



Portage Senior Center Newsletter

Friends of the Portage Senior Center Annual Golf Benefit— a Great Success!

So many wonderful people and businesses to thank...

May 20 was an unseasonably hot, gorgeous day for the **Friends of the Portage Senior Center's 18th Annual Golf Benefit Scramble** at beautiful Angel's Crossing Golf Club in Vicksburg, Michigan. Special thanks to major sponsors **Heritage Community of Kalamazoo** (Eagle Sponsor) and **Life EMS Ambulance** (Birdie Sponsor). Eighty-three golfers were in attendance helping the

Friends to raise over \$7,000—a new record!

Gratitude goes out to Par Sponsors, including CVH Associates (James Majka), James and Pat Dolan, Extencicare (Tendercare Portage), Langeland Family Funeral Homes, New Friends Memory Care and Assisted Living, Rathco, Larry Smith, Fred Taylor (Attorney), and John A. Wolfe, CFP.

Special thanks to the Hole-in-One Prize Sponsor: Ed and Ted's Excellent Adventures, LLC.

Hole Sponsors: Absolute Home Care and Medical Staffing, Centra Care, Dorothy Endres Insurance, Keystone Bank, Gregory Klenow, CPA, CFP, Ruth Ann Meyer, John Schuring Jr. Insurance Agency, Jacqueline Wiley and Zhang Financial, First National Bank, Willis & Willis.

Sign Sponsors: A. D. F. Accounting, LLC, Rathco.

We also thank our gift and prize sponsors, including Allegra Printing, Burger

King on Portage Road, The Cheese Lady, City of Portage Recreation/Cultural Services Divisions and Portage Senior Center, ChocolaTea, ECCU, Erbelli's, Garden Spot Greenhouse, Great Wall Restaurant, Life EMS Ambulance, McDonald's on Portage Road, The Moors Golf Club, Nelson Hardware, Westlake Drug, Angel's Crossing Golf Club, Art and Betty Roberts, Shirley Againeses, Mary Ellen Agar, Gentiva, Golf Performance Academy, Sue Green, Mulligan's Grill, Ruth Ann Meyer, Polderman's Florist, Romence Gardens, Scott's Sports Cards, Coins, Jewelry, Sprinkle Road Automotive, States Golf Course and personal contributions from PSC members Bill McCarty, Georganne Oldenburg, Trudy Riker, Jackie Parrott, and staff member Denita Demler.

Our sincere appreciation goes out to William (Bill) McCarty and his golf committee, including Mary Ellen Agar, Alex Lueth, Kimberly Middleton, Greg Miller,



Georganne Oldenburg and our director, Bill Deming.

Many volunteers were on hand to support a myriad of jobs and details from cookie bakers to Mulligan ticket sellers. We thank the following people for their generous time and talents: Shirley Againeses, Christy Carpenter, Denita Demler, Betty Ann Geib, Larry Grant, Sue and John Green, Mike Johncock, Barb Lupina, Shirley McKinney, Ruth Ann Meyer, Mary Lou Petrulio, Sue and John Green, and Edith Burch.

Thank you all!

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Message from the Deputy Director

Another “Sizzlin” Summer of Activities is Upon Us!

Join us on August 10, 1-3 PM for **Art Encounters**—a Festival of Music, Art and Fun for All Ages! Once again, the PSC will join City of Portage’s great Summer Entertainment Series (SES) and the Portage District Library in putting on this popular summer event. Last year, the PSC had over 250 people in attendance to listen to tunes performed by our own **Portage Senior Center Band** and to learn the basics from our local senior artisans. Of course, we can’t forget that all of us become “sundae” artists by making our own tasty ice cream concoction while enjoying the sights and sounds of PSC at its best!

Our sincere thanks also go out to the Portage Senior Center band, which added its own special touch to City SES programming last month by playing at *Lunches of Note* at the Celery Flats Amphitheatre.

And last, but certainly not least, what a great showing of PSC members, including the Senior Citizen Advisory Board, attending the **Portage 50th City Celebration** at the special Taste of Portage held at the Overlander Bandshell on June 22. The heat didn’t keep us from enjoying great food from our favorite Portage restaurants. The music was lively and toes were tapping to the music of Al’s Basement Band and the popular dance band, Funktion. A very special thank you goes out to Larry Grant, PSC minibus driver and volunteer extraordinaire, for operating a shuttle service for patrons to and from the event. Our own faithful PSC helpers, Denita Demler and Marilyn Waggoner, were present to cut and serve the scrumptious celebration cake donated by Harding’s Friendly Market at Woodbridge. The Taste of Portage was made possible by the generous sponsorship of the Hinman Company and partner sponsors Chemical Bank, Pfizer, Sanford Financial Services, Meyer C. Weiner Company and the Irving S. Gilmore Foundation.

Summer is not over, so I encourage PSC members to pick up a Summer Entertain-

ment Series Brochure at the PSC front Receptionist Desk. Come join us and continue to *sizzle* through the month of August with the much anticipated entertainment opportunities in the City of Portage.

Sincerely,



Jill Hess
Deputy Director of Recreation
and Senior Citizen Services

PACE Opens in Kalamazoo

Tuesday, August 27, 6 PM at the PSC
Fee: Free

Presenter: CentraCare

Caring for an aging loved one can be a full-time job. Juggling medicines, doctors’ visits, and daily care leaves little time for much else. But now there’s PACE® for people living in Kalamazoo County who are 55 or older and in need of support. CentraCare’s Program of All-Inclusive Care for the Elderly (PACE) is designed to honor the choice of many older adults who wish to age safely in their home with help. Likely PACE candidates include those having difficulty managing appointments, medications and health conditions. Often, PACE participants have had an increase in falls and visits to the ER or urgent care, or struggle with memory. CentraCare’s PACE services may help you remain safely in your home. RSVPs are appreciated: call 329-4555. Registration deadline is Friday, August 23.

