



# Portage Senior Center Newsletter

## Traditional Holiday and Tree Lighting Saturday, December 7

7 PM at City Centre and Celery Flats Historic Area

Join us as we experience the spirit of the holiday season. Festivities begin at the City Centre with caroling and the tree lighting ceremony. You might join in the caroling with a stroll down Bicentennial Trail to Celery Flats where Santa and Mrs. Claus will greet the children and hear their delightful Christmas wishes at the Historic Schoolhouse. Enjoy local musical talent and compli-

mentary desserts at the adjacent Hayloft Theatre. Hot chocolate or cider will be available for a \$1 donation per cup. Food and clothing donations are also welcome. All proceeds from beverage sales will support local charities this holiday season.

Parking is available at the Portage District Library, Portage Senior Center and Portage City Hall. See you there!



## FREE WINTER PROGRAMS!

### West Lake Winter Wonders Walk Saturday, January 18

2 PM at West Lake Nature Preserve  
9001 South Westnedge Avenue

West Lake Nature Preserve is one of the jewels of the Portage park system, supporting a wide range of Michigan wildlife. Explore, with Dan Keto of the Kalamazoo Nature Center,

and experience the natural history which arises on our walk as the temperatures of winter drop. Open to all ages, a great way to make outdoor memories with your kids or grandchildren!

### Winter Snow Party! Saturday, February 1

12-3 PM at Oakland Drive Park  
7650 Oakland Dr.

A great opportunity to enjoy time with your family and friends, all while embracing the white wonders of Michigan outdoors. There will be many activities to watch or take part in, such as sledding and a snowman building contest! Help the grandchildren build, decorate and bring their own cardboard sled! Build and dress up the biggest and fanciest snow-

man! Prizes will be awarded for best in show for both contests as well as the fastest cardboard sled! And for when you need a warm respite from the activities, there will be a bonfire with hot chocolate and coffee available for purchase. The event is hosted by the Portage Youth Advisory Committee and **all ages are welcome.**



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## Do You Qualify for a Property Tax Poverty Exemption?

The City of Portage Board of Review together with the City Assessor can approve a one-year exemption from property taxes due to a resident's poverty income level. This annual property tax exemption requires the applicant to be currently receiving the Principal Residence Exemption (formerly the Homestead Exemption) and meet the federal household poverty exemption guidelines for the previous calendar year (shown below). The guidelines determine the eligibility of the applicant and must be supported with proper income documentation (i.e., federal and state income tax returns for all persons residing in the principal residence, including any property tax credit returns). Household assets (\$25,000 limit) are also considered and must be recorded with the application.

The following are the Federal Poverty Guidelines as of 12-31-13 for use in setting poverty exemption guidelines for 2014 assessments.

Household Size*	Maximum Income
1 person	\$11,490
2 persons	\$15,510
3 persons	\$19,530
4 persons	\$23,550
5 persons	\$27,570
6 persons	\$31,590
7 persons	\$35,610
8 persons	\$39,630

\* For households with more than 8 persons,  
Add \$4,020 for each additional person.

The application form is available at the Office of the City Assessor or online at [www.portagemi.gov](http://www.portagemi.gov). The approval process requires an in-person appointment before the Board of Review. Generally, the Board reviews the application in relation to the federal household income standards after the City Assessor determines that the application is properly completed. The board of Review members, together with the City Assessor, determine by a simple majority vote whether or not an exemption will be granted. If you would like more information regarding the property tax poverty exemption, please contact the Office of the City Assessor at 269-329-4433.

**In order to be considered for this exemption, completed applications must be submitted to the City Assessors Office 14 days prior to the July, December or March Board of Review.**

Note: Exemptions granted to residents due to poverty income levels are subject to audit by the Michigan Department of Treasury.

The PSC Newsletter is professionally edited prior to printing. The PSC staff regrets any errors that may occur during the printing process.

### 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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## Center Staff

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 Allison Alexander

**WMU Intern**  
 Ashley Machacek

**Monifa Jumanne**  
 Editor

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



### Big Screen Movie

**Monday, December 9, 1:15 PM**  
"Christmas Lodge"

Thomas Kinkade presents "Christmas Lodge," a place where a heartwarming past and loving future meet for one remarkable group of people. During a weekend trip to the mountains, Mary (Erin Karpluk) finds herself at the now-dilapidated lodge where she spent the holidays with her family growing up. She becomes determined to restore the building to its former glory. Inspired by her grandfather and deceased grandmother, Mary throws herself into the project. During the process she finds herself drawn to Jack (Michael Shanks), a handsome man who loves the lodge as much as she does. This chance encounter allows Mary, who has been unlucky in love, to renew her faith in life and discover her one true love. Rated G. Closed-captioned. 89 minutes. View the movie for free; 50 cents for popcorn.

