

Portage Senior Center August 2013 Program Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|
| | | | 12:15-1:00 Foot Clinic by Appointment 1 | 1:00 Diabetes Support 2 3 2:00 Coffee, Cards, Conversation |
| 5:00 Out-to-Dinner, Fieldstone Grill 5 | 6 | 9:30 Strength & Stretch* 7 Loaves & Fishes Bag Collecting | 9-11:00 Blood Pressure Clinic 8 12:15-1:00 Foot Clinic by Appointment Loaves & Fishes Bag Collecting 1:00 Stay Independent - Prevent Memory Loss | 9:00 Matter of Balance* 9 Loaves & Fishes Bag Sorting 1:00 Sisterhood 10 1:00-3:00 Art Encounters - Festival |
| <i>Trip: Treasures of Elkhart</i> | | | | |
| 1:15 Big Screen Movie 12 5:30 Potluck | 8:30 AM Out-to-Breakfast, East Egg 13 | 2:00 Reader's Theater 14 | 9:00 AARP Driver Safety Class 15 11:30 AM Out-to-Lunch, Pizza Yen on Vanderbilt Ave 12:15-1:00 Foot Clinic by Appointment | 16 17 2:00 Coffee, Cards, Conversation |
| | | <i>Trip: Chicago Cubs/Cincinnati Reds</i> | | |
| 19 | 8:00 Friends of the PSC 20 | 10:00 Laptop Introduction to Office* 21 10:30 Body Rebound* 2:30 Advisory Board | 12:15-1:00 Foot Clinic by Appointment 22 | 8:30 Enhance Fitness* 23 |
| 26 | 6:00 PACE Presentation by CentraCare 27 | 2:00 Readers Theater 28 7:00 PM QiGong* | 12:15-1:00 Foot Clinic by Appointment 29 | 30 31 <i>Trip: Clint Black Live</i> |

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

Portage Senior Center September 2013 Program Calendar

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|---|---|---|
| 5:00 PM Out-to-Dinner, Texas Roadhouse 2 CLOSED IN OBSERVANCE OF LABOR DAY | 1:00 Yoga at St. Catherine's of Siena, Stanley Center* 3 | 10:30 AM Reminiscence Writing* 4 Loaves & Fishes Bag Collecting <i>Trip: Tall Ships 2013</i> | 12:15-1:00 PM Foot Clinic by Appointment 5 Loaves & Fishes Bag Collecting | 1:00 Diabetes Support Loaves & Fishes Bag Sorting 6 2:00 Coffee, Cards, Conversation 7 |
| 1:15 Big Screen Movie 9 | 8:30 AM T'ai Ji* 10 8:30 AM Out-to-Breakfast, Antique Kitchen 10:00 iPad Demo | 2:00 Reader's Theater 11 | 9-11:00 Blood Pressure Clinic 12 12:15-1:00 Foot Clinic by Appointment 10:30 New Member Orientation 1:00 Stay Independent - Prevent Memory Loss | 1:00 Sisterhood 13 |
| 5:30 Potluck 16 | 8:00 Friends of the PSC 17 | 1:00 Painting with Acrylics* 18 2:30 PM Advisory Board <i>Trip: Rockin' Oldies Show</i> | 11:30 AM Out-to-Lunch, Old Mill Brew Pub & Grill, Plainwell 19 12:15-1:00 Foot Clinic by Appointment 1:00 Painting with Acrylics* | 10:00 Fused Glass* 20 2:00 Coffee, Cards, Conversation 21 <i>Trip: Detroit Tigers/Chicago White Sox</i> |
| 23 | 24 <i>Trip: The Adirondacks and Vermont</i> | 2:00 Reader's Theater 25 | 12:15-1:00 Foot Clinic by Appointment 26 | 9:00-12:00 PM Flu Shot Clinic 27 |
| 1:30 Business Bingo 30 <i>Trip: Mackinac, Grand Experience</i> | | | | |

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

8:30 Enhance Fitness
 9:30 Strength & Stretch
 9:30-11:30 Relaxed Pace Bridge
 10:00 Book Club (2nd)
 10:00 Trip Committee (3rd)
 10:30 Body Rebound
 11:30 Strength Training
 11:45 Lunch
 12N Computer Tutoring with Paul
 1:00 Art Club
 1:15 Big Screen Movie (see calendar)
 1:30 Cribbage
 1:30 Canasta
 3:30-4:45 Ping Pong
 5:00 Out to Dinner (1st)
 5:30 Potluck (3rd)

Tuesday

8:30 Out to Breakfast (2nd)
 8:30-9:30 T'ai Ji
 9:00 Mini Bus Shopping
 9:30-2:30 Trip Office open for business
 10:00 Wii Bowling
 9:30 Walkers w/Walkers (PBCT)
 10:30-12N Recycled Cards
 11:00 French Club (2nd)
 11:00 Silver Splash
 11:45 Lunch
 12:30 Bridge
 12:30-4:45 Billiards
 1:00 Mah-Jongg
 1-2:30 Yoga
 1-3:00 Woodcarving
 1:00 Chair Volleyball
 3-4:30 Band Practice
 6:30 Bid Euchre & Other Cards
 7:00 Alzheimer's Association Support Group (3rd)

Wednesday

8:30 Enhance Fitness
 8:30 PSC Bike Club
 9:30 Strength & Stretch
 9:30-11:30 Relaxed Pace Bridge
 10:30 Reminiscence Writing
 10:30 Body Rebound
 12N Portage Rotary, no lunch today
 12N Computer Tutoring with Paul
 1:45-4:45 Euchre
 2:00 Readers Theatre will resume September 11 (2nd & 4th)
 7:00 QiGong

Thursday

9:00 social Golf @ States
 9-11:00 Blood Pressure Clinic (2nd)
 9-12N PSC Needlers
 9:30 Choir Practice resumes September 5
 9:00 Mini Bus Shopping
 9:30 Walkers w/Walkers (PBCT)
 11:00 Silver Splash
 11:30 Out to Lunch (3rd)
 11:45 Lunch
 12:30 - 4:45 Billiards
 12:15 - 4:00 Foot Clinic by appointment
 1:00 Stay Independent - Prevent Memory Loss (2nd)
 1:00 Pinochle Single Deck
 3:40-4:45 Ping Pong

Friday

8:30 Enhance Fitness
 10-12:00 Computer Tutoring w/Gordon Heikkila
 9:30-2:30 Trip Office open for business
 10:30 Body Rebound
 11:45 Lunch
 12:30 Bridge
 12:30-4:45 Billiards
 1:00 Sisterhood (2nd)
 1:00 Scrabble (1st & 3rd)
 1:00 Project Enhance: Diabetes Education (quarterly)
 1:00 Dominoes (2nd & 4th)
 1-4:00 Quilting (open)

Saturday

2:00 Cards, Coffee & Conversation (1st & 3rd)

Daily Walk: 8:30 AM at Crossroads Mall, Food Court entrance

Please note that participants are asked to vacate the premises by 4:45 PM, allowing staff time for site security, room and window checks, and alarm programming. Evening activities held at 5 PM or after do not alter daily activity end times.

Wish List

Cookies and Coffee for the Senior Perks Coffee Bar

Thank you for donations of coffee bar supplies:

Chuck Pasco
 Mike Johncock
 Shirley Kury
 Shirley Bumgardner
 Helen Lovin
 Dorothy Criss
 Diane Schaeberle
 Jeanette Carney