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.

Advisory Board

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Program Coordinator
Denita Demler

Trip Coordinator
Johanna Thompson

Receptionist
Megan Donahue

Art Club

Monday, 1 – 3 PM

The PSC Art Club offers budding and accomplished artists of all mediums the chance to get together once a week and share their creativity with like-minded individuals. There is no fee to participate. All you need to qualify for this club is a desire to create art and a valid PSC membership!

Book Club

2nd Monday, 10 AM

Are you searching for the next best book to read and discuss? The Book Club meets on the 2nd *Monday* of the month from 10:00 AM – 11:00 AM. The book to read for September is: *A Week in Winter* by Maeve Binchy and October's book is: *The Aviator's Wife* by Melanie Benjamin.

Check the PSC bulletin board for information on the book to read and discuss at the next meeting. Leader is Ann Perkins.

French Club

2nd Tuesday, 11 – 12 PM

Come join us! Whether you are French, a French speaker, or simply a lover of French culture, you are welcome to attend our monthly meetings. PSC member Sylvia Blum and her friend, Pamela Pender, are leading the Club.

Dining Out Club

An advance reservation with the reception desk by 12 PM the previous business day is required for this activity. All meals are self-pay. Hosts: Hal and Shirley Ray.

August

Dinner

Monday, August 5
5:00 PM
Fieldstone Grill
2970 West Centre

Breakfast

Tuesday, August 13
8:30 AM
East Egg
6907 Sears Drive

Lunch

Thursday, August 15
11:30 AM
Pizza Yen
1807 Vanderbilt Avenue

September

Dinner

Monday, September 2
5:00 PM
Texas Roadhouse
7039 S. Westnedge

Breakfast

Tuesday, September 10
8:30 AM
Antique Kitchen
6215 S. Westnedge

Lunch

Thursday, September 19
11:30 AM
Old Mill Brew Pub & Grill
717 E. Bridge St., Plainwell

Senior Center Choir

Lookin' for Singers

Thursdays, 9:30 AM

The Portage Senior Center Choir is looking for men and women who enjoy singing. We meet Thursday mornings from 9:30-11:30 at the Senior Center. We don't have auditions and you don't need to have a great voice. Here's what you do need: a love of singing and a smile (the latter is a requirement). We perform at retirement communities, PSC events and other community locations. Please come and join the fun! Practice resumes the first Thursday in September.

Loaves & Fishes - PSC Bag Recycling Program

We collect paper and plastic grocery bags **only** the first Wednesday and Thursday of each month. The bags are used for the Grocery Pantry Program at Kalamazoo Loaves & Fishes. Help is needed in sorting of bags on the 1st Friday of the month.



**HERITAGE
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OF KALAMAZOO

Celebrate Life & Honor the Soul!

Heritage Community has been serving Kalamazoo seniors and their families for more than 60 years. Today, we're the only locally owned and operated continuing care retirement community in the area.

A not-for-profit organization led by a local volunteer board of directors, we manage our resources in accordance with our mission, and our longstanding values are reflected in our governance and management. We measure success in terms of achieving high standards of excellence in service, and continually strive to ensure that all residents are proud to call our community home.

Visit www.heritagecommunity.com or call 269-226-6321 for more information

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Heritage Hills Apartments

Assisted Living
Wyndham West
Directors Hall

Residential Memory Care
Amber Way
Amber Place

Skilled Nursing and Rehabilitation Services
Harold & Grace Upjohn
Community Care Center



Living Your Life at Home

~ SERVICES ~

The following services that we are providing are:

- Private Duty Home Care - Medical and Non-Medical
- Shopping/Errands
- Home Health Aides, Companions
- Transportation/Dr. Appointments
- Free In-Home Patient Assessment
- Relief Care for Family Members
- Personal Care Bathing/Dressing
- Alzheimer's and Dementia Care
- Meal Preparation
- Medication Set Up/Monitoring
- Housekeeping/Laundry
- Injections
- Personal Shopping

Services are available from 2 hours per visit to 24 hours per day. A licensed nurse is on-call and available 24 hours a day, 7 days a week.

ABSOLUTE



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and Medical Staffing

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Golf League - Social

Thursdays, May 2 – September 26

9 AM at States Golf Course

The PSC Social Golf League offers the best of league golf for men and women. We have a reserved schedule every Thursday morning at 9:00 AM at States Golf Course in Vicksburg. This is a social league so you only pay as you go and never need to find a sub. The Social Golf League is open to members of the PSC. Greens fees are \$10, with half-cart for \$5. At the end of the season, we will conclude with a scramble followed by a luncheon at the golf course.

Needlers

Thursdays, 9 AM – 12 PM

The PSC Needlers are knitting, crocheting and donating completed projects to various community agencies all through the year. One project begun at a local hospital's request, is creating *Bosom Buddies*, which are knitted or crocheted prosthetic breasts for mastectomy patients. When placed in a bra, the Bosom Buddy takes the shape and feel of a real breast. They are lighter, more comfortable and less expensive than silicone prosthetic breasts. You are welcome to join the Needlers every Thursday to take part in a feeling of accomplishment and camaraderie.

Potlucks - Monthly!

April – October

3rd Monday of the Month at 5:30 PM

This event is 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). Pre-registration of \$1 fee covers beverages and paper products. Registration deadline is the Friday before event.

August Potluck

Monday, August 19
5:30 PM

September Potluck

Monday, September 16, 5:30 PM

Please note: If you are interested in volunteering to help set-up and clean-up, please leave your name and phone number on the "Potluck Volunteer" sign-up sheet at the front desk.

