classical ballet technique and terminology. Dancers progress throughout the year.

Dress Code: Black leotard; pink tights; pink ballet slippers; hair secured in a bun. No tutus/skirts.

Taps & Tutus

An imaginative introduction to rhythm, song, and movement. Dancers build coordination and confidence in a fun, creative space. Children must be potty trained and able to participate independently.

Dress Code: (Sept-Dec) Black leotard, pink tights, black Mary Jane tap shoes.

Jr Ballet/Jazz

A fusion of classical ballet and modern jazz set to popular music. This fall, dancers will focus on jazz techniques and choreography. In the winter session, the focus shifts to ballet. Dancers will work toward a performance piece throughout the year.

Dress Code: (Sept-Dec) Black leotard, black jazz pants or shorts, black tights, and black jazz shoes. Hair in a bun or ponytail.

Hip Hop

A high-energy class introducing hip-hop style, movement, and self-expression.

Dress Code: Loose, comfortable clothing and clean dance sneakers. No street shoes or jeans allowed.

All Ages Friendly 🎉

These next two pages feature programs open to a wide range of ages—perfect for teens, adults, and multigenerational fun!

Fitness ⚡ & Fun

Quick Start Tennis Lessons

Perfect for young beginners! This class introduces kids to the game of tennis with fun activities and games using foam and low-compression balls. Players will learn basic racquet handling, tracking the ball, and judging flight and direction—all while having a blast on the court.

Family Beginner Tennis Lessons

Learn the game together! This class is designed for parents and children to take a beginner lesson side by side. Everyone must register individually—so grab your racquet and hit the court as a team!

Beginner Tennis Lessons

Learn the fundamentals of tennis, including grip, footwork, forehand, backhand, serve, volley, and scoring. This class also covers basic rules and court etiquette to help players feel confident and ready to rally.

Intermediate Tennis Lessons

Build on your tennis foundation with drills focused on consistency, control, and strategy. This class introduces lob shots, overheads, and half-volleys while continuing to refine serves and groundstrokes. Includes competitive games and match-style play.

	Instructor	Age	Dates	Fee	Location
Quick Start	R. Hughes	4 - 6	Sa, Sept 13-Oct 11 9-9:50 AM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	Civic Center Park - Courts 3 & 4
	R. Hughes	4 - 6	Sa, Oct 18-Nov 15 12-12:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	BW Rec Center - Court 3
Quick Start	R. Hughes	7 - 10	Sa, Sept 13-Oct 11 10-10:50 AM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	Civic Center Park - Courts 3 & 4
	R. Hughes	7 - 10	Sa, Oct 18-Nov 15 1-1:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	BW Rec Center - Court 3
Youth Beginner	R. Hughes	8 - 12	Tu, Sept 9 - Oct 7 6-6:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	Civic Center Park - Courts 3 & 4
	R. Hughes	8 and up	Th, Oct 16-Nov 13 6-6:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	BW Rec Center - Court 3
Teen Beginner	R. Hughes	11 - 17	Sa, Oct 18-Nov 15 2-2:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	BW Rec Center - Court 3
Family Beginner	R. Hughes	7 and up	Th, Sept 11-Oct 9 7-7:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	Civic Center Park - Courts 3 & 4
	R. Hughes	7 and up	Th, Oct 16-Nov 13 7-7:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	BW Rec Center - Court 3
Adult Beginner	R. Hall, Jr.	18 and up	M, Sept 8-Oct 6 6-6:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	Civic Center Park - Courts 3 & 4
	R. Hughes	18 and up	Tu, Sept 9 -Oct 7 7-7:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	Civic Center Park - Courts 3 & 4
Adult/Teen Intermediate	R. Hall, Jr.	13 and up	M, Sept 8-Oct 6 7-7:50 PM	Res: \$55 NR: \$70 R 50+: \$49.50 NR 50+: \$63	Civic Center Park - Courts 3 & 4

Fitness & Fun

All Ages Friendly 

Pre-Karate

A fun introduction to martial arts! Little ones will build focus, balance, and confidence while learning basic moves, drills, and stances—plus important lessons in respect and following directions, all at a pace just right for their age.

Karate - Beginner

Perfect for white belts and first-timers! Learn the basics of martial arts including stances, drills, forms, and etiquette. Build focus, endurance, and balance through exercises, stretches, and board breaking. Students can advance to a colored belt.