### Book Club

**2nd Monday, 10:00 AM**

The Book Club meets on the 2nd Monday from 10:00 AM - 11:00 AM. The book of the month to read for December is: A Christmas book or story of your choice. For January, the book is: *The Black Box* by Michael Connelly. Check the bulletin board under "Programs and Activities" for additional information. Group leader is Ann Perkins.

### Big Screen Movie

**Monday, January 13, 1:15 PM**  
"Alone in the Wilderness"

To live in a pristine land unchanged by man. To roam a wilderness through which few other humans have passed. To choose an idyllic site, cut trees and build a log cabin. To be a self-sufficient craftsman, making what is needed from materials available. To be not at odds with the world, but content with one's own thoughts and company. Richard Proenneke lived those dreams. He found a place, built a cabin, and stayed to become part of the Alaskan frontier. This remarkable documentary tells his story. Not rated. Not closed-captioned. 60 minutes. View the movie for free; 50 cents for popcorn.

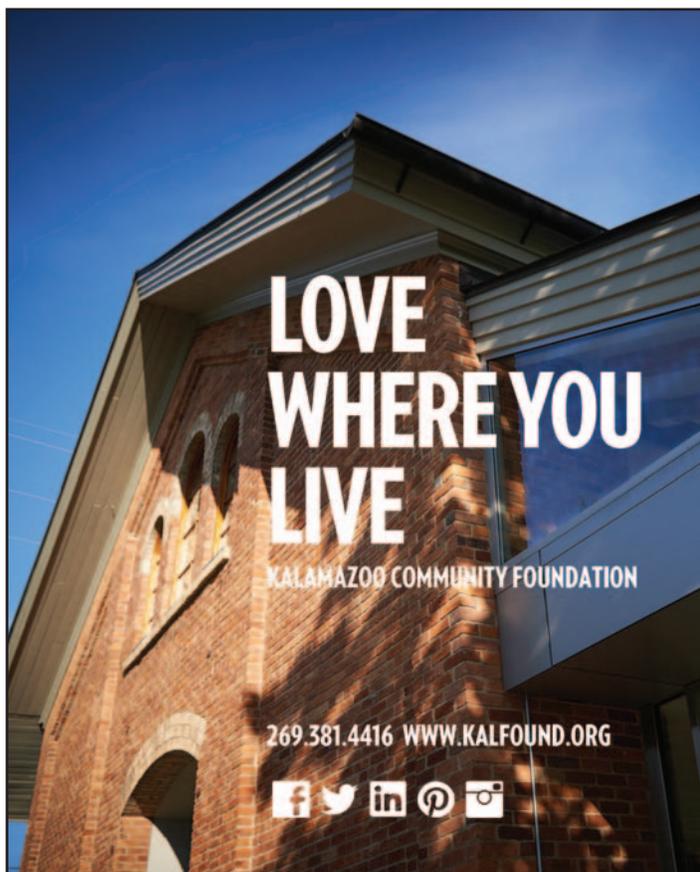
### Art Club

**Monday, 1:00 PM - 3:00 PM**

The PSC Art Club offers beginning 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 PSC membership!

### Loaves & Fishes - PSC Bag Recycling Program

We collect paper and plastic grocery bags only on the first Wednesday and Thursday of each month. The bags are used for the Grocery Pantry Program at Kalamazoo Loaves & Fishes. Bags are sorted on the first Friday of the month.



An advertisement for CentraCare. At the top, it says "NOW OPEN!" in white text on a red background. Below that is a photo of a smiling woman in a yellow jacket. The CentraCare logo is visible, with the tagline "COMPREHENSIVE COMMUNITY-BASED OLDER ADULT SERVICES". The text explains that when asked, most older adults say they want to live in their own community as long as possible. CentraCare is part of the National PACE Program and serves to meet the health care needs of frail adults 55 or older living in Kalamazoo County. It lists services coordinated by the CentraCare team: ensure safety in the home, promote wellness, focus on quality medical care, provide an opportunity for socialization, and support caregivers. It also states that CentraCare is committed to supporting older adults to remain in the community and to enhance their quality of life. At the bottom, it provides the address "445 W. Michigan Avenue, Kalamazoo" and phone numbers "(269) 488-5460" and "toll-free (800) 488-5860", along with the website "www.mycentracare.com".