PSC Bike Club

Wednesdays, 8:30 AM

The August 7 ride will be a 10-mile, relaxed cruise through Portage ending at Michelle's Restaurant, August 14 will be 24 miles transporting to Mendon – bring a picnic, August 21 is 23 miles transporting to Covered Bridge Centreville – Amish Table, August 28 ride will be 38.6 miles to Fisher Lake Inn. The annual picnic will be held at 1:00 PM at Gourdneck Lake on September 12. Schedules can be picked up at PSC. Bob Strader leads this group.

Art Encounters—a Festival of Music, Art, and Fun All!

Saturday, August 10 1:00 PM-3:00 PM

Create your own sundae while listening to tunes by the Portage Senior Center Band, followed by the Golden Rods, a high school blues and rock group. Learn the basics from local artisans who are experts in different mediums of art, knitting and crocheting, and wood turning. This event is a joint venture with the Portage District Library and City of Portage Summer Entertainment series. No registration required. Come and have fun!

Recycled Cards

Tuesdays, 10:30 AM

We invite you to join the Recycled Cards group which meets every Tuesday. We accept whole greeting cards with the verses intact and we do not accept or use Christmas cards. The cards are then cut apart and re-designed to create a "new" card.

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Red Hat Society

The PSC Kazoos of the Red Hat Society are alive and well! Marie Tucker is the Queen of this group and Jackie Wnuk and Barbara Pullano are Princesses. We meet monthly except for January and February. We meet as a total group a couple of times a year, and the remainder of the year we meet as three smaller groups. We have an annual Christmas Party in December and a Breakfast Pajama Party in October. We enjoy lunch meetings and go to various restaurants in the area. Other events have been: mystery trip, lunch and plant demonstrations at Wedel's, teas, craft time and other fun events. We have about 40,000 groups in almost all countries of the world. If you are interested in becoming a member of our group, call Marie Tucker @ 375-2104. Our official attire is a purple outfit with a Red Hat. Bling is optional.

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.

August 9, Friday

Time: 1:00

Event: Garden Party at Carol's house

Site: 10144 Lloy, Portage
Hostess: Carol Fleck

September 13, Friday

Time: 1:00

Event: Bunco Card Game
Site: PSC

Hostess: Louise Schiavone

Have You RSVP'd?

RSVP - *Your Invitation to Volunteer*, a program of Senior Services of Southwest Michigan, is part of America's largest volunteer network for adults age 55 and older. Through RSVP, you can serve at Portage Senior Center or any of the 100+ agencies that partner with us.

The benefits of RSVP membership are many, including free supplemental accident, excess auto liability and personal liability insurance, limited reimbursement for mileage for those who might otherwise find it difficult to volunteer, and personal placement assistance if you'd like to add to or change your volunteer service.

To be a member, all you have to do is complete an application, attend a 1-hour orientation and report your volunteer hours to RSVP each month by mail, fax, email or phone. It's easy, it's fun and it gives you the opportunity to help others as well as help yourself! For an application or answers to questions you may have, please call one of the friendly staff in the RSVP office at 382-0515.

New Member Orientation

Thursday, September 12, 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. Pre-register at 329-4555.



NOW OPEN!

CENTRA CARE
COMPREHENSIVE COMMUNITY-BASED OLDER ADULT SERVICES

When asked, most older adults say that they want to live in their own community as long as possible. For those with chronic conditions and limited resources, this can be a challenge.

CentraCare is part of the National PACE Program (Program of All-Inclusive Care for the Elderly) and serves to meet the health care needs of frail adults 55 or older living in Kalamazoo County.

Services are coordinated by the CentraCare team to:

- Ensure safety in the home
- Promote wellness
- Focus on quality medical care
- Provide an opportunity for socialization
- Support caregivers

CentraCare, located in downtown Kalamazoo, is committed to supporting older adults to remain in the community and to enhance their quality of life.

Call us to find out if CentraCare is right for you or someone you love.

445 W. Michigan Avenue, Kalamazoo
(269) 488-5460 • toll-free (800) 488-5860 • www.mycentracare.com

Reader's Theatre

2nd & 4th Wednesday, 2 - 3:30 PM

We have come to the end of our 2012-2013 Readers Theater season and will resume in September, with meetings/rehearsals scheduled for 2:00-3:30 pm, the 2nd and 4th Wednesday of each month at the Senior Center, September through May. Programs are planned off-site for the other Wednesdays of the month.

This season we presented 15 programs: 4 at pre-schools, and 11 programs covering all eight Portage elementary schools for one or two grade levels each. Our membership is between 8 and 10 members, at present, and our total audience was 1,650.

With each program, we present two or three age-appropriate stories, using our voices to represent the characters we portray, and we share at least one poem. The student-audiences are encouraged to participate whenever possible by joining in a refrain or a fingerplay.

Each story is introduced by briefly explaining the story-type: folk tale, fairy tale, classic story, or other information such as: country /tribe of origin, unusual language, "trickster tale," etc. When possible, visual aids are used— a picture, a costume, a puppet, etc.

A brief dialog with students and teachers follows the presentation to recall the characters and themes. We often receive thank-you notes from students that indicate that the stories were discussed with the teachers in class after our visit. Our members enjoy these visits as much as the audiences do.

iPad Demonstration

Tuesday, September 10, 10 AM

Presenter: Larry M. Smith, PSC Member

Fee: Free

Having trouble with your new iPad? Thinking of getting an iPad? We are here to help! This will be an introduction to iPad navigation and general use. Main iPad applications and tools will be covered. Our presenter will provide several demonstrations and guidance. The Center has an iPad that can be checked out for use at PSC. Registration deadline is Friday, September 6.