Karate - Intermediate

For students with colored belts. Build on foundational skills with more advanced drills, forms, and self-defense techniques. Sparring is introduced, and advancement continues toward Black Belt.

Karate - Advanced

This class is designed for higher ranked practitioners of red and black belts with instructor's permission. Focuses on mastery of advanced techniques, sparring skills, and self-discipline with rigorous training and testing.

	Instructor	Age	Dates	Fee	Location
Pre-Karate	M. Bray	5 - 7	Sa, Sept 6-Oct 18 Sa, Oct 25-Dec 13 9:30-10 AM	Res: \$30 NR: \$40	BW Rec Center - Multipurpose Rm
Beginner	G. Mundy	7 and up	Tu, Sept 2-Oct 14 Tu, Oct 21-Dec 9 Th, Sept 4-Oct 16 Th, Oct 23-Dec 11 6-6:50 PM	Res: \$30 NR: \$40 R 50+: \$27 NR 50+: \$36	BW Rec Center - Multipurpose Rm
		7 and up	Tu & Th, Sept 2-Oct 16 Tu & Th, Oct 21-Dec 11 6-6:50 PM	Res: \$50 NR: \$65 R 50+: \$45 NR 50+: \$58.50	BW Rec Center - Multipurpose Rm
Beginner	M. Bray	7 and up	Sa, Sep 6-Oct 18 Sa, Oct 25-Dec 13 11 AM-12 PM	Res: \$30 NR: \$40 R 50+: \$27 NR 50+: \$36	BW Rec Center - Multipurpose Rm
Intermediate	G. Mundy	7 and up	Tu & Th, Sept 2-Oct 16 Tu & Th, Oct 21-Dec 11 7-7:50 PM	Res: \$50 NR: \$65 R 50+: \$45 NR 50+: \$58.50	BW Rec Center - Multipurpose Rm
Intermediate	M. Bray	7 and up	Sa, Sept 6-Oct 18 Sa, Oct 25-Dec 13 12:15-1:15 PM	Res: \$30 NR: \$40 R 50+: \$27 NR 50+: \$36	BW Rec Center - Multipurpose Rm
Advanced	G. Mundy	7 and up	Tu & Th, Sept 2-Oct 16 Tu & Th, Oct 21-Dec 11 8-8:50 PM	Res: \$50 NR: \$65 R 50+: \$45 NR 50+: \$58.50	BW Rec Center - Multipurpose Rm
		7 and up	Sa, Sept 6-Oct 18 Sa, Oct 25-Dec 13 12:15-1:05 PM	Res: \$30 NR: \$40 R 50+: \$27 NR 50+: \$36	BW Rec Center - Multipurpose Rm

18+ Crowd

The next two pages highlight programs for adults to stay physically active and socially connected.

Adult Open Gym

Start your day with a little full-court action! Whether you're looking to break a sweat, practice your shot, or just enjoy some pick-up basketball, Open Gym is a great way to stay active. All participants must register for the season at their first visit.

Ages: 18 and up

Daily Fee: Res: \$4 NR: \$6

Dates:

M-Tu, Sept 2-Dec 19 12:30-2:30 PM

Th-F, Sept 5-Dec 19 12:30-2:30 PM

Location: BW Rec Center - Gym

5-Point-0 Fusion Dance

Instructor: H. Patton

Low-impact and fun! This dance-based movement class helps improve coordination and cognitive skills—especially for seniors! Enjoy a blend of cultural dance styles and music genres. No experience needed; just wear comfy clothes and shoes.

Ages: 16 and up

Fee: Res: \$42 NR: \$52

Res 50+: \$37.80 NR 50+: \$46.80

Dates:

Tu, Sept 9-Oct 14 11:45 AM-12:30 PM

Tu, Oct 28-Dec 9 11:45 AM-12:30 PM

Th, Sept 11-Oct 16 10:30-11:15 AM

Th, Oct 30-Dec 11 10:30-11:15 AM

Location: Arts & Activities Bldg - Dance Rm

African Dance

Instructor: M. Shani

Celebrate culture through

movement! Learn traditional dances from Guinea, Mali, Senegal, and Sierra Leone while exploring rhythm, grace, and energy. All levels welcome—just bring your spirit and love for dance.

