

Winter Warm Up: Cozy Connections & Cheer for the Season

January – March 2026

The Southfield Scribe



As the temperature drops, our center is turning up the warmth with programs designed to bring laughter, learning, and lively community spirit. Inside this edition of the Southfield Scribe, discover new activities, seasonal events, and plenty of ways to stay connected.

Chess Club & Chess Lessons

Sharpen your mind and enjoy friendly competition! Whether you're brand new to the game or a seasoned player, our new **Chess Club** and beginner-friendly **Chess Lessons** offer a great way to challenge your brain, meet new people, and enjoy a timeless classic.



Fantastic Voyage: Cruise-Themed Celebration

No passport needed! Get ready to set sail on our **Fantastic Voyage**, a cruise-inspired event that brings the excitement, entertainment, and tropical vibes of the high seas right to our senior community. Expect music, themed activities, and a getaway experience—without ever leaving shore.



New Year Reminder

Renew your drop-in membership now for the best value for your money! Your membership can be used for drop-in programs at Beech Woods Recreation Center and the Parks & Recreation Building. (Membership does not apply to Chair Exercise class). See page 6 for all the details about our **Senior Drop-In Membership**.

Bundle up, stay engaged, and make this winter a season of connection, joy, and new adventures!

SENIOR VENDOR FAIR

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

FREE ADMISSION



**FRIDAY,
MARCH 6**

**10 AM
–
12 PM**



**SOUTHFIELD
PAVILION**

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



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.

Explore with Senior Services

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

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.*

January 13 **Twelve Oaks Mall** - Novi

February 10 **Somerset Collection** - Troy

March 10 **Great Lakes Crossing Outlet Mall** - Auburn Hills

9:30 AM - 3:00 PM \$5 per person to ride bus

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 15 **Motor City Casino**

March 19 **MGM Grand Casino**

9:30 AM - 2:30 PM

\$5 per person to ride bus

Epic Film Scores with the Detroit Symphony Orchestra

Join the DSO and conductor Steve Reineke as they bring the silver screen to life in an unforgettable morning of *Epic Film Scores*. From Hollywood's golden age to today's biggest block busters, this cinematic celebration highlights legendary composers who forever defined the sound of



film. Experience heart-racing thrillers, classic epics, and beloved fanfares in a journey through iconic moments in film history you won't want to miss. Lunch is on your own, we plan to dine at a local restaurant.

Friday, January 30 9:30 AM - 3:30 PM
Southfield Resident Rate: \$45 per person
Non-resident Rate: \$50

What to Know Before You Go

Payments

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

Transportation - Pick Up/Return

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. No refunds on *Shop Till You Drop* and *Monthly Casino Trips*, 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*, *Monthly Casino Trips*, etc.)
- Please allow four (4) weeks for refunds.

THE GRAND EXPERIENCE AT

The Grand Hotel on Mackinac Island

TUESDAY, OCTOBER 13 – FRIDAY, OCTOBER 16, 2026



Space is limited to the first 60 seniors who register!!

Step Back in Time at the Iconic Grand Hotel

Experience the elegance, charm, and natural beauty of Mackinac Island with the 2026 mParks Grand Experience, an all-inclusive getaway designed for adults ages 50+. Relax, explore, and reconnect at a reduced rate and without any of the planning stress.

Southfield Resident Fees

(Non-residents add \$10 to each rate)

Single Room: \$1,385

Double Room: \$1,100

Triple Room: \$1,000

Deposit: \$225 due at the time of registration.

Registration Deadline:
March 2, 2026 or until trip fills.

TRIP INCLUDES

- ✓ 3 nights at the world-famous Grand Hotel
- ✓ Round-trip motor-coach, ferry, and island taxi (boat dock to hotel) transportation
- ✓ Five-course dinners (Tue-Thur)
Daily breakfast (Wed-Fri)
- ✓ Private carriage tour of the island
- ✓ Live Evening Entertainment
- ✓ Engaging daily programs & contests
- ✓ Optional tours & activities



**Call Southfield Senior Services at
(248) 796-4650 for all the details.**



AARP Tax Aide Returns

Scheduling of appointments begins January 13, 2026.