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Big Screen Movies

Monday, August 12, 1:15 PM

"Love's Long Journey"

In this compelling third installment from Janette Oke's "Love Comes Softly" book series, Missie (Erin Cottrell) discovers she's pregnant. Her life now takes a turn that is both thrilling and terrifying. After all the planning and dreaming, she and her husband, Willie (Logan Bartholomew) have headed west in a covered wagon, leaving behind the prairie home of Missie's parents. Now, caught between the excitement of the new adventure and the pain of not knowing when she'll see her family again, Missie copes with the challenges and cherishes the rewards of her new homestead. Not rated. Closed-captioned. 85 minutes. View the movie for free; 50 cents for popcorn.

Monday, September 9, 1:15 PM

"Facing the Giants"

After six consecutive losing seasons, high school football coach Grant Taylor believes things can't get any worse. He's wrong. In desperation and with fear and failure defeating him in football and in life, the downtrodden coach and husband turns to God. Trusting that God can somehow do the impossible, Coach Taylor and his Shiloh Christian Eagles soon discover how faith plays out on the field...and off. Rated PG. Closed-captioned. 112 minutes. View the movie for free; 50 cents for popcorn.



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

Computer Classes

NEW!

Laptop Introduction to Office

Wednesday, 10 AM - 12 PM

August 21 - October 2

Fee: \$20 (members only)

7 weeks

Instructor: Royce Bland

Laptop Introduction to Office is 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 laptop computer and a one gigabyte flash drive to each class, includ-

ing the first class. Flash drives will be used to save lesson plans and homework.

Computer Tutoring

Individual computer tutoring with or without laptop computer by an experienced volunteer 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. PSC members only. Come in to register at the Center.

Art Classes



NEW!

Fused Glass Jewelry Class

West Michigan Glass Art Center

Friday, September 20,
10 AM - 12 Noon

Fee: \$47/\$57 non-members
Students will create two personalized earring and pendant sets in this fun jewelry class. Students will learn to cut glass, utilize glass pens and discover the wide variety of glass available to glass artists. This class includes all tools, colorful glass, a small packet of dichroic glass and jewelry findings. Registration deadline is Friday, September 13.

Painting with Acrylics

Wednesday, 1 PM - 3 PM

September 18 - October 23
(6 wks)

Fee: \$55/\$65

Instructor: Rae Sills

This class is open to beginners as well as advanced students. The emphasis in the class will be learning not only color, design and texture, but also use of the mediums in manipulation of quick dry paint. Students will work from photographs of their own choosing. Rae is experienced in many mediums and will allow a student to work in another medium

upon request. (No oils please.) The supply list can be picked up at the front desk when registering. Registration deadline is Wednesday, September 11.

Exercise and Other Classes

AARP Driver Safety Class

Thursday, August 15,
9 AM - 4 PM

Fee: \$12 AARP Members

\$14 Non-members

Instructor: Richard Baker
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. Register at the PSC and make checks payable to AARP Driver Safety Class.

*Classes continued
on page 8*



Jody Bernhardt
Mrs. Michigan America 2006

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Pageant

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Classes, from page 7

Body Rebound

**Monday/Wednesday/Friday
10:30 AM - 11:30 AM**

August 2: use video for class
August 21 - October 18
No class September 2 and 27
Fee: \$30/\$40 (8 wks)
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

**Monday/Wednesday/Friday
8:30 AM - 9:30 AM**

August 23 - October 21
No class September 2 and 27
Fee: \$32/\$42 (8 wks)
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.

Reminiscence Writing

Wednesday, 10:30 AM - 12 PM

Fall Session 1 - September 4, 11, 18, 25; October 2, 9, 16
Fall Session 2 - October 30; November 6, 13, 20, 27; December 4, 11
Fee: \$30/\$40 (7 weeks)
Instructor: Wilma Kahn
Write about reminiscences

old and new. Topics include ancestors, childhood, schooldays, adulthood, military service, career, children, grandchildren, pet peeves, travels, current events - whatever we want to write about. This class offers a great opportunity to make new friends, share your writing, and learn from others. The instructor gives written responses to class member's work. She has an MFA in Creative Writing and a DA in English.

QiGong

**Wednesday, 7 PM - 8 PM
August 28 - October 9**

Fee: \$38/48 (7 weeks)
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.

SilverSplash

**Tuesday & Thursday
11 AM - 12 PM**

July 22 - August 24
Fee: \$60 PSC members
7 weeks
Location: Portage YMCA
2900 W. Centre
SilverSplash is an aquatics-

based exercise program designed to help build strength and increase range of movement. A kick-board (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 is the 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 MySeniorCenter card upon registration.

Strength & Stretch

**Monday/Wednesday
9:30 AM - 10:30 AM**

June 19 - August 5
August 7 - September 20
Fee: \$38/\$48 (7 weeks)
Instructor: Joy Morris
This class is designed to

help build strength and flexibility back into the body. The class will begin with strength building exercises using weights, followed with gentle stretches to open the body so you leave class feeling stronger and more relaxed. Participants are asked to bring weights to the classes.

T'ai Ji

Tuesday, 8:30 AM - 9:30 AM

September 10 - October 22
Fee: \$38/\$48 (7 weeks)
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.

*Classes continued
on page 9*



Park Place
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As a *resident-centered home*, **Park Place** makes everyday life more enjoyable with our pets, gardens, child visitors and staff that feel more like family than caregivers. We offer an engaging activity program so our residents can have an active social lifestyle filled with friends. Our delicious meals and personalized assistance make **Park Place** a great place to call home.

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Classes, from page 8

Yoga

Tuesday, 1 PM - 2:30 PM

September 3 - October 22

Fee: \$60/\$70 (8 weeks)

Instructor: Christine Peckels

Location: St Catherine's of

Siena - Stanley Center

This yoga class offers gentle yet powerful insight into the infinite nuances of the body, mind and breath with opportunities to explore

and link these qualities within. Participants are asked to bring an exercise mat.