Ages: 16 and up

Fee: Res: \$60 NR: \$70

Res 50+: \$54 NR 50+: \$63

Dates:

M, Sept 8-Oct 20 5:30-7 PM

M, Nov 3-Dec 15 5:30-7 PM

Location: Arts & Activities Bldg - Dance Rm

Popular Hustles

Instructor: K. Johnson

Get moving with today's most

popular line dances! This upbeat class covers partner-free hustle routines set to fun and familiar music. Perfect for beginners or seasoned dancers looking to stay active and have fun.

Ages: 18 and up

Fee: Res: \$35 NR: \$45

Res 50+: \$31.50 NR 50+: \$40.50

Dates:

Tu, Sept 9-Oct 14 6:30-7:30 PM

Tu, Oct 28-Dec 23 6:30-7:30 PM

W, Sept 10-Oct 15 6:30-7:30 PM

W, Oct 29-Dec 10 6:30-7:30 PM

Location: P&R Building - Lower Level

Fat-2-Lean - Teaches Zumba

Instructor: P. Latimer

Ditch the workout—join the party!

Zumba mixes easy-to-follow dance moves with Latin and world rhythms for a high-energy cardio workout that's fun and effective. All fitness levels welcome!

Ages: 18 and up

Fee: Res: \$64 NR: \$74

Res 50+: \$57.60 NR 50+: \$66.60

Dates:

M, Oct 6-Nov 17 6-6:45 PM

Th, Oct 9-Nov 20 6-6:45 PM

Location: P&R Building - Rm 115

Mini Holiday Session

Fee: Res: \$32 NR: \$42

Res 50+: \$28.80 NR 50+: \$37.80

Dates:

M, Dec 1-Dec 15 6-6:45 PM

Th, Dec 4-Dec 18 6-6:45 PM

Location: P&R Building - Rm 115

Beech Woods Wellness Center

A friendly, community-focused fitness center offering cardio and strength training equipment, in a friendly, supportive environment. Whether you're just starting out or keeping your routine going strong, our supportive staff and updated facility make it easy to stay active and feel your best.

Fall Special \$15/month

Sept-Dec

M-F 9 AM-7 PM

REGISTER NOW



18+ Crowd ✨

Fitness ⚡ & Fun

Fat-2-Lean Low Impact Aerobics

Instructor: P. Latimer

Fun, full-body fitness for everyone!

Get moving with 30 minutes of easy-to-follow cardio, then build strength, balance, and coordination using light equipment like weights, balls, and chairs. Perfect for all fitness levels!

Ages: 16 and up

Fee: Res: \$64 NR: \$74

Res 50+: \$57.60 NR 50+: \$66.60

Dates:

Tu, Oct 7-Nov 18 10-10:45 AM

Location: P&R Building - Rm 115

Fee: Res: \$74 NR: \$84

Res 50+: \$66.60 NR 50+: \$75.60

Dates:

Th, Oct 9-Nov 20 10-10:45 AM

Location: P&R Building - Rm 115

Mini Holiday Session 🎅

Fee: Res: \$32 NR: \$42

Res 50+: \$28.80 NR 50+: \$37.80

Dates:

Tu, Dec 2-Dec 16 10-10:45 AM

Th, Dec 4-Dec 18 10-10:45 AM

Location: P&R Building - Rm 115

Pilates for Healthy Spines

Instructor: D. Leapheart

Strengthen your core and support your spine with gentle, focused movement. Build flexibility, enhance posture and strengthen your core. Learn safe techniques to help manage or prevent back and neck pain.

Ages: 18 and up

Fee: Res: \$50 NR: \$60

Dates:

M, Oct 20-Nov 24 6-6:50 PM

Location: BW Rec Center - Multipurpose Rm

Stretch & Strength

Instructor: Dreams Pilates

This class is designed for adults who are looking to improve flexibility, posture, balance and core strength in a gentle and accessible way.