## Choir

**Thursday, 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 events. Please come and join the fun!

## Dining Out Club

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

### December

#### Dinner

Monday, December 2  
5:00 PM  
Craftsman Chop House  
6905 Sears Dr., Portage

#### Breakfast

Tuesday, December 10  
8:30 AM  
Café Meli (Formerly Callahan's)  
5200 Portage Rd., Portage

#### Lunch

Thursday, December 19  
11:30 AM  
Bob Evans Restaurant  
5641 S. Westnedge, Portage

### January

#### Dinner

Monday, January 6  
5:00 PM  
Fieldstone Grill  
3970 West Centre Ave.,  
Portage

#### Breakfast

Tuesday, January 14  
8:30 AM  
Blue Dolphin  
502 S. Burdick St.,  
Kalamazoo

#### Lunch

Thursday, January 16  
11:30 AM  
Summer Thyme Cafe  
3928 Portage Rd.,  
Portage

## PSC Needlers

**Thursdays, 9:00 AM - 12:00 PM**

The PSC Needlers are knitting, crocheting and donating completed projects to various community agencies all through the year. You are welcome to join the Needlers every Thursday to take part in a feeling of accomplishment and camaraderie.



**Stay warm all winter long with FREE heat!**

## Spring Manor

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## PSC Bike Club

**Wednesdays, 8:30 AM**

The PSC Bike Club had a wonderful riding season. Much appreciation goes to Bob Strader, our Group Coordinator, who brought us all to "another level" with many memorable biking experiences this year. Save the date of Wednesday, April 30, for the next Bike Club meeting.

## Reader's Theatre

**Wednesdays, 2:00 PM (2nd & 4th)**

Do you enjoy drama and comedy? Do you like to act? Join this fun group that produces skits and readings to present to area schools and churches. Participants read their parts so memorizing isn't required. Babs Smith leads the group, which meets twice monthly on the second and fourth Wednesdays. If you're interested, come join us to learn more!

## Cooking Demonstration

**Monday, January 20, 1:30-3:30 PM**

**Fee: \$1 Members, \$5 Non-members**

**Sponsor: TenderCare Portage**

Come and join Head Chef Roger from TenderCare Portage for an afternoon cooking demonstration of Vegetarian Main Dish and a Vegetarian Side Dish. The afternoon will include recipe sharing and taste testing. Registration deadline is Wednesday, January 15th.

she's having a

# good day

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### Recycled Cards

**Tuesdays 10:30 AM**

The Recycled Cards group meets every Tuesday. The group accepts whole greeting cards with the verses intact, and does not accept or use Christmas cards. The cards are then cut apart and re-designed to create a "new" card. The cards are for sale in the PSC lobby.

### Red Hat Society

The next Red Hat event for the PSC "Kazoos" will be our annual Christmas Party. It is on December 10 at the Beacon Club. We will enjoy a lovely luncheon and fellowship. Door prizes donated by Queen Marie Tucker, Princess Jackie Wnuk and Princess Barb Pullano will be awarded. We do not exchange gifts; we give the money to Kairos Dwelling, a wonderful hospice caring for the terminally ill. We sing Christmas carols and wish each other a Merry Christmas and Happy New Year until we gather together again in 2014. For more information on the Red Hatters, call Marie at (269) 375-2104.

### New Member Orientation (NMO)

**Thursday, January 9, 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.

### Sisterhood

Sisterhood is a women's social group that meets the second Friday of each month. Meeting agendas are posted under "Programs and Activities" on the PSC bulletin board. For more information, please call 329-4555.

**December 13, Friday**

Time: 1:00 PM - 2:30 PM

Event: Holiday Lunch

@ Michelle's

Site: 677 Romence Road

Portage

Hostess: Barb VandeWerken

**January 10, Friday**

Time: 1:00 PM - 2:30 PM

Event: General meeting

to plan 2014 events

Site: Portage Senior

Center

Hostess: Barb Lewis

### Super Books – Fundraiser!

The 2014 Super Books will be available after December 1, stop at the Reception Desk to purchase your Super Book for the 2014 year, \$40.

### Holiday Lunch

**Tuesday, December 17, 11:45 am**

**\$1 registration fee**

**Sponsor: Heartland Hospice**

What a great way to celebrate the Holiday Season with lunch, entertainment, and door prizes. Our sponsor for this event is Heartland Healthcare & Hospice. \$3.00 donation is suggested for the Senior Services lunch. Come into the PSC to sign up for this event. Registration deadline is Friday, December 13.

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- Residential Memory Care**  
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Amber Place
- Skilled Nursing and Rehabilitation Services**  
Harold & Grace Upjohn  
Community Care Center

## Holiday Potluck

*Thursday, December 12, 1:30 PM*

Come join us in spreading some holiday cheer at the first Holiday Potluck hosted by Potluck Coordinator, Barb VandeWerken. We will have holiday sing-alongs provided by city employee and guitarist Tom McCoy. Participants are asked to bring their own table service and a dish to pass (for six people). Each person should bring a wrapped "White Elephant" (something you have but no longer need) for a gift exchange. Registration of \$1 is due by Tuesday, December 10, in exchange for a ticket to attend.

