Easter Lunch

Tuesday, April 3, 11:45 AM
$1 registration fee plus suggested lunch donation $3

Hop on over to the PSC and introduce yourself to Katie Warren from Brookdale Senior Living. Brookdale is sponsoring this event and providing the table decorations and door prizes. Lunch will be provided by Senior Services, Inc. Come into the Center to pay your $1 registration fee as well as your lunch donation (suggested donation $3). Registration deadline is Monday, April 2 by 12:00 noon.

Spring Trip Preview

Monday, April 23 at 1:30 PM

Leave winter behind and put yourself in *"A State of Mind to Travel"*. Join us for our Spring Trip Preview to find out about all of the new adventures we're planning for 2012! Bring your cash/checkbooks to sign up. NEW: Your travel bucks are valid until Friday, April 27. Register by Friday, April 20.

17th Annual Friends of the Portage Senior Center Golf Scramble

Monday, May 14
10 AM Shotgun Start

It's just about time to polish up the clubs! Mark Monday, May 14, 2012 on your calendar and join your friends for a great day of golf. Win cash, win a Grand Prize Vegas-Trip-for-Two valued at six thousand dollars, win door prizes, golf the day away and contribute to the Friends major fundraiser of 2012.

Continued on page 9

Special International Trip Preview

— See page 9 —

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Mother's & Father's Day Lunch

May 8, Tuesday, 11:45 AM
$1 registration fee + suggested lunch donation $3

The sponsor for this event is EPS Medical Alert with Kelly Roggow and will provide the table decorations and door prizes. Kelly will also be available to talk about the services that EPS can provide. Come and enjoy lunch provided by Senior Services, Inc.

Come into the Center to pay your $1 registration fee as well as your lunch donation (suggested donation $3). Registration deadline is Monday, May 7 by 12:00 noon.

Why Should I Join the Senior Center?

Because as a member . . .

- There are more than 40 different groups I can join.
- I can enjoy discounts on day trips, getaways, and longer vacations.
- I have opportunities to volunteer at the Center, and in the community.
- I can use the computer lab for free email address, classes, tutoring and more.
- I can spend time in the lounge, a place to borrow books, read newspapers, work puzzles and enjoy the camaraderie of the Senior Center community.
- I get a subscription to the bi-monthly newsletter, 16-24 pages, power-packed with information especially of interest to seniors.
- I can get discounted advertising space in the classified section of the newsletter.
- My membership supports the Center, which enables people of all ages to work together to promote personal growth, friendship, health and independence for adults aged 50 and over in our community.
- I have access to a network of information and referral resources.
- I can rediscover old friendships and make new ones.
- I have opportunity to use and showcase my skills, talents and abilities.
- I can mentor a school-aged child.
- I can enjoy nutritious lunches in the company of friends.
- I have access to the members-only events and classes that are offered.
- I can explore my creative side through the arts and writing classes.
- I can learn to play card games.
- I can get free blood pressure screenings.

Schram's Garden Talk X Series

Open to Public

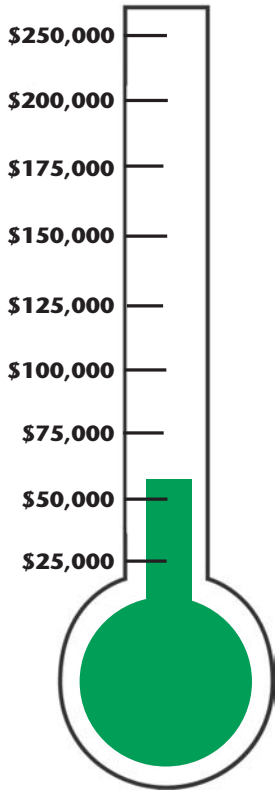
Tuesday, April 10 and 17, 6:30 PM

It is time again for Schram's Greenhouse and the PSC to come together to present the art of gardening as covered in various topics. Please join us for an evening full of information and fun. All sessions are at PSC and are free except for the last session on April 24, which is at a restaurant. Reservations are strongly urged but not required except for the last session at Bistro 120. Contact Luba Schram at Schram's Greenhouse (269) 327-5347. Sessions are at PSC on Tuesday at 6:30 PM, April 10 and 17. No session April 3.

The Portage Senior Center is Michigan's first nationally accredited senior center.

A Unit of The National Council on the Aging
NISC
ACCREDITED BY NATIONAL INSTITUTE OF SENIOR CENTERS

Revenue Thermometer



January - February, 2012

Local Contributions	$0
Area Agency on Aging	723
PSC Room Rentals	1,799
Transfer from Trust	0
Mini-Bus Donations	498
Fund Raising	1,158
Newsletter Ads	3,987
Memberships	5,014
Total	$58,447

The Portage Senior Center is open Monday thru Friday, 8 AM to 5 PM to serve you!

Advisory Board

Ruth Ann Meyer, Chair
Gordon Heikkila, Secretary
James Hoppe
Ann Perkins
Larry Smith
Arthur Roberts
Patricia Berninger
Trudy Riker
Nicoara Oprescu
Ruth Michelhaugh
Mary Lou Petrulio
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William Deming, MS

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Jill Hess

Administrative Asst.
Janet Gates

Receptionist
Denita Demler

Volunteer Coordinator
Terri Drafta, BSW

Trip Coordinator
Johanna Thompson

Nutrition Site Manager (Senior Services, Inc.)
Vince Wheat

Portage Senior Center

The ***PSC*** is supported by the City of Portage, contributions, memberships and grants. Some funding is also received from the State of Michigan through the Area Agency on Aging. The PSC offers services and activities to persons over 50 years of age. Annual membership fees are $25 for Portage residents and $35 for all others. No one will be denied membership due to an inability to pay. The PSC Newsletter is mailed bi-monthly to members.