Ages: 18 and up

Fee: Res: \$72 NR: \$77

Res 50+: \$64.80 NR 50+: \$69.30

Dates:

Morning Class

Tu, Sep 9-Oct 14 10-10:45 AM

Tu, Oct 21-Dec 2 10-10:45 AM

Evening Class

Tu, Sep 9-Oct 14 7-7:45 PM

Tu, Oct 21-Dec 2 7-7:45 PM

Location: P&R Building

Stretch and Tone with a Touch of Pilates

Instructor: C. Baugh

Strengthen, stretch, and refresh your body from head to toe. Build strength, improve flexibility, and increase body awareness through a full-body workout that blends gentle stretching with Pilates-inspired movements.

Fee: Res: \$45 NR: \$55

Res 50+: \$40.50 NR 50+: \$49.50

Dates:

W, Sept 10-Oct 15 5:15-6 PM

W, Oct 29-Dec 3 5:15-6 PM

Location: BW Rec Center - Multipurpose Rm

Park Adventure Walks

Get outside for a refreshing weekly stroll with fellow nature lovers! Enjoy light exercise, fresh air, and local wildlife on these guided walks.

SEPTEMBER

- Sept 4 Carpenter Lake Nature Preserve
- Sept 11 Berberian Woods Nature Preserve
- Sept 18 Bauervic Woods Park
- Sept 25 Inglenook Park

OCTOBER

- Oct 2 Lincoln Woods/Freeway Park
- Oct 9 Art Walk/Red Pole Park
- Oct 16 Civic Center Park
- Oct 23 Carpenter Lake Nature Preserve
- Oct 30 Berg Historical Park/Southfield Cemetery

NOVEMBER

- Nov 5 Full Moon Walk @ Civic Center Park
- Nov 6 Bauervic Woods Park
- Nov 13 Freeway Park/Lincoln Woods
- Nov 20 Art Walk/Red Pole Park

DECEMBER

- Dec 4 Full Moon Walk @ Civic Center Park
- Dec 11 Carpenter Lake Nature Preserve
- Dec 18 Berberian Woods Nature Preserve

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

Senior Favorites

Programs on this page are tailored for our 50+ community—creative, engaging, and just your pace!

Chair Exercise

Instructor: K. Walton

Stay active with a seated workout using resistance bands, hand weights, and fitness balls to build strength and flexibility. Bring your equipment and a water bottle.

Daily Fee: Res 50+: \$5 NR 50+: \$6

Dates:

M, Sept 8-Dec 22 11 AM-12 PM

W, Sept 3-Dec 17 11 AM-12 PM

F, Sept 5-Dec 19 11 AM-12 PM

Location: P&R Building - Rm 115

Hustles for Seniors

Instructor: K. Johnson

Move to the music with Motown-inspired hustle routines made just for seniors! This class is designed with seniors in mind—no partner needed, just your love of music and movement.

Ages: 50 and up

Fee: Res 50+: \$35 NR 50+: \$45

Dates:

Th, Sept 11-Oct 16 12-1 PM

Th, Oct 30-Dec 11 12-1 PM

Location: P&R Building - Lower Level

Moderate Yoga

Instructor: L. Lerman

A gentle, balanced yoga class for all levels. Includes warm-ups, poses, and breathing exercises to improve strength and flexibility. Bring a mat and non-slip socks.

Ages: 50 and up

Fee: Res 50+: \$70 NR 50+: \$70

Dates:

M, Sept 8-Oct 27 12:15-1:15 PM

Location: P&R Building - Rm 223

Fee: Res 50+: \$80 NR 50+: \$85

Dates:

M, Nov 3-Dec 12 12:15-1:15 PM

Location: P&R Building - Rm 223

Looking for more ways to stay active?
Flip to pages 22–23 to learn about our
Senior Drop-in programs, including
Senior Bounce Volleyball, indoor
Pickleball, and Tennis at Beech Woods
Recreation Center.

Pickleball Lessons

Instructor: E. Starks

Learn the basics of Pickleball, including rules, scoring, and fundamental techniques to get you started on the court.

Ages: 50 and up

Fee: Res 50+: \$25 NR 50+: \$30

Dates:

Tu, Oct 7-Nov 4 10-11 AM

Tu, Nov 18-Dec 16 10-11 AM

Tu, Oct 7-Nov 4 11:15 AM-12:15 PM

Tu, Nov 18-Dec 16 11:15 AM-12:15 PM

Location: BW Rec Center - Gym

Beginning Tai Chi with Jay

Instructor: J. Little

Learn the slow, gentle movements of the Tai Chi form.