## Holiday Bazaar and Bake Sale

The Friends of the PSC Board would like to extend our sincerest apologies for the incorrect information printed in the previous newsletter regarding the Annual Holiday Bazaar and Bake Sale. Due to the advance production schedule required for the PSC Newsletter, the article was submitted before the 2013 planning was complete. The vendor registration requirements should've been updated to reflect the 2013 requirements, but were overlooked. Thank you for your patience and understanding during that time.

## Crafters Garage Sale

*Saturday, April 12, 2014*

Hey, Crafters! We know your stash is growing and you're hanging on to things that you don't know what to do with. How about joining us at the Crafter's Garage Sale, April 12, 2014? You can rent a table for \$10 or \$25 if you're a non-member, and bring along anything related to art and craft production that you might want to sell. We provide one 6-foot table and you bring all your goodies to sell. Items such as those skeins of yarn that never got used, fabric that doesn't inspire you, extra crafting tools, craft magazines, cookbooks you think you can part with, art and craft related tools or equipment, UFO's, and even finished items may be sold. Start planning ahead and use some of our winter snowy days to clean your closets and trunks. Registration information will be available in the next newsletter. Watch for it. Space is limited.



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## AARP Tax Assistance

*Location: Portage District Library*

*Registration: Portage Senior Center, 329-4555*

*Registration begins Thursday, January 2*

Beginning Tuesday, February 4, AARP Tax-Aide Volunteers will provide free tax preparation assistance every Tuesday through April 15 from 9:30 AM until 3:30 PM, by appointment only at the Portage District Library. Again this year, the Portage Senior Center is partnering with the Portage District Library to provide this service. Call the Portage Senior Center to schedule an appointment. Your returns will be prepared at the Portage District Library in the lower level Gourdneck Room. Last year, we started this change in location to provide clients with more space and privacy and assure an even more accurate return and the response was very affirming. Assistance is available to individuals or couples age 50 years and older with an annual income below \$50,000, or to those who are handicapped. Complicated returns (businesses, for example) cannot be done at the Portage District Library. Registration begins Thursday, January 2, at the Portage Senior Center, 329-4555. A checklist of everything needed for the appointment is available at the PSC reception desk.

## Spring Fling

*Date To Be Announced*

Western Michigan University's Family Studies Student Organization is planning a spring fling for all Portage Senior Center members and guests. There will be music, dancing, and much more! You are welcome to dress up as you would like, but formal attire is not required. If you have any ideas for the spring fling, please contact Ashley Machacek (PSC WMU Intern) at 329-4554.

## Adopt-a-Family

*Beginning December 2*

As the holiday season approaches, we invite you once again to help us to provide Christmas cheer to a family that we will be adopting through the Portage Community Center. Please stop in to the Center to receive a flyer with information on purchasing a gift for our family. We ask that all gifts be wrapped and at the Senior Center by Friday, December 13, to insure that they will be delivered in time for Christmas.

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All registration deadlines are one week prior to date of first class session, unless otherwise noted. Classes will not be prorated. All class schedules are subject to change. All fees listed as Member/Non-Member, unless otherwise noted.

**Computer Classes**

**iPad Demonstration**  
**Monday, December 16**  
**1:30 PM**

Presenter: Larry Smith  
Fee: Free  
Having trouble with your new iPad? Thinking of getting an iPad? 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. Registration deadline is Friday, December 13.

**Laptop Introduction to Office**

**Wednesday**  
**10:00 AM - 12:00 PM**  
January 9 - February 20  
Fee: \$20 (Members only)  
7 weeks

Instructor: Royce Bland  
Laptop Introduction 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 laptop computer and 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 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. Members only. Come in to register.

Day/Time	Instructor
Monday 10:00 AM - 12:00 PM	Gordon
Monday 12:00 PM - 1:00 PM	Paul
Wednesday 12:00 PM - 1:00 PM	Paul
Friday 10:00 AM - 12:00 PM	Gordon

**Art Classes**

**West Michigan Glass Class**  
**Tuesday, December 3**  
**10:00 AM**

Fee: \$28 Members/\$38 Non-Members  
In this class, you will make two fused glass ornaments. Dichroic (sparkly) glass will be provided for this project. Additional ornaments will be available at \$6 apiece. We need a minimum of 7 participants. The deadline to sign up is Wednesday, November 27.

**Exercise and Other Classes**

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

October 25 - December 20  
January 6 - February 28  
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**

October 28 - December 13  
January 13 - March 7  
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 - 12:00 PM**  
October 30 - December 11  
February 12 - March 26  
Fee: \$30/\$40 (7 wks)  
Instructor: Wilma Kahn  
Write about reminiscences old and new. Topics include ancestors, child-  
**Classes continued on page 8**



Jody Bernhardt  
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**Classes, from page 7**

hood, schooldays, adult hood, 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 has an MFA in creative writing and a DA in English, and gives written responses to class member's work.

