

Portage Senior Center April 2011 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Please note that final testing of the Portage Senior Center new fire alarm system has been scheduled for April 4 and 5. Alarms will sound intermittently throughout the two days. We apologize in advance for the inconvenience.</p>			<p>1 Travel: What's Cooking in Grand Rapids</p>
				<p>2 Three C's: Coffee, Cards, and Conversation 2</p>
<p>3 Travel: A Catered Affair, Farmers Alley</p>	<p>5</p>	<p>Loaves and Fishes Bag Drop-off 6</p>	<p>Loaves and Fishes Bag Drop-off 7 10 Hand & Foot 10 Basics of Billiards* 1 Creating Your Own Computer Photo Books*</p>	<p>9 Bag Folding 8 1 Sisterhood: Acrylic Stamping</p>
<p>8:30 Out to Breakfast: Callahans 4 1:15 BSM: <i>It's Kind of a Funny Story</i></p>			<p>Travel: Discover Columbus</p>	
<p>10 - 12 Free Legal Consultations 11 1:30 Spring Trip Preview</p>	<p>5 PM Out to Dinner: Martell's 12 6:30 PM Poker Fun Night</p>	<p>1 Wellness Education: Back Care 13 2 Reader's Theater</p>	<p>10 Garden Club 14 11:45 Sunshine Club: Fieldstone Grill 1:15 Line Dance - Beginner Plus* 2 Mini-bus Outing: KIA 2:30 Line Dance - Beginner*</p>	<p>1 Diabetes Education: Susan Creager, MSN, RN, CS 15 Travel: Ragtime Concert & Zehnder's</p>
				<p>2 Three C's: Coffee, Cards, and Conversation 16</p>
<p>1:15 BSM: <i>Where the Heart Is</i> 18 5:30 PM Potluck</p>	<p>8 Friends of the PSC Board Mtg. 19 8:30 T'ai Ji* 9 - 11 Hearing Screenings 11 SilverSplash (Centre St. YMCA)*</p>	<p>10 AM - 5 PM Matter of Balance Coach Training 20 2:30 PSC Advisory Board Mtg.</p>	<p>10 AM - 5 PM Matter of Balance Coach Training 21 11:30 Out to Lunch: Robbys</p>	<p>22</p>
<p>11:30 Strength Training (St. Catherine's)* 25</p>	<p>26</p>	<p>2 Reader's Theater 27</p>	<p>28</p>	<p>29</p>
			<p>Please note: Free Hearing Screenings will now be offered on a quarterly basis. The next screening is scheduled for April 19.</p>	

An asterisk (*) denotes the beginning of class session. Items in **bold** denote events or new items.

Portage Senior Center May 2011 Program Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
8:30 Portage Pedalers' Mtg. 2 8:35 Enhance Fitness* 10 Computer Fundamentals* 10 Fiction Workshop* 1:15 BSM: <i>Leap Year</i> 5 PM Out to Dinner: Callahans Travel: Tiptoe Through the Tulips	Elections: All programs scheduled in the Multi-Purpose Room Canceled 3	Loaves & Fishes Bag Drop-off 4 10 Intro to Office* 10:30 PSC Writing Group*	Loaves & Fishes Bag Drop-off 5 9 Social Golf League* 10 Hand & Foot 6 PM PATH Presentation: Borgess	9 Bag Folding 6 2 PATH at Friendship Village* 2 Three C's: Coffee, Cards, and Conversation 7
8:30 Out to Breakfast: Coffee Rocks 9 10 - 12 Free Legal Consultations 1:30 Grocery Bingo	9 AM - 4 PM AARP 10 Driver Safety 11:45 Mother's & Father's Day Lunch 6:30 PM Just for Fun Poker Night	2 Reader's Theater 11 7 PM QiGong*	10 Garden Club 12 11:45 Sunshine Club: East Egg 4 Mini-bus Outing: Mission Point 6 PM Partner Celebration Travel: <i>Nunset Boulevard, Theatre at the Center</i>	11:30 Sisterhood: Old Burdick's 13
Travel: <i>The Drowsy Chaperone, Kzoo Civic Theatre</i> 15 Sunday	8 Friends of the PSC Board Mtg. 17	1 Memory Matters 18 2:30 PSC Advisory Board Mtg.	11:30 Out to Lunch: Craftsman 19 6 PM PATH at Borgess*	1 Diabetes Education: Q&A with Sue Gilbert, RN, CDE 20 21 9:30 - 1 Family Fishing Fair: Ramona Park 2 Three C's: Coffee, Cards, and Conversation
10 Friends of the PSC Benefit Golf Scramble 16 10 Golf Lessons (Milham Golf Course)* 1 Wellness Education: Sleep Solutions 2:15 Meet Your Pen Pal: Angling Road School 5:30 PM Potluck	10 Pickleball Clinic 24 10:30 New Member Orientation 6 PM Pickleball Clinic	2 Entrelac Workshop 25 2 Reader's Theater	9:30 - 11:30 Bits of Business 26	27
10:30 Body Rebound* 23 1:15 BSM: <i>Red</i>	30	31	Wish List Regular and Decaf Coffee Colored copy paper	
PSC Closed in Observance of Memorial Day				

An asterisk (*) denotes the beginning of class session. Items in **bold** denote events or new items.