Ages: 50 and up

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$31.50

Dates:

Evening Class @ Parks & Recreation Building

M, Sept 8-Oct 20 6-7 PM

M, Nov 10-Dec 15 6-7 PM

Location: P&R Building - Pavilion

Morning Class @ Beech Woods Recreation Center

Th, Sep 11-Oct 16 9:30-10:30 AM

Th, Oct 30-Dec 11 9:30-10:30 AM

Location: BW Rec Center - Multipurpose Rm

Tai Chi Form

Instructor: J. Little

This class is a continuing Tai Chi class for those who know and understand the basics. Instructor approval needed to take this class.

Ages: 50 and up

Fee: Res: \$30 NR: \$35

Res 50+: \$27 NR 50+: \$31.50

Dates:

Evening Class @ Parks & Recreation Building

M, Sept 8-Oct 20 6:30-7:30 PM

M, Nov 10-Dec 15 6:30-7:30 PM

Location: P&R Building - Pavilion

Morning Class @ Beech Woods Recreation Center

Th, Sept 11-Oct 16 10:45-11:45 AM

Th, Oct 30-Dec 11 10:45-11:45 AM

Location: BW Rec Center - Multipurpose Rm

Try Something New

Looking for a fresh hobby or skill? This section is packed with unique experiences for all ages—from one-day workshops to exciting multi-week programs.

Just for Kids

Robots and Coding 1

Instructor: W. Hill, *ckingknowledge Institute*

Build robots and learn to code them. The robots are driven by a video game controller, which the student can code, too. No prior experience required.

Ages: 9 - 15

Fee: Res: \$150 NR: \$170

Dates: M, Sept 8-Oct 20 4:30-6 PM

Location: P&R Building - Rm 222 & 223



Robots and Coding 2

Instructor: W. Hill, *ckingknowledge Institute*

Must have completed Robots and Coding 1.

In this course you will continue to build on top of the Basebot, adding a robot arm and claw, and writing software code to accomplish a variety of missions.

Ages: 9 - 15

Fee: Res: \$150 NR: \$170

Dates: M, Nov 3-Dec 15 4:30-6 PM

Location: P&R Building - Rms 222 & 223

All Ages Friendly

StarLab

with Oakland County Naturalist

Join us for an astronomical evening inside StarLab, Oakland County's inflatable indoor planetarium! Take a naturalist-guided tour of the current night sky and discover the legends and lore behind the constellations you'll see above.

Ages: 6 and up

Fee: Res: \$5 NR: \$6

Dates:

Tu Dec 9 5-6 PM

Tu Dec 9 6-7 PM

Location: P&R Building - Rm 115



KICK OFF THE SEASON WITH US AT THE

Southfield Tree Lighting Ceremony

TUESDAY, DECEMBER 2 • 6 - 8 PM
SOUTHFIELD MUNICIPAL CAMPUS FRONT LAWN,
26000 EVERGREEN ROAD



Want more details? View full class descriptions and sign up online at

www.bit.ly/SfldParksAndRecOnline

or call (248) 796-4620.

18+ Crowd ✿

Introduction to Aromatherapy

Instructor: D. Nelson

Learn the basics of essential oils and how to use them safely and effectively. This class blends education and mindfulness to support your personal wellness journey.

Ages: 18 and up

Fee: Res: \$45 NR: \$50

Res 50+: \$40.50 NR 50+: \$45

Date: M, Sept 15 6-7:15 PM

Location: P&R Building - Rm 221

Caring Together: Safety, Savings, Scents

Instructor: D. Nelson

Explore simple self-care techniques in this hands-on workshop for caregivers and older adults. Create your own lavender hand massage oil while learning safe and affordable wellness practices.

Ages: 18 and up

Fee: Res: \$45 NR: \$50

Res 50+: \$40.50 NR 50+: \$45

Date: M, Oct 20 6-7:15 PM

Location: P&R Building - Rm 221

Aromabuds and Blossoms

Instructor: D. Nelson

Discover how aromatherapy and holistic self-care can support your daily routine. Each session includes guided activities, group discussion, and personal reflection.