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

Appointments can be made online at <https://sfld.mitaxapp.com/> beginning January 7.

Please note: An active email address is required to use this service.



AARP will once again be assisting senior residents with tax preparation this season. The Tax-Aide program provides **free tax help** for anyone, with a special focus on adults **50 and older** who may not be able to afford professional assistance. All volunteers are trained and certified by the IRS each year.

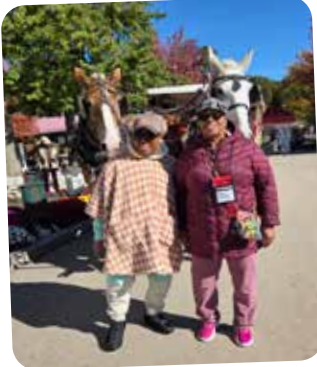
Appointments are required, and space is limited. Tax appointments will be available on weekdays from **February 2 through April 15**.

You may schedule an appointment by calling our office or by visiting <https://sfld.mitaxapp.com> beginning **January 7**.

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



**2025 Grand Experience—
Mackinac Island
(October 2025)**



**Wreath Making
Workshop —
December 2025**



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

Contact Senior Services to confirm what you need to bring to your visit.

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



**Wednesday, January 21
Wednesday, April 15
Southfield Pavilion**

**10:00 AM - 3:00 PM
10:00 AM - 3:00 PM**

Park Adventures

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

Jan 3 Owl Prowl @ Civic Center Park - 5 pm
Jan 8 Bauervic Woods Park
Jan 15 Inglenook Park
Jan 22 Freeway Park/Lincoln Woods
Jan 29 Red Pole Park

Feb 5 Civic Center Park
Feb 12 Carpenter Lake Nature Preserve
Feb 19 Berberian Woods Nature Preserve
Feb 26 Bauervic Woods Park

Mar 5 Inglenook Park
Mar 12 Freeway Park/Lincoln Woods
Mar 19 Red Pole Park
Mar 26 Civic Center Park

Senior Drop-In Membership

Join our welcoming community of active adults 50+ with a Senior Drop-In Membership! Your annual membership (January–December) includes access to all weekly drop-in sports and games for just \$10/year for residents or \$15/year for non-residents. Sign up once—in person, online, or by phone—and enjoy a whole year of fun, fitness, and friendships. Call (248) 796-4650 to register.

Drop-In Sports

Beech Woods Recreation Center, 22200 Beech Rd.

- **Bounce Volleyball**

Mon (Practice) & Wed (League Games) •
Jan 5–May 13 • 10 AM–12 PM

- **Pickleball**

Tue • Jan 6–May 12 • 10 AM–12 PM

- **Tennis**

Thur & Fri • Jan 8–May 15 • 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

- **Chess Club** *NEW FOR 2026!!!*

Tue & Thur • 3:30–6:30 PM



Community Connections for 50+

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

50+ Speaker Series

Join us each month for informative and engaging presentations from local experts and community partners. Topics vary from health and safety to history, finance, and lifestyle tips offering helpful takeaways for your daily life. These free sessions are a great way to learn something new and connect with others in our 50+ community.



Wednesdays from 9:00 - 10:00 AM
Southfield Pavilion

Conversations with the Coordinator

Start 2026 with Conversations with the Coordinator! Meet with Angie to hear what's coming up, share your ideas, and suggest classes or trips you'd love to see. Enjoy coffee, connection, and conversation as we shape our Senior Services offerings together.

Wednesday, January 21
Wednesday, February 18
Wednesday, March 18
8:30 - 9:00 AM
Southfield Pavilion

Mid-Morning Movies

Looking for a relaxing way to start your day? Join us for Midmorning Movies on the second Wednesday of each month at 10:30 am in the Southfield Pavilion. Enjoy a free movie, popcorn, and water—no registration required. Just stop in, grab a seat, and enjoy a great film with friends and neighbors.