**QiGong**

**Wednesday**

**7:00 PM – 8:00 PM**

December 4 – January 29  
No class December 25 and January 1

February 5 – March 19

Fee: \$38/48 (7 wks)

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.

**SilverSneakers Splash**

**Tuesday & Thursday,**

**11:00 AM – 12:00 PM**

October 29 – December 19

Fee: \$60 PSC Members

(7 wks)

Location: Portage YMCA - 2900 W. Centre Ave.

This is an aquatics based exercise program designed to help build strength and increase range of movement. Since all exercises take place in the pool, there is minimal wear and tear on your joints. This class is made possible through 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**

November 25- January 13

January 15- March 3

Fee: \$38/\$48 (7 wks)

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 will leave class feeling stronger and more relaxed. Participants are asked to bring weights.

**T'ai Ji**

**Tuesday**

**8:30 AM - 9:30 AM**

October 29 – December 10

December 17 – January 28

February 4 – March 18

Fee: \$38/\$48 (7 wks)

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**

**Tuesday**

**1:00 PM – 2:30 PM**

November 5 – January 14

No class Nov 26, Dec 24,

Dec 31 & Jan 1

January 21- March 11

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

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

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

**Zumba Gold**

**Monday**

**5:00 PM – 6:00 PM**

November 4 – December 23

December 30 – February 17

Fee: \$30/40 (8 wks)

Instructor: Gretchen Pouliot  
Zumba Fitness is a great way to get in shape, connect with friends, and relieve stress. It combines energizing 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.

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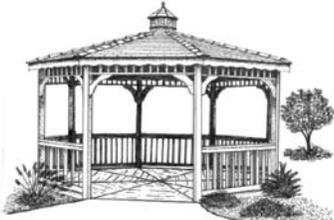
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### Great News!

Once again, the PSC is feeling the pressure of a growing population. On Monday, October 28, you may have been searching for a parking place or waiting in the lobby of the facility where there was standing room only. Even though this doesn't happen every day, it is happening more and more frequently. As a courtesy to our members, we would like to take this opportunity to remind you that facility space is limited and programming schedules may conflict. On those rare occasions when the facility is being used as a voting precinct, or a scheduling conflict takes place, we ask you to remember: All of us learned (over a sand box) in grade school to share, you catch more flies with honey than vinegar, and nothing is more refreshing than genuine kindness.

*Thank you for your patience.*

### PSC December Band Schedule

- Dec 3 Centre Meadows @ 2:30 PM
- Dec 5 Covenant Senior Day Program, St. Michaels Lutheran @1:30 PM
- Dec 17 Oakland-Centre @ 2:30

A PSC Band Schedule for January is not available at the time of newsletter print.

### Welcome, New Members

*Between August 26 and October 28, 2013*

- |                                 |                          |
|---------------------------------|--------------------------|
| Robert & Jeanne Fakler          | Sue Barker               |
| Warner Brown                    | Emiline Knepp            |
| Corrine Fisher                  | Joan Peck                |
| Dawn Shilts                     | Betty Taylor             |
| Lou Ann Hardy                   | Helen Olsen              |
| Rosie Blackburn                 | Joanne Rossman           |
| Betty Rysenga                   | Carol Bartholomew        |
| Rae O'Connell                   | Opal Dille               |
| Mary Holts                      | Nancy Kelso              |
| Patricia Rose                   | Susan Kaminski           |
| Marsha Ulmer                    | Dawn Dean                |
| Marilyn Root                    | June Shockley            |
| Nancy Barnes                    | Victor & Naomi Schroeder |
| Kathy Vanleeuwen                | Jacquelyn Klepper        |
| Jamie Carter                    | Linda Dunphey            |
| Judy Stevens                    | Marilyn Longjohn         |
| Terrance & Mary Ann<br>Cochrane |                          |

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[www.hearinglife.com](http://www.hearinglife.com)



## Diabetes Support Group

*Quarterly (January, April, July, October)*

Leader: Bob Erikson, Diabetes Education Coordinator  
The quarterly diabetes support group will not meet in January; the next meeting is Friday, April 4. We will continue to call each member prior to each meeting. If you are not on the call in list but would like to be, please give us a call as 329-4555.

## Hearing Screenings

*3rd Tuesday – Quarterly (January, April, July, October)  
Tuesday, January 21*

**9:00 AM – 11:00 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).

## Stay Independent -- Prevent Memory Loss

*2nd Thursday*

**1:00 PM - 2:30 PM**

Session 1: December 12

Session 2: January 9

Fee: \$5/\$8/Non-Members/Session

Instructor: Suzanne Gernaat

A strong prevention program can delay the onset of Alzheimer's for your lifetime. 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.