Zumba Gold

Monday, 5 PM - 6 PM

September 23 - November 18

September 9 (no class

September 16 or October 21)

Fee: \$30/\$40 (8 weeks)

Instructor: Gretchen Pouliot

Zumba Fitness is a great way to get in shape, relieve stress and connect with friends. It combines ener-

gizing music and choreography for a total body workout. The goal is to provide a safe and effective workout and to celebrate the joy of dance with others.

Stay Independent-Prevent Memory Loss

2nd Thursday of every month

1 PM - 2:30 PM

Session 1: August 11

Session 2: September 12

Fee: \$5/\$8/non-members/session

Instructor: Suzanne Gernaat
A strong prevention program can delay the onset of Alzheimer's. With just a few simple lifestyle changes, you can lower your risk of memory loss by up to 70%! Don't let your memory just slip away. Please register at 329-4555.

Turning 65?

We can help you find a health and dental plan that's right for you.

For more information, call:

(269) 342-0212

KALAMAZOO COUNTY FARM BUREAU

5950 Portage Rd., Ste. A, Portage, MI 49002



Super Books - Fundraiser!

We have just completed the Super Book Fundraiser and are excited to announce that our profit from the sale was \$800. This money goes towards our operational funds for programs and events here at the Senior Center. Thank you to everyone that supported this fundraiser.

Business Bingo

Monday, September 30, 1:30 PM

Free to members (\$5 non-members)

New Friends Memory Care and Assisted Living will again be hosting this event, which will consist of 15 bingo games sponsored by 15 businesses. Each game will have a gift value of at least \$25. Deadline for registration is Friday, September 27.

Stay where life is like a spring day every day!...

Spring Manor

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Flu Shot Clinic by Borgess

Friday, September 27, 9 AM-12 PM

Remember Your Shot and Forget the Flu! You can fight off the flu with a fast and safe vaccination administered by licensed nurses from Borgess Home Care. The pneumonia vaccine will also be available. Flu and pneumonia shots are covered by Medicare Part B. For those paying privately for their immunizations, we will provide a payment receipt that can be submitted to your insurance company or flex plan for reimbursement. Medicare Part B Plans, cash, checks, Visa and MasterCard are accepted.

Diabetes Support Group

Quarterly (January, April, July, October)

Friday, August 2, 1 PM

Friday, October 4, 1 PM

Leader: Bob Erikson, Diabetes Education Coordinator
Please note the new format for meetings of the Diabetes Support Group. This group will no longer meet the first Friday of each month, but will meet approximately once each quarter and/or in conjunction with other activities/training sessions, and wellness programs sponsored by the Senior Center. We will continue to call each member prior to each meeting. If you are not on our list but would like to be, please give us a call and we will add you to our call in list. Pre-register at 329-4555.

PSC Drives Positive Health Outcomes with New Community Service Van

Generally, few of us have planned for the time when we will no longer be able to drive. In fact, most of us put off this thought until we are faced with a health or economic crisis that forces us to give up our wheels. Losing the ability to drive can also have a negative impact on our overall health and wellbeing. In fact, a 2011 Kalamazoo County Senior Growth Needs Assessment revealed that lack of transportation options for homebound seniors remains a major service challenge for frail elders.

This fall, the PSC minibus will retire. We are fortunate though, that the City of Portage prepared ahead for a viable replacement vehicle. The PSC will benefit from a partnership forged between the City of Portage and the City of Kalamazoo to utilize an accessible 8-passenger van through Metro-Transit Community Service Van Program. Our committed volunteer bus drivers will become trained and certified by Metro-Transit to drive the vehicle and transport service with our present van will continue throughout the summer. The Community Service Van is one of six vans that are subsidized by the Michigan Dept. of Transportation's (MDOT) Specialized Services programs, and reimburse the Metro-transit per passenger carried. The program is also subsidized by local funding (both the Kalamazoo County Transit Authority and Transit Board Authority Board millages). Gas contributions, as before, are gratefully received to defray fuel costs. For more information on the Community Service Van Program, literature is available at the PSC Reception Desk.



new friends A Vibrant Memory Care & Assisted Living Community
managed with care by Vibrant Life Communities

A new approach to caring.

New Friends, A Vibrant Life Community, is dedicated to providing a warm and residential home-like environment for individuals living with memory support needs. Our staff is specially trained to respond to the ever-changing needs of people with cognitive loss; primarily supportive care for three stages of Alzheimer's disease and related dementia.

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Free Estate Planning Workshop

Learn how to:

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- Access the care you need
- Avoid nursing home poverty
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Hearing Screenings

3rd Tuesday – Quarterly (January, April, July, October)

Tuesday, October 15

9 AM – 11 AM

A certified audiologist from the Hearing Center will provide the following services at no charge: hearing screenings, hearing aid cleaning/check, earmold re-tubing, and earmold impressions. Please call 329-4555 to schedule an appointment (required).

Matter of Balance

Friday, August 9 – September 27

8 weeks

9:00 AM – 11 AM

Fee: Free

Sponsor: Area Agency on Aging IIIA

Are you wondering what happened to your balance, wobbling a bit when you walk, or wavering some when you stand? Nearly one-third of seniors over the age of 65 will fall each year. That percentage increases by 50% by the age of 80! Yet falling is NOT a natural part of aging, it's the body's reaction to a number of causes that we address and change in this very popular eight-week workshop that helps older adults stay safe, active and independent. Register at 329-4555 by Friday, August 2.

Chronic Pain PATH

Friday, October 4 – November 8

6 weeks

9:30 AM – 12:00 PM

Fee: Free

Chronic Pain PATH is a workshop given two and a half hours, once a week, for six weeks, just as in regular PATH. Workshops are facilitated by two trained leaders.