Wednesday, January 14	<i>I Dreamed of Africa</i>
Wednesday, February 11	<i>Old Heart</i>
Wednesday, March 18	<i>Rent</i>
Wednesday, April 8	<i>The Butler</i>

10:30 AM
Southfield Pavilion

Chair Massage

Take 15 minutes to relax, recharge, and feel your best. Enjoy a therapeutic massage from a licensed professional to help reduce stress, ease muscle tension, and boost overall well-being.

Pre-registration is required. You'll select a 15-minute time slot within the available session hours.

Monday, January 5 1:30-4:10 PM
Monday, February 2 1:30-4:10 PM
Monday, March 2 1:30-4:10 PM
Southfield Resident: \$20
Non-resident: \$25
P&R Building - Rm 223



Foot Doctor Visits

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

Interested in setting an appointment? Please call Dr. Taylor's office at (248) 621-4800. They will help check insurance coverage and schedule your appointment. Be sure to mention City of Southfield Senior Services and that you want to meet at the Parks & Recreation Building.

Thursday, January 15
Thursday, February 19
Thursday, March 19
2:00-3:00 PM
Parks & Recreation Bldg.





TOSS

Transportation of 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.



Events You Won't Want to Miss

Jukebox Bingo

Friday, February 6 1-2:30 PM

Come out and play bingo with a Valentine's flare! Love with a beat. Jukebox Bingo is played like regular bingo, except with music. Games are themed, such as music from the 70's, 80's, Motown, and love. *Register early, this is a popular event you don't want to miss!*

Southfield Resident: \$5

Non-Resident: \$6.50

P&R Building - Rm 115

Black History Month Luncheon

Friday, February 13 11:30 AM-1 PM

Celebrate culture, heritage, and community. This vibrant event will feature a delicious meal paired with an uplifting program that honors the achievements and traditions of African Americans. Experience the rhythm of the spoken word as our event features an inspiring poetry reading and an energizing drumming presentation.

Registration Deadline: Friday, February 6

Southfield Resident: \$25

Non-resident: \$30

P&R Building - Rm 115

Fantastic Voyage

Saturday, March 14 4-7 PM

Set sail for a cruise-themed evening of food, music, dancing, and games, no passport required! Enjoy lively entertainment, and casino-style fun (no real money exchanged).

Registration Deadline: Friday, March 6

Southfield Resident: \$30

Non-resident: \$35

P&R Building - Rm 115



Hats & High Tea

Friday, April 10 11:30 AM-1 PM

Step into an afternoon of sophistication and charm at our Hats and High Tea! Don your finest hats and enjoy a delightful tea service complete with finger sandwiches, and sweet treats. The event will feature hat parade & contest, a selfie station, friendly conversation, and a touch of sophistication — a perfect way to relax, socialize, and celebrate style and grace.

Registration Deadline: Friday, March 6

Southfield Resident: \$20

Non-Resident: \$25

P&R Building - Rm 115

Save the Date

AN
EVENING
OF

Elegance

Saturday, May 16

New this year - Attendee Fashion Show

If you would like to be a part of our fashion show please contact Senior Services at (248) 796-4650.

Learn, Create & Explore

Move, learn, and challenge yourself with these fun and energizing programs.

Computer Training for Older Adults

Monday, January 12

10 AM-3 PM

Learn essential computer skills like using Windows 11, email, copy/paste, and printing. Includes a large-print, step-by-step workbook to take home. Bring your laptop if you'd like. *This is a 4 hour class with a 45 minute lunch break.*



Registration Deadline: Friday, January 9

Southfield Resident: \$75

Non-Resident: \$80

P&R Building - Rm 221

CPR and AED Training

Wednesday, January 21 10 AM-12 PM or

Wednesday, February 18 10 AM-12 PM or

Wednesday, March 25 10 AM-12 PM

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

Southfield Resident: \$55

Non-resident: \$65

P&R Building - Rm 221

Solve a Murder Mystery!

Thursday, January 8 10 AM-12 PM

Thursday, February 12 10 AM-12 PM

Thursday, March 12 10 AM-12 PM



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

Southfield Resident: \$5/day

Non-resident: \$6/day

P&R Building - Rm 223

Chair Exercise

Mondays, January 5-April 27

Wednesdays, January 7-April 29

Fridays, January 9-May 1

11 AM-12 PM

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.