## Matter of Balance

*Thursdays, January 9, 16, 23, 30, February 6, 13, 20 27  
8 weeks*

**1:30 PM – 3:30 PM**

Fee: Free, but donations are appreciated

Sponsor: Area Agency on Aging IIIA

Are you wondering what happened to your balance, wobbling a bit when you walk, 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 help 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, January 3.

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<b>Please call me, Dorothy Endres, Insurance specialist at 323-7888</b>		

## Healthy Beginnings – Monthly!

*January – May*

Presenter: TenderCare Portage

Fee: Free and Open to Public

This wellness initiative is open to the community of Portage and PSC members. With this program, we are looking at ways to keep our senior population informed on healthy living and to provide them with the tools to make that happen. Through this wellness initiative, we hope to keep more seniors in our community living to their fullest potential with all the right information at hand. The program will run for 5 months with 1 topic per month. The program will have speakers and clinical personnel provided by TenderCare Portage.

- Cholesterol Education – Thursday, January 16 @ 1 PM
- Tobacco Use Education – Thursday, February 20 @ 1 PM
- Body Mass Index Education – Thursday, March 20 @ 1 PM
- Diabetes Indicators Education – Thursday, April 17 @ 1 PM
- Up-to-date Vaccinations and Screenings Education – Thursday, May 15 @ 1 PM

Pre-registration is required for each session. Call 329-4555 for registration.



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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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### Cross Country Ski Class

**Saturday, January 25\***  
Schrier Park, 850  
Osterhout Rd.

**Registration required by January 23**, in person at:  
Lee's Adventure Sports,  
311 Kilgore Road (381-7700)  
or Breakaway Bicycles,  
185 Romence Road (324-5555)

Participants may bring their own equipment or arrange for rental through

Lee's Adventure Sports.

**Family class:** An excellent opportunity for beginners to learn the correct way to cross country ski. This introductory class will emphasize safety, proper use of equipment and how to traverse a variety of winter terrain. Youth under age 9 must be accompanied by an adult.

Age: 8 years - adult  
Time: 9-11 AM

Fee: \$15 per person

**Adult class:** Learn the diagonal stride with opposite and double poling, moving and stationary turns, uphill-downhill techniques, and how to choose and use various cross country equipment and clothing. In addition, personal safety and recommendations on local, regional and state ski destinations are covered in this comprehensive

introduction class.

Age: 13 years - adult  
Time: 1-3 PM  
Fee: \$20 per person

\*Please note a minimum snow cover of four inches is required for this program.

### Michigan Winter Outdoors

According to a recent, Swedish study of senior skiers, people who are active well into their elder years may rival the health

of people 40 to 50 years younger. The study participants were cross-country skiers more than 80 years old, one who had nearly

twice the aerobic capacity of those of like age who did not exercise through the winter. These findings show that people of all ages

have great potential to maintain a high level of physical capacity and better quality of life, even at advanced ages.

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### Annual Fund Donations

Sonia Howard	Marilyn Highland
Lou Ann Hardy	Henry and Trudy Girr
Herbert & Florence White	James McGuire
Teresa Brough	

### Memorial Donations

Delores Paul, in memory of Virginia Clancy  
 The PSC T'ai Ji Class and Beverly Folz, in memory of Wayne Houser

### Volunteer Help Wanted

#### Volunteer Computer Tutor for Mac Computers

Do you know how to operate a Mac Computer? Interested in sharing your knowledge? This volunteer position would be on call. Call the volunteer coordinator to sign up.

#### Volunteer Greeters

We are looking for volunteers to greet members as they enter the Center and assist at the membership kiosk. The shifts would be 9:00 AM - 11:00 AM and 11:00 AM - 1:00 PM, Monday through Friday.

#### Volunteer Van Driver

Drivers needed for transporting patrons in our Community Service Van program 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.

### Garden Pals Volunteers

The Garden Pals just completed planting over 300 daffodil bulbs in the front garden area. Thanks for the donations of bulbs from Karen W., Dorothy C., Trudy G., Maxine, Lynn S., Joyce T., The Garden Tender of LaPorte, Indiana and Twin Starz Gardens in New Carlisle, Indiana. Look for a sea of yellows next Spring!

### Quarterly Volunteer Orientation

Our first Quarterly Volunteer Training was held on Thursday, October 24. We discussed current and future volunteer programming, MySeniorCenter™, and logging volunteer hours. The next training will be Thursday, January 23 at 10:00 AM. The orientation is intended for all new and current volunteers. Register at the Reception Desk.

### Congratulations to Shirley Bumgardner and Sharon Dickey on their recent Golden Loaf Award!

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Stop by and take a tour!