Mountain High Shredding Offers Document "Spring Clean Up"

Friday, April 27
10 – 12 noon
$.25 /lb Members only

Back by popular demand, the good folks at Mountain High Shredding will be at the Portage Senior Center Friday, April 27 to offer fast, easy document shredding services. Take advantage of this opportunity to clean out your files, desk drawers, junk drawer, and more. Fees include $.25/lb, payable directly to Mountain High upon service delivery. Customers will receive first come, first serve services. No advance registration required.

Grocery Bingo

Wednesday, May 30, 1:30 PM
Free to members ($5 non-members)

Back by popular demand! Bring your lucky rabbit's foot, 4-leaf clover, or whatever it takes to just win! Hosted by everybody's favorite caller, Karen Chaffee, with **Bickford Assisted Living & Memory Care,** you will enjoy a variety of games, grocery prizes, and witty commentary! For the grand grocery bingo finale, we will do a *cover all* and the winner gets the bag. Please register in advance by Tuesday, May 29, at noon.

Chair Massage

Enjoy a relaxing, fully-clothed chair massage by Kristy Wittum, Certified Massage Therapist. Appointments are available the 2nd Monday of every month, 3:30 – 4:45 PM. Rates are $1/minute, 10 minute minimum. Call the PSC at 329-4555 to schedule your appointment. Members only.

Kalamazoo in Bloom Workshop "Flowers for All"

Monday, April 16, 1:30 PM
Presenter: Monika Trahe

Join Kalamazoo in Bloom for a wonderful interactive presentation on the work they do to beautify Kalamazoo County (including Portage's Library Lane and areas near City Hall) and how volunteers are fundamental to fulfilling their mission of encouraging community pride and celebrating the history and traditions of the area's bedding industry.

Portage has always been a spectacular sight with the canoe and rainbow beds. If you've ever gardened before, you know that special care and nurturing are needed to produce vibrant, healthy plants and flowers. Portage has been very fortunate to have had a full-time gardener care for the flowers over the years. To extend the resources of the City of Portage, Kalamazoo in Bloom and community volunteers are working together to recruit community volunteers to maintain the flowerbeds beginning this summer. Perhaps there will be some interested PSC members, friends, co-workers or family members who would be inspired to share their gardening talents to continue to make Portage the lovely and welcoming city it is –as shown by the colored, floral variations in the City Center. If you are interested in becoming a volunteer to help with watering, weeding and deadheading from the end of May through September – please call (269) 381-2977 ext. 3320 or email director@kalamazooinbloom.org. A volunteer orientation date in May will be announced soon on the website at www.kalamazooinbloom.org. Scheduling is based on the volunteers' availability.

Please register for the workshop by Friday, April 13, by calling PSC at 329-4555.

"My therapist got me walking again—in the comfort of my home."

Kevan Peet is fully recovered from his knee replacement surgery thanks to physical therapy delivered by Borgess specialists. After receiving home therapy for several days each week, Kevan was able to regain his mobility, flexibility and strength.

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* Source: Centers for Medicare and Medicaid Services.

Bobbie Kipp

When Bobbie Kipp became a member of the PSC in 1995 it was one of the best things that happened for the PSC that year.

Hang on as we take a little stroll down memory lane and highlight the life of Bobbie Kipp, Volunteer. The first stop was the start of ceramics classes at the PSC. In 1999 the PSC Needlers started with 4 people and 2 bags of yarn. If you stopped into the craft room today you would see an average of 20-25 women and a storage room full of organized tubs of yarn and supplies. Also during that year Bobbie became active in the Partners Program that continues to be to this day. In November 2000 Bobbie was asked to make decorations for a PSC special lunch that led to her becoming a very active member of the Planning Committee until it disbanded at the end of 2011. Because memory plays tricks on us all, tucked in there are the fabric painting classes that included painting on sweatshirts, t-shirts and tennis shoes. We can also include the event that was held for 3 years that invited knitters and crocheters in the community to come into the PSC to knit & crochet together and to get help on projects if needed. Bobbie has a soft spot for kids and when the Knitter's Unite Crochet Too! activity with Girl Scouts was started in 2002, she stepped right up to volunteer. Next came the Pen Pal program that started in the 2003/2004 school year.

Because Bobbie seems to enjoy being very "involved" I will mention some of the other activities that she has been or is involved in. She was a Boy Scout den mother for six years, member of the Red Hatters for several years, and member of the Grow & Show Garden Club for four years. She has shared her collections of dolls and china painting by having them in the display cases at the PSC. Bobbie is active in her church, Oakland Drive Christian Church and prays for a child who is a member at her church. Finally there are the many friends that Bobbie helps out by visiting, calling and taking to appointments.

It is very hard to catch Bobbie at home but there are those moments when I can and she is recharging her "batteries", doing a little gardening and enjoying the friendship of her dog Duke while waiting for the next volunteer opportunity to come along and bring her back into the PSC. Thank you for all that you do.

–Terri Drafta

Volunteer Vibrations

Entertainment Needed
We are looking for suggestions/ideas for possible entertainment for the special lunches. The entertainment is scheduled for 15 – 20 minutes.

Special Lunches Volunteers
Help set up tables & chairs, serve food to participants, general clean up and take care of tables & chairs at end of lunch.

April 3 – Easter lunch
May 8 – Mother/Father's Day lunch

Volunteer Recognition
April 17, Tuesday
Look for your invitation in the mail. RSVP required.