Southfield Resident: \$5/day

Non-resident: \$6/day

P&R Building - Rm 115

Pickleball Lessons

Tuesday, January 13-February 10 or

Tuesday, February 24-March 24

10-11 AM or 11:15 AM-12:15 PM

Learn the basics of Pickleball, including rules, scoring, and fundamental techniques to get you started on the court. *A limited number of paddles are available for use, feel free to bring your own.*



Southfield Resident: \$25

Non-resident: \$30

Beech Woods Recreation Center

Beginning Tai Chi with Jay

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

Monday, January 5-February 23 6-7 PM

Monday, March 9-April 13 6-7 PM

Southfield Resident: \$30

Non-resident: \$35

P&R Building - Rm 223

Thursday, January 8-February 12 9:30-10:30 AM

Thursday, February 26-April 2 9:30-10:30 AM

Southfield Resident: \$30

Non-resident: \$35

Beech Woods Recreation Center

Learn, Create & Explore

Enjoy hands-on arts, music, and learning experiences this season.

Basket Weaving

Tuesday, January 27

12-4 PM

Learn how to create your own basket with *Michigan's Basket Mak'r*. Students will be getting a kit of pre-cut reeds and will use those to weave a square market basket with a handle which will measure 8"x8"x8".



This class is perfect for both beginners and those who need a refresher on weaving. *All supplies are included.*

Southfield Resident: \$61.75

Non-Resident: \$71.25

P&R Building - Rm 221

Music History Series

Fri, See dates below

1-2:15 PM

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

January 23 *A Travelogue in Jazz – Cities*

February 27 *The Roaring 20's*

March 27 *Transitional Music of the 30's*

Southfield Resident: \$5/day

Non-resident: \$6.50/day

P&R Building - Rm 223



Floral Watercolor Painting

Fri, February 20

1-4 PM

In this Watercolor Painting workshop, the instructor will demonstrate different techniques and processes. Those attending can follow the instructor step by step as she describes her process or may change up some parts of the painting to make it uniquely their own. *All supplies included*—just dress for a mess!

Southfield Resident: \$31.50

Non-resident: \$36

P&R Building - Rm 115

Learn to Play Chess

Thursday, January 15-February 12 or

Thursday, February 26 - March 26

3:30-6:30 PM

Learn the basics of chess in a fun, relaxed setting with no pressure, just friendly games and simple tips. You'll learn the rules, board setup, and basic strategies to build your skills and confidence. *Once you're comfortable, you're invited to join our Chess Club, held every Tuesday and Thursday, for casual play and more chances to sharpen your game!*

Southfield Resident: \$10

Non-resident: \$15

P&R Building

Mastering Your Narrative

Mon, March 9

6:30-9 PM

This workshop focuses specifically on narrative style of poetry and concepts of storytelling through poetry. We will start our session with a brief lecture before jumping into our free writing time and then will finish with a sharing component. *All supplies included.*

Southfield Resident: \$13.50

Non-resident: \$16.50

P&R Building - Rm 221



Commission on Senior Adults (COSA)

The Information Resource for Southfield Seniors

Things to Do In January

The ornaments, colorful lights, and tree trimmings are all stored away, and the sights, sounds and festivities of the holiday season are now special memories.



For many, the January slowdown signals the return to pre-holiday routines. This slowdown, combined with cold weather and early sunsets, can feel a little too quiet and gloomy. Seniors can take advantage of the slowdown by embracing January as a time for reflection, renewal and transformation. Below are a few ways to take advantage of the post-holiday slowdown:

Journaling. Write down your thoughts on the past holiday season, including your moods, special moments, gifts, celebrations, and meaningful events. Journal your achievements during the past year, followed by goals for the new year.



Books and Binge-Watching. Grab a comforter, snacks and your favorite warm drink and set aside quiet time to read a few books from your local library or binge-watch a popular series or movies on your watch list.