Ages: 18 and up

Fee: Res: \$185 NR: \$195

Res 50+: \$166.50 NR 50+: \$175.50

Dates: M, Nov 3-Dec 1 6-7 PM

Location: P&R Building - Rm 221

Personal Finance You Didn't Get in School

Instructor: K. Middleton, MBA

This class will teach how money works. The concepts and strategies in the following areas of personal finance will be discussed: *The Power of Compound Interest, the Rule of 72, The Importance of Life Insurance, Understanding the Debt Trap and Budgeting 101.*

Ages: 18 and up

Fee: Res: \$20 NR: \$25

Res 50+: \$18 NR 50+: \$22.50

Dates:

W, Sept 3 7-8:30 PM

W, Oct 8 7-8:30 PM

W, Nov 5 7-8:30 PM

W, Dec 3 7-8:30 PM

Location: P&R Building - Rm 221



Solve a Murder Mystery!

Team up with fellow detectives to crack clues, break codes, and solve a different whodunit each month. Think fast—the killer's still on the loose!

Ages: 50 and up

Fee: Res 50+: \$5 NR 50+: \$6

Date:

Th, Sep 18 10 AM-12 PM

Th, Oct 16 10 AM-12 PM

Th, Nov 20 10 AM-12 PM

Th, Dec 18 10 AM-12 PM

Location: P&R Building - Rm 223



Senior Favorites ✨

Mahjong

Learn to play Mahjong, a tile-based game similar to Gin Rummy that's full of strategy and fun. Once you've got the basics down, join our weekly Wednesday drop-in games!

Ages: All Ages

Fee: Res 50+: \$10 NR 50+: \$15

Date:

W, Oct 1-29 12:30-3:30 PM

Location: P&R Building - Rm 115

Nutrition for EveryBody

Instructor: I. Finley

Build healthy habits with practical tips for cooking, stretching your food budget, and making nutritious choices that fit your lifestyle.

Ages: 50 and up

Fee: Res 50+: \$30 NR 50+: \$35

Date:

M, Nov 3-Dec 8 9:30-10:30 AM

Location: P&R Building - Rm 221

Swingin' with the Grands Golf Outing

Hit the greens with your favorite little golfer!



This fun, family-friendly scramble pairs grandparents and grandkids for an afternoon of putts, laughs, and quality time. Fee includes cart and light refreshments. *All skill levels welcome.*

Ages: 50 and up

Date: Sa, Sept 13 2-4 PM

Fee: Res 50+: \$50/pair

NR 50+: \$55/pair

Location: Evergreen Hills GC

Spotlight on 50+

Stay active, social, and engaged with programs designed just for you. From fitness to creative hobbies to local adventures—there's something for every interest and energy level!

Ongoing 50+ Programs

Stay informed, entertained, and connected with these free programs designed just for our 50+ community:

50+ Speaker Series

Wed • 9 AM • Sfld Pavilion

Midmorning Movies

2nd Wed of each month • 10 AM • Sfld Pavilion

Conversations with Angie

Chat with our 50+ Coordinator about programs:
Sept 17, Oct 8, Nov 19 • 8:30–9 AM • Sfld Pavilion

All programs are free unless otherwise noted, and held in welcoming community spaces!

For more details, call the Senior Services office at **(248) 796-4650**.

Want to stay up-to-date on all things for Seniors 50+?

Request a mailed copy of our *Southfield Scribe* quarterly newsletter!
Call (248) 796-4650 and request to be added to the mailing list.

Senior Drop-In Membership

Stay active and social with a variety of weekly activities for just **\$10/year (residents)** or **\$15/year (non-residents)**! Register once—in person, by phone, or online—and enjoy a full year of fun and connection.

Drop-In Sports

Beech Woods Recreation Center, 22200 Beech Rd.

- **Bounce Volleyball Open Practice**

Mon & Wed • Oct 6–Dec 17 • 10 AM–12 PM

- **Pickleball**

Tue • Oct 7–Dec 16 • 10 AM–12 PM

- **Tennis**

Thur & Fri • Oct 9–Dec 19 • 10 AM–12 PM

Drop-In Games

Parks & Recreation Building, 26000 Evergreen Rd.

- **Bingo** – \$0.25/card

Tue • 10–11:30 AM

- **Sky-Jo**

Tue • 12:30–3:30 PM

- **Bid Whist**

Tue & Thur • 12–3:30 PM

- **Bridge & Mahjong**

Wed • 12:30–3:30 PM

TOSS: Transportation for Southfield Seniors

Helping Southfield seniors stay independent, active, and connected! In just one month, TOSS provided nearly 400 rides to medical appointments, grocery stores, and more.