Golf Outing
May 14, Monday, Registration begins at 8:30 AM. Shotgun start 10 AM.
Volunteers needed for: registration, Mulligan ticket seller, 50/50 raffle ticket seller, door prize labeler, golf cart deployment of goodie bags, water & program, hole-in-one attendants and cookie bakers.

Parade of Homes
June 8 - 16, Friday – Saturday
We will try once again this year to receive a home to volunteer in during the parade.

Mini Bus Driver
Drive the PSC 14-passenger mini bus. No chauffeur's license is needed. Training is provided. Candidate must have excellent driving record, vision, hearing and physical health. Ability to lift 25 lbs. Drive on Friday between 8 AM - 1PM.

Reminders:

Partner Field Trip
April 10, Tuesday 10:45 – 2:30 PM, Meet at Central Elementary School

Partner Celebration
May 10, Thursday 6 – 8 PM, Multi Purpose Room at the PSC

Meet Your Pen Pal
May 14, Monday 2:15 – 3:15 PM, Angling Road School.

Contact Terri Drafta, Volunteer Coordinator, 329-0863 or 329-4555 if you are interested in volunteering at the Portage Senior Center.

Special Lunches Volunteer

Volunteer to help Terri Drafta with the coordination of and day of the lunch activities. This includes communication with the sponsors and entertainment, providing assistance the day of the lunch and securing supplies at the end of the event. Contact Terri if you are interested, 329-0863.

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Diabetes Support Group

Our April meeting has been canceled.

The May meeting will be held on Friday, May 4, also at 1 PM. We will have a speaker or show another video for this meeting. Hope to see you there. Bob Erikson, Volunteer Diabetic Education Coordinator for the Portage Senior Center. Register by calling 329-4555.

New Member Orientation

Thursday, May 10, 10:30 AM

The NMO is a great way for new members to learn more about the services available at the PSC, as well as to meet new people. Let the receptionist know if you would like to make a reservation for the lunch immediately following the presentation. Register at 329-4555.

Sisterhood

Sisterhood is a women's social group that meets the second Friday of each month. Meeting agendas will be posted on the bulletin board at the PSC. For more information, please call 329-4555.

Meetings:

April 13
Time: 1:00 PM
Event: A Time to Share
Site: PSC
Host: Barb Lewis

May 11
Time: 1:00 PM
Event: Lunch at Old Burdick Bar & Grill
Site: In the Holiday Inn on 11th St.
Host: Maxine Robb

2012 Super Books on Sale Now!

$39/each

Packed with hundreds of coupons and pages, the Super Book is a locally published coupon book (not a pamphlet) that is a priceless local guide to local restaurants, golf courses, auto repair/maintenance garages, dry cleaners, and much more! For the last 29 years Super Book has been publishing this local coupon book and providing Southwest Michigan residents with thousands of dollars in savings. There are over 900 coupons packed in the book with over 300 pages. A person can easily make their $39 back just by using 3-5 of those 900 coupons.

In addition to the wonderful savings offered, if you purchase your Super Book at the Portage Senior Center, the Center gets a commission on every book sold. Last year we raised over $800 to go toward the support of programs and services at the PSC.

Don't wait, stop by the front desk and get yours today.

Social Golf League

Thursdays Starting in May, 9 AM

The PSC Social Golf League offers the best of league golf, such as; a reserved weekly Thursday morning tee time at the States Golf Course, weekly contests, and a League Scramble & Banquet. However, it's a "social" league because you only pay as you go and never need to find a sub. The Social Golf League is open to men and women PSC members, and participants are asked to register at the PSC from one week to the next. Greens fees are $10 and cart for $6.

UnitedHealthcare Great Lakes Health Plan Sponsors our Scholarships

The Portage Senior Center is happy to report a partnership with UnitedHealthcare developed to make programs and services at the PSC available to older adults regardless of income, and at the same time support fund raising efforts to maintain those same programs and services.

Scholarships for PSC memberships and classes have been available for several years and have traditionally been underwritten by the Friends of the Portage Senior Center, or absorbed by the Center.

This program began August 2011, all approved scholarships for memberships and classes will be 100% supported by UnitedHealthcare Great Lakes Health Plan! For more information on available scholarships at the PSC and how to apply, please call 329-4555 or stop by the front desk.

Free Legal Services

2nd Monday of each month by appointment from 10 AM – 12 PM

The Michigan Attorneys Practicing Law for the Elderly (M.A.P.L.E.) will be bringing the law to you with free legal counseling once a month. M.A.P.L.E. focuses on your rights as you age and the options available to you. M.A.P.L.E. is always looking for better ways to serve you. Register for a 30-minute consultation with a licensed attorney by call 329-4555.

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HOURS:
Mon-Fri
9 am-5 pm
Sat 10 am-3 pm

"Love Comes Softly"

Monday, April 9, 1:15 PM

In this Michael Landon-directed film, Marty and Aaron Claridge (Katherine Heigl and Oliver Macready) travel west in search of new opportunity. But when tragedy strikes and Marty is suddenly widowed, the young woman must face the rugged terrain, bleak weather and life among strangers ... alone. Then a handsome widower suggests a platonic "marriage of convenience" until Marty can return home. Can they start over again? 88 minutes.

View the movie for free; popcorn is only 50 cents.

"Kitchen Conversations: Life Through Recipes"

Monday, May 14, 1:15 PM

In the autumn of 2010, a capacity crowd gathered at the Portage District Library to see this film, pose questions to the filmmaker...and sample treats from Judy Sarkozy, one of the documentary's stars. Kalamazoo College Professor Dhera Strauss produced, directed and edited "Kitchen Conversations." Her subjects are women who have passed the half-century mark, and each has a story to tell. While rolling out pie dough, frying tempura, or assembling tamale pie, they reflect on food, lives lived and lessons learned. 96 minutes.