Vision Boarding. Create a vision board that reflects your goals for the year. Gather a small whiteboard, glue, scissors, and magazines with relevant photos and words that reflect your values and aspirations. Display your vision board where you can see it daily.

Focus on Your Health. Schedule a visit with your doctor to review your weight, blood pressure, cholesterol and blood glucose levels. Create an action plan with your doctor that includes exercise, strength training, and healthy eating to maintain your numbers at recommended levels.

Focus on Inner Peace. Commit to starting your mornings with five to ten minutes of meditation or a 30-minute yoga routine. Learn basic techniques online, by taking a class, or by checking out instructional books and videos at your local library.

Help The Less Fortunate. Volunteer at a soup kitchen or local food bank. Collect and donate items to homeless shelters, such as toiletries and other personal items, clothes, socks, shoes and coats.

Celebrate MLK Day. Establish an annual Martin Luther King, Jr. Day tradition by visiting an African American History Museum with a group or go solo. Don't forget to renew your membership or become a member.

Practice Declutter January. Dedicate the month of January to decluttering and organizing your living space. Declutter January involves setting aside 15 minutes to an hour daily for 31 days to reclaim your space. You can find helpful decluttering tips online.



Incorporating a few of the above suggestions into your January routine can make January feel less gloomy, but there is also value in opting to do absolutely nothing at all, embracing the slowdown as an annual time for peace, quiet, self-care and reflection.

Best Wishes for a happy and healthy New Year!

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 Len Krichko, at (248) 796-4180.

Need Assistance?

Human Services can help connect residents to local, state, and nonprofit programs.
Call **(248) 796-4540** for more information.

Southfield Human Services

For more information on any of the programs listed below, please call the Southfield Human Services Department at (248) 796-4540.



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.



Legal Aid

Legal Aid and Defender offers veterans a chance to speak with an attorney free of charge, in person. Call Human Services for information on dates and times available.

Lakeshore Legal Aid offers residents a chance to speak with an attorney free of charge. Please call Human Services for more details.



Department of Health and Human Services' Social Worker

The 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.

Southfield Senior Services
26000 Evergreen Road
Southfield, MI 48076

PRESORTED STANDARD
US POSTAGE PAID
SOUTHFIELD, MI
PERMIT NO. 30

Stay Connected with Southfield Senior Services

Registering for Programs

We're here to help! Call Senior Services at (248) 796-4650 (Mon–Thu, 9 AM–4 PM and Fri, 9 AM–2 PM). If we miss you, please leave a message and we'll return your call.

You may register:

- **In person:** Mon–Fri, 8 AM–6 PM at the Parks & Recreation Information Desk (26000 Evergreen Rd.)
- **By phone:** Call (248) 796-4620, Mon–Fri, 8 AM–6 PM
- **On-line:** Visit bit.ly/SfldParksAndRecOnline

If you'd like to receive *The Southfield Scribe* by mail, just call us at (248) 796-4650 and we'll add you to the mailing list.

You can also read the Scribe online anytime at:
www.cityofsouthfield.com/departments/parks-recreation/senior-activities



*We look forward to seeing you
this season!*

City of Southfield Officials

Kenson J. Siver, *Mayor*



City Council

Charles Hicks, *Council President*

Coretta Houge, *Pro Tem*

Nancy L.M. Banks

Ashanti Bland

Daniel Brightwell

Yolanda C. Haynes

Michael "Ari" Mandelbaum

Gabi Grossbard, *City Clerk*

Irv M. Lowenberg, *Treasurer*

Frederick E. Zorn, *CECd City Administrator*

Parks & Recreation Board

Kathleen A. McNelis, *Chairperson*

Rosemerry Allen • Brandon Gray

Fallon Levin • Simon Rivers



Parks & Recreation Department

Terry Fields, *Director*

Kiam Jones, *Recreation Superintendent*

Steve Griffith, *Parks Superintendent*

Senior Services

Angela Verges, *Senior Coordinator*

Cathy Fresia, *Recreation Programmer*

Clerical Staff

Erica Copeland • Betty Simmons • Chrys Wright