Subjects covered include:

- Techniques to deal with problems such as frustration, fatigue, isolation, and poor sleep.
- Gentle exercise for strength, flexibility, and endurance.
- Appropriate use of medications.
- Communicating effectively with family, friends, and health professionals.
- Nutrition.
- Pacing activity and rest.
- How to evaluate new treatments.

Classes are highly participatory, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives. Please register at 329-4555 by Friday, September 27.

VOLUNTEERS –

Volunteer Receptionist

Greet guests, answer phone, assist with MySeniorCenter Kiosk, accept member fees, record class registrations, provide information and referral guidance, and make coffee.

Volunteer Van Driver

Drivers needed for transporting patrons in community service van on a planned route to and from various center activities and grocery shopping trips within the City of Portage. Various days and hours would be 8:30 AM – 1:30 PM.

Just Call Me Volunteers

If you would like to volunteer to be available for projects (example: baking cookies, assisting at programs or events), please leave your name and phone number at the Reception Desk.

Partners Program - Program begins in October

Must be able to commit to the following:

- Attend monthly meeting.
- Attend field trip in April & Celebration in May.
- Be an active listener. The ability to hear your partner is very critical. Lots of noise in a small classroom.
- Walking required - parking lot to the classroom, field trips will require walking (depending on the trip).

Meeting dates will be announced after school begins. There are no guaranteed openings at this time. Placement of volunteers depends on the number of those continuing in the program and the number of children in the classroom.

Volunteers continued on page 15

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Woodbridge

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Welcome New Members

Between April 22 and June 14

Betty Walker
 Cheryl Dimmick
 John Green
 Sandra Roobol
 Paul & Linnea Oswald
 Carol Adams
 Ray Baillie
 Florence Ross
 Elizabeth Plasick
 Harold Nutter
 Cornelia Schouwborg
 Larry & Kathleen Bowman
 James Miller
 David Smith
 Jean Calloway
 Bob Richardson
 Fred Toxopeus
 Barbara Braganini
 Linden & Joyce Griffin
 Gini Schug
 Pete Vantuyl
 Jack & Jan Kuiper
 Ron DeMink
 James Kline
 Mary Ann Rehl
 Linda Teare
 Gene Taft
 Jane Wendling
 Candy Garton
 Roxanne Fawley
 James & Bernice Curtan
 Richard Hoff
 Pam Sadler
 Allen & Julia Buhl
 Lois Stuck
 Grace Rayman
 Ron & Daleen Buckhart
 Judy Sutton
 Carl Cummings
 Doris Kinney
 William & Doris Inkster

Annual Fund Donations

Between April 22 and June 25

Phyllis DeRight	Eleanor Sheeler
Phil & Dorothy Edie	Iola Weaver
Marilyn Highland	Art & Linda Nimitz
Herbert Hildebrand	Carol Powell
Joyce Wheeler	Richard Knapp
Kay Hanson	Betty Wells
Janice McLain	Shirley Hamilton
Margaret Howard	Bijoy & Janet Bhuyan
Robert & Carolyn Walton	Anthony Hudson
Jack Nottingham	Joyce Zastrow
Mary Ann Wannamaker	Kay Decker
Lois Beaudoin	Sharon Grube
Shirley Bumgardner	Margaret Tanner

Volunteers, from page 14

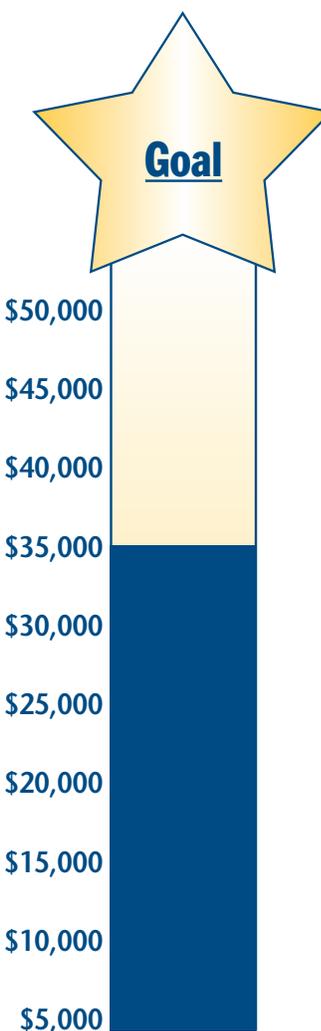
Pen Pal Program - Program begins in October
 You will receive a schedule of when letters are due & when you may pick up letters from your pen pal. The Volunteer Coordinator will deliver all letters.

Must be able to commit to the following:

- Have your letter written & to the PSC by the date listed for the month.
- Stop in on or shortly after the date given to pick up letter from your pen pal.
- Mandatory that you be able to attend the "Meet Your Pen Pal Party" in May.
- Please print or type your letter.

There are no guaranteed openings at this time. All placements depend on the number of those continuing in the program as well as the number of children that are in the classroom.

Fundraising Goal



Memorial Donations:

- Kalamazoo Valley Woodcarvers Guild in memory Alice Noecker
- Margaret Tanner in memory of Richard Tanner

American Red Cross Blood Drive

at Portage Community Center
 325 E. Centre

Monday, August 12 from 12 PM - 6 PM

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**SEPTEMBER 30 – OCTOBER 3, 2013
MACKINAC GRAND EXPERIENCE . . .
Mackinac Island, Michigan**

This is one of the PSC's most anticipated excursions. Always a successful adventure followed by rave reviews, it offers each traveler that elusive "just right" experience Goldilocks was looking for. You are cordially invited to join us for the Michigan Recreation and Parks Association Senior Trip to the elegant Grand Hotel. Rooms are beautifully and uniquely decorated, and every meal is truly special, thanks to exceptional food, service and ambiance. Choose from a variety of planned activities, or enjoy the priceless view from the rocking chairs on the world-famous porch. Your three-night stay at the Grand Hotel is complete with full breakfasts and five-course dinners. This delightful getaway includes all transportation and lunches en route. Call the Trip Office, open Tuesdays and Fridays from 9:30 to 2:30, for prices and details (269) 324-9239.