View the movie for free; popcorn is only 50 cents.

Daisy Dollar Fundraiser

Schuring's Retail Greenhouse
610 Schuring Road

Daisy Dollars are back again! Purchase Daisy Dollars at PSC in denominations of $5, $10 or $20, then redeem them, dollar for dollar, from April 25 to June 23 at Schurings and purchase flats of annuals, herbs, vegetables, specialty container gardens, hanging bags, hanging baskets as well as hardy perennials and vegetables. Schuring's prices are competitive in this area, so you'll pay the same as you would elsewhere. PSC will earn $.25 for every Daisy Dollar sold!

Preventing a Grumpy Attack: Five Beneficial Side Effects of Kindness

Staff Contributor: Jill Hess

"If you haven't any charity in your heart, you have the worst kind of heart trouble." *–Bob Hope*

I have a confession to make. I've been grumpy a time or two. Well perhaps a few more times than that, but the fact of the matter is that researchers have found that the tipping point of being grumpy occurs at age 52. And since I turned 56 in February I wonder if it is all down hill from here? And wait there is more. Being grumpy is more of a problem for older men. The study I read also showed that older men, especially those who have reached the age of 60 are four times grumpier than their female counterparts. This is not good news for my husband David. If my ramblings on this topic have anything approaching a theme I would say that according to this study we all need to get to the Hokey Pokey Clinic as soon as possible and turn ourselves around! Author David R. Hamilton Ph.D. provides (5) beneficial side effects of kindness for inspiration:

1) **Kindness makes us happier**—when we do something kind for someone else we feel good—we tap into something deep and profound inside us that says, "This is who I am."
2) **Kindness gives us healthier hearts.** Acts of kindness are often accompanied by emotional warmth. Emotional warmth produces the hormone oxytocin in the brain making a positive impact on the cardiovascular system.
3) **Kindness slows aging**—It prevents aging on a biochemical level, by reducing free radicals and inflammation in the cardiovascular system, thus slowing aging at its source.

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Join the Portage Pedalers Biking Club

Monday, April 23, 8:30 AM

At this initial meeting for the 2012 biking season, members will discuss rules for riders and the 2012 schedule. All members or interested members are welcome. The club rides at 8:30 AM from the PSC most Wednesday mornings. Helmets are required.

Potlucks Return for Spring!

April - October

Meet some new people and greet old friends at the PSC Potlucks. Hosted by Volunteer Potluck Coordinator Barb VandeWerken, the PSC Potlucks are a great opportunity to enjoy some delicious food and good fellowship. Participants need to bring their own table service and a dish to pass (enough for at least six people). $1 fee covers beverages and paper products. Pre-registration required. Please note: If you are interested in volunteering to help Barb out, please leave your name and phone number on the "Potluck Volunteer" sign up sheet at the front desk.

April Potluck
Monday, April 16, 5:30 PM

May Potluck
Monday, May 21, 5:30 PM

Out to Eat Dining Club

An advance reservation with the reception desk by the previous business day by noon is required for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

April

Dinner
Monday, April 2, 5 PM
Fieldstone Grill
3970 West Centre

Breakfast
Tuesday, April 10, 8:30 AM
Kaps Kitchen
10412 Portage Road

Lunch
Thursday, April 19, 11:30 AM
Erbelli's
6214 Stadium Drive

May

Dinner
Monday, May 7, 5 PM
Old Country Buffet
5220 West Main

Breakfast
Tuesday, May 8, 8:30 AM
Nina's Café & Carousel
1710 West Main

Lunch
Thursday, May 17, 11:30 AM
Old Chicago
5314 South Westnedge

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Fun 2012 Day-Trip Outings!

Armory Arts Village and Jackson Prison . . .
Jackson, Michigan
Wednesday, May 2

Join us for a trip to the Armory Arts Village in Jackson and visit one of Michigan's most creative redevelopment projects and popular tour destinations. The village is listed on MSN in the top ten most unique buildings worldwide in which to live. The Armory Arts Village is located in what was Michigan's first state prison, which dates back to 1838. Now home to artists' studios and apartments, visitors hear tales about prison life and colorful inmates while touring the studios and apartments, meeting the artists and viewing their artwork. A gourmet lunch is included and is served in what was once the prison cafeteria. As an added attraction, the lively storytelling continues during a tour of Seven Block, a fully intact cellblock on a closed area of the functioning Southern Michigan State prison. It was here that Robert DeNiro filmed the movie "Stone". Before returning to Portage, the group will stop at The Parlor, another Jackson institution, for an ice cream treat.

Planes, Buses and Automobiles . . . Richland & Battle Creek, Michigan
Thursday, May 10

Catch a ride to view more than 200 vehicles spanning over 100 years of automotive history while exploring the barns at the Gilmore Car Museum. Enjoy lunch on your own at the authentic Blue Moon Diner and for a treat, visit the Miniature's Museum. Next, land at the WMU College of Aviation in Battle Creek. Tour the facility including flight trainers, student Cirrus aircraft and the new Boeing 727. Learn more about the program that may have trained the pilots on your next flight.

NEW **Loretta Lynn Live,** Drury Lane Theatre, Oakbrook Terrace, Illinois
Sunday, June 24

Here is your chance to see Grammy Lifetime Achievement Award-winning country star Loretta Lynn perform live! For over 50 years, Loretta has remained one of the most artistically and commercially successful country singer-songwriters in the world. She was the first woman in country music to receive a certified gold album and also the first woman honored as "Entertainer of the Year" by the Country Music Association in 1972. Great seats, great show and great lunch.