**“WHAT’S THE BUZZ?”**

A special thanks to all who attended the Fall Trip Preview and to my team for all their help. We hope you had as much fun as we did. The “buzz” is that we had record breaking attendance at the preview and record setting sign-ups during preview week. Your support of the Travel Program helps the Portage Senior Center in a big way!

**Fun 2013 Day-Trip Outings!**

**A DAZZLING WORLD OF LIGHTS . . . Grand Rapids Tuesday, December 3**

Enjoy the spirit of the season by visiting the Gerald R. Ford Museum where thousands of indoor and outdoor lights will be turned on. Christmas on the Grand will be open, showing dozens of Christmas trees and holiday quilts. Visit Meijer Gardens with lunch (included) and have fun reminiscing with family memories throughout the entire *Christmas and Holiday Traditions around the World* exhibition, including the Railway Garden.

**Extended Trips – 2013 Fun Get-Aways!**

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

**Fun 2014 Day-Trip Outings!**

**THE LENNON SISTERS . . . Drury Lane Theatre, Oakbrook, Illinois**

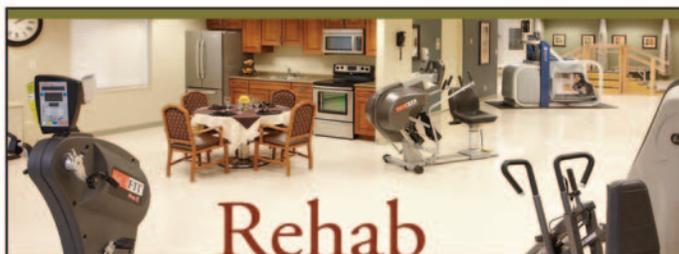
**Monday, February 10**

The Lennon Sisters are an American Institution. Glamorous, yet unpretentious. Sophisticated, yet down to earth. Famous, yet approachable. As youngsters they were dubbed “America’s Sweethearts of Song” and America still adores them today! Experience the fascination America has with the Lennon Sisters!

**HEARTBEAT OF HOME . . . Chicago, Illinois**

**Wednesday, March 12**

Created by the producers and director of *Riverdance*, *Heartbeat of Home* is a music and dance spectacular featuring *Day-Trip Outings continued on page 18*



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**Day-Trip Outings, from page 17**

turing the dynamic, vibrant components of traditional Irish, Latin and Afro-Cuban music and dance. With world-class dancers from Ireland, USA, Australia, Britain, Canada, Italy, Mexico and Spain, the production will create a dream world of joyous, heart-stopping, high-energy music and dance. Great seats! Feel like you've traveled overseas without leaving the U.S.!

**FORD-O-RAMA . . . Detroit**

**Tuesday, March 25**

Your day begins with an early, relaxing motor coach ride to the Metro area, once a major hub for the growth, movement and advancement of industry in the USA. We will arrive at the Ford Assembly Plant in Dearborn to see a production line. This will be followed by a luncheon and tour of the Edsel and Eleanor Ford Mansion built in 1926 and located in Grosse Pointe Shores.

**LOCAL TREASURES . . . Kalamazoo Area**

**Monday, March 31**

Step back in history with a day out as we celebrate spring and visit some of our beautiful historic buildings in downtown Kalamazoo, some of which are not accessible to the general public. Our tour will include lunch at the recently renovated Ladies Library and features a special guest speaker. Travel back in time and revisit some of your haunts from the past.

**"BOOGIE WOOGIE SWINGTIME!" Cornwell's**

Turkeyville . . . Marshall, MI

**Thursday, April 24**

A musical comedy tribute to our military forces of today and yesterday. Three ladies do their best to nurse a valiant war hero back to health by cheering him up with a little USO show. Show includes songs like "Boogie Woogie Bugle Boy," "Star Spangled Banner," "Don't Sit Under the Apple Tree," "Sentimental Journey," and many more!

**MAGNIFICENT M AND Ms . . . Grand Rapids, Michigan**

**Monday, April 28**

Melodic music, myriads of color and modern marketing are just a few of the exciting adventures to be enjoyed on this trip. An organ concert at Dale & Gail's begins this special day. A stop at Meijer Gardens to view the always

beautiful and fascinating butterfly exhibit is also included, followed by a stop at Horrocks indoor farmer's market.

**MYSTERY TREASURE HUNT?**

**Thursday, May 1**

There will be no treasure maps, no pirates, no parrots, no treasure chests and no bottles of rum. There will be a day of good fun, an included lunch and gifts to bring home that will remind us of the places we've been today. Don't miss out on this one! Sign up early.