- Weekdays • 8:30 AM–3:30 PM
- Residents age 60+ in Southfield & Lathrup Village
- Service Area: 8 Mile–14 Mile; Coolidge–Middlebelt
- \$5 roundtrip (cash) or \$4 prepaid tickets
- Advance reservations required — no same/next-day rides

Schedule a ride: (248) 796-4658

Ticket info: (248) 796-4650

Supported by the City of Southfield, SMART, Corewell Health, and Ascension SE Michigan Mission Fund.



AARP Smart Driver Course

Instructor: Corewell Health

Sharpen your driving skills with this refresher course designed for adults 50+. Learn defensive driving techniques and how to adjust for age-related changes. Bring a bag lunch for a 30-minute break.

Fee: Res 50+: \$30 NR 50+: \$35

Dates:

M-Tu, Sept 15-16 10 AM-3 PM

Location: P&R Building - Rm 221

CPR and AED Training

Instructor: M. Medici

Learn life-saving CPR and AED skills in this American Heart Association course. Includes a two-year certification upon successful completion.

Fee: Res 50+: \$55 NR 50+: \$65

Dates:

Tu, Sept 23 10 AM-12 PM

Tu, Nov 18 10 AM-12 PM

Location: P&R Building - Rm 221

Practical Tech Classes for Adults 50+

Instructor: M. Wilson

Location: P&R Building - Rm 221

Each class is offered individually and priced separately.

A Practical Computer Class for Older Adults

Learn how to:

- Use *YouTube* and email more effectively
- Navigate *Google* Search
- Shop online safely
- Explore helpful websites like *AARP*

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Sept 12 10-11:30 AM

AI (Ai) Made so Practical and Easy!

Get to know *ChatGPT* and how it can:

- Improve your searches and research
- Answer everyday questions
- Assist with writing, ideas, and more

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Sept 26 10-11:30 AM

Understanding all the Keys on Your Keyboard

We'll cover:

- The difference between Shift and Caps Lock
- Creating tabs and spaces
- Handy shortcut keys to save time

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Oct 10 10-11:30 AM

Windows 11-Starting from the Beginning

Learn the basics of Windows 11, including:

- Navigating the Start Menu
- Understanding widgets
- Exploring new layouts and features

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Oct 17 10-11:30 AM

Excel for the Absolute Beginner

Get comfortable with:

- Creating a contact list
- Using Auto Sum and simple formulas
- Organizing info in spreadsheets

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Oct 24 10-11:30 AM

Computer Scams and What not to Click On

Protect yourself online by learning about:

- Common scams and red flags
- Suspicious popups and fake ads
- Email safety and safe browsing

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Nov 7 10-11:30 AM

Exploring Apps on Your Smartphone

We'll go over:

- Photo and texting apps
- Navigation and email
- Using the App Store and basic settings

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Nov 14 10-11:30 AM

Learning all about Zoom

Stay connected by learning:

- How to join and host Zoom calls
- Using video, mute, and chat features
- Adjusting basic settings

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Nov 21 10-11:30 AM

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

Use the free design platform *Canva* to:

- Edit templates with ease
- Design projects for print or social media
- Customize layouts with drag-and-drop tools

Fee: Res 50+: \$40 NR 50+: \$45

Date: F, Dec 5 10-11:30 AM

**All tech classes are held Fridays, 10–11:30 AM
in P&R Building - Rm 221**

Southfield Parks & Recreation Department
26000 Evergreen Road
Southfield, MI 48076

PRSRT STD
U.S. POSTAGE
PAID
SOUTHFIELD, MI
PERMIT NO. 30
ECRWSS

ECRWSS
Local
Residential Customer



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 Allen

Chana Baumol

Brandon Gray

Simon Rivers

Micaela Beckford, *Student Representative*

Parks & Recreation Department

Terry Fields, *Director*

Kiam Jones, *Recreation Superintendent*

Steve Griffith, *Parks Superintendent*

Contact Us :



(248) 796-4620



www.ci.southfield.mi.us



SouthfieldParksandRecreation



southfieldparksrecreation