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Farfalle with Mushrooms and Spinach

6 oz dried farfalle
(bow-tie pasta)
1 tablespoon olive oil
1 medium onion,
chopped
1 cup sliced Portobello
or other fresh
mushrooms
2 cloves garlic, minced
4 cups thinly sliced fresh spinach
1 teaspoon snipped fresh thyme
1/3 teaspoon pepper
2 tablespoons shredded Parmesan cheese

Directions:
Cook farfalle according to package directions. Drain well.

Meanwhile, in a large skillet, heat oil over medium heat. Add onion, mushrooms, and garlic; cook and stir for two to three minutes or until mushrooms are nearly tender. Stir in spinach, thyme and pepper. Cook one minute or until heated through and spinach is slightly wilted. Stir in cooked pasta. Toss gently to mix. Sprinkle with cheese.

Adult Day Services at Oakland Centre

When you need help caring for a loved one, turn to the compassionate experts at Oakland Centre.

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(269) 373-3200
www.oaklandcentre.org

Special International Trip Preview

Monday, May 7 at 1:30 PM

If you have always wanted to travel to England, Wales & Scotland and/or to Australia & New Zealand, join us for our special preview to learn more about these exciting destinations! Bring your cash/checkbooks to sign up. Call 329-4555 to register by Friday, May 4.

Join us for Bits of Business!

Thursday, May 31, 2012
9-11 am
Open to the Public

The Bits of Business event at the Portage Senior Center provides members and their friends a great opportunity to learn about useful community services and organizations that cater to their interests and needs. This "mini expo" takes place in a relaxed and informal environment with no pressure sales, just the chance to have a friendly and informative conversation with representatives of local businesses and not-for-profit agencies. Participants have a chance to win a variety of free door prizes, while enjoying some delicious refreshments.

Bits of Business is also a wonderful opportunity for members of the PSC to support programs *without spending a dime!* Businesses pay a registration fee to participate, and the more PSC members that attend these events, the more businesses that want to sign up!

So make sure to stop by PSC the morning of Thursday, May 31st, grab a snack, pick up some free goodies, learn more about resources in your community, and maybe even win a free membership!

The Portage Senior Center would like to thank Life EMS Ambulance for sponsoring refreshments.

Continued from page 1

The courteous staff at Eastern Hills Golf Course will host our golf scramble, offering the advantage of both 18 and 9 hole courses, a refreshment bar, practice driving range and putting green facilities. Golf Registration cost is $55 (for 9 holes) and $85 (for 18 holes) and includes golf cart, practice range balls, goodies bag, bottled water, lunch box with beverage and a few more surprises.

Spread the word! Call your golfing partners. This outing is open to all golfers' who want to support the Portage Senior Center and its services to older adults in our community. You can come in and pick up Golf Registration forms at the Portage Senior Center. 320 Library Lane, Portage Mi 49002. For questions, please call Janet Gates at 329-4555.

A Note from Your Deputy Director

Greetings Members and PSC Friends,

I continue to be amazed by the nearly 100 programs offered at PSC that promote quality of life and independence for older adults in our community. Services and activities that would not be possible were it not for the generous support of PSC members and community stakeholders.

As our annual appeal is nearing its completion, I think it important to mention that it takes about $325,000 annually to fully fund the PSC. Approximately $120,000 of that is provided for by the City of Portage General Fund, which leaves over 200,000 that must be raised annually. In addition to membership support, funding comes from a variety of sources such as grants, facility rental revenue, contributions from the Friends of the PSC, sponsorships, and trust fund. Every gift we receive from members and supporters of PSC is used to fund and maintain programs and operations at your center.

In closing I just want to say it is our members and supporters who make the PSC the special place that it is. For those who have generously contributed to the annual appeal this year we appreciate your commitment and support. If you have not had the opportunity to make a contribution, it is not too late. If your preference is donating your time and talents, we would love you to become involved in one of many volunteer opportunities.

The "bottom line" is this. It is not all about the money. But it is the money that helps to make what PSC is all about.

With sincere gratitude,

Make Your Brain Sweat!

Two spring Memory Matters Workshops are scheduled for April and May led by skilled instructor Suzanne Gernaat. Suzanne is the instructor for PSC's popular *I Want a Happy and Healthy Memory Club* that meets the 2nd Thursday of every month at the senior center. The Memory Matters Workshops are a great way to learn about what is a normal "senior moment" and when you might need to be concerned. Answers to these questions and opportunity for fun hands-on activities in this class will help you understand the world of memory and how it works. So get ready to spice up your workout from the *neck up* and learn how to experience memory renewal through a series of exercises, new information and winning strategies. To better accommodate seating, participants are asked to pre-register for these sessions.

Fee $5 member/8$ non-member

Session A: Thursday, April 26, 1-3 PM

Session B: Thursday, May 24, 1-3 PM

Understanding Heart Failure

Despite the name, heart failure (HF) does not mean the heart fails to keep working. It means that the heart fails to pump blood adequately throughout the entire body. HF can be caused by coronary artery disease. As blood vessels become constricted they allow less blood to feed the heart. Other causes include infection, heart attack, valve disease, or types of uneven heart beat.

The resulting symptoms of HF include fluid retention in the lungs, legs, and feet, as well as tightness of the chest and shortness of breath. When left untreated, complications of HF include the formation of blood clots, kidney damage and even damage to the liver.

To monitor symptoms of HF, patients are advised to weigh themselves daily, as an increase in weight may signal the retention of body fluids. Paying strict attention to the diet, and being faithful to the prescribed exercise routine are also important.

Although current monitoring of HF patients sometimes include home nursing visits, in the future remote monitoring through "telemedicine" and external or implanted devices will be possible.