*Photo Courtesy of Mackinac Island
Tourism Bureau.*



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The Trip Office is open Tuesdays and Fridays from 9:30 AM – 2:30 PM

Special Trip Preview

Cruising the Trent-Severn Canal

Friday, August, 23 at 1:30 PM

Call 329-4555 to reserve your seat.

Come see what this trip is all about. The Kawartha Voyageur has been compared to a floating country inn, complete with comfortable lounge chairs, magnificent scenery that glides by while you relax, and delicious meals and snacks. The only thing expected of guests is to relax and enjoy themselves. Some of the highlights include:

- Ride through the world's highest hydraulic lift lock, built in 1904, a lift of 65 feet.
- Discover the amazing Big Chute Marine Railway where boats actually ride a rail carriage between bodies of water.
- Traverse 22 locks in a distance of 150 miles over a relaxing schedule of 5 days. The ship is docked overnight so you don't miss a thing while you blissfully sleep in your cabin.
- Much smaller than the Locks at Sault Ste. Marie, compare the largest Soo Lock at 1350 feet by 80 feet, to the largest Trent-Severn Lock of 155 feet by 32 feet.

- Enjoy fall colors in a moving display right before your eyes.
- Explore small towns in the Ontario backcountry, and some larger ones thriving along the waterway. Ports of Call will include Orillia, Peterborough, Buckhorn, and Fenelon Falls.
- Enjoy hearty meals and snacks. This ship is known for "farm style" cooking. They are ready and willing to accommodate special dietary needs.
- Walk around the lovely park-like settings at several of the locks.
- Watch in amazement as the bow of the ship folds up to fit a 122-foot boat in a 103 foot long lock and the ship gets shorter to fit under low bridges.
- Bring comfortable clothing—you can leave your dinner jacket at home.

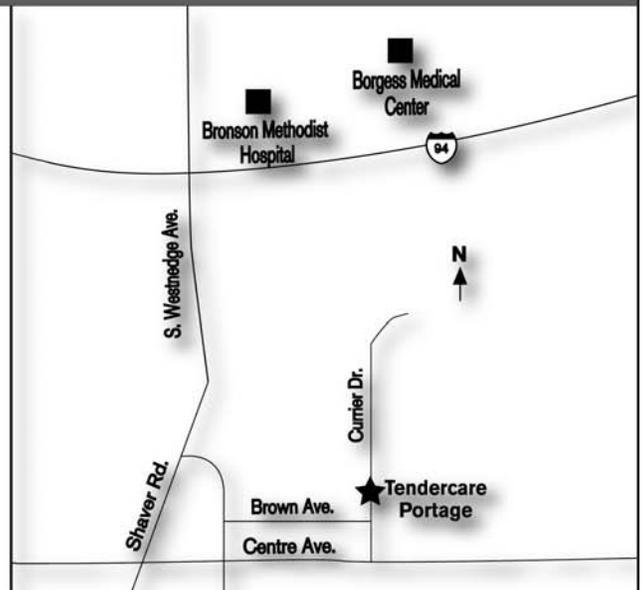
The Kawartha Voyageur has 24 cabins and serves a maximum of 45 passengers per cruise. An elevator is available between the cabins and main deck. Passengers who are not able to climb stairs to the upper deck will find seating in the bow on the cabin deck. Excellent viewing is also possible from the main deck lounge, accessible by elevator.

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Fun 2013 Day-Trip Outings!

WHITECAPS VS. LAKE COUNTY CAPTAINS

Grand Rapids

Monday, August 26

CLINT BLACK LIVE, Shishewana Auditorium

Theatre, Shishewana, Indiana

Saturday, August 31

Don't miss Country Music's 10-time Platinum Selling Artist and prolific singer-songwriter, Clint Black, long heralded as one of Country's brightest stars, who has transcended genres to become one of the most successful artists in the music industry. Lunch at the Blue Gate Restaurant (included).

ROCKIN' OLDIES SHOW

Zehnder's of Frankenmuth

Wednesday, September 18

The Teen Angels have become a legend in Michigan with their lush four way vocal harmonies and high caliber of musicianship. Their mix of comedy and large variety of songs you will recognize makes the Teen Angels a show people flock to see year after year. This show will feature a "musical journey through time" with songs from Sinatra, the Beatles, and more. Lunch included.

DETROIT TIGERS VS. CHICAGO WHITE SOX, Detroit

Sunday, September 22

"NUNSENSATIONS!"

Cornwell's Dinner Theater

Marshall

Tuesday, October 8

The Little Sisters of Hoboken travel to Las Vegas and stage a fundraiser! Will they remain unscathed by their brush with Sin City, or will what happens in Vegas have to stay in Vegas? Lunch included.

New Copier Policy Begins August 12th

Due to rising costs associated with maintaining the PSC copier (ink, paper, maintenance and repairs, etc.), we will no longer be offering the PSC copier for public use. Instructors and Group Leaders may request copies of materials that support PSC classes and groups. Please direct any questions or concerns to Jill Hess, Deputy Director of Recreation and Senior Services at 269-329-4555.

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IT'S A MYSTERY

Thursday, October 10

One of our most popular offerings, the PSC Mystery Trips continue to sell out quickly, so sign up while you can! We provide surprises and the suspense of an unknown destination. All you have to do is enjoy the adventure! Lunch is included. HINT: Learn firsthand how some of your favorite accessories are made, followed by an opportunity to purchase at highly discounted prices!