**TIPTOE THRU THE TULIPS . . . Holland, Michigan**

**Friday, May 2**

Put on your wooden shoes and board the bus to Holland for a guided tour through the Dutch Village followed by lunch (included) and a musical show, "That's Entertainment" at Evergreen Commons.

**BIRDS & BEES AT FERNWOOD BOTANICAL GARDENS . . . Niles, Michigan**

**Tuesday, May 13**

Did you see that bird? What is it? I can hear it but I can't see it! Get the binoculars! Sound familiar? If you're a backyard birder, novice or experienced birdwatcher, come on our trip to Fernwood Botanical Gardens. A naturalist on-site will help us learn to identify native and spring migrating birds by sight and sound.

**A DELICIOUS DRIVE . . . Saugatuck, Michigan**

**Thursday, May 29**

Receive an honorary culinary diploma as you experience tastings of fresh foods. The six-hour tasting tour will take us to a variety of places in the Saugatuck area. Our local guide specializes in culinary adventures in Italy, France, Spain, and Ireland - and now, what he has been offering lucky guests all these years in Europe, is possible in his hometown of Saugatuck.

**THE OAK RIDGE BOYS . . . Auditorium Theatre, Shipshewana, Indiana**

**Friday, June 13**

This group, which has now been together for more than 40 years, is returning to Shipshewana! Their concerts are pure magic and they have the rare knack of making the audience feel special by aiming their performance right at them. It's as sincere and genuine as it gets.

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## Extended Trips – 2014 Fun Get-Aways!

### TEXAS: SAN ANTONIO & GALVESTON

February 12 - 19

Enjoy three nights in oceanfront rooms with private balconies in Galveston and three nights in beautiful River Walk property in San Antonio. Included is roundtrip air transportation, Houston Space Center, the Alamo & San Jose Mission, Institute of Texas Cultures, San Antonio River Cruise, tour of LBJ Ranch, Library and Museum plus much more! Sponsored by Shoreline Tours.

**“THUNDER OVER LOUISVILLE,”** Louisville, Kentucky

April 11 - 13

Rated as one of the top 100 events in North America, the Derby Festival's Opening Ceremonies is truly a sight to behold. The Air Show dazzles the crowd with more than 100 planes, aerobatics teams, daring sky diving groups and breathtaking stunts. When it gets dark, the Thunder rolls. Eight 400-foot barges assemble on both sides of the 2nd Street Bridge to form the stage from which the fireworks spectacular ignites. The breathtaking and mind-numbing 28-minute show includes Thunder's signature one-mile "waterfall" effect off the bridge, making the fireworks seem to rain down forever!

### FIRESIDE THEATRE AND LAKE GENEVA . . .

Fort Atkinson/Lake Geneva, WI

June 3 - 4

Enjoy the heartwarming musical, "Fiddler on the Roof," featuring one of Broadway's most beautiful musical scores in the 700-seat theatre-in-the-round of Fireside Theatre, along with its award-winning cuisine. Have lunch and tour the historic Baker House. Also visit Lake Geneva where you'll take an ice cream social cruise and be provided with an in-depth historical narration about the many estates and mansions that line the shores of beautiful Lake Geneva. We'll also have an opportunity to take in The Dancing Horses show - a Vegas-style performance with show horses, costumes, talented performers and Dancing Waters (jets of water choreographed to music and changing lights) that also includes dinner! Our overnight stay will be in the Lake Geneva area.



## International Trips:

### ITALY & GREECE

May 11 - May 23, 2014

A few seats remain on this tour to two gorgeous and vibrant Mediterranean countries!

### NOVA SCOTIA - "A Taste of the Maritimes"

August 2 - 10, 2014

Motor coach to Toronto for an overnight and show. Continue on by air to Halifax, Nova Scotia. Visits include Peggy's Cove, Cape Breton Island, Cabot Trail and Prince Edward Island! Highlights include Halifax Harbor Dinner Cruise, scenic Marine Drive Highway, Alexander Graham Bell Museum, spectacular tour of Cabot Trail, Cape Breton Highlands National Park, sightseeing tour of Prince Edward Island, Canada's Number One Musical, "Anne of Green Gables," and much more!

### DISCOVERING POLAND

September 4 - 15, 2014

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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.**

## SuperBooks Available Beginning in December

Packed with hundreds of coupons and pages, the SuperBook is a locally published coupon book (not a pamphlet) that is a priceless local guide to restaurants, golf courses, auto repair/maintenance garages, dry cleaners, and much more! For the last 28 years, SuperBook has been publishing this resource and providing Southwest Michigan residents with thousands of dollars in savings. There are over 900 coupons packed in the book with over 300 pages.

In addition to the wonderful savings offered, if you purchase your SuperBook at the Portage Senior Center, the Center gets a commission on every book sold.

With the holiday season coming up, don't forget that SuperBooks make great gift ideas too!

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