-information from UCLA Division of Geriatrics

***All registration deadlines are one week prior to date of first class session, unless otherwise noted.**
**** All fees listed as member/non-member, unless otherwise noted.**

Upcoming Classes

AARP Driver Safety Class
Fee: $12 AARP Members
$14 Non-members
Instructor: Richard Baker
Thursday, May 24, 9-4 PM
Update your driving skills by learning how driving responses change as we age and how to respond to these changes. Note that Hartford, Auto Owner's, and Farmer's insurance companies give discounts to those who take this class. Check with your auto insurer for specifics. Make checks payable to AARP Driver Safety Class. Register at PSC.

Bridge Basics
Fee: $10/$15 (8 weeks)
Apr. 6 – May 25
Fri, 8:15 AM – 10 AM
Instructor: Mike Gay
Bridge is a trick-taking card game using a standard deck of 52 playing cards played by four players in two competing partnerships with partners sitting opposite each other around a small table. Learn the basic rules (given out at class) and strategies of Bridge as taught by veteran player and PSC member, Mike Gay.

Computer

Computer Fundamentals
Fee: $20 (members only)
4 weeks
Mon. 10 AM – 12 Noon
Mar 19 to Apr 9
Apr 16 – May 7
Instructor: Gordon Heikkila
This introductory class forms the base for learning to use the computer efficiently. Participants receive a helpful handout for future reference.

Intro to Office
Fee: $20 (members only)
March 7 – April 18
May 2 – June 13
Wed., 10 AM - noon
7 weeks
Instructor: Royce Bland
Intro to Office is a class designed for those who have some basic working knowledge but would like to learn more about how to utilize Microsoft Office software for personal applications. Class will provide an overview of Windows Explorer, Word, Excel, Access, PowerPoint, and Photo Editing.

Please note: Students will need to bring a one Gigabyte Flash drive to each class including the first class. Flash Drives will be used to save lesson plans and homework.

Computer Tutoring
Individual computer tutoring by an experienced volunteers is available Mon – Wed - Fri for a $5/hour fee. Your appointment time focuses on whatever aspect of computer usage you'd like to cover. Members only. Register at 329-4555.
Monday and Wednesday, 12-1 pm – Paul S.
Monday and Wednesday, 1 – 3 pm – Jess A.
Friday, 10-12 noon – Gordon H.

Fitness

Body Rebound
Fee: $30/$40 (8 wks)
March 12 – April 6, Free session – using DVD
April 9 – May 28
June 4 – July 23
M/W/F, 10:30-11:30 AM
Instructor: Helene Thompson
This class is non-aerobic and designed for those who may be just getting started with exercise. Get fit at a pace that is comfortable and safe.

Enhance Fitness
Fee: $32/$42 (8 wks)
March 12 - April 30
May 7 – June 25
M/W/F, 8:35 -9:35 AM
Instructor: Deb Snell
Evidenced based, nationally recognized older adult fitness program that promotes increased endurance, muscle tone, and self-esteem. Endorsed by the State of Michigan.

Fiction Writing Workshop
Fee: $29/$34 (non-members)
May 21 – June 18 (no class May 28)
10:00 – 12:00 noon
5 weeks
Instructor: Wilma Kahn

Continued on next page

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In this course, you will write, share, and discuss faction in a relaxed and supportive atmosphere. You will work on improving setting, character, dialogue, plot, dramatization, and style. Instructor will lead discussions, respond in writing to your work, and provide lectures and handouts as needed. You should bring paper and pencil to each class. If you have already written some fiction, please bring a sample to the first meeting. Instructor Wilma Kahn has an MFA in Creative Writing (WMU) and a Doctor of Arts in English (SUNY Albany).

I Want A Happy and Healthy Memory!
Fee: $5/$8 non-members
2nd Thursday of every month
1 - 3:00 PM
Instructor: Suzanne Gernaat
A discussion/activity group, that meets once a month, to hear about the latest brain/memory research, do memory games and exercises and learn about online resources and things you can do to keep your memory working.

You will enjoy many hands-on activities and receive printed materials and resources you can use at home. Put down that TV remote and do yourself a favor, exercise your memory. A good memory can help you keep your independence.

Every month you will gain valuable information and have fun learning about the exciting ways to keep your memory healthy and happy!

Line Dance Classes
Fee: $22/$27 (6 weeks)
April 19 – May 24
May 31 - July 5
Thursdays
Beginner Plus: 1:15 – 2:15 PM
Beginner: 2:30 – 3: 30 PM
Instructor: Deb Snell
Have fun, get fit, and learn the latest Line Dances while you're at it! Line Dancing is a great way to meet new friends, tone up your muscles, and improve your coordination. The **Beginning** class will start with the basics and progress on to simple routines. In the **Beginners Plus** class, the instructor will *gradually* build in a few more steps to the routines learned in the Beginning class.

Memory Matters Workshop
Improve Your Recall Skills
Fee: $5/$8 non-members
April 26 & May 24
When: 1 - 3:00 PM
Instructor: Suzanne Gernaat
What is memory? What is a normal senior moment and when should I be concerned? What can I do to improve my memory recall and keep my brain healthy and active? Get the answers to these questions and much more when you attend this workshop. You will obtain valuable information about memory and your brain. Topics include what is memory, the aging brain, our receptive senses, the memory function, attention and concentration and memory myths and facts. There will be many fun hands-on activities to help you understand the world of memory and how it works. You can experience memory renewal through a series of exercises, new information and winning strategies.

Suzanne Gernaat is a skilled teacher with over 35 years experience. Suzanne taught computer classes here at the Portage Senior Center in the past. She has been involved with memory, dementia and Alzheimer's for the past 11 years. Her experience and insights can benefit your memory skills.