AN INSIDE LOOK AT AMISH LIFE II . . .

Nappanee, Indiana

Thursday, October 17

Once again we will have Amish escorts to travel with us - this time to Nappanee. We will visit an Amish bakery, a buggy shop, an Amish school (in session), a cider press and an Amish General Store. Includes lunch in an Amish home. Please join us for this enjoyable, informative, and exclusive experience.

"HELLO DOLLY"

Drury Lane Theatre, Oakbrook Terrace, Illinois

Thursday, October 31

This show has become one of the most enduring musical theater hits, enjoying three Broadway revivals and international success that included being made into the film that was nominated for seven Academy Awards. "Hello Dolly!" is a magical piece of musical theater filled with memorable songs. Lunch included.

Travel continued on page 19



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Travel, from page 18

TREASURY OF POLISH HERITAGE III

Hamtramck

Tuesday, November 12

Spend a day in Poland without leaving Michigan! Visits to Polish Art Center with Polish arts and crafts demonstrations (gift included); Polish meat shop; Polish bakery; brief tour of city and historic church. Enjoy Polish hot lunch (included) at Polonia Restaurant and accompaniment by authentic Polish accordion music!

NEW! FUN IN SHIPSHEWANA

Blue Gate Theater, Shipshewana, Indiana

Friday, November 15

Adapted from the novel by *Beverly Lewis*, "The Confession" this is a captivating, faith-based story of a young Amish woman who is caught in the middle of secrets and scandal, love lost and love found and personal heartache and healing. She has given us a rich plot, with compelling characters that courageously confront their past, their future, and their faith. Audiences will enjoy a roller coaster of highs and lows mixed with soaring melodies, inspiring lyrics and glorious orchestrations. Show and lunch included at the Blue Gate Theater.

Extended Trips – 2013

A SMOKY MOUNTAIN CHRISTMAS

December 2 – 6

A five-time award winner of America's Best Christmas Event, Dollywood's Smoky Mountain Christmas Festival features four million holiday lights. George Vanderbilt introduced his new home to family and friends on Christmas Eve 1895 with a spectacular celebration that has continued through the years. Christmas at Biltmore presents America's largest home decorated with dozens of Christmas trees, hundreds of wreaths, bows, poinsettias, miles of evergreen garland, and thousands of ornaments.

SANFILIPPO CHRISTMAS

Illinois

December 10 - 11

We have been invited to the Sanfilippo Estate to enjoy an elegant Christmas luncheon followed by an organ concert on the world's largest restored theatre pipe organ (8000

pipes). This trip includes a tour of a beautiful 1914 mansion with an exquisite collection of fine art and furnishings set in a breathtaking 100-acre estate! A stop at the Christkindlmarket, a traditional German American Holiday market in Chicago, will also be made. Trip includes one overnight and most meals.

Extended Trips – 2014

A FLORIDA GULF COAST VACATION

St. Pete's Beach, Florida

February 20 - March 6

Escape the Michigan snow to bask on warm beaches! Experience the natural beauty of the St. Pete Beach area! Do as much or as little as your heart desires - swim in the pool, stroll along the beach and venture into St. Pete's to visit the Salvadore Dali Museum. You may choose to watch the Tigers in spring training, visit the Hard Rock Casino, and go to Fort DeSoto for a picnic. Enjoy all of this and more when you stay at the Dolphin Beach Resort, located directly on the Gulf Coast!



ITALY & GREECE

April 27 – May 9, 2014

Tossing a coin into the Trevi Fountain, according to legend, will guarantee a return trip to Rome. If you have been to Rome, you can help make this legend come true! As unique as a fingerprint, each trip to Rome is as singular and fulfilling as a romantic encounter. Discover two vibrant Mediterranean countries on one exciting vacation! Ancient history, art, fashion, cuisine, age-old castles, medieval villages and artisan shops await. Begin in Rome with guided sightseeing visits to the mighty Colosseum, Roman Forum and Vatican Museum with Sistine Chapel. Follow the coastline of the Tyrrhenian Sea to marvel at Pisa's Leaning Tower. Travel through Tuscany to Florence, the "Cradle of the Renaissance." In Verona, see Juliet's famous balcony; in Venice, enjoy a canal boat ride to St. Mark's Square and marvel at the elaborate architecture. In Ancona, board an overnight ferry to Greece. Visit Patras, Olympia, Tolon, the impressive Mycenae archaeological site, Corinth Canal and Athens! Optional 3-day Aegean cruise extension available. *Ask about early booking discount.*

Travel continued on page 20

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The mission of the Portage Senior Center is to provide, with the help of its members, information and a range of services, activities, and volunteer opportunities which promote personal growth, friendship, health and independence for adults aged 50 and over.

Look for your renewal date on the address label.

Travel, from page 19
DISCOVERING POLAND
September 4 - 15, 2014

Embark on an all-encompassing excursion around Poland. Tour the thriving capital city of Warsaw. Reborn after World War II, it is again one of Europe's great cultural centers. Walk the meandering lanes of historical Krakow, where you will visit Wawel Castle, once home to the kings of Imperial Poland. The somber history and tragic

reality of Auschwitz is unveiled during a moving visit. Behold the Black Madonna on a tour of Jasna Gora Monastery. Stand on the dock where union workers formed the Solidarity Anti-Communist movement in 1989 Gdansk. Explore the ancient city squares and UNESCO World Heritage sights of Torun, Wroclaw, Warsaw, Gdansk, and Krakow. This nation, with its rich past and thriving economy, is ready to be discovered as the old "east" transforms itself into the new heart of Europe.

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