This page is intended to give a brief look at all classes and activities occurring at the Portage Senior Center on a given day of the week this month. Classes are in bold print; all other items listed are activities. Please check the calendar page for the start date of classes and fees. Activities and classes are open to all members. Please check with the receptionist for further information.

Monday

8:35 **Enhance Fitness**
 9:30-11:30 Relaxed Pace Bridge
 10:00 **Golf Lessons: Milham Golf Course**
 10:00 Trip Committee (3rd)
 10:00 **Computer Fundamentals**
 10:00 **Fiction Workshop**
 10:00 Free Legal Services (2nd)
 10:30 **Body Rebound**
 11:30 **Strength Training**
 11:45 Lunch
 1:00 Art Club
 1:15 Big Screen Movie (see Calendar)
 1:30 Cribbage
 1:30 Canasta
 3:30 Ping-pong
 3:30 - 4:50 Chair Massage (2nd Monday)
 5:00 Out-to-Dinner (1st)
 6:30 Pinochle/Cards

Tuesday

8:30 Out-to-Breakfast (2nd)
 8:30-9:30 **Tai Ji**
 8:30-4:45 Billiards
 8:45 Computer Club (1st & 3rd)
 9:00 Mini Bus Shopping
 9:00 Pickleball: Lexington Green Park
 9:30-2:30 Trip Office Open
 10:00 Wii Bowling
 10:00 Walkers w/Walkers (Crossroads Mall)
 10:30-12N Recycled Cards (1st, 3rd, 4th)
 11:00 **SilverSplash**
 11:45 Lunch
 1:00 Bridge
 1:00 Mah-Jongg
 1-3:00 Computer Tutoring with Jim Hopper
 1-3:00 Woodcarving**
 1:00 Chair Volleyball
 1:15-2:45 **Yoga for Seniors**
 3-4:30 Band Practice
 3:30 Hand Chimers
 5:30 Pickleball: Lexington Green Park
 6:30 Bid Euchre & Other Cards
 6:30 Just for Fun Poker Night (2nd)
 7:00 Garden Talk
 7-8:30 Alzheimer's Assoc. Support Group (3rd)
 **Woodcarving—PSC Members Free/Non-Members \$3 per week

Daily Walk: 8:30am at Crossroads Mall - Door #3

Wednesday

8:00 Portage Pedalers
 8:35 **Enhance Fitness**
 9:30-11:30 Relaxed Pace Bridge
 10:00 **Intro to Office**
 10:30 **PSC Writers Group**
 10:30 **Body Rebound**
 11:30 **Strength Training**
 12N Portage Rotary
 12:30 - 4:45 Billiards
 1:45-5:00 Euchre
 2:00 Reader's Theatre (2nd & 4th)
 2-5:00 Computer Lab Open
 7:00 **QiGong**

Thursday

9-11:00 Blood Pressure Clinic (2nd)
 9-12N PSC Needlers
 9:00 Pickleball: Lexington Green Park
 9:00 Social Golf League: States Golf Course
 9:00 Mini Bus Shopping
 9:30 Choir Practice
 10:00 Walkers w/Walkers (Crossroads Mall)
 10:00 **Basics of Billiards**
 10 - 2 Hand & Foot (1st Thu)
 11:00 Dome Golf (Year Round Golf)
 11:00 **SilverSplash**
 11:30 Out to Lunch (3rd)
 12:30-4:45 Billiards
 1:00 **Creating Your Own Computer Photo Books**
 1-4:00 Foot Clinic
 1:15 **Line Dance - Beginner +**
 2:30 **Line Dance - Beginner**
 3:15 TOPS
 3:30 Ping Pong
 5:30 Pickleball: Lexington Green Park

Thanks to the following for providing the PSC with door prizes, coffee, creamer, and kitchen supplies:

Lorrie Martin
 Shirley Bumgardner
 Dorothy Criss
 Fran Essex
 Thanks to Carl Degan for colored copy paper

Friday

8:35 **Enhance Fitness**
 10:00-12N Computer Tutoring w/Gordon Heikkila
 9:30-2:30 Trip Office Open
 10:30 **Body Rebound**
 11:45 Lunch
 12:30-4:45 Billiards
 1:00 Sisterhood (2nd)
 1:00 Project Enhance: Diabetes Education (3rd)
 1:00 Bridge
 1:00 Dominoes (2nd & 4th)
 1-4:00 Computer Lab Open
 1-4:00 Quilting

Saturday

2:00 Three C's: Coffee, Cards & Conversation (1st & 3rd)