PSC Writing Group
Fee: $30/$40 (7 weeks)
March 7 – April 18
May 2 – June 13
June 27 – August 15
(no class July 4)
Wed, 10:30 AM -12 noon
Instructor: Wilma Kahn
Write and share essays or poems. Participants choose their own topics, such as family history, autobiography, travels, nature, war time experiences, responses to contemporary life, exercises in wit, etc. Teacher gives written response to class members' work. Instructor has an MFA in Creative Writing and a DA in English.

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Cont. from previous pg.

QiGong
Fee: $38/48 (7 weeks)
March 21 – May 2
May 9 – June 27
(no class June 20)
Wed, 7:00 – 8:00 PM
Instructor: Ed Kehoe
In this class you will learn

Ancient Five Element Qigong routines that have been a part of Traditional Chinese Medicine for thousands of years. These routines are designed to build and strengthen your internal health creating harmony within yourself and with your environment. Qigong exercise has improved the functioning of the immune system, circulation and central nervous system for millions of people all over the world. The class will be taught by Ed Kehoe who has been teaching Tai Chi and Qigong full time for over 6 years and has been studying these methods for over 20 years.

Rubber Stamp Art
Fee: $5 PSC members only
June 6 – August 29
Wed, 1:30 – 3:30 PM
Instructor: Pat Toole
Create beautiful cards, book marks and more with this fun art activity. A few basic supplies are needed after attending your first session.

SilverSplash
Fee: $60 PSC members (7 weeks)*
February 28 – April 19
April 24 – June 7
Tues & Thurs, 11:00 – 12:00 noon
Location: Portage YMCA-2900 W. Centre
SilverSplash is an aquatics based exercise program designed to help build strength and increase range of movement. A kickboard (provided) is used for balance support and to provide moderate resistance challenges. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class made possible as a result of a special partnership between the PSC and Portage YMCA. Participants can register at the YMCA, and will need to present this class flyer or your name badge upon registration. *The YMCA will charge a $5 "Late registration fee" for any enrollments less than one week prior to scheduled start date.

Strength Training
Fee: $38/$48 (7 weeks)
March 26 – May 7
May 14 – June 25
Mon/Wed,
11:30 AM– 12:30 PM
Instructor: Susan Iervolina
Location: St. Catherine of Siena – Stanley Center
Enjoy an exercise program that is designed to increase strength, boost energy levels, and enhance muscle tone.

T'ai Ji
Fee: $38/$48 (7 weeks)
Feb 28 – April 17 (no class March 6)
April 24 – June 5
Tue, 8:30-9:30 AM
Instructor: Ed Kehoe
The graceful movements of the Chinese art of T'ai Ji disguise a powerful system of exercises that have long been recognized for their therapeutic qualities.

Yoga
Fee: $60/70 (8 weeks)
March 6 – May 1
May 22 – July 17
(no class July 3)
(Following the session that ends on 7/17 there will be no yoga until September 11.)
Tue, 1:15-2:45 PM
Overflow: 3:15 – 4:15 PM
Instructor: Colleen Potter
Location: St. Catherine of Siena-Stanley Center
Benefits of Yoga include: flexibility, strength, muscle tone, stress reduction, mental calmness, and more!

Please note: If the class scheduled for 1:15 – 2:45 PM fills up, an "Overflow" Yoga session will also be offered from 3:15 – 4:15 PM.

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Just Because It's June – A Mystery Trip
Thursday, June 28
Our destination must remain a secret, but that's just part of the fun! If you would like to look forward to a day away from your daily routine, then this trip is for you. We will provide a day filled with interesting destinations, good friends and an included lunch. Sign up early! Don't miss this one!

The Osmond Brothers . . . Bear Creek Farms, Bryant, Indiana
Saturday, July 21
The infamous Osmond Brothers have been performing world-wide for 50 years and have practically lived on a stage, thrilling millions of people! They perform all styles of music from barbershop, pop, rock, country, and jazz, and their close harmonies cannot be matched by any other group. They've broken records for sell out performances once held by the Beatles and Elvis, and won numerous awards including Best Show in Branson, Missouri! Includes lunch.

On Golden Pond . . . Purple Rose Theater, Chelsea, Michigan
Wednesday, August 22
This charming love story follows Ethel and Norman Thayer as they return to their summer home in Maine. In the twilight years of marriage, Ethel and Norman rediscover the joy and romance of everyday living. Lunch included at the Common Grill, a favorite restaurant.

NEW **Ray Stevens Live** . . . Shipshewana, Indiana
Friday, September 21
Don't miss this opportunity to see Ray Stevens "up close and personal" from your center seats just 10 rows back from the stage! From his multi-million selling comedy hit, *The Streak* to the socially aware *Mr. Businessman* to his Grammy award winning pop standard *Everything is Beautiful* his talent has touched so many. Not only a singer and composer, Ray has also produced, arranged and played on the recordings of some of Nashville's most legendary performers. Delicious lunch included at the Blue Gate Restaurant.

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How would you like to print 2,500 business cards and have them delivered to the homes of 2,500 active seniors with discretionary income and time for less than 3¢ each?

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Extended Trip Get-Aways!

NEW **Mississippi River Twilight Riverboat Cruise & The House on the Rock**
August 1 – 4
Journey back in time to the days where steamboats were the fastest, safest and most luxurious transportation in the country. The Twilight Riverboat is a replica of the lavish Victorian steamboats of a century ago. Her unique rounded stern and ornate architectural detailing are reminders of those classic riverboats Mark Twain called "floating palaces". Journey from Dubuque, Iowa to LeClaire, Iowa on the mighty Mississippi--the third longest river in the world. Sponsored by Shoreline Tours.

Western National Parks . . . "Wonders of the World"
August 5 – 15
Experience the wonders of the West through its best-known national parks. Interested in seeing stunning scenery and amazing wildlife? This tour, featuring diverse landscapes from painted canyons to awe-inspiring national parks, is for you! Enjoy a relaxing stay at Red Cliffs Lodge in Moab, which offers a ranch-like experience and luxurious Western charm with spectacular scenery. Other highlights include Arches National Park, Canyonlands National Park, Grand Teton National Park and Yellowstone National Park including Grand Canyon of Yellowstone and much more! Sponsored by Shoreline Tours.

NEW **A Capitol Adventure**
September 6 – 11
For those of you disappointed the last D.C. trip was cancelled, here's another opportunity! Highlights in Pennsylvania include Historic Gettysburg, The Dobbin House Tavern, personal appearance by Abraham Lincoln, and Gettysburg National Military Park. Capitol highlights

Continued on next page

Continued from previous page

include evening guided Illuminated Monument Tour, Arlington National Cemetery guided tour, several Smithsonians, Mount Vernon tour, Kennedy Center tour, visit to newly opened Flight 93 Memorial and much more! Sponsored by Ed & Ted's Excellent Adventure.

The Legendary Danube River Cruise

September 19-30

Immerse yourself in the wonders of a relaxing 11-day river cruise adventure without the hassle of checking in and out of hotels! Two places left on this fantastic trip. Sponsored by Avalon Waterways.

Baseball Trips–Intergenerational

Wrigley Field, Chicago
Chicago Cubs vs. Detroit Tigers
Thursday, June 14, 2012

Comerica Park, Detroit
Detroit Tigers vs. New York Yankees
Thursday, August 9, 2012

Comerica Park, Detroit
Detroit Tigers vs. Minnesota Twins
Sunday, September 23, 2012

Comstock Park
West Michigan Whitecaps vs. Bowling Green Hot Rods
Tuesday, June 26, 2012

Comstock Park
West Michigan Whitecaps vs. Great Lakes Loons
Tuesday, August 21, 2012

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Photo courtesy of James D. Coppinger

New York State of Mind!

September 26 – October 1

NEW: Airport transportation is now included, along with breakfasts daily! The PSC is "Broadway Bound" on September 26 for six fantastic days in the greatest city on earth–**New York City!** Your travel escorts Raymond Harvey (KSO) and Art Nemitz (PSC), will be there to provide guidance and tips for making the most of your time in this wonderful city. Accommodations will be at The Belvedere Hotel, a fine hotel with breakfast daily, near Times Square and walking distance to great Broadway District theatres and restaurants. Besides seeing three exciting Broadway shows, "On-and-Off" bus passes are included (on those famous big red, double-decker buses). You will have much time on your own to visit the talked-about sites of NYC, its world-renowned museums and art galleries, shopping, etc. etc. etc. Don't miss this opportunity to experience the exciting ambience of the "City That Never Sleeps!" New lower price.

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Our sincere thanks go out to the following members and friends who have donated between the dates of December 27 and February 27.

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In memory of John Trimner
Steve and Robin Pollens, Mary Trimner

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Diane Schaeberle
Vera Ostland
John & Pat Berninger
Dee Cekola
Rosemary Compton
Martha Austin
Georganne Oldenburg

Welcome New Members

Between December 27 and February 27, 2012
Theresa Debelak
Roberta Orton
Jennifer Shimer
Dianna Crenshaw
Sally Farney Lett
Janet Meyer
Mary Ann Dickinson
Shirley Watson
Dolores Payne
Joel Huber
Mary Ann Cromie
Carolyn Hiestand
John Sudeikis Sr.
Judy Haan
Fran Verity
Joyce Burke
Betsy Watson
Frances Bennett
Ruth Minert
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Fond Farewell to Celery City Showcase

The Celery City Showcase has been a premier showcase for talent in Portage for six years. What amazing talent we have seen. And who could forget the wonderful senior talent shows in earlier days that evolved into a unique intergenerational talent competition. However, every successful program or event should constantly be re-evaluated to figure out how to better achieve organizational objectives. In that spirit PSC staff and Celery City Showcase staff members have decided to take a year off from offering the Celery City Showcase in order to perform just such an evaluation. Over the next year, PSC staff will be looking for new ways to collaborate, and new opportunities to celebrate the talent in our community, while increasing revenues to support all the wonderful contributions that the PSC makes toward the quality of life in Portage.

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Art Scholars at the KIA

Senior Day is now "Art Scholars"
Kalamazoo Institute of Arts
Thursday, April 12
1:15 PM departure time from the PSC
2:00 PM talk, 3:00 PM tour
4:30 PM dinner at the Central City Tap House (self-pay)

Members: $10 bus fee includes admission to the KIA
Non-Members: $15 bus fee includes admission to the KIA

Join a group of your friends from the PSC for a field trip to the KIA to see glimpses into the Medieval world every day: sign posts, Henderson Castle, St Augustine Cathedral and more. Join Richard Utz, WMU Professor of English, as he presents a lively look at the many ways medieval ideas live on today. Program participants will also enjoy a guided tour of *Object of Devotion: Medieval English Alabaster Sculpture from the Victoria and Albert Museum.* Light refreshments will be served. Register at PSC by April 9.

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4) **Kindness makes for better relationships**–Kindness reduces the emotional distance between people. We feel more "bonded."

5) **Kindness is contagious**–When we are kind, we inspire others to be kind.

Additional information on this topic can be found in Dr. Hamilton's book, *"Why Kindness is Good for You"* (Hay House 2010).

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